THANK YOU

Soldiers march in national parades to commemorate Op Slipper service

PAGES 2-3

INSIDE

Lending a hand on Op Pacific Assist
PAGES 4-5

Celebrating 50 years of M113 service
SPECIAL LIFTOUT
The Prime Minister also acknowledged the significant role personnel in the parade in Hobart.

“Today provided us all with an opportunity to reflect on the achievements of thousands of our fellow Australians who deployed as part of the whole-of-government commitment to combat terrorism in the Middle East,” he said.

“Today provided us all with an opportunity to reflect on the achievements of thousands of our fellow Australians who deployed to Afghanistan and the Middle East,” he said.

Working alongside the Afghan National Army and coalitions forces, our Defence Force has assisted the Afghan government-decree, committee, and leadership local influencers, and made significant ongoing improvements to security, stability, and prosperity. We are proud of our accomplishments in Afghanistan’s longest war,” he said.

Abbott thanked the veterans for their service.

“We have also felt the deepest sorrow for the 41 Australian service personnel in the parade in Hobart.

It’s very moving to hear those names read today and it’s sobering for me and my family to think about those people who perished there. It’s really about our debt to them and making the effort to get every one of them remembered. Absent and it was really about remembering, remembering, remembering our debt to them.

The Reid brothers are looking forward to Anzac Day when they hope to again march side by side through the streets of Darwin.

The Reid brothers are looking forward to Anzac Day when they hope to again march side by side through the streets of Darwin.

Today’s parade was really about remembering, and the efforts that everyone, including our families, have had to go through to support Australia’s role in Operation Slipper in Afghanistan.

“Today’s parade provided us all with an opportunity to remember those who didn’t come back. It’s a great feeling to know that the civil society of Australia is 100 per cent behind us. It’s good to see people from all generations and all walks of life here to support the Australian soldiers.

Marching down George Street in Sydney to the sound of band music, the ADF-parades and music was a history lesson of what we did overseas. The public power to show their thanks. It’s an opportunity to say thank you to those who deployed and paid the ultimate sacrifice.

Soldiers turn out in their thousands across the country to mark the end of Operation Slipper

Soldiers turn out in their thousands across the country to mark the end of Operation Slipper.

A day of thanks and pride in serving
**Army, Navy and Air Force work together on Operation Pacific Assist in the wake of Tropical Cyclone Pam**

**Joint operation to help**

**Black Hawks vital role**

Capt Bradley Richardson

**While the tarpas are only a temporary measure, at least the local kids will now be able to go back to school on Monday.**

-Sgt Nick Everett, S2C

**New CA announced**

LT-GEN Angus Campbell (pictured) will be appointed Chief of Army on May 16, taking over from current CA Lt-General David Morrison, who will complete his term on May 15.

Lt-General Campbell has served as the Commander of the Joint Agency Task Force for Operation Sovereign Borders, overseas operations in the Middle East as Commander JTF 413 and com-manded on operations in Timor-

**Proving their worth**

Lcdr Alistair Tomlinson and Sgt Dave Morley

**RESERVISTS from 11 Bde’s Civilian Military Co-operation (CIMIC) deployed to Vanuatu with just 24-hours notice and are proving their worth on the ground during Operation Pacific Assist 2015.**

Capt Barry Miller said it was no secret how important civilian military co-operation was and the groups and government agencies offering assistance to Vanuatu worked closely together and much more closely than they had in the past.

“With international transport being relatively unreliable and not, moving supplies from these warehouses to the capital city of a natural disaster-affected country is relatively easy,” he said.

“But then things become a lot more interesting for our teams because of all the logistics among those trying to help, as it is in the ADL’s hands to make the coordination and transport work.”

Lt-General Campbell said every government organisation (NGO) and government agency had different disaster, levels of experience, access to resources and governance responsibilities, which is essential when working with governments and independent aid organisations,” he said.

**Army, Navy and Air Force work together on Operation Pacific Assist in the wake of Tropical Cyclone Pam**

**Get set for success beyond service**

Don’t have a business idea? Not sure where to start?

**THERE IS A PROGRAM MADE FOR YOU.**

**The Prince’s Lead Your Own Business is a nationally accredited training and employment program.**

**Tailored for transitioning or retraining, defence personnel, the program includes:**

- Mentoring from industry professionals
- Practical hands-on training
- Career planning support
- Qantas scholarship opportunities are available

Ensure your success beyond service – apply today.

**NEW DEALS ARE NOW!**

**Meat Deals**

**Monday**

$4.95

**Wednesday**

$4.95

**Friday**

$7.95

**TODAY**

$8.50

**APPY TODAY!**

APPLICATIONS CLOSE APRIL 24

**APPLY TODAY!**

**APPLICATIONS CLOSE APRIL 24**

**WEBSITE**


**NEW DEALS ARE NOW!**

History a source of pride

B Coy, 1RAR, maintains ties with history on Operation Highroad

Fit-Lt Daniel Phillips

ITEMS of historic significance are inspiring personnel of B Coy, 1RAR, on their mission in Afghanistan as Force Protection Element 3. The members of B Coy are the custodians of the original 1RAR flag and a Bible from the battalion’s service in South Vietnam in 1965-66.

The Bible contains the names of soldiers and officers of B Coy, a chronological history of all operations and a record of the names of the three personnel killed and 13 wounded in action.

It has accompanied B Coy on operations since Vietnam and is a source of pride for the company.

The current custodian of the Bible, Pte Adam Seaman, said he was given the honour as a reward for his dedication to service.

“I was given the Bible to look after because I was performing well,” he said.

“It’s a great honour and I’m proud to be the one looking after it on operations.”

The 1RAR flag has been loaned to B Coy for safekeeping in Afghanistan by David Vogele, a member of the Charters Towers RSL and Vietnam veteran infantry signaller with B Coy.

Mr Vogele said the flag would have been flown overseas 50 years ago.

“All the living members feel a great deal of pride knowing that it would have spent two Anzac days 50 years apart on operations,” he said.

“This is not the only 1RAR flag we had in Vietnam, it’s the only one we know still exists.”

Pte Damien Jaundrell, an infantry signaller, has been tasked with keeping the flag while performing his duties supporting, mentoring and training the Afghanistan National Security Forces.

The flag will be raised and the Bible will be read from as part of the Centenary of Anzac commemorations at Camp Baker in Kandahar later this month.
Our formula for success

Army revs up at Melbourne Grand Prix

Simon Paton

TEAM Army was strongly represented at the Formula 1 Grand Prix in Melbourne from March 12-15.

Project Digger, a 1978 Ford LTD, and Armygeddon, a supercharged V8 powered Land Rover 6x6, from the Army Logistics Training Centre at Bandiana in Victoria, impressed visitors during the four-day event, according to project manager Lt-Col Tom Regener.

"Team Army attend some high-profile events around Australia showcasing these amazing vehicles," Lt-Col Regener said.

"It gives us an opportunity to highlight the role of the Army School of Electrical and Mechanical Engineering (ASEME) and how Army provides real career alternatives for people interested in a technical trade."

The vehicles were prepared by trainees who stripped the original vehicles to bare metal, prepared a full re-wiring for Armygeddon, built a V8 supercharged engine and installed the engines in the vehicles.

"Project Digger was completely built in-house by trainees and staff from the ASEME," Lt-Col Regener said.

"This was a major achievement by the resourceful members of Team Army."

Also on hand to entertain the crowds was the seven-piece Rising Sun rock band.

Based at Simpson Barracks in Watsonia, the Australian Army Band – Melbourne provides entertainment across the city and around Victoria promoting a positive image for Army.

Band 2IC Capt Steve Cottier said the band received "unbelievably positive" feedback from passers-by.

"Our members are all reservists and left their day jobs to support the Grand Prix," he said.

"We love the atmosphere and a chance to entertain the tens of thousands of people who visit this iconic event."

FLAMES AND FLAIR: See page 20-21 for a feature on Team Army at Clipsal.
Brigade’s proud past

Soldiers reflect on a century of achievements at tree-planting ceremony

Cpl Mark Doran

AN OAK with direct links to Anzac Cove was recently planted at Gallipoli Barracks during a service to recognise the centenary and proud history of 6 Bde.

The Palestine Oak planted in Brisbane was propagated from one of the four holly oaks in Australia with historical links to trees originating from the Gallipoli Peninsula.

The Gallipoli Oak “grandparent” trees were grown from acorns originally sent to Australia by soldiers fighting at Gallipoli in WWI.

The young tree was donated to 6 CS Bde by the president of the National Trust of Australia’s (Victoria) Gallipoli Oaks Project, Peter Whitelaw, as a symbol of the Centenary of Anzac.

6 Bde was raised as an infantry formation on February 20, 1915. It has undergone many changes over the years, earning battle honours in some of the most significant actions of both world wars.

More recently, the brigade has evolved into Army’s only dedicated combat support formation.

The specialised units of 6 CS Bde are 16ALR, 20 STA Regt, 6ESR, 19 CE Works, 7 Sig Regt and 1 Int Bn.

Former RSM 6 CS Bde WO1 Richard Andersen, of the School of Artillery, said the tree-planting had significant meaning.

“This oak represents the sacrifices made by soldiers from 6 CS Bde across the past 100 years and will be there as a reminder for at least the next 100 years,” WO1 Andersen said.

“The ceremony meant a lot to the members of the brigade. While the oak may look small in stature, what it represents is immense.”

IN BRIEF

Pay update

The Defence Force Remuneration Tribunal (DFRT) will review the adjusted 2014 ADF Workplace Remuneration Agreement on April 16. CDF ACM Mark Birkon said at the hearing he and the government would ask the DFRT to approve a pay increase from 4.5 per cent to 6 per cent over the remaining life of the agreement. He will propose a 0.5 per cent pay rise from 1.5 per cent to 2 per cent from March 12, a further 2 per cent with effect from November 5 and another 2 per cent with effect from November 3, 2016. The proposed changes do not require any productivity offsets to fund the pay increase. The decision process may take several weeks and CDF will advise ADF members of the outcomes in a signal.

Goodbye Sarbi

FORMER Army explosive detection dog Sarbi, who was missing in action in Afghanistan for 14 months before being returned to Australian forces, died on March 27. Her owners made the announcement on Sarbi’s official Facebook page, saying she “passed away peacefully with her family by her side”. Sarbi spent her last years as a family pet with her former handler.

Editor’s note: Read the next edition of Army for a full story honouring Sarbi and her service to Army.

Correction

In Army edition 1347, March 26, 2015, it was incorrectly reported on page 13 that A Sqn, 3/9Lh (SAMR), and 4/19PWLh supported 1 Bde gunners during exercise Paratus Crawl. In fact the soldiers supported 1 Bde’s Armoured Cavalry Regiment.

IN BRIEF

Soldiers reflect on a century of achievements at tree-planting ceremony

From left, former RSM 6 CS Bde WO1 Richard Anderson and Commander 6 CS Bde Brig Gavan Reynolds unveil the plaque during the commemorative planting of a Palestine Oak.

Photo by Spr Myron Alten

WWI SERVICE

THE 6th Infantry Brigade, AIF, was formed in early 1916 and embarked for Egypt in May that year.

By September, most brigade members had landed at Gallipoli where they spent the next three months before being evacuated from the peninsula in December.

In 1916 they were transferred to the Western Front, where they took part in the fighting in the trenches until the end of the war.

ADCU Defence home loans.

Not like ordinary home loans.

You don’t have an ordinary life. And when it comes to buying a home, you’re no ordinary purchaser.

ADCU DHOAS home loans provide special features that are tailored to suit your life and commitments. Find out more from a Mobile Banker today.

adcu.com.au | 1300 23 46 27
Touring tunes and laughs

Forces Entertainment Tour performs across the Middle East Region

Ft-Lt Daniel Phillips
COMEDIANS Mick Molloy and Anthony “Lehmo” Lehmann brought the laughs while rock band 28 Days belted out the tunes during a recent Forces Entertainment Tour across the Middle East.

The tour performed for personnel on Operations Highroad, Manitou, Okra and Accordian.

The tour, funded by RSL—Australia, in Afghanistan began in Kabul in early March.

The entertainers performed for troops from Australia and other coalition nations as part of the multinational Resolute Support Mission.

Mick Molloy, a veteran of several Forces Entertainment Tours, said he had more of a chance to appreciate what he saw this time compared with previous tours.

“The tour moves at a pretty hectic pace so there’s a bit of a sensory overload,” he said.

“I’ve been constantly aware of the responsibility attached to the role we’re doing and how important it is to get this right.

“I’m always blown away by how happy the troops are that we’ve made the trip and how happy they are that people at home are thinking of them.

“I think sometimes it’s probably lost on the general public how important it is to the troops.”

28 Days lead singer Jay Dunne said he had the time of his life performing for the troops.

“We were really keen to do the tour – I understand what it’s like to be away from home touring all the time,” Dunne said.

“It really feels like something you have to see for yourself to be able to describe.

“We got to Kabul and it was stunning. The guys pointed to a hill, which was quite close, and said rockets sometimes got shot at them.

“The troops are really down to earth and enjoyed the show.”

The tour also visited Camp Qargha where troops provide training and force protection for the Afghan National Army Officer Academy.

The performers enjoyed every minute in front of the multinational audience despite the near blizzard conditions and the road move in Bushmasters through the streets of Kabul.

Even though it was Lehmo’s sixth tour, he said he had not lost the desire to perform for Australians on operations.

“I absolutely love these trips,” Lehmo said. “There’s nothing quite like the roar of 100 soldiers laughing at your jokes.

“I’ve spoken with many soldiers individually and they’ve told me about what they’re doing here.

“It is dangerous work and it’s a joy for me to be able to bring a piece of Australia here to give them some relief from what they’re doing day-to-day.”

After Kabul, the tour moved to Camp Baker, Kandahar, for a more intimate show for mainly Australian and US troops.

The tour also included shows on board HMAS Success, at Australia’s main logistics base in the Middle East and for the Air Task Group.

Your own dedicated Salary Packaging specialist
Save with exclusive National Fleet Discounts
Pay NO GST* on your new car purchase or its running costs
Your Package Includes Finance, Fuel, Insurance, Servicing, Tyres & Registration
Flexible Trade-in options
Bonus!
Mention this advert prior to completing your contract and get a bonus GoPro HD Hero Camera or an iPad Mini when your new vehicle is delivered!

Call us for an obligation free quote NOW
1300 738 601

Fleet Network Pty Ltd. To qualify for this offer you must mention this advertisement to Fleet Network prior to the completion of your initial contract. Vehicle must be new and supplied by Fleet Network. Not valid in conjunction with any other current Fleet Network offers. Employees should consult their employer’s salary packaging policy before entering into a contract.

*Subject to Employer policy. Vehicle for illustration purposes only.

Let the team at Fleet Network show you how to save thousands when buying your next new car.
It’s all about using your pre-tax salary, and taking advantage of all the additional benefits only Fleet Network can offer.

It’s worth a call – it’s your salary, after all.

Army
April 9, 2015

package a new car and save on tax

Comedians Anthony Lehmann, left, and Mick Molloy perform in Kandahar, while Jay Howard from Australian rock band 28 Days scratches the turntables in Kabul (inset). Photos by Cpl David cotton

NEWS
On road to war

Soldiers begin readiness preparations with Exercise Blue Diamond

Capt Bradley Richardson

FIGHTING fictitious Kamarian forces and restoring the government of Legais was 7 Bde’s primary role as part of Exercise Blue Diamond 2015.

Blue Diamond was held at Gallipoli Barracks in Brisbane from March 2-13.

It was the first of four major activities in which 7 Bde will participate as it prepares to be Army’s Ready Brigade on July 1.

Commander 7 Bde Brig Adam Findlay is acutely aware of the brigade’s unique situation, where it has grown rapidly to become a combat brigade and fulfil the readiness commitment.

“This is something the brigade has not been before and we are very conscious to develop ourselves for high readiness and operations,” Brig Findlay said.

“This activity has enabled my headquarters to shakeout with all the assets that a combat brigade headquarters would normally deploy on operations with.”

The Combat Training Centre (CTC) was integral in providing the infrastructure for the exercise.

CO CTC – Battle Command and exercise director Lt-Col Spencer Norris oversaw the planning and execution of Blue Diamond.

“We were able to build a complex operating environment, which included coalition, interagency, conventional and unconventional organisations that tested all aspects of brigade planning and execution,” he said.

In preparation for Exercises Talisman Sabre and Hamel, the exercise included support from the US 25 Inf Div and a combat team from New Zealand. US Army Maj Joe Bradshaw acted as Chief of Staff 25 Inf Div as part of the higher headquarters for 7 Bde.

“We have provided command and control for 7 Bde and injects for the exercises to test the brigade headquarters,” Maj Bradshaw said.

“The exercise has been an opportunity to test not only 7 Bde but the interoperability between Australian and US forces, which has been interesting as we have been able to establish a joint headquarters in support of the exercise.”

7 Bde and coalition forces operated within a training scenario based on the fictitious state of Southern Legais.

“I appreciate all the effort behind the scenes that enables us to be worked up as realistically as we can and get us ready for real-time deployment on operations,” Brig Findlay said.

“From here we will take the lessons and make ourselves better.”

7 Bde will continue its road to war in 2015 with the CTC-run Ready Battalion Group warfighter, a combined arms training activity and Exercises Talisman Sabre and Hamel.
Intelligent preparation

Soldiers practise call-out procedures

WITH the shadow of Tropical Cyclone Marcia passing over south-east Queensland, ready elements of 1 Int Bn rehearsed their call-out procedures as part of Exercise Phoenix Finisher from February 23-26. For the first time since being raised in 1999, the Brisbane-based battalion had no formed bodies on operations.

The intelligence battalion maintains short-notice ready elements for each of its sub-unit capabilities of human intelligence, all-source intelligence, geospatial intelligence, exploitation operations and psychological operations. As the sole provider of these capabilities to Army, 1 Int Bn is required to be prepared to support contingencies ranging from humanitarian assistance and disaster relief through to high-end warfighting.

Exercise Phoenix Finisher involved ready elements deploying in support of a notional DFA t-led, RAAF-centric, ready elements deploying in support of 1 Int Bn for employment as human intelligence operators or interrogators.

Lt-Col S said this enhanced the unit’s capabilities as well as individual skills.

“By the time they post out of the unit after two or three years they possess enhanced maturity and management skills they otherwise would not have developed. The experience these women and men bring to the battalion is invaluable,” he said. LS M serves with the exploitation operations capability and was tasked to debrief a local national who had detailed knowledge of a disrupted port facility.

This critical piece of intelligence was later corroborated by a detachment supporting key leadership engagement and was used to adjust the Joint Task Force’s sea point of disembarkation. LS M said his Navy background helped him understand the technical details the local national discussed.

“In this scenario, we were working in a RAAF Joint Task Force so it was rewarding to collect intelligence specifically relevant to our RAAF counterparts,” Sgt A said.

“I was able to tailor my questioning to meet the specific needs of RAAF,” Central to the intelligence efforts on Exercise Phoenix Finisher was the work of 1 Int Bn’s intelligence analysts.

During this process, vital information regarding a significant threat to the centre was obtained, leading to swift counter action to avert any potential threat to Australian personnel.

“In this scenario, we were working in a RAAF Joint Task Force so it was rewarding to collect intelligence specifically relevant to our RAAF counterparts,” Sgt A said.

“I was able to tailor my questioning to meet the specific needs of RAAF,” Central to the intelligence efforts on Exercise Phoenix Finisher was the work of 1 Int Bn’s intelligence analysts.

They were able to fuse the intelligence collected from Air Force, Navy and government sources and provide advice to commanders, which drove operational planning.

Pte Natalie Leahey, who completed her intelligence initial employment training last year, was central to this effort. She said analysts were tasked to identify and locate Australian nationals who were stranded at a mine and unable to make it to the evacuation point.

“After collating all available facts I was able to task our screeners to ask particular questions to fill our gaps in knowledge,” Pte Leahey said.

While interest rates are low

Did you know that for $50/week* you can own this?

Contact us and find out how!

Phone now 1800 155 611

*Conditions apply. Based on a 5.5% interest rate for a $377,000 investment and an annual taxable income of $80,000. We recommend all our customers seek independent financial advice.

Are you based in Enoggera? We have a Property Investment Consultant available. If you want to stop by for a friendly chat and a coffee, feel free to contact Wendy Rosenbaum on 0428 777 729 to make an appointment now.

Pte Nate Van Dore briefs an Air Force planner on the most recent intelligence available. Photo provided by 1 Int Bn

For more information call: (02) 9385-6767

www.aviation.unsw.edu.au

School of Aviation
Looking for an upgrade?

Postgraduate Aviation Management
Postgraduate courses offered by distance education.
Bachelor of Aviation
A three year degree with flying and management options.

Find out more: www.aviation.unsw.edu.au

Call: (02) 9385-6767

QPS Investment Group
15 YEAR
Protection
Contract

REX LICENCE NO 3355877
M.A. (Rex) O'Shea JP (Qld) QPA
Ex Magne WO2
0414 682 701
Wendy Rosenbaum
0428 777 729
Linda Rosenbaum
0427 415 767

www.qpsig.com.au

...but you have to invest to be wealthy!

You don’t have to be wealthy to invest

QPS INVESTMENT GROUP
15 YEAR RENT
Protection
Contract

REX LICENCE NO 3355877
M.A. (Rex) O'Shea JP (Qld) QPA
Ex Magne WO2
0414 682 701
Wendy Rosenbaum
0428 777 729
Linda Rosenbaum
0427 415 767

www.qpsig.com.au

...but you have to invest to be wealthy!

You don’t have to be wealthy to invest
Time for a new car?
Consider a novated car lease with Smartleasing

NEW MAZDA CX-5
Maxx (FWD) 2.0i Auto
$395*
Per fortnight

Package includes
✓ Fuel
✓ Finance
✓ Maintenance
✓ Warranty
✓ Re-registration
✓ Servicing
✓ Insurance

No deposit to pay

Hyundai
i30 Trophy 1.8i
Auto
$330*
Per fortnight

Mazda
3 Maxx Auto
Hatch/Sedan
$340*
Per fortnight

Toyota Corolla
Ascent Sport 1.8i
Auto
$345*
Per fortnight

Nissan
X-Trail ST 5st 2WD
Auto
$420*
Per fortnight

Find out how you could benefit from a novated car lease.
Visit us online or call for an obligation-free quote.

Call us today 1300 112 769

www.armyleasing.com.au

*Based on the following assumptions: living in NSW 2123, salary: $70,000 gross p.a., travelling 15,000 kms p.a., lease term: 48 months. All figures quoted include budgets for fuel, servicing, tyres, maintenance and re-registration over the period of the lease. Also includes QBE comprehensive motor insurance, 2 year extended warranty (except for all Hyundai and Kia models) and platinum aftermarket pack, which includes window tint as part of the offer. Vehicle pricing is correct at the time of print and may be subject to change and availability.
Joining together for peace

Representatives from 15 countries discuss factors influencing peace operations

Cpl Mark Doran

THE ADF Peace Operations Training Centre’s (POTC) 2015 ADF Peace Operations Seminar was held at the Australian Defence College in Canberra from March 23-27.

The seminar familiarised selected ADF personnel, other government and non-government agencies and international Defence partners with factors influencing national participation in peace operations.

About 20 Australian participants from the ADF, Australian Public Service, Department of Foreign Affairs and Trade and Australian Federal Police attended, as well as 23 participants from 14 countries including Egypt, India, Tonga, Mongolia and New Zealand.

CO ADF POTC Lt-Col Matthew Nash said three senior officers from the Armed Forces of Ukraine also attended the seminar in what was one of the first international engagement activities between the two countries.

The seminar was held in a relaxed academic construction and each day began with a keynote speaker who focused on key issues related to peace operations.” Lt-Col Nash said.

Topics included an overview of the United Nations and peacekeeping, rules of engagement and protection of civilians, women, peace and security and the implementation of UN Security Council Resolution 1325, and the issues and challenges of peacekeeping operations.

The UN Security Council Resolution 1325 is a landmark international legal framework that addresses not only the inordinate impact of war on women, but the pivotal role women should and do play in conflict management, conflict resolution and sustainable peace.

The seminar ended with a case study of Australia’s support to the UN Mission in South Sudan.

Lt-Col James Kerr, of HQJOC, has been involved with the women, peace and security agenda for the past two years on operations and in his current role as an operational planner.

“lt is vital women, peace and security considerations are incorporated into our operational planning and organisation,” Lt-Col Kerr said.

“In 2013, I completed the UN Military Observers course in New Delhi and it was interesting to see the different perspectives of the nations involved on peace operations, compared to the training run by Australians.

“The best part of this seminar was the involvement of the international visitors who were all keen and we learnt about their backgrounds or experience on UN operations.”

The ADF POTC provides training, education and advice to government agencies, including Defence, as well as international defence forces and organisations.

Its headquarters is in Canberra at the Australian Defence College with residential training facilities at RAAF Base Williamtown.

Two Army officers and two public servants make up the centre’s permanent staff. They are assisted by a joint workforce of nearly 20 reservists who deliver training within Australia and overseas.

CO ADF POTC Lt-Col Matthew Nash said the centre provided pre-deployment training for Australian officers and NCOs.

“The courses we provide include the ADF UN Staff Officer Course and the ADF UN Military Expert on Mission Course, which prepare military observers, military advisers, military liaison officers and other specialists for peace operations,” Lt-Col Nash said.

“The foundation of training for those courses is based on a general military skill set, but we provide knowledge on the history, formation, organisation and workplace requirements of the UN to help selected members adjust quickly to being part of a very different military force compared to the ADF or our regular coalition partners.

“We help them understand the UN’s policies and its command and control structure, any issues and concerns, and importantly what their role and responsibilities will be on mission.”

The ADF POTC’s mobile training teams travel to South-East Asia, the south Pacific or Africa in support of Defence and government’s international engagement objectives. Later this year, a team will work in Vietnam and Kenya, supporting those countries’ POTCs, to prepare troops deploying to Sudan and other missions in Africa.

The centre is one of two UN accredited training facilities in the southern hemisphere, the other being in Latin America.

The seminar familiarised selected ADF personnel, other government and non-government agencies and international Defence partners with factors influencing national participation in peace operations.

The seminar ended with a case study of Australia’s support to the UN Mission in South Sudan.

Lt-Col James Kerr, of HQJOC, has been involved with the women, peace and security agenda for the past two years on operations and in his current role as an operational planner.

“lt is vital women, peace and security considerations are incorporated into our operational planning and organisation,” Lt-Col Kerr said.

“In 2013, I completed the UN Military Observers course in New Delhi and it was interesting to see the different perspectives of the nations involved on peace operations, compared to the training run by Australians.

“The best part of this seminar was the involvement of the international visitors who were all keen and we learnt about their backgrounds or experience on UN operations.”

The ADF POTC provides training, education and advice to government agencies, including Defence, as well as international defence forces and organisations.

Its headquarters is in Canberra at the Australian Defence College with residential training facilities at RAAF Base Williamtown.

Two Army officers and two public servants make up the centre’s permanent staff. They are assisted by a joint workforce of nearly 20 reservists who deliver training within Australia and overseas.

CO ADF POTC Lt-Col Matthew Nash said the centre provided pre-deployment training for Australian officers and NCOs.

“The courses we provide include the ADF UN Staff Officer Course and the ADF UN Military Expert on Mission Course, which prepare military observers, military advisers, military liaison officers and other specialists for peace operations,” Lt-Col Nash said.

“The foundation of training for those courses is based on a general military skill set, but we provide knowledge on the history, formation, organisation and workplace requirements of the UN to help selected members adjust quickly to being part of a very different military force compared to the ADF or our regular coalition partners.

“We help them understand the UN’s policies and its command and control structure, any issues and concerns, and importantly what their role and responsibilities will be on mission.”

The ADF POTC’s mobile training teams travel to South-East Asia, the south Pacific or Africa in support of Defence and government’s international engagement objectives. Later this year, a team will work in Vietnam and Kenya, supporting those countries’ POTCs, to prepare troops deploying to Sudan and other missions in Africa.

The centre is one of two UN accredited training facilities in the southern hemisphere, the other being in Latin America.

Do you want a PHAT Tax Return?

Defence Force tax specialists • We have extensive experience across all ranks and specialties, including:
• Members with investment properties
• Members who have served overseas
• Members who have fallen behind on lodging their tax returns

Maximum returns - We know all the specific deductions, so you get a great tax return every year!
Phone consultations - All tax returns are completed over the phone, so you don’t have to leave your base, ship or assignment
One Tax agent - We are not limited to locality so you and your family don’t ever have to look for another tax agent again.

Proud major sponsor of Army Football

Call our 24/7 bookings hotline 1300 763 575 or visit us online at www.phatreturns.com.au

If we were any more like family we’d go you halves in the last bit of juice too. That’s because for over 60 years we’ve existed to benefit our members, not to profit investors. And with exclusive hospital and extras packages for ADF and Reservist families, we’re making sure there’s always plenty to go round.

Join the family. Call 1800 335 425 or visit defencehealth.com.au

ABOUT THE CENTRE

THE ADF POTC provides training, education and advice to government agencies, including Defence, as well as international defence forces and organisations.

Its headquarters is in Canberra at the Australian Defence College with residential training facilities at RAAF Base Williamtown.

Two Army officers and two public servants make up the centre’s permanent staff. They are assisted by a joint workforce of nearly 20 reservists who deliver training within Australia and overseas.

CO ADF POTC Lt-Col Matthew Nash said the centre provided pre-deployment training for Australian officers and NCOs.

“The courses we provide include the ADF UN Staff Officer Course and the ADF UN Military Expert on Mission Course, which prepare military observers, military advisers, military liaison officers and other specialists for peace operations,” Lt-Col Nash said.

“The foundation of training for those courses is based on a general military skill set, but we provide knowledge on the history, formation, organisation and workplace requirements of the UN to help selected members adjust quickly to being part of a very different military force compared to the ADF or our regular coalition partners.

“We help them understand the UN’s policies and its command and control structure, any issues and concerns, and importantly what their role and responsibilities will be on mission.”

The ADF POTC’s mobile training teams travel to South-East Asia, the south Pacific or Africa in support of Defence and government’s international engagement objectives. Later this year, a team will work in Vietnam and Kenya, supporting those countries’ POTCs, to prepare troops deploying to Sudan and other missions in Africa.

The centre is one of two UN accredited training facilities in the southern hemisphere, the other being in Latin America.
**Soldiers enhance live-fire skills in Malaysia**

Soldiers from A Coy, 3RAR, are halfway through their three-month Rifle Company Butterworth rotation in Malaysia.

The unit began its demanding training program on January 28, which focused on live-fire training, designed to enhance 3RAR’s lethality operating in complex terrain, both in jungle and urban environments.

A Coy 2IC Capt Timothy Farrell said phase one of the training was conducted at the Gurun Range training area.

“Each of our platoons spent a week going through realistic live-fire serials,” Capt Farrell said.

“The training consisted of live-fire section attacks, sneaker ranges in pairs and section ambush in the jungle environment.”

The live-fire training culminated with a combat shooting package.

“Each platoon was taken through the course, which leveraged the skills passed to the unit by SASR during a range of combat shooting courses run for us over the past two years,” Capt Farrell said.

“Soldiers who’ve not yet been exposed to this training methodology and techniques found it demanding, but showed rapid improvement in their ability to apply lethal fire from their rifle and sidearm.”

Cpl Tristan Kennedy, a section commander from 3 Pl, said the combat shooting was beneficial.

“We are now definitely more confident and lethal with our primary and secondary weapons,” Cpl Kennedy said.

“The infantry integrated combat training has also taught us the skills needed to carry on the fight when our weapons go down.”

During phase two of the training at the Sis National Park and Kulim State Forest, the soldiers were joined by instructors from the Combat Training Centre’s Jungle Training Wing, who put them through two weeks of specialised jungle warfare training.

“The soldiers conducted section and platoon patrolling, developed their close-country ambush skills and conducted a demanding platoon deliberate attack in very thick and steep jungle terrain,” Capt Farrell said.

“We are now deployed to Pulada Training area, the home of the Malaysian Army Combat Training Centre, for phase three of our rotation.”

“We are conducting two weeks of live-fire training, leading up to a 72-hour platoon live-fire exercise.”

The exercise will be a demanding activity, designed to test the soldiers’ new skills.

“Each platoon will be inserted with live ammunition into a well-developed exercise scenario requiring them to interdict an enemy movement corridor,” Capt Farrell said.

“Both commanders and their soldiers will be tested, as area and platoon ambushes are planned and will be set utilising mechanical and explosive aids.”

“The exercise scenario will culminate with a platoon deliberate attack to clear an enemy camp in complex jungle terrain, incorporating the firepower of a complete manoeuvre support section.”

In the fourth phase of A Coy’s training, the soldiers will travel to Singapore for five days to practice urban terrain operations and continued combat shooting at the Singaporean Armed Force’s state-of-the-art Mural Urban Training Facility.

The soldiers will then redeploy to RMAF Base Butterworth before contributing guards to high-profile commemorations at Hellfire Pass on the Burma Railway for Anzac Day ceremonies.

The sub-unit is due to return to Australia in early May and will be replaced by C Coy, 3RAR.

---

**Country star visits 1RAR**

Cpl Mark Doran

AUSTRALIAN country music star Beccy Cole visited the 1RAR Museum at Lavarrack Barracks on March 27.

During the visit, she met with soldiers who served in Afghanistan with former 1RAR officer Capt Paul McKay, who took his own life in the US last year.

Capt McKay’s mother, Angela, suggested Cole visit 1RAR when she was next in Townsville.

“It was a fantastic experience to see the preservation of the battalion’s history and it was also special to see the display honouring Capt McKay and some of his mates,” Cole said.

Cole has released a song called Broken Soldiers on the album Sweet Rebecca, which was inspired after she attended a memorial for Capt McKay.

“What struck a chord with me was the strength with which his mother spoke of her son, her broken soldier,” Cole said.

---

**AUSTRALIA’S LARGEST DEFENCE CAREER TRANSITION SPECIALISTS**

**TRANS-CIV**

**TRANSITION TO CIVILIAN**

- Find your next career
- Know the qualifications to be competitive
- Have an industry approved CV/Resume
- Win the job interview
- Negotiate the highest starting salary

**Our services are:**

- **FREE** to members under Defence CTAS, for Tier 2 & 3, Medical Discharges, ADFRP Goal 3, MIER and Redundancy
- **FREE** for members without CTAS who qualify under our exclusive RBL Support Program
- **FREE** for partners with PEEP entitlements

**transciv.com.au**

1300 366 104 info@transciv.com.au

---

**New Takes**

- For travel insurance that treats you like family, visit defencehealth.com.au

---

**Army**

April 9, 2015
ADF members and veterans will be exempt from all but two changes to compensation legislation that provides cover to all Commonwealth employees.

**Proposed amendments to the Safety, Rehabilitation and Compensation Act 1988 (SRCA)** were tabled in Parliament last month.

The government had also agreed to excise Part XI from the SRCA into a standalone act. "This will be done in consultation with Defence and the veteran communities to provide an opportunity for closer alignment with other military compensation schemes administered by DVA," he said.

The ADF has a comprehensive rehabilitation program, with members covered by either the SRCA and MRCA.

The changes to the SRCA will ensure Part XI clients receive the benefit of a proposed increase in the maximum permanent impairment amount payable.

Part XI clients will also be able to combine multiple injuries resulting from a single incident, in order to meet minimum permanent impairment threshold requirements.

---

### Amendments to Act tabled in Parliament

**NEWS**

**Reserve A Seat**

---

**FREE 1-DAY PROPERTY INVESTMENT COURSE**

**Warning:** Don’t buy an investment property until you have done this course

**You Will Learn**

- Learn how one investor made **$260K in one year** in capital growth on top of his salary while still serving full time in the ADF.
- How to access **approximately $18K+ and $400/month** in ADF housing entitlements.
- **What they don’t teach you** at school about investing.
- **The secret, under the radar property locations** to give the best returns.
- **WHERE** to buy, **WHAT** to buy, **WHEN** to buy.
- **The little known strategies to achieve financial freedom quickly and safely.**
- How to make sure your properties will pay for themselves.

---

**Upcoming Training Days**

- **Brisbane**
  - Sat, 11th April, 9am-4pm
  - The Fiction Bar, Raby Bay
- **Toowoomba**
  - Sat, 2nd May, 9am-4pm
  - Fitz's Function Centre
- **Sydney**
  - Sat, 9 May, 9am-4pm
  - Castle Hill RSL
  - Sun, 10 May, 9am-4pm
  - Club Liverpool RSL
- **Darwin**
  - Sat, 16 May, 9am-4pm
  - Adina Apartment Hotel
- **Cairns**
  - Sun, 17 May, 9am-4pm
  - Shangri-La Hotel, The Marina
- **Melbourne**
  - Sat, 23 May, 9am-4pm
  - InterContinental Melbourne
  - The Rialto

---

**Testimonials**

- "Knowledge is money! The sessions are informative and provide an excellent introduction to property investment." - Len, Darwin
- "Worth the day to learn, valuable information for successful financial property advice and information. Would recommend to first home buyers." - Coral, Perth
- "It is worthwhile. It provided me with effective guidance regarding the property investment in a profitable and significant manner." - Ben, Darwin
- "Broadens your point of view on property investment. Well worth the time." - Steph, Perth
- "Very valuable knowledge for anyone waiting to enter the property market or just starting out." - Amy, Wagga Wagga

---

**Contact**

- **1300 372 677**
- info@integrityproperty.com.au
- free-training/adf/

---

**rafnews.com.au**

---

**NEWS**

**Reserve A Seat**

---

**FREE 1-DAY PROPERTY INVESTMENT COURSE**

**Warning:** Don’t buy an investment property until you have done this course

**You Will Learn**

- Learn how one investor made **$260K in one year** in capital growth on top of his salary while still serving full time in the ADF.
- How to access **approximately $18k+ and $400/month** in ADF housing entitlements.
- **What they don’t teach you** at school about investing.
- **The secret, under the radar property locations** to give the best returns.
- **WHERE** to buy, **WHAT** to buy, **WHEN** to buy.
- **The little known strategies to achieve financial freedom quickly and safely.**
- How to make sure your properties will pay for themselves.

---

**Upcoming Training Days**

- **Brisbane**
  - Sat, 11th April, 9am-4pm
  - The Fiction Bar, Raby Bay
- **Toowoomba**
  - Sat, 2nd May, 9am-4pm
  - Fitz’s Function Centre
- **Sydney**
  - Sat, 9 May, 9am-4pm
  - Castle Hill RSL
  - Sun, 10 May, 9am-4pm
  - Club Liverpool RSL
- **Darwin**
  - Sat, 16 May, 9am-4pm
  - Adina Apartment Hotel
- **Cairns**
  - Sun, 17 May, 9am-4pm
  - Shangri-La Hotel, The Marina
- **Melbourne**
  - Sat, 23 May, 9am-4pm
  - InterContinental Melbourne
  - The Rialto

---

**Testimonials**

- "Knowledge is money! The sessions are informative and provide an excellent introduction to property investment." - Len, Darwin
- "Worth the day to learn, valuable information for successful financial property advice and information. Would recommend to first home buyers." - Coral, Perth
- "It is worthwhile. It provided me with effective guidance regarding the property investment in a profitable and significant manner." - Ben, Darwin
- "Broadens your point of view on property investment. Well worth the time." - Steph, Perth
- "Very valuable knowledge for anyone waiting to enter the property market or just starting out." - Amy, Wagga Wagga

---

**Contact**

- **1300 372 677**
- info@integrityproperty.com.au
- free-training/adf/

---

**rafnews.com.au**

---

**NEWS**

**Reserve A Seat**

---

**FREE 1-DAY PROPERTY INVESTMENT COURSE**

**Warning:** Don’t buy an investment property until you have done this course

**You Will Learn**

- Learn how one investor made **$260K in one year** in capital growth on top of his salary while still serving full time in the ADF.
- How to access **approximately $18k+ and $400/month** in ADF housing entitlements.
- **What they don’t teach you** at school about investing.
- **The secret, under the radar property locations** to give the best returns.
- **WHERE** to buy, **WHAT** to buy, **WHEN** to buy.
- **The little known strategies to achieve financial freedom quickly and safely.**
- How to make sure your properties will pay for themselves.

---

**Upcoming Training Days**

- **Brisbane**
  - Sat, 11th April, 9am-4pm
  - The Fiction Bar, Raby Bay
- **Toowoomba**
  - Sat, 2nd May, 9am-4pm
  - Fitz’s Function Centre
- **Sydney**
  - Sat, 9 May, 9am-4pm
  - Castle Hill RSL
  - Sun, 10 May, 9am-4pm
  - Club Liverpool RSL
- **Darwin**
  - Sat, 16 May, 9am-4pm
  - Adina Apartment Hotel
- **Cairns**
  - Sun, 17 May, 9am-4pm
  - Shangri-La Hotel, The Marina
- **Melbourne**
  - Sat, 23 May, 9am-4pm
  - InterContinental Melbourne
  - The Rialto

---

**Testimonials**

- "Knowledge is money! The sessions are informative and provide an excellent introduction to property investment." - Len, Darwin
- "Worth the day to learn, valuable information for successful financial property advice and information. Would recommend to first home buyers." - Coral, Perth
- "It is worthwhile. It provided me with effective guidance regarding the property investment in a profitable and significant manner." - Ben, Darwin
- "Broadens your point of view on property investment. Well worth the time." - Steph, Perth
- "Very valuable knowledge for anyone waiting to enter the property market or just starting out." - Amy, Wagga Wagga

---

**Contact**

- **1300 372 677**
- info@integrityproperty.com.au
- free-training/adf/

---

**rafnews.com.au**

---

**NEWS**

**Reserve A Seat**

---

**FREE 1-DAY PROPERTY INVESTMENT COURSE**

**Warning:** Don’t buy an investment property until you have done this course

**You Will Learn**

- Learn how one investor made **$260K in one year** in capital growth on top of his salary while still serving full time in the ADF.
- How to access **approximately $18k+ and $400/month** in ADF housing entitlements.
- **What they don’t teach you** at school about investing.
- **The secret, under the radar property locations** to give the best returns.
- **WHERE** to buy, **WHAT** to buy, **WHEN** to buy.
- **The little known strategies to achieve financial freedom quickly and safely.**
- How to make sure your properties will pay for themselves.

---

**Upcoming Training Days**

- **Brisbane**
  - Sat, 11th April, 9am-4pm
  - The Fiction Bar, Raby Bay
- **Toowoomba**
  - Sat, 2nd May, 9am-4pm
  - Fitz’s Function Centre
- **Sydney**
  - Sat, 9 May, 9am-4pm
  - Castle Hill RSL
  - Sun, 10 May, 9am-4pm
  - Club Liverpool RSL
- **Darwin**
  - Sat, 16 May, 9am-4pm
  - Adina Apartment Hotel
- **Cairns**
  - Sun, 17 May, 9am-4pm
  - Shangri-La Hotel, The Marina
- **Melbourne**
  - Sat, 23 May, 9am-4pm
  - InterContinental Melbourne
  - The Rialto

---

**Testimonials**

- "Knowledge is money! The sessions are informative and provide an excellent introduction to property investment." - Len, Darwin
- "Worth the day to learn, valuable information for successful financial property advice and information. Would recommend to first home buyers." - Coral, Perth
- "It is worthwhile. It provided me with effective guidance regarding the property investment in a profitable and significant manner." - Ben, Darwin
- "Broadens your point of view on property investment. Well worth the time." - Steph, Perth
- "Very valuable knowledge for anyone waiting to enter the property market or just starting out." - Amy, Wagga Wagga

---

**Contact**

- **1300 372 677**
- info@integrityproperty.com.au
- free-training/adf/
AFTER four years of organisation, hard work and sacrifice, 4 Regt RAA’s history of service and sacrifice will be celebrated next month, with the regiment’s 55th birthday milestone.

As we train together in combined arms, said the regiment’s new capabilities, Lt-Col Hill to do business, experimented, took the find- will be maintained by the Combat Service fires teams and a battlegroup Joint fires and post batteries supported by a single gun bat- 16 17

16 17

CELEBRATE

D E C A D E S OF S E R V I C E

DECADES OF SERVICE

16 17

CELEBRATE

CENTREPIECE

TIME TO CELEBRATE

A gun battery has been generated for each 3 Bde manoeuvre arms unit, which will help us form relationships and understanding as we train together in combined arms... When we do this on operations we don’t have the friction of trying to integrate our staff or capabilities into a battlegroup.

PROUD HERITAGE

The lineage of 4 Regt RAA is drawn to such a great extent to the Royal Regiment of Australian Artillery. The regiment has undergone significant name changes over the years, including 4 Field Bde, 4 Australian Field Artillery, 4 Field Artillery Group and 4 Field Royal Artillery (Militia).

CENTREPIECE

PROUD HERITAGE

9 December, 2014 – 106 Bty raised near Ismalia on the Sinai Peninsula, Egypt. The battalion’s mission was to advance the regiment’s current capabilities.

1812 Overture and fireworks will a performance of the 1812

AIDS.

AIDS.

AIDS.

PROUD HERITAGE

4 Regt RAA reverts to traditional structure and gears up to celebrate 55th birthday milestone, reports.

Lt-Col Damian Hill said every living member of the regiment, includ- ing those still serving would not rec- ognise the look of the artillery regiment of today.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.

AIDS.
Campagne encourage an ADF career

A NEW ADF recruiting campaign launched on March 24.

The campaign is designed to encourage more women to consider the ADF as a career. There will be a series of face-to-face blocks in May, July and September.

The campaign will be advertised on the Defence Directorate of Indigenous Affairs and consists of three five-day training sessions for ADF and APS members by the Australian Indigenous Leadership Opportunity.

Applications are open for the Certificate IV in Indigenous Leadership. The course has been designed to develop the capacity of Aboriginal and Torres Strait Islander people to take on leadership and senior roles in Defence and communities.

It will be delivered to Aboriginal and Torres Strait Islander ADF and APS members by the Australian Indigenous Leadership Centre.

The course will be funded by the Defence Directorate of Indigenous Affairs and consists of three five-day face-to-face blocks in May, July and September.

Applications close on April 17.

Registration forms can be emailed to indigenous.affairs@defence.gov.au

For more information, visit www.defence.gov.au/nhwhatyoulove

Dedication to safety

 Awards recognise outstanding work

Sgt Dave Morley

ARMY personnel have been recognised in the 12th Defence Work Health and Safety Awards. The ceremony, held in Canberra on March 12, recognised contributions from 23 individuals and groups across Defence.

Director General WHS Branch Lindsay Kranz said the presentation highlighted the achievements of some talented Defence people. “Through these people Defence is again recognised for its outstanding achievements in safety throughout the Commonwealth,” he said.

RAAC officer and current student at Capability and Technology Management College, Capt Matthew King, received a commendation for implementing exceptional ground and aviation safety within 16 Avn Bde.

Capt King said although he felt privileged to receive the award, it was a team effort.

“The chain-of-command gave me a lot of rope and resources and I will be supported by a good team, including WO1 Geoff Stoakes and the unit safety staff,” he said.

“I conducted a no-notice full-scale emergency crash exercise with 1 Avn Rgt in order to test their level of preparedness and response to an aviation incident off base.

“I also established a 16 Avn Bde WHS Working Group and helped facilitate changes to the fast-roping standard operating procedures”.

Capt King said his posting to an aviation unit was a normal DCOM posting, which involved a steep learning curve.

“I conducted aviation safety courses, initial and advanced, and learnt from my peers both within the HQ and from the units,” he said.

In the same award category, Cpl Lee Anderson received recognition for dedication to the development of WHS standards, management and culture.

VCDF ADF Ray Griggs said there had been significant reductions in injuries among ADF members in recent times.

“The nature of the work we do in Defence is inherently challenging and as such our focus on safety must be an intrinsic one,” VCDF said.

What the awards system does is help keep safety at the forefront of people’s minds.

“It’s part of building a proactive, risk-based rather than a compliance-based safety culture.”

Australian Army Cadets safety personnel also won an award at the ceremony.

Lt-Col Peter Gavican and Brig Wayne Budd accepted the award for best practice in health and food risk management.

For more information, visit our intranet. defence.gov.au/organisation/RDD/DFSM or email info@hamel.edu.au

Ms Skinner and VADM Griggs present Lt-Col Peter Gavican and Brig Wayne Budd with the WHS award. Photos by Lauren Larking

Defence One is on the way

Leanne Blackmore

ADF and Australian Public Service (APS) personnel will have a single Human Resource Management and Payroll Administration System under Defence One (D1) Release 1a.

Currently, ADF permanent members, both paid through the ADF Pay System, while ADF Reserve members and APS are paid through PMKeyS.

With the rollout of Release 1a, all ADF and APS members will be managed through one payroll system, D1. D1 will give ADF members the ability to submit, modify or delete a range of new absences and allowances through Self Service, which will make the process faster and without the need to complete paper forms.

These include long service leave, carers leave, leave without pay, maternity leave, part-day travel allowance and district allowance.

Members will no longer need to submit paper forms for leave applications or for “start” or “stop” allowances, such as district allowance.

This can all be done through Self Service or Home Portal.

Payslips will still be available in Self Service, but will be simplified with a better display of adjustments.

Assistant Secretary Personnel Systems Modernisation Brett Marriott said there would also be some changes in processes and policies.

“D1 will standardise the minimum rank of approvers for ADF absence and allowance applications,” Mr Marriott said.

“The rank level of approval will depend on the allowance or absence type the member is applying for.”

For example, paid parental leave and absent for convalescence are currently approved by a major or above.

With the introduction of D1, these will be approved at WO2 or above in the chain of command.

“All allowance applications and more complex absence types, such as leave without pay or long service leave, will continue to be approved by a major or above.”

Members will also need to be aware of changes within the new ADF Absence Request page in Self Service.

“When D1 goes live towards the end of the year, the current ‘return date’ for absence periods will become the ‘end date’,” Mr Marriott said.

“The end date” will reflect the last day of the member’s absence, rather than the date the member returns to duty.

For more information, visit our intranet. defence.gov.au/organisation/RDD/DFSM or email info@hamel.edu.au

“D1 will allow us to move forward with a single HR and payroll system that will be easier to use and more cost effective to run and maintain.”

For more information, visit our intranet. defence.gov.au/organisation/RDD/DFSM or email info@hamel.edu.au

Ms Skinner and VADM Griggs present Lt-Col Peter Gavican and Brig Wayne Budd with the WHS award. Photos by Lauren Larking

Dedication to safety

Sgt Dave Morley

ARMY personnel have been recognised in the 12th Defence Work Health and Safety Awards. The ceremony, held in Canberra on March 12, recognised contributions from 23 individuals and groups across Defence.

Director General WHS Branch Lindsay Kranz said the presentation highlighted the achievements of some talented Defence people. “Through these people Defence is again recognised for its outstanding achievements in safety throughout the Commonwealth,” he said.

RAAC officer and current student at Capability and Technology Management College, Capt Matthew King, received a commendation for implementing exceptional ground and aviation safety within 16 Avn Bde.

Capt King said although he felt privileged to receive the award, it was a team effort.

“The chain-of-command gave me a lot of rope and resources and I will be supported by a good team, including WO1 Geoff Stoakes and the unit safety staff,” he said.

“I conducted a no-notice full-scale emergency crash exercise with 1 Avn Rgt in order to test their level of preparedness and response to an aviation incident off base.

“I also established a 16 Avn Bde WHS Working Group and helped facilitate changes to the fast-roping standard operating procedures”.

Capt King said his posting to an aviation unit was a normal DCOM posting, which involved a steep learning curve.

“I conducted aviation safety courses, initial and advanced, and learnt from my peers both within the HQ and from the units,” he said.

In the same award category, Cpl Lee Anderson received recognition for dedication to the development of WHS standards, management and culture.

VCDF ADF Ray Griggs said there had been significant reductions in injuries among ADF members in recent times.

“The nature of the work we do in Defence is inherently challenging and as such our focus on safety must be an intrinsic one,” VCDF said.

What the awards system does is help keep safety at the forefront of people’s minds.

“It’s part of building a proactive, risk-based rather than a compliance-based safety culture.”

Australian Army Cadets safety personnel also won an award at the ceremony.

Lt-Col Peter Gavican and Brig Wayne Budd accepted the award for best practice in health and food risk management.

For more information, visit our intranet. defence.gov.au/organisation/RDD/DFSM or email info@hamel.edu.au

Ms Skinner and VADM Griggs present Lt-Col Peter Gavican and Brig Wayne Budd with the WHS award. Photos by Lauren Larking

|||
First platoon marches out

Reserve recruits complete training

Sgt Dave Morley

AFTER the success of a pilot 35-day reserve recruit training course last year, the first platoon of reserve recruits for 2015 marched out of 1RTB on March 27.

Platoon Commander Lt Stuart Clark said extending the length of the reserve course by a week had allowed more competencies and learning outcomes to be delivered.

“In the new course we include a navigation package and a medical package,” he said.

“This enables the recruits to learn these new skills in the Kapooka training environment and helps them to better consolidate the skills they have already been taught.

“By giving us an extra week with them in training we are able to generate a better quality soldier marching out at the end of the course.”

CO IRTB Lt-Col Glenn Ryan said the new course focused the initial training in the one place – Kapooka.

“It takes the burden of units to deliver navigation training and organise civilian medical courses for their members,” Lt-Col Ryan said.

“The 35-day reserve course removes the prerequisites for attendance, with those competencies now delivered at Kapooka.

“This removes barriers for attendance and should generate more reserve members,” Lt-Col Ryan said.

“I joined because I wanted to do something a little bit different and something that would challenge me,” she said.

“I’m at a desk all day and wanted to do something a bit active,” Pte Bakhurst now parades with B Sqn, 12/16 HRL, at Muswellbrook in the Hunter Valley.

Recent march-out, Pte David Cameron, of Sydney University Regiment, said doing the extra seven days wasn’t a problem for him.

“For me the biggest challenge was being away from a family of five kids.”

CO Reserve Training Bde Lt Clark said extending the length of the reserve course by a week had allowed more competencies and learning outcomes to be delivered.

“This removes barriers for attendance and should generate more reserve members for Army.”

“We Serve

19

10/02/15   4:09 PM - PERSONNEL
               
               
               
               
               
               
               WO2 Timothy McDougall in the driver's seat of Project Digger with co-driver Sgt Andrew Lynch.

               Team Army Project Manager Lt-Col Tom Regan said mechanical challenges came with the territory at high-performance events. "We're not driving on average family sedan on a country road, we are operating in an environment of high performance, which brings with it a host of technical challenges for the chief mechanic and tradesmen on Team Army," he said. "When you're developing a vehicle to put into a high-performance display, you increase the risk profile so you just have to implement mitigations to try and mitigate that risk in terms of how to deal with the risk profile." He said Army tradesmen felt the same way about the equipment they maintained to deliver Defence capability, so there was a lot of expertise and training on the track to ensure the vehicle was cancelled on the track the next day." Lt-Col Regener was impressed by the resolve of his team. "Yes, we had a fire on board, but nobody was hurt and an equipment was damaged - which is within the high standard of technical skill among the team. Our training working, the vehicle's equipment working, the onboard fire suppression system worked and we repaired the vehicle in time to be back on the track on the next day."

               For further info visit http://intranet.defence.gov.au/ARMYWEB/SITE/SFC
A sniper conducts a rural stalk.

Battalion snipers on target at SASR’s Sniper Concentration.

A .50 cal Barrett anti-materiel weapon muzzle flash and the impact of the round on a steel target illustrate a sniper’s impact.

Showing skill and precision

The Swanbourne Special Range Facility at Campbell Barracks and the Lancelin and Bindoon training areas were used.

“We’ve learnt to engage targets, doing a lot of different shooting that we wouldn’t otherwise get to do,” Cpl Mack said.

“We are getting exposed to some new techniques that end in being able to engage targets faster. That’s good because we can take back the lessons to the lads in the cell.”

Pte Morgan Preston, of 6RaR, has been a sniper for 18 months and said he has learned a lot.

“A lot of the lessons we learnt on the course were things that we didn’t know,” he said.

“We’ve learnt to engage targets in four-to-six seconds out to 600m, whereas before that would take us a minute.”

“There’s stuff we’ll take back to the battalion that’s incredibly useful that we’d never be aware of unless we came here.”

Pte Simon Lancaster, of 7RaR, recently qualified as a sniper team leader.

“There are a few different drills here that were not taught on course – different ways to solve a problem, more knowledge of ballistics and heaps more rounds downrange than we normally do,” he said.

Cpl L. said the competition reinforced the same skills taught at battalion level.

“It’s a worthwhile exercise for all involved,” he said.

“Every member who participated has been exposed to a stressful environment. Sure it’s just a competition, but without running or sleep deprivation associated with operations, where else can you be lying prone on a sterile range with a heart rate around 150bpm trying to release that perfect shot? How do you train for that situation?”

“I’d rather have an idea of what my body is about to be put through and develop a plan for that, before finding out on operations when it’s just you and your rifle.”

Participants showed some interest in progressing to Special Forces, but Cpl L. said that was not the focus.

“There’s been some pushback from some of the units that we’re trying to poach their best blokes,” he said.

“That’s not the case. It happens to be a happy by-product. The guys see a ‘day-in-the-life’ of the regiment, but that’s a secondary effect.”

“At the end of the day their unit has to nominate them for selection and there are no free passes. You have to fit the mould at the end of selection.”

In the final tally, SASR came from behind to win, with 1RaR second and 7RaR third.
First of its kind

SASR runs inaugural K9 Symposium in Perth.

THE Special Air Service Regiment (SASR) put man’s best friend front and centre at its inaugural K9 Symposium in Perth late last year. Representatives from Army, Air Force, civilian police forces, New Zealand Defence Force and US Marine Corps attended the event at Campbell Barracks and the Bindoon Training Area.

The activities covered all roles for general purpose police dogs and military working dogs (MWD).

The canines and their handlers were tested in various activities ranging from search and rescue to explosive detection.

Symposium coordinator Cpl J said the K9 Symposium began with program overviews by SASR and sharing of lessons from recent operations, including those from Afghanistan.

“This was followed by demonstrations on how closely the canines of SASR work beside their handlers and members of the unit they support and the level of control and trust required for high-end MWDs,” Cpl J said.

The symposium encouraged the sharing of ideas and techniques from all attending agencies on their canine programs.

Of the 12 agencies represented, all were encouraged to bring their own dogs and 14 personnel travelled to Perth, which included several juvenile development dogs.

Cpl J said there was some initial hesitation among attendees, especially the handlers.

“As the week progressed they [the handlers] became a lot more active in the presentations,” he said.

“I think once they saw that simple changes in how they approached some of their dog training could make significant improvements, all the handlers were a lot more engaged in the presentations and keen to try out new concepts with their dogs.

Presentations from Capt Kendall Crocker, of the School of Military Engineering veterinary office, on canine emergency first-aid proved especially popular.

Several agencies, including Queensland Police Special Emergency Response Team and Victoria Police, gave presentations on police training topics.

It was noted that much of the policing work with canines is on-lead tracking of which many MWDs have limited experience.

This provoked strong discussions on training methodologies and problem-solving ideas.

The last two days at Bindoon Training Area were focused on practising drills discussed earlier in the week. This included getting the dogs to work harmoniously around other team members while staying focused and controlled.

The drills allowed agencies to expose their handlers and dogs to different training environments, including a mock training village constructed for training in the Middle East.

The culminating activity was a tactical time trial, in which handlers completed a set course with their dog and an operator from SASR in full kit with weapons.

“From our perspective, the symposium proved invaluable, not just the practical lessons learnt and shared, but the connections made between our unit and the other attendees,” Cpl J said.

“Many of the agencies represented had never worked together before.

“To be able to meet up for a week and talk canine programs was great. We had a lot of good feedback over the week and it was great to see the dogs that attended all improved in different areas.”

SASR plan to run the symposium again later this year.

TACTICAL TIME TRIAL

The tactical time trial started with the handler engaging several threat targets before removing the dog from the vehicle they were travelling in and scaling a low wall.

They cleared a house and arrested a hidden individual, sending the dog to apprehend one fugitive from the building and engaging a further target while the dog subdued the fugitive.

Finally, dog teams had to run up three storeys to the top of an observation area.

Cpl J said spectators cheered on participants.

“The final activity proved to be a big hit with teams competing,” he said. “This included two handlers who borrowed SASR dogs to compete and proved the level of multitasking we developed.”

Senior Constable A and police dog Onyx, of the Queensland Special Emergency Response Team, placed first in 3min 11sec. Cpl Shaun Richardson and MWD Sri, of RAAF Base Tindal, closely followed in 3.12, while Gunnery Sgt Chris Willingham, of USMC, and SASR MWD Odin finished third in 3.26.

Cpl Mark Donaldson, VC awarded the winning pair a plaque.
MAKE THE RIGHT CHOICE
and save thousands with your Selectus Novated Lease today!

All-Inclusive Package - A regular, scheduled payment organised through your employer covers all your car costs, including:

- Finance
- Servicing
- Fuel
- Tyres
- Insurance
- Registration

- Huge Fleet Savings
- Your Car, Your Choice
- Great Running Cost Discounts

TAKE ADVANTAGE OF YOUR WORKPLACE BENEFITS
Contact Selectus today to request a free quote or personal consultation at your workplace, and start saving thousands on the cost of buying and running your vehicle.

START SAVING NOW

sales@selectus.com.au
1300 01 02 03
www.selectus.com.au

SCAN FOR DIRECT LINK TO SELECTUS
Proud work for adviser

Advising top-level decision makers in Afghanistan is all in a day’s work for Lt-Col Jim Hunter, LS Jayson Tufrey reports.

I am very positive about where we are going here – this is all helping to get Afghanistan back on its feet.

– Lt-Col Jim Hunter, Strategic Communications Adviser to Commander Resolute Support Mission Gen John Campbell

Lt-Col Jim Hunter at Headquarters Resolute Support in Kabul, Afghanistan. Photo by Sgt Ray Vance

Arm yourself with knowledge at UNSW Canberra

UNSW Canberra is the only national academic institution with an integrated defence focus. Working at the intersection of a leading university and a military academy, UNSW Canberra has been educating defence leaders for half a century.

UNSW Canberra offers 13 Masters by coursework programs with 10 specialisations across arts, business, science, engineering and information technology including amongst others:

- Master of Cyber Security
- Master of Cyber Security Operations
- Master of Logistics Management
- Master of Project Management
- Master of System Engineering – specialisations in Networking, Space Systems, Test and Evaluation, Weapons and Ordnance

All Masters Programs are delivered online or in intensive mode.

If you are an ADF or Defence APS personnel you may be entitled to study free of charge as a postgraduate student at UNSW Canberra. Find out more about Defence funded places by contacting your local DASS/Studybank Officer before 30 April 2015.

Applications to UNSW Canberra close 20 June 2015 for admission to Semester 2.

Email or call to find out more:
E: student.recruitment@adfa.edu.au
T: 02 6268 8201

unsw.adfa.edu.au/defence

WHICH ONE SHOULD I BUY, OWN HOME OR INVESTMENT?

Spectrum can help you make this decision with over 30 years experience advising on:

- Sourcing properties in growth areas
- Borrowing and loan structures
- Tax planning and returns
- Utilising Defence Entitlements (excl. DHOAS & HPAS)

For your FREE, no obligation consultation with a Defence Specialist, call T: 1300 784 246 or visit www.spect.com.au

unsw.adfa.edu.au/defence
Guaranteed Buyback can help you rest assured – knowing that the value of your car can be guaranteed when your lease is up.*

1300 73 14 29
benefits.remserv.com.au/defence

* Where you meet the conditions of the insurance, including exclusions for fair wear and tear, allowances for kilometres travelled and a limit on the total amount that may be paid out. The Guaranteed Buyback value may be less than your residual. Conditions and fees apply. Read the Swann Guaranteed Buyback Insurance PDS for full details.

Important Information: This general information doesn’t take your personal circumstances into account. Please consider whether this information is right for you before making a decision and seek professional independent tax or financial advice. Conditions and fees apply, along with credit assessment criteria for lease and loan products. The availability of benefits is subject to your employer's approval. RemServ may receive commissions in connection with its services.

Remuneration Services (Qld) Pty Ltd ABN 46 093 173 089 Authorised Representative (No. 293159) of McMillan Shakespeare Limited (AFSL No. 299054), Reliance Insurance Brokers Pty Ltd (AFSL 345986) issuer of lease protection and gap cover, Swann Insurance (Aust) Pty Ltd (AFSL 238292) issuer of guaranteed buyback and comprehensive insurance, Auto & General Services Pty Ltd (AFSL 241411) issuer of comprehensive insurance, and AVEA Insurance Limited (AFSL 238279) issuer of extended warranty insurance. Read the product disclosure statement available from us or the product issuer before making a decision about insurance.


### Diverse stories to be told

Learn lessons from WWI artillery battles with the Royal Australian Artillery Historical Company, Sgt Dave Morley reports.

**N LINE with Centenary of Anzac events being held across Australia over the next four years, the Royal Australian Artillery Historical Company (RAAHC) will be hosting a series of seminars titled Firepower: Lessons from the Great War.**

Deputy Director Joint Concepts Lt-Col Nick Floyd has been president of the RAA Association (ACT) since 2011, and is also a board member of the RAAHC, as well as the project director for Firepower.

“Not only does the RAAHC want to get people to come along to the first event on May 13 at ADFA, we also want to make them aware of the entire seminar series over four years,” he said.

“We also like to get some interest from people who can contribute material to the series.”

He said the main thrust of the Firepower seminar series would be in Canberra, with 11 events scheduled.

“One of the other directors of the RAAHC is based in Melbourne and has already started organising a parallel series of events there, and we are looking to organise similar series elsewhere, including Sydney,” he said.

An added highlight of the seminars will be the appearance of the RAAHC’s recently restored WWI 18-pounder gun at each event.

Lt-Col Floyd said the RAAHC was hoping to get as broad a cross-section of individuals involved as possible to contribute.

“We want to treat each of the different topics with as much diversity as we can,” he said. “So people who might be interested in leadership and command will get that, while people who are interested in soldier stories will get that.”

He said some of the more technical topics such as technology in artillery, artillery techniques, combined arms tactics, and even tactics involving naval gunfire support and airpower, would be included.

“We will also be looking at the logistic train right through from factory to arsenal to gunline,” he said.

“Equally, we’d be delighted to see young bombardiers, sergeants or captains from the regiments contribute a paper they might think is worthwhile, particularly if it is relevant to their unit.”

“A lot of today’s batteries claim their lineage from the reorganisation of the Australian Field Artillery in 1916.”

Lt-Col Floyd said stories of an exploit by a gunner, a bombardier, a lieutenant or a forward observer from WWI, if told by a member of a unit that drew its lineage from that row’s artillery – that’s our key purpose.”

“Like every corps or regiment, artillery has a proud tradition, and it’s important to understand why we and our comrades in arms have the pride each of us do in our corps and regimental histories.”

Lt-Col Floyd stressed that both officers and soldiers would benefit from attending the seminars because of the lessons focus of the series.

“It’s not just a study of history but, as the name suggests, we’re trying to ensure we’re true to the topic,” he said.

“The aim is to look carefully, objectively and analytically at things that exist in our past and that of our allies and opposition.”

“We need to incorporate these lessons in today’s, and even tomorrow’s artillery – that’s our key purpose.”

Lt-Col Floyd said young soldiers and young subalterns would get an understanding of context out of the seminars.

“I like every corps or regiment, artillery has a proud tradition, and it’s important to understand why we and our comrades in arms have the pride each of us do in our corps and regimental histories,” he said.

“Where they came from, why they’re important and why we should continue to hold them in high esteem is an important aspect of a soldier’s character and a young officer’s character.”

The seminars will be podcast on the RAAHC website, ADFA website and regimental websites for those unable to attend.

**LEST WE FORGET**

An exhibition of paintings, sculpture and memorabilia, by artists Belinda Blesing, Drew Harrison, Gerhard Ritter, John Ford, Barry Spicer, Elizabeth Webb & Matt Welsby

19th April to 3rd May 2015

Open daily 11am to 4pm
Closed ANZAC Day

Contact: John Ford 0400593987

Black Diamond Gallery
66 Commercial Road,
Port Adelaide. SA

***NEXT JOB NOW***

**AUSTRALIA’S LEADING DEFENCE TRANSITION SPECIALIST**

- **CV – JOBS – INTERVIEWS – SALARY NEG.**
- **100% FREE** - Medical Discharges
- **100% FREE** - Level 2 & 3 CTAS
- **$100 cash bonus** for all MED DISCH
- **$100 cash bonus** for CTAS L2 & L3
- **Leading ADF CV writer** (from $248)
- **FREE resume updates for life** (CTAS)
- **FREE resume for your spouse** (CTAS)

**Visit our website for FREE job tools**

Our competitors make you fill in a form to write your CV – WE DO AN INTERVIEW

www.nextjobnow.com.au
Call 1300 112 114
Novated Leasing
Novated Leasing provides significant savings to defence employees

Or access these savings by novating a new car

From $263 per week

2014 Nissan Pathfinder 3.5 STL Wagon

2015 Infiniti Q50 2.0T GT Auto Sedan

From $258 per week

1800 743 262
defencesales@sgfleet.com
www.sgfleet.com

Don’t miss this opportunity.
Contact sgfleet today to start the process of getting your new car.

AFG celebrates milestone

AustraliA’s Federation guard (afg) celebrates its 15th birth-
day on March 20 with a parade at
adfa.
Governor-General Gen Sir Peter
Cosgrove (retd) attended the parade
to show his appreciation for the cer-
emonial support AFG provides.
Australian War Memorial director
Brendan Nelson also attended,
while Commander Australian
Defence College Maj-Gen Simone
Wilkie was the reviewing officer.
Guard member Pte Victor
O’Keefe said it was a privilege to
be involved in the Guard’s birthday
celebrations.
“As a guard member I have
proudly taken part in many major
national ceremonial events, includ-
ing Anzac Day at the AWM,” he
said.
During the celebrations, AFG’s
precision drill team performed a
new routine, while the Governor-
General, Maj-Gen Wilkie and LAC
Timothy Harcourt cut the birthday
cake.
AFG is preparing for its next
ceremonial task, providing support
for Centenary of Anzac commemo-
rations.

Diko

By Bob Dikkenberg

AFG celebrates milestone

AustraliA’s Federation guard (afg) celebrates its 15th birth-
day on March 20 with a parade at
adfa.
Governor-General Gen Sir Peter
Cosgrove (retd) attended the parade
to show his appreciation for the cer-
emonial support AFG provides.
Australian War Memorial director
Brendan Nelson also attended,
while Commander Australian
Defence College Maj-Gen Simone
Wilkie was the reviewing officer.
Guard member Pte Victor
O’Keefe said it was a privilege to
be involved in the Guard’s birthday
celebrations.
“As a guard member I have
proudly taken part in many major
national ceremonial events, includ-
ing Anzac Day at the AWM,” he
said.
During the celebrations, AFG’s
precision drill team performed a
new routine, while the Governor-
General, Maj-Gen Wilkie and LAC
Timothy Harcourt cut the birthday
cake.
AFG is preparing for its next
ceremonial task, providing support
for Centenary of Anzac commemo-
rations.

Diko

By Bob Dikkenberg
Maj Rui Freire, of HQ 1 Bde, is joined by his family after the Operation Slipper parade in Darwin.

Photo by Cpl Bill Solomon

Pte Peter Fois, of 5RAR, with RSPCA Darwin volunteers Casey (left) and Mia (middle), and one of many abandoned dogs, at the Welcome to the Top End event hosted by Defence Community Organisation.

Photo by LS James Whittle
Don’t get mad, get cross

In the first of a two-part series on CrossFit, Australian CrossFit representative Flt-Lt Melissa Hill shares tips on getting started.

Some think it’s a cult, others believe it is a lifestyle choice, but I think it is the only long-term way to train without getting bored, with continued results.

CrossFit is made up of varied high-intensity workouts. It combines the elements of gymnastics, metabolic conditioning, and power and Olympic lifting.

The training has broadened my views on sport and fitness, as participants are encouraged to try new sports and be more active in general.

Before taking up CrossFit I dabbled in body building. I was hungry and tired most of the time and felt restricted in a lot of things I could do, both socially and athletically.

I looked good but felt I wasn’t as fit or strong as I could have been. As a competitive person I needed to find a sport that I could continue to improve in and compete against others – CrossFit gave me this.

Competition ensures people work harder – it’s human nature to want to succeed in a sporting environment.

In the past five years I have represented Australia twice at the World CrossFit Games as well as finishing 14th in the Australia and New Zealand Regionals (similar to nationals) in 2013.

The competition has driven me to be better than I ever thought I could be.

However, the great thing about CrossFit is that for some it is just a way of staying fit and I can train alongside those people as we encourage each other to reach our individual goals.

Here are my top 10 tips for anyone wishing to start CrossFit:

1. Leave your ego at the door. No one knows everything. There is always something that can be improved or finessed.
2. You don’t need to ‘get fitter’ in order to start. Loads and intensity can be scaled for every athlete.
3. You get out what you put in. All workouts are timed or scored in some way. Even if you are the last to finish a workout you can still beat yesterday’s result.
4. Find a gym, also called a ‘box’, that is friendly and welcoming. People should want to know your name and have a chat; it’s definitely a social occasion for many.
5. Perseverance – the movements can be complicated and muscle memory needs to be developed. Don’t give up on your body’s ability to learn new skills at any age.
6. Consistency – keep turning up to class. If you don’t like the look of the workout, that’s more of a reason to show up and get the work done.
7. Record your scores – keep track of what you do, you will improve rapidly at the start and it’s great to see where you have come from.
8. Sleep – once you start training harder your body needs the time to recover properly.
9. Nutrition – an average CrossFitter will train once a day for an hour. That leaves 23 hours that you can destroy your hard work, or assist it.
10. Enjoy it – embrace the buzz you get from learning new skills and improving your fitness.

Contact your local PTI for advice.

The Food Coach Institute

Supercharge Your Career
with the Right Nutrition Training

Are you Ready to Change Your Future?

Turn your passion for real food into a career with our government certified courses in nutrition including Certificate IV and Diploma in Nutrition and Food Coaching.

Next Student Workshop: 27-28 June 2015
Register now! Hurry, seats are limited.
www.foodcoachinstitute.com
Ph: 1300 958 480

Transform Your Life and Help Others!

- Discover all about healthy eating from raw, vegan, paleo and more.
- Add nutrition to your skill set for a new income stream.
- Coach clients to success with our coaching training.
- Get government certified and access professional indemnity cover to give nutrition advice and meal plans.

LITTLE DIGGER COLLECTABLES

180mm Premium Quality Handmade Metal Figures

Website: www.littlediggercollectables.com.au
Email: littlediggercollectables@yahoo.com.au

TRAINING BENEFITS

- Quality programming that is enjoyable
- Constantly varied workouts – routine is the enemy
- Community spirit
- Increased functional fitness – helps with life
- Education in training and nutrition
- Increased muscle and bone density
- A fitter appearance resulting in increased self-confidence
- Better flexibility and mobility
- A positive, healthy network of friends/community
- Reduction in the risk of lifestyle-related illnesses

Fit-Lt Melissa Hill performs muscle-ups in the women’s relay at the 2014 CrossFit World Games in the US. Photo by Gp-Capt Kirrily Dearing

NEXT EDITION:
PTI Cpl Cobi Head shares his tips for getting the most out of your CrossFit workout.
Creative footy claims trophies

Cpl Mark Doran

ARMY played creative footy to win two trophies at the ADF Futsal Tournament at Sydney University’s Indoor Sports Centre on March 14.

The Army women thrashed Air Force in two games, in Navy’s absence, to claim the trophy, while Army also won the overall service trophy after claiming the tournament’s most valuable player award.

Lt James Martin, of SME, said Army came up short against Navy in the last game, losing 5-1.

“The team did not show enough determination in the first half and were down 4-0 at the break,” Lt Martin said.

“We did well to launch a fight back, but could only manage one goal against Navy’s rock-solid defence.”

Stokes was particularly impressed with the team’s defence.

“They did a fantastic job and some of the players were exceptional defence players back in their day,” he said.

The Thunder’s most valuable player was Pte Siakia King, of 6RAR, who was impressive in attack and defence.

Lt Bligh said he was pleased units could release players during the current training and operational tempo.

“It’s hard to let soldiers travel for sport because of these heavy commitments, but it’s greatly appreciated by the team,” Lt Bligh said.

Old Boys impress in the Battle of Bungendore

Capt Dom Sander

THE Australian Services Rugby Union (ASRU) Old Boys won the ‘Battle of Bungendore’ 43-33 against the Silver Foxes comprising former Wallaby players.

The match at Bungendore’s Mick Scharf Oval on March 28 was a hard-fought encounter, where the ASRU Old Boys turned back the clock to their glory days to spring an upset on the team of former Wallaby greats.

The Old Boys scored seven tries and four conversions, thanks to the genius of guest player Steve Larkham, who scored two tries and was voted man of the match.

Larkham scored a spectacular solo try close to full-time.

Larkham said he was happy with the performance of the ASRU Old Boys and really enjoyed the opportunity to play for a good cause.

“This has been my second time playing with an ADF team. I really enjoyed it and look forward to playing with the Old Boys again,” he said.

Silver Foxes team captain Richard Harry said his team lacked fitness, which allowed the Old Boys to run away with the game.

“We started the game reasonably well and took the lead early on, but by the end we had run out of breath,” he said.

“The good thing was that no one got injured but I was still a little disappointed with the result.”

The match was conducted to raise funds and awareness for the charitable organisations Mates4Mates and the Black Dog Institute.

The Silver Foxes dominated the first half, but an inspiring speech at the break by Old Boys’ assistant coach Geoff Stokes rallied the team for the decisive second stanza.

Stokes knew what buttons to push in the team to turn the game in favour of the Old Boys.

“IT’s always the little things you get your team to focus on, like shutting down the support players and passing on the ball a little bit earlier,” he said.

Stokes was particularly impressed with the team’s defence.

“They did a fantastic job and some of the players were exceptional defence players back in their day,” he said.
Maj Felicity Hamblin

FOR the fourth year in a row the Army women’s team has won the ADF Aussie Rules (ADFA) National Carnival.

The Kangaroos kept the Geoff Ledger Cup with a comprehensive 7.3 (54) to 0.2 (2) thrashing of Navy at Moorabbin Oval in Melbourne.

Cpl Cameron Baird, VC, best player award recipient, Cpl Rhiannon Busch, of 10FSB, said the women’s team trained hard to ensure they were at their best.

“It’s great to see another win for the team,” she said. “The Navy girls are always a tough side to beat so I’m glad our training has paid off and we can bring the cup home for the fourth year in a row.”

The women also annihilated the Kew women’s footy team 15.20 (110) to 0.0 (0).

For the men, a sensational first half set Navy up for victory against the talented Army side, with the final score being 14.6 (90) to Army’s 6.14 (50).

Although they did not hold on to the Jim Smail trophy this year, the men’s Army side made amends by thrashing Air Force 16.20 (116) to 1.6 (12).

Army’s triumph was largely engineered by Sgt Ben Langham, of 8/9RAR, who was named best Army player for the competition.

ADFAW chairman Brig Matt Hall said this year’s carnival from March 22-28 was a great success, particularly with the introduction of an Indigenous round, during which Indigenous players from all three services compete against a local Victorian side.

The ADF Guyala team played the Fitzroy All Stars on March 26, but lost 16.12 (108) to 6.8 (44).

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

The women’s team will take on the tough players of the Victorian Women’s Football League and the men’s team will play at Adelaide Oval against a team of emergency services players. The men’s and women’s All Stars matches will coincide with Anzac Day commemorations.

Aussie Rules players soar to new heights as Army women win ADFAR championship

Help fight the invisible battles hidden within our veterans. Our veterans are in desperate need of crisis support. We need your help urgently.

Donate generously at defencecare.org.au
PROUD HISTORY

CELEBRATING 50 YEARS OF M113 SERVICE
M113A1 fitted with the gun shield used by Australian APCs in Vietnam. It offered protection only over the frontal arc, and the M113A1s were light armoured vehicles. The thinner armour plate used by Australian APCs did not provide sufficient protection over the sides and rear of the vehicle.

In 1963-64, although the vehicles still had not all arrived, the simple and robust M113A1 became the Army’s light armoured fighting vehicle (LAV). From 1967, a unique Australian LAV resulting from ideas developed by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1. From 1967, a unique Australian LAV resulting from ideas developed by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF). The M113A1 family performed both wheeled and tracked versions. The “second phase” of the defence of Australia paper of 1972 ordered in Australia by fitting a Saladin armoured car turret to an M113A1, received the support of the Australia Defence Force (ADF).
Squadron goes from strength to strength

Since the Bushmaster PMV fleet transitioned to B Sqn, 2 Cav Regt, at the end of last year, the squadron has grown and developed into a formidable organisation with a total of 60 M113AS4s.

This year, the squadron will qualify and train 40 crews while continuing to build on its relationship with 3 Bde. OC B Sqn, 2 Cav Regt, Maj Chris Iodice is leading the charge to provide 3 Bde with a robust and adaptable combat mobility capability prepared for the full suite of combined arms operations.

In February, the squadron dedicated a significant amount of training and time to simulation using Virtual Battlespace 3 software and computer systems available at the Ralph Honner Battlefield Simulation Centre at Lavarack Barracks. The virtual battlespace allows section commanders to test their soldiers in scenarios that would be near impossible to replicate in a live training environment.

The simulation prepared crew commanders and section commanders for dry and live-fire training in the Townsville Field Training Area. This included individual crew drills, vehicle drill, section manoeuvre against static enemy and troop manoeuvre against a human-controlled doctrinal enemy force structure.

"Simulation has allowed the squadron to hit the ground running. Shake out and set a solid foundation of tactical training with minimal risk to personnel or equipment at a stage of the year normally associated with barracks routine," Maj Iodice said.

The simulation scenarios were designed to tie directly into the tasks and training outcomes the squadron was assessed on during the first field exercise in March.

"Advantages of simulation include the rapid rate that scenarios can be designed, briefed and fought with the ability to conduct detailed after action reviews using the recorded simulated scenario," Maj Iodice said. "This is excellent for highlighting areas that can be improved and reinforcing good performances."

"As we all know, resources and time are finite, and while there is no real replacement for conducting the actual job on the ground, simulation allows sections and troops to enter into confirmatory training immediately when deployed to the field with a reduced shake-out period, which usually would take weeks."

"This provides the squadron more time to focus on advanced tactics and combined arms training outcomes and opportunities."

A full troop’s complement of drivers and crew commanders were qualified in March, while the rest of the squadron, a full troop and squadron HQ, conducted section and troop-level live-fire manoeuvres.

The squadron will also support demolition and floating support bridging serials with 3CR, “all arms call for fire” with 4 Regt RAA and integral combat mobility operations during 3RAR’s Combat Team Warfighter.

By the end of March, B Sqn integrated a troop with 3RAR conducting a range of combined arms tasks, forging the nucleus of the “opposing force” for Exercises Hamel and Talisman Sabre.

In April and May, B Sqn, 2 Cav Regt, will continue to develop its relationship with units in 3 Bde. Exercises Kapang Warrior (3RAR) and Eagle Walk (2 Cav Regt) will strengthen Armoured Cavalry Regiment fundamentals and foundations by maintaining a close training relationship with 3RAR and pursuing other training opportunities with 4 Regt RAA, 3CR and 3CSSB.

This will result in a sub-unit that is practiced in armoured combat mobility and manoeuvre, with a full breadth of experience as part of a combined arms organisation.