BATTLE TEST

Soldiers of 1 Bde display their collective might on Exercise Predator’s Run

SPECIAL LIFTOUT

7RAR soldiers dismount an M113 APC during Exercise Predator’s Run at Cultana Training Area, South Australia. Photo by Cpl Nana Campos
Taking the fight to the enemy

Aussie and Kiwi trainers help Iraqi Army combat Daesh threat

Capt Bradley Richardson

AUSTRALIAN and New Zealand forces have begun training another 2000 Iraqi soldiers, adding to the 2100 already trained by the combined task group.

Personnel of 1 Bde, 71 Iraqi Army Bde, who completed two weeks of training in June, returned with the remainder of their brigade in late September to start training.

CT1 Training Task Unit Lt-Col Ash Collingham said the soldiers were looking forward to the challenges and opportunities.

“Training this brigade represents a significant contribution to combating Daesh,” Lt-Col Collingham said.

“Overall, the program made in a short period of time has been planning and was enabled by the trust we have quickly built with our Iraqi counterparts.

“They have looked towards us to invest confidence in themselves, their tactics and their equipment.”

71 Iraqi Army Bde comprises about 800 soldiers and is expected to receive reinforcements in the coming weeks.

Lt-Col Collingham said the training package would be similar to what was previously delivered.

“We are anticipating being able to achieve a higher standard of training because of the experience already held within the brigade.”

“Iraqi NCOs have been mentored by Australian mentors and are expected to achieve a higher standard of training because of the experience already held within the brigade,” he said.

This course will train another 240 squad leaders drawn from across five divisions of the Iraqi Army.

“On return to their battalions, their NCOs will pass on their experience and knowledge gained from their fellow soldiers, ultimately contributing to the fight against Daesh.”

Further training will be provided to other Iraqi Army battalions in the near future in accordance with Iraqi Ministry of Defence priorities and concurrent operations against Daesh.

Flight, Sgt Gus O’Neil teaches Iraqi soldiers about group formations during a lesson at the NCO Academy at the Taji Military Complex. Below, an Australian trainer counts the cadence as Iraqi soldiers perform push-ups during their PT test. Photo by Cpl Matthew BidoLittle

Keeping ops moving forward

Cpl Max Bree

IF YOU need to drop it, fix it or move it at the Taji Military Complex in Iraq, you’ll need to use the logistics and tradepeople of the Combat Service Support Task Unit.

The combined Australian and New Zealand unit of about 70 personnel handles logistics and maintenance for Task Group Taji.

To help with this, the unit has tutored mechanics into numerous supply chains, including those back to Australia. New Zealand, the Middle East Region and through the coalition.

Task Unit OC Maj Darren McLeod said their preparations in Australia when they were part of the Ready Battle Group meant they were ready for a rapid deployment.

“Personnel were hand-picked and that was an exciting time because it happened so quickly,” he said.

“Most people weren’t aware of the probability of deploying until after the government made the announcement.”

“Personnel were hand-picked and that was a good feeling for them.”

Maj McLeod said his unit “fed” the task group, meaning spare parts and forces protection personnel could operate at their best.

“We need to feed into all these missions so they can do their jobs,” he said.

“That means our job never stops. You deploy with a certain amount of supplies and the longer you’re here the greater your logistics burden. That’s where we come in.

“If we’re not supporting tasks we’re training maintenance programs or reaching for those parts and of course the soldiers on the ground are going to need them.

At the same time the unit was making sure things were ready for their successors. "Morale is high, they’ve taken ownership of their work areas and are looking forward to handing them over to the next element," Maj McLeod said.

Above, Iraqi soldiers pick up expended shells and brink at the end of their machine gun live-fire practice at the Taji Military Complex. Below, an Iraqi soldier fires a machine gun during the live-fire practice.
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Call for vets to apply for forfeited awards

VETERANS or the families of deceased veterans who forfeited their medals have been urged to contact Defence.

Assistant Defence Minister Darren Chester made the call on October 7 as he announced the government had received the Report of the Inquiry into the Refusal to Issue Entitlements to, Withholding and Forfeiture of Defence Honours and Awards.

“The vast majority of veterans who forfeited their medals served during WWII,” Mr Chester said.

“The government is considering the report and will later respond formally to the chair of the Defence Honours and Awards Appeals Tribunal and the community.”

Meantime, Mr Chester called for veterans, or the families of deceased veterans, who forfeited their medals to contact Defence.

“There is no register of withheld or forfeited medals, so it is not known how many veterans forfeited their awards,” he said.

He said veterans and their families greatly valued service medals and this was evident from the submissions made to the enquiry.

Veterans or their families can contact Defence on 1800 333 362.

Leaving a legacy

Aussie troops brighten Afghan students’ future by helping local school

Leut Andrew Ragless

CHILDREN at a Kandahar school are enjoying improved surroundings and facilities thanks in part to the generosity of Australian troops.

The soldiers gifted sports equipment, clothing and supplies to the Sayed Pacha School, located on the outskirts of Kandahar Air Field (KAF), which was home to the Australia-led 205 Corps Advisory Team (205 CAT) in Camp Baker until the end of its mission on October 1.

About 1500 students attend the school, ranging in age from five to 18, and more than two-thirds are female.

The items were delivered by members of 205 CAT supported by its force protection element on the eve of their departure from southern Afghanistan.

205 CAT Operations Adviser Lt-Col Glenn Mackenzie said he first noticed the school during a transit from KAF to the Afghan National Army’s (ANA) nearby Camp Hero as part of daily advising to the ANA’s 2 Mobile Strike Force.

“The school looked very run down,” he said.

“I also viewed the meeting as an opportunity to get the Afghan soldiers to introduce female personnel from the ANA to the school’s history.

Khankhil said the Australian efforts and facilities thanks in part to the generous help of 205 CAT will be an important part of the school’s history.

“The Australian name will be in this school’s history forever because they were the ones who gave life to this school,” he said.

Lt-Col Mackenzie said as 205 CAT left Afghanistan, their legacy would not only be an improved 205 Corps.

“It will also include a small contribution to the education of the children in the region and the cementing of an ongoing friendship between our two nations,” he said.

Six Australian personnel remain embedded in the NATO Resolute Support, Train Advise Assist Command – South (TAAC-S) in Kandahar and will continue to provide assistance to 205 CAT until the end of the TAAC-S mission.

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**Aussie soldiers awarded US medals in Afghanistan**

**Lt Andrew Ragless**

AUSTRALIAN Army members of the 205 Corps Advisory Team (205 CAT) have been recognised by the US for their meritorious service in a combat zone.

The US Bronze Star Medal was awarded to seven senior advisers in the 205 CAT, as well as one Meritorious Service Medal and nine Army Commendation Medals.

The Australian-led 205 CAT provided advice, training and assistance to the Afghan National Army’s 205 Corps personnel based at Camp Hero in Kandahar province, Afghanistan. It completed its mission on October 1.

Commander of the US-led Train, Advise and Assist Command – South (TAAC-S) Brig-Gen Paul Bontrager said the medal presentation was an important acknowledgement for a job well done.

“The Australians provide input in a manner that I don’t think any other nation can do,” he said.

“They have frankness, candour and an ability to operate at the correct level and put the needs of others ahead of their own.

“It is a significant thing the Australians bring to the fore.”

Commander of the seventh and final 205 CAT rotation Col Mitchell Kent said the Australian advisers were honoured to receive the awards.

“It’s been a pleasure to work with TAAC-S personnel,” he said.

“TACG: We’ve appreciated the freedom of action as well as the cooperation and support from the leadership team.”

“TACG: This is a significant honour they have chosen to bestow upon us, and I thank them for their friendship and camaraderie.”

Under Australian guidance, the 205 Corps has grown to a divisional-sized formation with four manoeuvre brigades and about 19,000 troops.

The corps is responsible for the southern provinces of Kandahar, Uruzgan, Daykundi and Zabul, comprising 42 districts covering an area of 98,800sq/km and a population of about 12.51 million.

In its five-year history, the 205 CAT grew to about 20 Australian advisers and a force protection element of about 60 Australian personnel, joined by a smaller contingent of US and Bulgarian advisers and interpreters.

Commander 205 CAT Col Mitchell Kent, left, is awarded the Bronze Star Medal by Commander of the US-led Train, Advise and Assist Command–South Brig-Gen Paul Bontrager during a medal ceremony at Kandahar Air Field, Afghanistan.

Photo by CPL Oliver Carter
Comedians and identical twins Chris and Justin Nelson entertain troops during a Forces Entertainment Tour in the MER. Below, Lonesome Train’s front man Christian Power, left, presents a guitar signed by the performers to Deputy Commander JTF633 Brig Nagy Sorial for use by deployed troops. Below right, CO Forces Entertainment Lt-Col Ian Robinson, centre, presents Brig Sorial, third from right, and deployed troops with instruments and equipment on behalf of the RSL Australian Forces Overseas Fund.

Photos by Cpl Mark Doran

Morale boost

Aussie comedians and musicians entertain troops in the Middle East

Cpl Mark Doran

A DUAL-duty Forces Entertainment Tour has reported for action in the Middle East Region (MER), providing home-grown Australian laughs and music.

One team headed for Afghanistan via a C-130J Hercules. Led by street-wise comedian Luke Heggie and Australian-Egyptian comedian Khaled Khalafalla, the music was provided by Queensland’s soulful duo Megan Samardin and Chris Graham, followed by the country-rock-rockabilly sound of Lonesome Train, featuring Christian Power, Doug Dekroo and Rob Laure. It was topped off by Sydney band the Pothellezz – Jonny Sonic and Dave Goode.

Meanwhile, comedians Adam Rozenbachs and the Nelson Brothers joined the high-energy Melbourne rock band Tequila Mockingbyrd, with Estelle Artois, Jess Riley and Josie O’Toole, for concerts at Camp Baird and other southern Afghanistan support bases.

At the end of the final show, Lonesome Train’s front-man Power presented a guitar signed by the entertainers on behalf of Fender Musical Instruments Australia to Deputy Commander JTF633 Brig Nagy Sorial for use by deployed troops.

Rozenbachs, with his razor-sharp banter, managed to find more comedy material during his trip to the MER.

“J was wandering around the base and found clothes dryers in the laundry when it is 500 degrees outside,” he said.

“I also liked the colour charts for urine in the toilets. My joke is I took one of the charts home and took it to Bunnings so I could paint my house like not treating the mess as a hotel severely dehydrated.”

“I pick up on things that people are doing about it because they are all doing our stupid questions and are extremely happy to help,” he said.

“However, the donated equipment allows soldiers, sailors, air-men and airwomen who have an interest in music to unwind and briefly escape the hardships of their deployment by playing with good equipment in a dedicated band rehearsal room.

“Not only does it allow for bands to be formed, we also have some very talented individuals who come through here on a regular basis,” he said.

“As an Australian I thought this tour was a bit more relaxed and funnier than the previous tours I played. Watching the troops watch us play was a highlight of the tour. The entertainment we deliver with Australian musicians and comedians is well received and is part of a force enabler through morale and welfare,” he said.

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“Not only does it allow for bands to be formed, we also have some very talented individuals who come through here on a regular basis,” he said.

“The donation is a magnificent display of generosity from the RSL AFOF and adds to the more than $400,000 worth of equipment that has been donated over the last few years by the organisation and their supporters.”

If you would like to support the RSL AFOF please phone (02) 6280 4079 or for more information visit http://rsl.org.au/Our-Services/Supporting-ADF-Personnel/AFOF

INSTRUMENTAL DONATION

THE RSL Australian Forces Overseas Fund (AFOF) has donated more than $8000 worth of instruments and equipment for lovers of music deployed to the Middle East Region (MER).

Guitars, cymbals, microphones and a new mixer were just some of the items flown to the main MER support base and delivered to ecstatic musicians on October 1.

CO Forces Entertainment Lt-Col Ian Robinson said when he visited the base last year he found a group of soldiers with basic instruments and band equipment.

“They asked if they could get some more and I was given a list that I took to the RSL, who were happy to help,” he said.

Lt-Col Robinson said music was a powerful tool for the sustainment of morale among deployed troops.

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“But it’s probably a good chance for them to realise they do something cool.”

Forces Entertainment Tours have been a major factor in maintaining the morale of the men and women who accept considerable hardship and danger in their service to the nation.

“Tequila Mockingbyrd singer and guitarist Artois said the band was excited to be extended an invitation and intrigued by the concept of Forces Entertainment.

“We love to play gigs, but we had never before seen playing music as a way to provide a service to people as we did for our fellow countrymen who are protecting our freedom,” she said.

“As an Australian I thought this tour was an excellent opportunity for music to give back to our troops.

“It was also impressive to have an audience who still wanted to get up and dance while drinking only water.”

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Win-win for deployed troops and Legacy thanks to NRL’s generosity

GRAND final fever among troops in the Middle East Region (MER) exploded into a win for Legacy thanks to the generosity of the National Rugby League (NRL).

Watching the grand final at Camp Baird, deployed troops raised about $2500 for Legacy through raffles and an auction of NRL-donated merchandise.

WO1 Michelle Crouch had the highest bid of nearly $900 for a Bulldogs’ jersey.

“My husband is a massive Bulldog’s fan and this will help console him for them not making the final,” she said.

“It will also remind him that I am constantly thinking of him while I am deployed.”

Welfare officer and event organiser Flt-Sgt Steve Weaver said the event meant a lot for NRL fans so far from home.

“The soldiers, sailors, airmen and airwomen work seven days a week in the MER, so when they are allowed a short amount of time off to watch the footy it is great for their morale,” he said.

“Everyone loves the game and watching it here brings a little bit of home to us.

“The NRL’s continued support for the troops deployed overseas sends us a positive message and we were thrilled to raise some extra funds for Legacy.”
Reserve brigades join forces

Capt Sharon Mascall-Dare

SOLDIERS from 4 and 9 Bdes made the most of a rare opportunity to engage in live-fire attack scenarios during Exercise Pozieres at Puckapunyal in October.

The nine-day exercise brought together more than 500 soldiers, who travelled from South Australia, Tasmania and other parts of Victoria.

CO 5/6RVR Lt-Col Paul Middleton said Pozieres was a combined training activity for both brigades on the “road to ready”.

“It’s an important exercise for developing capability in the reinforcing Battle Group (BG) Jacka as we head for the culminating activity, Exercise Hamel in 2016.”

Under Plan Beersheba, 4 and 9 Bdes have joined forces to form BG Jacka in support of 1 Bde.

During Pozieres, the command and control elements of the BG worked with 1 Bde at RAAF Base Edinburgh as part of Exercise Predator’s Run.

The force elements of the BG attended the activity at Puckapunyal Commander 4 Bde Brig. David Westonhal said both activities provided opportunities for the development of capability at a number of levels.

“The brigades are working together well to develop highly effective command and control processes in a BG setting,” he said.

“Having our soldiers out field at Puckapunyal has also been important, providing a rare opportunity for live-firing in a range of attack scenarios. “We’re seeing further development of tactical thinking among our section and platoon commanders as part of the exercise.”

For Cpl Mark Blundell, of 10/27RSAR, the exercise was a chance to command a section in a combined arms setting. He found working with other corps challenging and valuable.

“Generally, we have limited opportunities to work alongside other corps – this exercise has also been a great opportunity to practice our tactical skills,” he said.

“We worked towards platoon live-fire attacks which gave us more experience in live-firing.”

The live-fire platoon attack was the highlight for Pte Daniel Adams, of 12/40RTR.

“Throughout the nine days, we were able to consolidate our weapons handling and training,” he said.

“We don’t often get these hands-on opportunities. It makes a big difference to be able to rehearse and train in a consolidated block.

“By attending Pozieres, we’re getting battle-ready for next year.”

Exercise Bullecourt in March will be the next milestone on the road to Hamel for 4 and 9 Bdes, building on the skills acquired during Pozieres.

Commander 9 Bde Brig Mick Burgess said the Pozieres training had been well received by the soldiers.

“We’re continuing to build and maintain our capability across the BG, providing fully trained soldiers in preparation for Hamel in 2016.”

See the special liftout for more on Exercise Predator’s Run.

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Senior Defence leaders joined troops in Canberra to mark ADF Mental Health Day on October 16.

VCDF VAdm Ray Griggs was joined by Commander Joint Health RAdm Robyn Walker and representatives of the three services and Defence APS to mark the day over a morning tea at Russell Offices.

World Mental Health day falls on October 10 each year and since 2012 the ADF has conducted activities to coincide with the day, highlighting a particular aspect of mental health. The theme for 2015 was “Take Action”.

In a video message to Defence personnel, the senior leadership focused on three goals:

- encouraging open and honest discussion about mental health issues;
- promoting awareness of the range of support services available to members and their families; and
- encouraging people to seek help early.

Speaking at the morning tea, VAdm Griggs said taking action would require physical and moral courage, resilience and compassion.

“It’s an individual responsibility and our collective duty, no matter our rank, our role, our position, or where we are,” he said.

“Defence is at the forefront of what is a national issue, but we can do more. We need to actively work to break down the stigma associated with mental health issues and foster a culture where people are not afraid to ask for assistance or support when they need it.”

Service in the ADF can pose significant pressures on its members and their physical and mental health. Frequent relocations, long separations from friends and family, demanding and sometimes dangerous working conditions, can all place significant demands on ADF members and their families.

Defence continues to make significant investments in resilience training, early intervention, treatment and rehabilitation programs, and building on its understanding through research programs to ensure people are prepared and supported throughout their careers.

For more information about Defence’s mental health programs and where to get help, visit www.defence.gov.au/health/healthportal

A MENTAL health promise wall was erected at Russell Offices to mark ADF Mental Health Day.

CA Lt-Gen Angus Campbell posted his promise to the wall.

“I pledge to walk my two rescue dogs everyday. They have seven legs between them and remind me that happiness resides in the simple things.”

PROMISE WALL

GETTING SUPPORT

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

- speak to your chain of command
- All-hours support line – 1800 628 036
- Defence family helpline – 1800 624 608
- Veterans and Veterans’ Families Counselling Service – 1800011046
- Lifeline – 131114.

For more information about Defence's mental health programs and where to get help, visit www.defence.gov.au/health/healthportal

CA Lt-Gen Angus Campbell places his mental health promise on the promise wall at Russell Offices in support of ADF Mental Health Day.

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Developing capabilities

Reserves from 13 Bde head to Malaysia for 'once-in-a-lifetime' deployment

Maj John Liston

AFTER months of preparation 40 Western Australian-based reservists have deployed to Butterworth in Malaysia for a three-month tour of duty that includes the Christmas and New Year period.

The soldiers from 13 Bde in Perth prepared for the challenging work with training in infantry skills, marksmanship and fitness.

Many described the prospect of deploying to Malaysia with Rifle Coy Butterworth (RCB) as a great opportunity. Pte Yannick Magyar, a geology student, said it would be a great training experience.

“It is very rare for reservists to be called upon to deploy to Butterworth,” he said.

“It is a once-in-a-career opportunity and I didn’t want to pass it up.”

The three-month rotational deployment supports Australia’s commitment to the Five Power Defence Arrangement between Singapore, Malaysia, UK, New Zealand and Australia.

OPSO Capt Andrew Jackson, of 16RWAR, said the deployment was as much about developing the character and capabilities of the soldiers as it was about contributing to Australia’s security in the region.

“The RCB deployment is 13 Bde’s most significant international engagement activity in many years,” he said.

“We will return to Australia better soldiers who are more skilled in tactics and more confident at operating complicated equipment.”

During their deployment to Malaysia the soldiers will operate in unique and challenging environments.

“We will have to think quickly and adapt our tactics and procedures to an unfamiliar jungle environment,” Capt Jackson said.

“We will also learn survival skills from experts in the Malaysian Army.

“In Singapore the emphasis will be on urban operations at the Singapore Army’s state-of-the-art urban training facility.”

He said reserve soldiers could be required to contribute to stabilisation missions or regional domestic security tasks anywhere in Australia and the region, so they must be able to perform all types of operations – not just in jungle terrain, but also in urban environments.

During the deployment troops will also have an opportunity to honour their military heritage and learn about the battles of Malaya and Singapore.

This is of particular interest to Pte Jeremy Cullen, of 11/28RWAR.

“I am really interested in the history of Vietnam and WWII and want to see the battlefields, so when I heard about this trip I grabbed it,” he said.

“I am also looking forward to the training, teamwork and mateship.”

The soldiers will join 70 of their compatriots from Queensland to make up the 110-strong contingent. They arrived in Malaysia on November 1 and will return to Australia in February.

13 Bde last deployed soldiers to RCB in 2009.

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Lavarack opens gates

North Queensland students get a taste of soldiering in Townsville

LCpl Kyle Genner

HIGH school students from across north Queensland gained hands-on experience during an Army careers visit at Lavarack Barracks.

More than 30 students from as far north as Tully visited 3 Bde units on October 14.

The students started the day with a rigorous work-out at 3 Bde’s main gym and then watched capability displays at 4 Regt RAA, 3RAR, 2 Cav Regt and conducted a shoot at the WTSS.

Joseph Wigness, of St Theresa’s College in Ingham, said although the PT was tough he really enjoyed it.

“We worked up a sweat with the push-ups, sit-ups and the beep test, but it was fun,” Joseph said.

“The whole day was great, seeing all the equipment and how it works was really interesting.”

The visit had an emphasis on Indigenous youth and Defence Work Experience Program Liaison Officer Joanne Heenan said it gave students the opportunity to see what Army had to offer.

“In line with the ADF’s commitment to increase Indigenous recruiting, the day’s visit was very much about engaging with those students,” Ms Heenan said.

“The kids loved it and they didn’t know what to expect, but once we put them in a Unimog the excitement started. They all got involved, had a go and were very receptive.

“Generally the students see something during the day that triggers their interest and they often return to participate in a week-long work experience placement with a unit at a later date.”

She said the Defence Work Experience Program was successful.

“By the end of 2015 we will have put about 600 students through work experience in north Queensland alone,” she said.

Joseph has already started the application process to enlist in the Army.

“Last year I tried the work experience program and really enjoyed it,” he said.

“So now I plan to become a driver.”

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Combating violence

Units encouraged to donate money to charities supporting victims of domestic violence

AS NOVEMBER 25 approaches, white ribbons are pinned to camouflages, cakes are ordered and units around Australia prepare for morning tea. Speeches will be made, soldiers encouraged to never excuse or commit violence against women and many may sign written promises to that effect.

Those men prone to domestic violence are unlikely to suddenly realise the error of their ways, but others may be encouraged to step in and apply some form of social pressure to the perpetrator. Unfortunately, it may take some time for friends to realise the abuse is happening and longer for the risk of the offender losing their friends to prompt a change in behaviour.

I’ve often wondered how women in violent relationships feel on White Ribbon Day. Perhaps they hope their partner will hear the message and change their ways. Maybe they wonder if their abusive partner’s mates understand her situation and how long it will be before he hears the brunt of a friend’s disgust.

As we hope to remedy the cause, many women can’t wait for cultural change and something to help the symptoms needs to be done in the meantime. In conjunction with holding a morning tea this White Ribbon Day, units should take the opportunity to raise money that can help women in immediate need.

This could mean collecting donations for a local women’s refuge or organisations that provide crisis accommodation and domestic violence counselling services.

Suitable refuges and organisations are easy to contact in cities and regional centres. Many will accept donations from the public, but a sizeable contribution from an Army unit or brigade is a great way to show our desire to truly help abused women.

It’s great working towards a culture that never accepts violence against women, but at the same time we need to help victims leave abusive situations.

Men telling men violence against women is unacceptable is one way to send a message.

A woman leaving an abusive man sends an even stronger message but it often can’t happen without vital support services in place.

For every woman who escapes her abuser, there is potentially another victim inspired and a perpetrator given cause for reflection.

But that can’t happen without support, and that’s why we need to raise money for those vital services at this year’s White Ribbon Day morning teas.

Cpl Max Bree
Defence News and Multimedia

Brig Peter Daniel, DG Pers–Army, responds:

Thanks for your support. If I can add to your comments, White Ribbon Day is an important event on the Army calendar as it assists in generating discussion about gender violence and raises funding critical to the White Ribbon campaign.

That said, Army’s commitment to preventing violence against women extends well beyond our support for White Ribbon Day. Army is participating in the White Ribbon Workplace Accreditation Program to ensure our workplace policies and procedures enable commanders to better support and manage victims and perpetrators.

Further to this, awareness training is being conducted for all Army personnel around the issue of domestic and intimate-partner violence. Our Mentors in Violence Prevention program also aims to highlight bystander responsibilities and prevent the escalation of violence.

And, most importantly, Army is committed to ensuring gender equality is realised. Gender inequality is recognised as the leading contributing factor to gender-based violence globally.

In conjunction with holding a morning tea this White Ribbon Day, units should take the opportunity to raise money that can help women in immediate need.

– Cpl Max Bree,
  Military Reporter

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

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In conjunction with holding a morning tea this White Ribbon Day, units should take the opportunity to raise money that can help women in immediate need.
With robots and simulation making training more realistic and equipment reducing the load on soldiers’ bodies, the future of Army looks bright, Cpl Max Bree reports.

The Australian Defence Force, in collaboration with the US Army, has been investigating the use of robots to enhance soldier performance and reduce physical strain since 2014. The aim of these experiments is to see how the technology can be used to improve soldier performance and reduce the physical strain of war.

The robots are designed to mimic human movement and can be programmed to perform a variety of tasks, such as carrying equipment, selecting targets, and engaging in combat. The robots are controlled by a human operator through a wireless connection, allowing the operator to monitor the robot’s performance and make adjustments as needed.

In addition to improving soldier performance, the use of robots can also reduce the physical strain of war, allowing soldiers to focus more on their mission and less on their own safety. This can be especially important in future warfare, where technology and automation will play a greater role.

The robots are also designed to be highly durable and can withstand exposure to harsh conditions, such as extreme temperatures and debris. This makes them ideal for use in a variety of environments, including urban areas and remote locations.

The use of robots in warfare is not new, but advancements in technology have made it possible to develop robots that are more advanced and effective. The Australian Defence Force is looking into the potential of these technologies and how they can be integrated into future military operations.

The future of warfare is changing, and the Australian Defence Force is at the forefront of this change. With the use of robots and simulation, the future of training looks bright.

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**Robots are putting the ‘live’ in live-fire training scenarios**

**Cpl Max Bree**

**Automatic Targeting Systems**

Australian soldiers are being trained in a new era of warfare with the use of automated targeting systems. These systems are designed to enhance the performance of soldiers by improving their targeting accuracy and reducing the physical strain of training.

The system uses artificial intelligence to analyze the battlefield and automatically select targets for engagement. The system can also provide feedback to the soldier, allowing them to improve their performance.

The use of automated targeting systems is a significant step forward in the evolution of military technology, enabling soldiers to quickly and accurately engage targets without the need for manual intervention.

The automated targeting systems are designed to be used in a variety of scenarios, including live-fire training exercises and combat operations.

**When they hear you shot the robotic target from 50m away**

**Stu Norman, Marine Targets**

The Future of Military Training

With the advent of new technologies, the way in which soldiers are trained is changing. From traditional live-fire exercises to simulation-based training, there is a growing emphasis on preparing soldiers for the modern battlefield.

One of the key technologies that is revolutionizing training is the use of robotic targets. These targets are designed to mimic the behavior of real-world targets, allowing soldiers to practice their targeting skills in a realistic environment.

The use of robotic targets is particularly beneficial in live-fire training exercises, as it allows soldiers to engage in a safe and controlled environment. This is especially important in today’s world, where live-fire exercises are becoming more and more rare.

In the future, the use of robotic targets is expected to become even more widespread, as technology continues to advance and become more affordable. The ability to train soldiers in a realistic environment will be essential in preparing them for the challenges they will face on the battlefield.

**Going into battle from your room**

**Cpl Max Bree**

**Army of the Future**

The Australian Defence Force is looking to the future with the development of new technologies that will enable soldiers to engage in live-fire training from the safety of their own homes.

The technology involves the use of a robotic target system, which is capable of automatically selecting targets for engagement. The system is designed to be used in a variety of scenarios, including live-fire training exercises and combat operations.

The use of robotic targets is particularly beneficial in live-fire training exercises, as it allows soldiers to practice their targeting skills in a safe and controlled environment. This is especially important in today’s world, where live-fire exercises are becoming more and more rare.

In the future, the use of robotic targets is expected to become even more widespread, as technology continues to advance and become more affordable. The ability to train soldiers in a realistic environment will be essential in preparing them for the challenges they will face on the battlefield.

**When you shout at them, they can drop down to signify a non-lethal hit, or they can be programmed to engage the target.**

**Dr Helen Smith**

**Director of Modernisation**

The use of robotic targets is revolutionizing the way in which soldiers are trained, allowing them to practice their targeting skills in a safe and controlled environment.

In the future, the use of robotic targets is expected to become even more widespread, as technology continues to advance and become more affordable. The ability to train soldiers in a realistic environment will be essential in preparing them for the challenges they will face on the battlefield.

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**Photos by Lauren Larking**

**Innovation Day 2015 at ADFA.**

**Cpl Charlie De-Zilva talks with Jason Simple of Advanced Accuracy Solutions about the ‘Rapger’ weapon carrying system as part of Army Innovation Day 2015 at ADFA.**

**Cpl Charlie De-Zilva tests out the Zero Latency technology as part of Army Innovation Day 2015.**
An exciting future

Army speaks with the CO of 1 Cdo Regt, Lt-Col M, about why people should strive to serve in the regiment.

Are enough soldiers and officers who pass commando selection choosing to serve in 1 Cdo Regt?

The short answer is no. We need to see more candidates undertake the Commando Selection and Training Course (selection) with the Special Forces Training Centre (SFTC) and go on to do reserve service in 1 Cdo Regt.

The selection standards are the same for regular or reserve service and that will not change.

We want to see more men and women of all services, corps and ranks putting their hands up for reserve commando service.

Where do the current recruits for 1 Cdo Regt come from?

At present we have seen the majority of candidates come from other parts of the Army Reserve — primarily from 2 Div.

However, lately we are also seeing an increase in recruiting from qualified soldiers and officers leaving ARA Socomd units.

In the past, the regiment was highly successful at recruiting personnel from the wider civilian population and this is certainly a group we are actively working to attract to the unit again.

Why is 1 Cdo Regt having problems attracting personnel?

There are two reasons. The first is that the standards for selection are very high. And so they should be.

There is now only one standard for service as a commando, irrespective of whether an individual is considering a reserve or a regular career.

Not everyone who attempts selection will pass, but this should not discourage people from attempting and challenging themselves.

The second reason is more specific to 1 Cdo Regt. Lately we have seen many candidates pass and at the end of their reinforcement (training) cycle choose full-time service with 2 Cdo Regt.

That is ultimately a win for Socomd, but we need to target candidates who not only have what it takes to pass selection and training but have the desire and the drive to serve with 1 Cdo Regt as a reservist.

So what are you proposing in the short-term to fix this problem?

We are re-raising training platoons in each of the commando companies (Sydney and Melbourne). Our aim is not to replicate the first-class role provided by SFTC, but rather to help bridge the gap we have identified in giving reserve members the best opportunity to prepare for day one of selection.

Accordingly, our campaign is aimed at reserve members who have aspirations to attend and pass the October 2016 selection.

After a competitive screening process in early 2016, we will host a limited number of aspirants as visitors in Sydney and Melbourne.

The commitment will involve training on Tuesday nights, some weekends, as well as a course and a major exercise.

Training for selection is ultimately an individual responsibility. Our program will merely pool like-minded aspirants, providing a vehicle to encourage their training and preparation.

Upon successful selection, we offer a three-year term to complete the commando reinforcement training to attain the base-level commando qualification (ECD 073).

This provides a realistic timeframe in which to become qualified (vice 332 days continuous training). Very few reservists can commit to 12 months of full-time service while maintaining civilian employment, family commitments and other life challenges.

Are there ways to serve in 1 Cdo Regt other than as a qualified commando?

Definitely. The diversity of positions would surprise many. In addition to the commando-qualified officers and soldiers in the companies, 1 Cdo Regt has a range of support staff opportunities.

The regiment has a highly capable signals squadron and we are not only looking for high-calibre and self-motivated members of signals corps, but individuals with a particular flair for information systems and social networking.

We are also particularly interested in those seeking service in support roles, including clerical, logistics, transport, medical and intelligence.

We want to provide a core group of subject matter experts within Socomd, including individuals with specialist linguistic and cultural skills.

Finally, we have managed to attract a pool of highly capable medical professionals — doctors, nurses and paramedics. We would like to see that critical capability expand even further.”

Long term, where do you see the future candidates coming from?

The regiment is actively working to attract more civilian recruits. We believe there is a largely untapped pool of candidates who may want to serve in 1 Cdo Regt, but are unaware of the opportunities available.

We have the capacity to start tapping that pool of candidates in Sydney and Melbourne.

Our ideal candidates will be physically fit, mentally capable and able to provide longevity in their service.

Ideally these individuals are about to embark on a rewarding civilian career — whether they be in first year at university, TAFE, the start of a career in emergency services, a trade or any variety of backgrounds.

These are the kind of motivated people capable of excelling in both a civilian and military career.

Ideally, we’re aiming to reach them in that time of their lives before their civilian careers take off. That is the time when they are most capable of devoting the significant effort required to pass commando selection.

We believe the rewards are immense.

For more information, register for an information session near you at 1cdo.recruiting@defence.gov.au

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It doesn’t matter if you’re male or female, clerical or combat trained, if you’re highly motivated and capable of performing outside your role and rank, then you already have some of the characteristics of members of the 1st Commandos Regiment. We are looking for motivated ARea individuals, from all corps, who are interested in being posted in one of the following supporting roles:

- Signals, Communications & IT (including social media)
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- We are recruiting in Sydney, Melbourne, Canberra and now Brisbane.

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features 20

November 5, 2015

A COMMANDO team specialising in image capture and transfer techniques recently deployed to the north of Western Australia in support of Operation Resolute.

The activity was part of the latest patrol rotation conducted by Norforce. CO 1 Cdo Regt Lt-Col M said the team comprised members from 2 Coy, 1 Cdo Regt, supported by signallers from 301 Cdo Sig Sqn and a special operations liaison element.

“The team was inserted into a remote area of northern Western Australia via G-Wagons and conducted clandestine surveillance tasks to target illegal fishing, irregular maritime arrival and other criminal activities,” Lt-Col M said.

“The operation was a good opportunity for elements of Socomd to operate with the Norforce patrolmen and share surveillance techniques and procedures.” The soldiers operated in combined patrols and conducted cross-training.

They also taught each other advanced image capture techniques, intelligence exploitation of imagery products and local bushcraft and survival skills.

During the patrol period the squadron reported on a number of vessels and aircraft of interest and had the opportunity to conduct response training with vessels from the Australian Border Force.

“Overall the operation was a success and an example of the mutual benefits that can be achieved through cooperation between units across the Army,” Lt-Col M said.
What attendees are saying

- "The training was very informative, very educative and was wealthy. I loved it." - Kylie, Wagga Wagga (September 2015)
- "Very informative, learnt a lot, so impressed with the information presented." - Kyle, Wagga Wagga (September 2015)
- "Well presented covered many aspects of property investing in short period of time." - William, Wagga Wagga (September 2015)
- "It was very informative for one who is new to the property market and will purchase soon." - Geoffrey, Perth (October 2015)
Type one. The soldier who has thought about it, but really, deep down, knows Special Forces isn’t for them. Type two. The soldier who has thought about it, even talked about it, but really, deep down, knows Special Forces isn’t for them. Type three. The soldier who emails the address below. Only you know what type of soldier you truly are. We can help you prove it. We are looking for male and female ARes candidates in Sydney, Melbourne, Canberra and now Brisbane. All corps and ranks are eligible. Preparation for Oct 2016 selection starts now.

Register for an information session near you: 1cdo.recruiting@defence.gov.au
One armoured corps officer does not regret leaving university for a minute, Leut Andrew Ragless reports.

Capt Trev Williams had almost completed his physiotherapy degree when he decided it wasn’t for him. But the 27-year-old said after three-and-a-half years of laboured study, leaving uni was the best thing he ever did.

“Study seemed like a good idea at the time, but after three years I found I was getting more and more disillusioned,” he said.

Instead, he joined the Army in 2008 and hasn’t looked back.

The catalyst for joining the Army occurred one evening when Capt Williams’ father Nicholas – formerly an avionics technician in the Air Force – suggested he consider a job in the ADF.

“Dad’s characteristics have really shaped me,” Capt Williams said. “I walked into Defence Force Recruiting a short time later.”

Capt Williams recently returned from a deployment to Afghanistan as a member of the Australian-led 205 Corps Advisory Team (CAT). The team ended its mission in Kandahar on October 1 after seven rotations of troops since 2010.

Capt Williams was the team’s Information Operations (IO) Adviser, providing expert advice in the dynamic field of information effects.

“I met with my Afghan counterparts five days a week,” he said.

“We discussed strategies to counter the Taliban’s propaganda videos and messages.

“Information is a crucial element in the fight and it can save lives.”

In the five-year history of 205 CAT, the Afghan National Army’s (ANA) 205 Corps grew from two brigades of predominately infantry troops, to a divisional size formation including four manoeuvre brigades, 19,000 troops and specialist artillery, engineering, intelligence and signalling capabilities.

In its first fighting season without coalition combat force assistance, the 205 Corps had successfully held its territory against the Taliban and conducted deliberate operations, defeating insurgent forces in the field.

“The ANA have learnt that through IO they can capitalise on their achievements, gain confidence, boost their credibility and gain widespread public support,” Capt Williams said.

Back home, Capt Williams is the OPSO at 1 Armd Regt in Darwin. An accomplished troop leader of both the ASLV and APC, he has fulfilled the role of 2IC of an APC and M1A1 main battle tank squadron.

“When I was at RMC we did a combined arms exercise with a cavalry troop,” he said. “I met the troop leader who was living in the same vehicle with the soldiers, eating the same food, and working in a tight-knit group.

“They were moving so fast and everything around them was changing rapidly.

“I remember saying to myself, ‘I want to do that!’

“I sometimes look back on that moment at university and then I think about what I’ve accomplished since.”
THE Women in Defence – Our People and Capability conference on October 13-14 reinforced Defence’s commitment to improve gender diversity across the organisation.

CDF ACM Mark Binskin and VCDF VAADM Ray Griggs opened the two-day event declaring a more diverse workforce would improve our capability, pushing for more women in key leadership roles.

About 250 guests from across Defence, government agencies, allied militaries and industry attended day one of the two-day conference in Canberra.

Erica Gold, who works with the New Zealand Defence Force, presented on the effects of female military personnel improving capability, demonstrating the vital role women play on deployment.

Lt-Col Dave Benson, of Workforce Strategy – Army, said Ms Gold’s research presented some great ideas.

“She questioned the roles women can have that men can’t, in terms of capability,” he said.

“This is an important lens, which can be used to review how gender diversity can enhance our capability. “Long-held paradigms within the ADF need to be revisited, reviewed and potentially discarded.”

Lt-Col Benson said the ADF had come a long way since he joined.

“Policy changes and, more importantly, cultural changes, have led to a more positive environment,” he said.

Day one also shed light on the future of our ADF with the Service Chiefs participating in a frank and informative panel discussion pushing for a workforce that was representative of the 51 per cent female Australian population.

The second day was an intimate forum, with leaders and diversity experts from across Defence given the opportunity to delve deeper into some of the ideas and conversations explored on day one, while brainstorming ways in which these ideas could become a reality.

It was the second time Thomas Hoffman, of Defence People Group, had organised the conference.

“Working on a high-profile event, with strong support from the Defence senior leadership, has been very rewarding,” he said.

“Feedback has been extremely positive. This is an important topic for Defence and I think the event really showcased the commitment to progressing these issues.”

Cultural changes have led to a more positive environment.

– Lt-Col Dave Benson, Workforce Strategy – Army

CA Lt-Gen Angus Campbell, centre, addresses the audience during a panel discussion at the 2015 Women in Defence Conference in Canberra.

Photo by Lauren Larking

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- Cpl CC Currie 6 Avn Regt
- LCpl JG Stepney 6 Avn Regt
- Pte JS Fox 6 Avn Regt
- Pte MCP Liggott 6 Avn Regt
- Sig SS Singh 6 Avn Regt

**Cdo Regt**

- LCpl RB King 2 Cdo Regt
- LCpl CD Haines 2 Cdo Regt
- Cpl BC Goad 2 Cdo Regt
- Cpl MG Hallinan 2 Cdo Regt

**Non-Combat**

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**LETTERS WELCOME**

Do you have an issue that needs addressing or a great idea to share with the rest of the Army?

The Army letters page is a great place for soldiers to engage with key decision makers and have their issues heard.

It’s also a chance for all Army personnel to read about the issues that matter most to their colleagues and find out what’s being done to resolve them. Letters should be kept below 250 words when possible and include the writer’s full name, unit and contact details.

To get your letter in print, write to the Editor at armynews@defence.gov.au.
Help is at hand

A NEW website developed by the Department of Veterans’ Affairs in collaboration with Defence has been released to help serving and former members of the ADF and their families manage stress and improve resilience.

The High Res website is a Self-Management and Resilience Training (SMART) toolbox that offers a range of interactive tools, self-help resources and videos that teach users to manage physical reactions, thoughts, emotions and behaviours when stressed or under pressure.

The programme is voluntary.

Participants are also reminded to nominate their family members for the Family Wellbeing Research Programme as they close on November 30.

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• You will be assigned a Toll Transitions Case Manager once your AFR has been submitted.
• Difficulty completing your AFR? Contact Toll’s Customer Service Centre on 1800 819 167.

New shoulder patches help shape unit identity

The Warrant Officer and Non-Commissioned Officer Academy (WONCO-A) was recently granted approval to wear a Unit Shoulder Patch (USP) and a Field Shoulder Patch.

To formally mark the transition from wearing the Land Warfare Field Shoulder Patch.

It complements the High Res smart phone app and contains the following features:

- Learn about resilience reinforces SMART principles and shows users how to test and adjust their reactions to achieve optimal performance.
- Understand service challenges highlights possible challenges of service life across training, deployment, transition and re-adjustment post service.
- Tools to manage my stress expands on those provided in the High Res smart phone app. They comprise evidence-based cognitive behaviour therapy tools that prompt users to test their response to stress and adjust their response in real time.
- Plan to improve my resilience helps users develop a plan to improve mental fitness.

For more information
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Have you received a posting order but are yet to submit your AFR?

In order for Toll Transitions to commence making arrangements for your relocation, you need to submit your Application for Relocation (AFR).

When completing your AFR you will be requested to enter a nominated uplift date. You need to understand that your uplift may occur within the week of that date. Toll determines the best value for money uplift day within the week of your nominated date and confirms the date with you.

It is necessary to answer all relevant questions in your AFR, and to provide essential documents where requested to do so. You can save the information you have entered online at any time by clicking save at the bottom of each page. If you don’t yet have a preferred uplift date or the required documentation, save your partially completed AFR and submit it when you do have this information.

If you have operational or extenuating personal circumstances that require you to move on a particular date, you will need unit approval prior to submitting your AFR online. The form is available at www.tolltransitions.com/defence under the WORC subheading or contact Toll Transitions on 1800 819 167.

Once your AFR is submitted you will be assigned a Toll Transitions Case Manager who will be in contact with you to discuss your relocation and commence booking the specific services required.

Remember
• Determine an uplift date you can commit to.
• Your move may take place within the week of your nominated date.
• If you must move on a particular date you need unit sign-off prior to submitting your AFR.
• Complete your AFR, attaching required documentation, as soon as possible.
• The earlier you submit your AFR to Toll the more likely you are to move on the date nominated.
• You will be assigned a Toll Transitions Case Manager once your AFR has been submitted.
• Difficulty completing your AFR? Contact Toll’s Customer Service Centre on 1800 819 167.
Defence Health continues to protect what matters most to you. If you transition into the active Reserves you’ll still get access to our exclusive ADF packages. If you’re leaving the forces, we’ll give your family a 10% discount on our mix and match range of products for the first 12 months following discharge. Join within 2 months of discharge, for bonus hospital and extras waiting period waivers.*

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*Conditions apply.

WHEN YOU TRANSITION,
YOU'RE STILL PART OF THE FAMILY

Promising read

The Promise
By Jamie Zimmermann
368 pages
Pam MacMillan Australia, $40.00
Reviewer: Sgt Dave Morley

A BULLIED schoolboy from Sydney’s north-west who went on to become an elite Special Forces soldier, launched his first book at the Australian War Memorial on October 27.


The title refers to a promise made by Zimmermann in early 2011 to care for Sgt Wood’s wife and her financial affairs should the worst unfold. The worst did unfold when Sgt Wood was killed two months into his third Afghanistan deployment in May 2011, and Zimmermann found himself closely involved in keeping his promise to his mate.

As well as recounting many of the battles fought by commandos in Afghanistan, Zimmermann portrays in intricate detail the Army’s “actions on” when a soldier is killed in action.

Writing this book to honour Sgt Wood’s memory allowed Zimmermann to complete his promise to his mate.

The book is a great read and, with Christmas fast approaching, would make the ideal gift for those with an interest in recent military events.

Stolen cannon returned to Hobart mess

Sgt Dave Morley

A SMALL model cannon “stolen” from Hobart’s Anglesea Barracks Sergeants Mess (ABSM) in October last year was returned to the mess on September 25, resulting in a sizeable donation to Legacy.

RSM 12/40RTR and outgoing ABSM PMC WO1 Sean Ransome said the cannon was donated to the mess by senior sailors from the corvette HMAS Wagga when the ship visited Hobart in 1956.

“The tradition is the Navy steals the cannon whenever they’re in port and, on stealing it, they’re required to donate $50 to Legacy and then 20 cents a day while it’s gone,” he said.

“The cannon was ‘stolen’ last year by HMAS Arunta crew members and later transferred to HMAS Anzac so it would be at Gallipoli on Anzac Day this year.”

According to WO1 Ransome, the cannon has circumnavigated the globe.

“It was on USS Missouri during the first Gulf War when the ship was fired on and the enemy rockets were destroyed by an Australian warship’s Phalanx gun,” he said.

“It was in the Tower of London for five years and it has a US silver dollar in it.

Legend has it the cannon was aboard the nuclear submarine USS Aspro on a voyage under the North Pole in 1985.

When Aspro carried out a historic under-ice rendezvous with the nuclear submarine USS Queenfish, the cannon was transferred to the sub.

After each “liberation” has taken place, small plaques have been added to the base, with additional wooden bases being added as more space was needed, with the current bottom base being made from part of the decking of Missouri.

WO1 Ransome said Legacy received donations amounting to $1500 from the cannon’s 11 months away.

“The Kiwis donated $550, Arunta $500 and Anzac $450,” he said.

Incoming PMC ABSM WO1 Anthony McKindley welcomed the cannon back after its eight-month tour, noting it may only be a short time before it’s off again, when the Navy next visits Hobart.

“The cannon has a long history and I hope the current and future members of the ABSM, along with the Navy, keep this tradition going for many years to come,” he said.

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Call 1800 335 425 or visit defencehealth.com.au

*Conditions apply.
Cpl Donovan Murphy salutes as the 7RAR Colours are marched off the parade ground during 50th anniversary celebrations at Keswick Barracks, Adelaide, on October 18. Photo by Cpl David Gibbs

Gnr Matthew Leigh, of 4 Regt RAA, with Defence Work Experience Program student Emmy-Lou, of William Ross State High School, at Lavarack Barracks. Photo by LClp Kyle Gerner

Gnr Alex Bell, of 3 Light Bty, is attached to a battle group from 11/28RAR during Exercise Retimo, 13 Bde’s annual military skills competition at Bindoon Military Training area in Western Australia. Photo by AB Chris Beerens

Pte Hayden Huizenga, of 11/28RAR, takes part in Exercise Retimo, 13 Bde’s annual military skills competition. Photo by AB Chris Beerens

Sgt Nicki Morgan processes an “evacuee” at an assembly area in Atherton, North Queensland, during Exercise Sea Raider. Photo by Cpl David Cotton

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TOTAL DEFENCE SUPPORT
Assess your options

New military super legislation offers more options to secure your retirement.

N just over six months, a new era of consumer choice starts in military superannuation. On July 1, 2016, the days of ADF members joining one compulsory superannuation fund (MSBS) will be over. MSBS will continue unchanged for existing members who choose to continue in it, but will be closed to new entrants from that date.

Chairman of the ADF Financial Services Consumer Centre Air-Cdre Robert Brown said the current compulsory fund would be replaced by a new military superannuation scheme in which all MSBS members – not DFRDB members – would be offered the opportunity to direct all new employer contributions, at the rate of 16.4 per cent per annum, to any legally approved superannuation fund of their choice.

“Choices will include industry, retail, self-managed superannuation funds and a new default fund called ‘ADF Super Fund’, the trustee of which will be the Commonwealth Superannuation Corporation – the current trustee of MSBS and DFRDB,” he said.

“As a result, there will be a new death and invalidity scheme called ‘ADF Cover’, for eligible members who choose to transfer to the new superannuation scheme.”

The level of death and invalidity cover in ADF Cover will be consistent with that provided by MSBS.

“Of course, there’s more to it than this brief summary of key facts. Therefore, whatever you decide, you should do so in an informed manner, not by guesswork or based on what well-intentioned, but ill-informed colleagues might tell you,” Air-Cdre Brown said.

To assist ADF members in making an informed decision, educational material is available in the ‘Guides’ section at www.adfconsumer.gov.au. This website also contains a film about choosing a financial adviser, which is recommended to all ADF members thinking about seeking financial advice before deciding on a preferred superannuation option.

The film is called Financial Advisers – The Facts and the Fiction and outlines key issues to consider and questions to ask before appointing an adviser.

The ADF Financial Services Consumer Centre has also established a list of licensed financial advisers who have undertaken to provide professional advice, including superannuation advice, on a genuine fee-for-service basis.

These advisers are members of the ADF Financial Advice Referral Program, developed as a result of members wanting access to trusted financial advice, but not knowing how to source it.

The list of advisers is at www.adfconsumer.gov.au.

“It is important that you understand the scope of the services on offer – limited or comprehensive – and the fees you are likely to be paying for that advice. Consider talking with a number of advisers before appointing one. The important point is that excellent resources, both educational and professional, are available to assist you in your superannuation choices.”

He said these resources would be expanded as July 1 approached.

“ADF members are strongly encouraged, before making a decision, to read about and understand the new superannuation arrangements and to consider seeking professional advice,” he said.

Assess your options

Seek financial advice to find out what super option is best for your retirement plan.

Photo by Cpl Matthew Bickerton

One split second was all it took for his life to change forever. When he returned home he was told he was the lucky one – he had survived. He tried to wipe it all away. With RSL’s support, his physical and emotional wounds are starting to heal.

At RSL Queensland, we are here to look after the men, women and families of those who cared enough to risk their own lives. To lend a hand. To support and guide. To show respect. And to say thank you.

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Peak condition

You too can train to be the best, LS Jayson Tufrey reports.

The Australian Services Rugby Union (ASRU) men’s team adopted the latest rugby-specific strength and conditioning (S&C) approach employed by the ACT Brumbies rugby team, to prepare for the International Defence Rugby Competition (IDRC) held last month in the UK (see pages 34-36).

ASRU’s experience with the 2011 IDRC identified the importance of an S&C program. This year, Brumbies S&C coach Ben Norcott came on board to assist ASRU coaching staff with implementing and monitoring a 14-week program.

ASRU S&C coach Sgt Chris Wilkinson, of ICHSB in Townsville, said the program was an ongoing development over the past four years.

“We changed the program when we came together back in June for a long weekend camp so we would be in peak condition for the IDRC,” he said.

“Physical training is complex and related to the individual – you can’t give someone a generic program and expect the results to flow across the board. You need to tweak things to suit their style, playing position and psychological state,” Sgt Wilkinson advised the ASRU players how to start the program at the beginning and work up to higher intensity training to avoid injury.

“It’s better to underestimate strength, aerobic and anaerobic endurance – it will assist in developing the quality of fitness and, more importantly, reduce the risk of sustaining an injury,” he said.

“It is also important to listen to your body. If you feel tired or untrained, address why and don’t train through it.”

Sgt Wilkinson said good quality sleep, nutrition and hydration were key to performing well.

“Do your best to get at least 10-12 hours of quality sleep each night and fuel your body appropriately by eating roughly five to six meals a day and by drinking plenty of water,” he said.

“Do not get sucked into the habit of missing meals and replacing them with supplements – you need to eat food, not drink protein powder. Supplements should not replace food – if you eat right you will get all you need from real food. The same goes for pre-workouts – if you are not mentally fired up to train don’t rely on or waste your money on that stuff. Eat more, sleep more, train right. It’s quality not quantity.”

Sgt Wilkinson said the program was a success.

“The performance standard of the guys has really improved since baseline measurements were taken at the beginning of the program,” he said.

ASRU coach Navy WO Doc Doherty said player commitment and accountability was fundamental to the team’s performance during the IDRC.

“Based on experience, coaching staff knew all players needed to step up to the next level of S&C in order to successfully execute the game plan required to challenge and, ideally, beat the best defence rugby teams in the world,” he said.

“We needed to ensure players were capable of giving 100 per cent for up to 80 minutes. Near enough would not be good enough.

“We engaged the Brumbies because they have a solid reputation of delivering superior results through a rugby-tailored S&C program. We used Facebook as our forum to disseminate the training plan and instructional video clips, and to answer questions and share tips. We conducted baseline testing in early June, then follow-up testing at four-week intervals across the 14-week program, concluding with final testing on the first day of the tour.

“Do your best to get at least 10-12 hours of quality sleep each night and fuel your body appropriately by eating roughly five to six meals a day and by drinking plenty of water,” he said.

“This performance standard of the best defence rugby teams in the world, tailored and robust S&C is critical.”

For more information on ASRU’s S&C program, contact Sgt Chris Wilkinson at christopher.wilkinson1@defence.gov.au

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TRAINING DAY REGIME

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<th>Warm up:</th>
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<tr>
<td>10 x lunge and side bend</td>
<td>20 x jump lunge right leg forward</td>
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<tr>
<td>10 x scorpions</td>
<td>20 x jump lunges left leg forward</td>
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<td>10 x dislocates</td>
<td>20 x push-ups</td>
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<tr>
<td>10 x mountain climbers</td>
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<td>4min skipping</td>
<td>20 x push-ups</td>
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<td>Between each exercise complete 250m row or 200m run @ 95%</td>
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<td>2 rounds:</td>
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<td>20 x deadlift (M: 60kg, F: 40kg)</td>
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<td>20 x jump lunges left leg forward</td>
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<tr>
<td>20 x push-ups</td>
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<th>Cool down:</th>
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<tr>
<td>thoracic roller</td>
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<td>wall glute stretch</td>
<td>anterior chain stretch</td>
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The Australian Services Rugby Union men’s team during a training session at Bullford Camp, Salisbury, UK. Photo by Cpl Janine Fabre

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Health

November 5, 2015

Setting sail in Townsville
Sqn-Ldr John Force

CPL Benjamin Wolski and Maj Candice Cushway represented Army in the 43rd National Tasar Championships held off Townsville from September 28 to October 3. Seven Defence boats competed in a fleet of 61 over 10 heats.

Cpl Wolski, of 6 Arty Regt, spent three days training with other Defence members before the event. “I’ve raced in dinghy and skiff classes since before joining the Army, but this was my first time in the tasar class,” he said.

Strong winds on Cleveland Bay’s shallow waters created choppy seas, which required competitors to depower their sails to prevent capsizing. On the downwind legs the team used the full power of the sails to balance the boat while surfing waves and overtaking competitors. During the last two days of racing, strong winds of more than 25 knots provided physically demanding sailing that saw nearly one-third of the fleet retire.

Maj Cushway said the best part of the event was the reaching – the fastest point of sail – during the high-wind races. “We improved every day as the wind strength increased,” she said.

The team placed 35th overall in the championship, a handful of points behind three other Defence boats, which was an impressive result for a pairing formed three days before the regatta.

Service members who sail regularly are invited to represent Army in coming heats of the Interservice Dinghy Championships, which include the ACT Dinghy Championship on November 14-15; Sail Melbourne (an Olympic qualifying event) on December 7-13; and Sail Sydney on December 17-20.

Pre-race training can be arranged for sailors converting from one racing class to another for these events. Details of ADF Sailing Association keel boat and dinghy racing events are available at http://drnet.defence.gov.au/VCDF/Sports-Sailing/Pages/Welcom.aspx

A holy hill
WO2 Andrew Hetherington

THE most senior rider in the 2015 Australian Defence Cycling Club (ADCC) championships at Stromlo in Canberra was Army’s senior reserve chaplain, Chap Phil Anderson.

At the age of 63, he competed in all of the road and nearly all of the mountain biking events during the championships from October 5-11. It was the third time he had competed.

“I competed in all of the off-road events except the downhill, as I didn’t have a full-face helmet,” Chap Anderson said.

“I won two firsts in my age group, with medals in the cross-country Olympic and the Super D and also got two second place medals for the road race and the time trial.”

Chap Anderson started riding when he was 10 and used bikes for commuting for more than 40 years after buying a 10-speed road bike when he was in his early 20s. “During a posting to Canberra from 2000-2007, I had a crash on a bike path with another cyclist that left my 1970s 10-speed bent and buckled,” he said.

“My sister talked me into buying a decent road bike, which I thought was a bit expensive, but I discovered it was so much better than my previous bikes.

“I joined the ACT veteran’s cycling club in 2003.” Chap Anderson hasn’t looked back since and competes in a variety of events.

“I ride track, road races, criterium, social, charity, touring and mountain bike events,” he said.

“I train by riding to work when I can, which is a 35-40km round trip. I go out once a day on the weekends for a training ride, race on Tuesday and Wednesday nights and enter a road race on the weekends.”

He has so many bikes in his shed he’s nearly lost count. “Hanging in the shed, I probably have 11, seven of which belong to my wife, Sandy. I go out once a day on the weekends for a training ride, race on Tuesday and Wednesday nights and enter a road race on the weekends.”

“My biggest fear is that if I die my wife Sandy will sell my bikes for the price I told her I paid for them.”

By attending ADCC events, he also gets to continue the spiritual duties of his reserve job. “During this year’s event, one of the blokes went down and I visited him in hospital, performing my chaplancy role,” he said.

“People also come up to have a chat and I encourage them the best way I can.”

Cycling provides Chap Anderson with a significant amount of satisfaction. “I feel invigorated when I ride a bike,” he said.

“When I go for a training ride I feel as though I’ve gotten in touch with my maker.”

“Stromlo’s a great venue and Stromlo in Canberra is the cycling mecca of Australia.”

My biggest fear is that if I die my wife Sandy will sell my bikes for the price I told her I paid for them.

– Chap Phil Anderson, Senior Reserve Chaplain
ADF WOMEN will be competing for the first time in the international Defence Cricket Challenge 2015 (IDCC15) to be held in Canberra from November 16-29. IDCC15 presents an opportunity for the six service level teams of the Australian Services Cricket Association (ASCA) to compete against the defence forces of Malaysia, New Zealand, Great Britain, Fiji and Pakistan to both renew and enhance their partnerships through cricket. IDCC15 will see all men’s teams compete in Twenty20 and one-day limited overs matches in an attempt to be crowned IDCC 2015 champions. The women’s teams will compete in T20 matches to achieve the same goal.

ASCA head coach WO Gary Fuss said he was looking forward to seeing the women compete. “I have been an advocate of women’s cricket for a long time,” he said. “After trying to get it into Defence for many years, and working with ASCA Manager of Cricket Operations Maj Darren Mattison, we achieved this. To see it feature in IDCC15 is fantastic and great that we are aligning with modern times.

‘Having so many countries coming here to embrace the spirit of the game is also great. It is important to mix in this setting as we work with these countries on a professional level as well. It’s great to see the Fijian Army field a side for the first time, too. During the past decade, the ASCA has conceived, developed and grown the IDCC concept to become the premier global defence cricket tournament it has become today. ASCA aims to foster a spirit of goodwill and healthy competition within the international defence environment.

‘A competition like this is not held anywhere else in the world so we are fortunate to be able to host it here,” Fuss said. “Incorporating women into the competition is also sending a message to the rest of the world. To have nearly 400 participants converge on Canberra to represent their country and defence force is a great opportunity. As in previous years, the tournament will culminate in a select-ed World Defence XI playing an Australian Cricketers’ Association (ACA) team, comprising former big-name test cricketers whose identity at this stage is under wraps, but will, no doubt, be a drawcard for spectators on the day.

‘For the first time ever an ACA women’s team will be formed to compete against the inaugural women’s World Defence XI team. IDCC15 will also provide an opportunity for members of the visiting teams to experience Australian culture and gain an understanding of the culture and gain an understanding of the ADF. ASCA personnel had the opportunity to rub shoulders with the captains of the Prime Minister’s XI Mike Hussey and New Zealand team captain Tim Southee on the eve of the PM’s XI match at a special Last Post ceremony at the Australian War Memorial on October 22.

‘It recognised the strong links within teams. “Aside from the numerous first-class cricketers, and tens of thousands of club players who fought, and died, there have been three test players make the supreme sacrifice – one Australian in WWI and one from both Australia and NZ in WWII,” he said.

‘Defence sport, particularly cricket, strongly aligns with the ‘Spirit of Cricket’, which promotes fairness, moral courage and personal excellence within teams.”

FIVE Army representatives were selected for the ASBA national side. They were: WO1 Mick Carley; Cpl Lucas Jakker; WO1 Ian Groves; WO1 Stephen Sobolewski; and Cpl Chris Brown.

For more information on ADF bowls, contact Army’s service representative, WO1 Stephen Sobolewski, via email at stephen.sobolewski@defence.gov.au or call (02) 9349 0480.

To view the ADF lawns bowls website for past and future events, visit http://defminet.defence.gov.au/YC/SP/Sports-LawnBowls/Pages/Welcome.aspx

NEW SPIN ON CRICKET

ADF WOMEN will be making their mark in international competition

At the age of 17, Tpr Pryor made his own age. Everyone had a positive team attitude.”

Lt Damien Coates, left, and Tpr Sam Pryor.

He joined the Army at 19 and two years later in South Australia he played in the semi-finals of the men’s state singles championships. At the ASBA nationals, Tpr Pryor played the position of team captain or skip and won all of his games.

‘The team played really well all week and the highlight of the nationals was my last bowl against Navy,” Tpr Pryor said. “I drove a bowl out to put Army back in the game.” Tpr Pryor’s performance also earned him Army’s most valuable player award.

Lt Coates said Army put together a strong team for the competition.

‘We played some good bowls, but we weren’t able to take the title from Navy,” Lt Coates said.

‘What I loved about the championships was playing with people my own age. Everyone had a positive team attitude.”

Lt Stephen Sobolewski laid wreaths at the Australian War Memorial during a Last Post ceremony at the Swifts Bowls Club on October 22.

Photos by Steve Burton and Cpl Mark Dunar

Battle of the greens as Army takes second

Lt-Sgt Darryn Lethlean

ARMY’s lawn bowlers battled it out with their Navy and Air Force counterparts during the Australian Service Bowls Association’s (ASBA) National Inter-service Carnival at the Swifts Bowls Club at Ipswich from September 21-25.

‘Army came a close second to Navy in the nationals, losing the final game 76-83 in a hard-fought battle.

In their first round against Air Force Army won convincingly 90-54.

The theme of this year’s competition was “being a buddy” and across all three services 14 debutante bowlers competed.

Two of them were Tpr Sam Pryor and Lt Damien Coates. They’ve both played lawn bowls since the age of 13.

At the age of 17, Tpr Pryor made the semi-finals of the men’s Australian open.

From left, PO Luke Grimmond, LS Natasha Wilson, Sgt Corey Baker, Tpr Rachel Martin, Sgt Dan Amiet, Cpl Ingrid Svilans, Lt-Col Bob Moody and WO Angela Hockenhull lay wreaths at the Australian War Memorial during a Last Post ceremony to honour Tpr Albert “Tibby” Cotter, the only Australian international cricketer to be killed during WWI. Inset, Tpr Martin in action on the cricket pitch last year.

Photos by Steve Burton and Cpl Mark Dunar
**THE COACH REFLECTS**

**ON THE back of the International Defence Rugby Competition in the UK, ASRU coach head coach WT Doherty said with a bit more time together the team would have performed better.**

“We only came together nine days before leaving for the UK, so we would have liked to have had more exposure to the players and together as a squad to further get that team harmony,” WT Doherty said.

Unfortunately, it is a short period of time to achieve a massive outcome and the teams that gelled better and were more successful in the competition had longer periods of time to prepare and gel that team together. The fact that the matches were spaced out helped.

“This was a short period to achieve a massive outcome and the teams that gelled better and were more successful in the competition had longer periods of time to prepare and gel that team together. The fact that the matches were spaced out helped.”

Despite losing to developing Pacific Rugby Nations Union (PRNU) side, Fiji in their opening game, Doherty said the Tongans, regardless of what was on offer, would always be out there to win the game. “So in the end we had a few teams that gelled and that was the last game through the finals.”

There has been more than eight points between the teams, and the team that went to different parts of the match, let them, to three. Doherty said the Tongans were pretty good effort.

As it is, 9 Bde out-gunned the match.

Players from the 16ALR and 7RAR teams attack the ball during the South Australian Interservice Basketball Tournament, Inset Cpl Anthony Hade, of 16ALR, attempts to block Sg t Matthew Miller, of 16ALR. (Photo by Sgt Rodney Welch)

**Alow highlight was the inclusive nature of the tournament, which allowed all players to participate in the fun.**

As it is, 9 Bde out-gunned the match.

Players from the 16ALR and 7RAR teams attack the ball during the South Australian Interservice Basketball Tournament, Inset Cpl Anthony Hade, of 16ALR, attempts to block Sg t Matthew Miller, of 16ALR. (Photo by Sgt Rodney Welch)

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Unfortunately, it is a short period of time to achieve a massive outcome and the teams that gelled better and were more successful in the competition had longer periods of time to prepare and gel that team together. The fact that the matches were spaced out helped.

“The final 10 minutes of the match was close with ASRU victorious, 35-31. WO Doherty said the Tongans, regardless of what was on offer, would always be out there to win the game. “So in the end we had a few teams that gelled and that was the last game through the finals.”

There has been more than eight points between the teams, and the team that went to different parts of the match, let them, to three. Doherty said the Tongans were pretty good effort.

As it is, 9 Bde out-gunned the match.

Players from the 16ALR and 7RAR teams attack the ball during the South Australian Interservice Basketball Tournament, Inset Cpl Anthony Hade, of 16ALR, attempts to block Sg t Matthew Miller, of 16ALR. (Photo by Sgt Rodney Welch)

**Alow highlight was the inclusive nature of the tournament, which allowed all players to participate in the fun.**

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ASRU bows out of IDRC finals after losing to Fiji

GOOD TRY
BATTLE TEST

Soldiers of 1 Bde display their collective might on Exercise Predator’s Run

7RAR soldiers dismount an M113 APC during Exercise Predator’s Run at Cultana Training Area, South Australia. Photo by Cpl Nana Campos
FIREPOWER ON SHOW

Soldiers were tested as 1 Bde units displayed their collective might at Cultana, Maj Felicity Hamblin reports.

Units from 1 Bde pushed their skills and equipment to the limits during Exercise Predator’s Run, held at the Cultana Training Area from October 5 to November 2.

Commander 1 Bde Brig Mick Ryan and the exercise provided soldiers with experience in a combined arms environment, where infantry, armour, artillery, engineers and close-air support were integrated into a single fighting unit.

“It is important that we test the lowest level all the way up to brigade level in a range of complex combined arms activities,” Brig Ryan said.

“The success of the exercise demonstrates our ability to maintain and train in combined arms training assets on a live-fire range,” Lt-Col Murdoch said.

“Combined arms training was the key focus during Exercise Predator’s Run, as armour, infantry, artillery, engineers, combat signalers and logisticians, along with close-air support from the Air Force, worked side by side to attain objectives on the attack lane at Cultana Training Area.”

CO 1 Armd Regt Cpl Jeremy McBride said the exercise offered an excellent opportunity to train using a wide variety of equipment and skills.

“From the start we had formation-level call signs, as well as the need to coordinate the Army with the Air Force with F/A-18s.”

Lt Daniel Kennedy, of 7RAR, said it was important for each call sign to work together to ensure a successful result.

“Within the unit we had a common professional ethic and values that make it much, much easier to work together,” Brig Ryan said.

For the next iteration of the “Predator” series, Exercise Predator’s Gallop, 1 Bde soldiers will head back to Cultana in February and March.
M777A2 155mm howitzer from 103 Bty, 8/12 Regt RAA, is fired during a mission. Inset, Gnr Andrew Smart carries a Howitzer round to the gun. Photos by Cpl Nanu Campos

Lcpl Sebastian Beurich

THE ground shook in the Cultana Training Area as M777 Howitzers from 8/12 Regt RAA and Air Force F/A-18s pounded simulated enemy targets during Exercise Predator’s Run.

“Within 15 minutes, the platoon had assembled at the Brigade Maintenance Area (BMA) kitchen to relocate essentials back to Camp Baxter so that hot meals could be prepared in time for breakfast,” he said.

A warning order was received at 6.51am, stating that the BMA kitchen had collapsed due to the storm. But the culinary conundrums did not end there.

“A warning order was received at 6.51am, stating that the BMA kitchen had collapsed due to the storm and that the entire kitchen facility needed to be relocated to Camp Baxter,” Cpl Judd said.

The 39 cooks ploughed through and with support from 1CSSB, managed to move the kitchen, prepare, cook and serve hot lunches for 900 people in 90 minutes.

“The day involved the gunline from 8/12 Regt, four sorties of F/A-18s and the mortar lines from both 5RAR and 7RAR,” he said.

“Despite everything, breakfast was still served at the usual time of 5am.”