WE REMEMBER THE BATTLE OF CORAL SEA

PAGE 5

BUSY TIME FOR BAND ON THE RUN

SEE PAGE 7

ARUNTA HOME ON MOTHER’S DAY

Centrespread

BEST VIEW: An air marshal gives pilots the okay as HMAS Manoora’s Sea King Helicopter conducts deck landing practice.

Photo: ABPH Andrew Black

THUMBS UP

MANOORA TAKES AIM OVERSEAS

PAGE 3
Australian Defence Force operations will receive $1.036 billion in funding for 2008-09 under the latest Budget allocation. A record amount would be invested over the next decade to ensure the ADF was ready to meet the challenges of an uncertain world, Minister for Defence Joel Fitzgibbon said.

Mr Fitzgibbon said it was a major boost to Defence that the commitment in this year’s Budget, to increase underlining Defence funding by an average of 3 per cent in real terms every year to 2017-18, was two years ahead of the Defence Capability Plan.

“The increase will provide an additional $2.8 billion to Defence over two years in 2016-17 and 2017-18 and will ensure that Defence personnel have the necessary equipment, training and the support they require to undertake their difficult work,” Mr Fitzgibbon said.

The $1.036 billion will be made available for Australian Defence Force operations, consisting of:

$452.9 million for the 2008-09 financial year, for the continuation of Operation Slipper, Australia’s contribution to the Afghanistan, and Regional Assistance Mission to the Solomon Islands.

$215.7 million for the continuation of Operation Astute, Australia’s assistance to Afghanistan, and Operation Slipper.

$174.3 million for Operation Astute, Australia’s assistance to Afghanistan, and Operation Slipper.

$618.9 million for Operation Astute, Australia’s assistance to Afghanistan, and Operation Slipper.

$27.1 million for Operation Anode, Australia’s contribution to the Australian-led Regional Assistance Mission to the Solomon Islands.

Mr Fitzgibbon also said support for Defence families would be improved and encouragement of Reservists would continue, while recruitment and retention remained a key priority.

“Defence will introduce new recruitment strategies, including work experience programs and initiatives that encourage women and other under-represented groups into the Australian Defence Force,” Mr Fitzgibbon said.

Other key initiatives to receive funding included:

• Rolling out free basic GP services, as well as dental services of up to $300 a year, for the families of full-time Australian Defence Force members in five areas.

• Implementing the first stage of the comprehensive Defence mental health ‘package’, which supports the mental health of Defence Force members throughout their careers.

• Continuing preliminary work on Australia’s new submarine capability.

• Developing a new Defence White Paper, which will set the Government’s plan for the size, capacity and shape of the Defence Force for the next 20 years and beyond.

Mr Fitzgibbon said that the Government’s commitment to increase the Defence funding base by an average of 3 per cent would provide extra funding to support key equipment purchases through the Defence Capability Plan.

This will be achieved in 2008-09 by:

• Investing $26.8 million in rapid acquisitions to support current Defence operations.

• Investing more than $4.8 billion in major acquisition programs as part of a long-term transformation of the Australian Defence Force’s war fighting equipment.

• Investing more than $4.5 billion in upgrades and ongoing support to current equipment; and

• Assisting new capability proposals in order to begin future acquisitions, including design studies for the Collins submarines replacement, upgrading the C-130J aircraft and improving the Australian Defence Force’s protection against Improvised Explosive Devices.

Australian Defence Force families posted to certain rural and remote areas will benefit as the roll-out of the free basic health care trial occurs under the 2008-09 Budget funding of $12.2 million.

Child care, health care and housing all received funding in the Budget.

“The Government will continue to support employment initiatives for spouses, assistance with housing, relocation, child care, health care, the transition to civilian life at the end of a military career and a number of other support services,” the Minister for Defence Science and Personnel, Mr Warren Snowdon, said.

Defence families in Singleton, Katherine, East Sale, Cairns and the Karratha/Pilbara area will be able to self-select the best option for their child or dependents so long as their choice and receive basic general practice consultations free of charge and receive basic dental care up to a value of $300 per dependent a year.

The ADF will also look to ‘Generation Y’, women, indigenous Australians and our diverse ethnic communities as a source of new recruits under a $148.7 million funding package.

“The Government recognises that people are the Australian Defence Force’s most valuable resource and a critical element of defence capability,” Mr Snowdon said.

“Our troops and potential new recruits will continue to be a top priority for this Government.”

A total of $148.7 million has been provided for the Defence Force Recruiting programs and operations.

The importance of retaining the ADF’s highly trained and skilled workforce is also affirmed, with funding of $165.1 million allocated for 2008-09.

“This includes funding for Defence Remuneration modernisation structure, targeted financial incentives for selected Navy and Army personnel with high-value skills, Navy’s ongoing Sea Guard and the commitment to provide extra funding to support key equipment purchases through the Defence Capability Plan.”

Mr Snowdon said:

“The objective is to enhance employer support for Reserve services, increasing the availability of Reservists to undertake Defence service.”

“Defence will continue to support employment initiatives for spouses, assistance with housing, relocation, child care, health care, the transition to civilian life at the end of a military career and a number of other support services,” the Minister for Defence Science and Personnel, Mr Warren Snowdon, said.

Defence families in Singleton, Katherine, East Sale, Cairns and the Karratha/Pilbara area will be able to self-select the best option for their child or dependents so long as their choice and receive basic general practice consultations free of charge and receive basic dental care up to a value of $300 per dependent a year.

The ADF will also look to ‘Generation Y’, women, indigenous Australians and our diverse ethnic communities as a source of new recruits under a $148.7 million funding package.

“The Government recognises that people are the Australian Defence Force’s most valuable resource and a critical element of defence capability,” Mr Snowdon said.

“Our troops and potential new recruits will continue to be a top priority for this Government.”

A total of $148.7 million has been provided for the Defence Force Recruiting programs and operations.

The importance of retaining the ADF’s highly trained and skilled workforce is also affirmed, with funding of $165.1 million allocated for 2008-09.

“This includes funding for Defence Remuneration modernisation structure, targeted financial incentives for selected Navy and Army personnel with high-value skills, Navy’s ongoing Sea Guard and the commitment to provide extra funding to support key equipment purchases through the Defence Capability Plan.”

Mr Snowdon said:

“The objective is to enhance employer support for Reserve services, increasing the availability of Reservists to undertake Defence service.”

“Defence will continue to support employment initiatives for spouses, assistance with housing, relocation, child care, health care, the transition to civilian life at the end of a military career and a number of other support services,” the Minister for Defence Science and Personnel, Mr Warren Snowdon, said.

Defence families in Singleton, Katherine, East Sale, Cairns and the Karratha/Pilbara area will be able to self-select the best option for their child or dependents so long as their choice and receive basic general practice consultations free of charge and receive basic dental care up to a value of $300 per dependent a year.

The ADF will also look to ‘Generation Y’, women, indigenous Australians and our diverse ethnic communities as a source of new recruits under a $148.7 million funding package.

“The Government recognises that people are the Australian Defence Force’s most valuable resource and a critical element of defence capability,” Mr Snowdon said.

“Our troops and potential new recruits will continue to be a top priority for this Government.”

A total of $148.7 million has been provided for the Defence Force Recruiting programs and operations.

The importance of retaining the ADF’s highly trained and skilled workforce is also affirmed, with funding of $165.1 million allocated for 2008-09.

“This includes funding for Defence Remuneration modernisation structure, targeted financial incentives for selected Navy and Army personnel with high-value skills, Navy’s ongoing Sea Guard and the commitment to provide extra funding to support key equipment purchases through the Defence Capability Plan.”

Mr Snowdon said:

“The objective is to enhance employer support for Reserve services, increasing the availability of Reservists to undertake Defence service.”

“Defence will continue to support employment initiatives for spouses, assistance with housing, relocation, child care, health care, the transition to civilian life at the end of a military career and a number of other support services,” the Minister for Defence Science and Personnel, Mr Warren Snowdon, said.

Defence families in Singleton, Katherine, East Sale, Cairns and the Karratha/Pilbara area will be able to self-select the best option for their child or dependents so long as their choice and receive basic general practice consultations free of charge and receive basic dental care up to a value of $300 per dependent a year.

The ADF will also look to ‘Generation Y’, women, indigenous Australians and our diverse ethnic communities as a source of new recruits under a $148.7 million funding package.

“The Government recognises that people are the Australian Defence Force’s most valuable resource and a critical element of defence capability,” Mr Snowdon said.

“Our troops and potential new recruits will continue to be a top priority for this Government.”

A total of $148.7 million has been provided for the Defence Force Recruiting programs and operations.

The importance of retaining the ADF’s highly trained and skilled workforce is also affirmed, with funding of $165.1 million allocated for 2008-09.

“This includes funding for Defence Remuneration modernisation structure, targeted financial incentives for selected Navy and Army personnel with high-value skills, Navy’s ongoing Sea Guard and the commitment to provide extra funding to support key equipment purchases through the Defence Capability Plan.”

Mr Snowdon said:

“The objective is to enhance employer support for Reserve services, increasing the availability of Reservists to undertake Defence service.”
Manoora’s busy times

By Michael Brooke

HMAS Manoora’s (CMRD P.K. Mandyzi) busy 2008 program has continued with activities ranging from a joint exercise with the New Zealand Defence Force, to a broader sea-ride for 200 ADFA cadets at Jervis Bay.

Manoora ferried 200 ADF cadets to HMAS Creswell, where they embarked in LCM-8s and were carried ashore to begin what promised to be a very mentally and physically taxing leadership challenge based on a UN peacekeeping scenario.

Among the scores of Navy officer cadets enjoying the sea-ride were Kirsten Norris and Nick Graney, both of whom are counting down the days until they graduate.

MidNORP, who is studying mechanical engineering, told Navy News she considers Manoora to be her home away from home and hopes to be posted to her when she finishes her studies.

“Shes a great ship and I hope fortune plays a hand in posting me here after I graduate,” Kirsten said.

Manoora’s ship’s company, the 200 ADFA cadets and some other 80 sea-riders from DMO and other agencies took time out on May 3 to conduct a memorial service for the sailors who perished in the fire on HMAS Westralia 10 years ago.

Manoora arrived in Jervis Bay late in the afternoon, having embarked the ship’s Sea King helicopter, ‘Shark 10’ from HMAS Albatross.

She then set sail for New Zealand, where she is due to participate in an amphibious warfare exercise called Exercise Joint Kiwi with the NZDF.

CMRD Mandyzi said Joint Kiwi would involve amphibious warfare training exercises with Army elements from the NZDF.

The NZ Army elements will be exposed to amphibious transport ship movement that will involve negotiating stern ramp marriages with LCM-8s, beach landings and other training essential to the conduct of amphibious operations,” he said.

Toowoomba top gun

By LCDR Amanda Wearmouth

HMAS Toowoomba has laid claim to being the fastest gun in the west after a recent test firing of the ship’s 5-inch gun.

The requirement to certify two new Fire Control Officers (FCO) provided the perfect opportunity to attempt the firing of the ship’s penultimate number over three serials involving surface and anti-air gunnery against towed targets.

It was achieved in double-quick time.

Under the supervision of CMDR Danny Durward (FWEEO), the two FCOs under training, Lt JG Jason Grivas and LS Byorn Evans, set a new record of 18 rounds fired in an anti-aircraft firing run.

During the first anti-aircraft serial, two targets were shot out of the sky demonstrating not only the speed but also the accuracy of Toowoomba’s gun.

The surface serials held early in the day also proved to be very accurate despite the prevailing conditions.

PWO LCDR Mark Kelvynak, RN, and the WEEO LCDR Keith Taylor were both delighted with the performance of the crew and the equipment.

SHELL SHOCKED: Personnel inspect the remaining cartridge cases after a highly successful firing exercise onboard HMAS Toowoomba.

Photo: ABWEW Hayley Ford

Toowoomba’s CO CMDR Charles Huxtable and CMDR Durward were the first to congratulate the crew members on a significant milestone achieved and a tough challenge set down to all other Anzac class ships.

The only drawback to the day was the large amount of ash covering the upper-decks making a big job of the upper-deck washdown before proceeding alongside.

The primary objective of the seven-week deployment was Glencen’s commissioning ceremony on February 22, however, in true Navy style, much more was accomplished.

The deployment ended on a high note with an Operation Resolute patrol.

During her circumnavigation, Glencen visited Albany, Port Lincoln, Port Adelaide, Devonport, Jervis Bay, Fleet Base East and Brisbane.

Short logistic visits were also conducted to Dampier, HMAS Stirling, HMAS Cairns and Thursday Island.

The port visits allowed the ship’s company to show off the RAN’s 14th ACPB, with tours provided to community groups, naval cadets, veterans associations, service personnel and school children.

On transit to Port Lincoln, Glencen was the first ACPB to cross the Great Australian Bight, fortunately King Neptune favoured the 57m warship with only a little rough weather.

A highlight for the crew was the recruit sea day off HMAS Cerberus.

Also on the deployment, Glencen conducted acoustic ranging, magnetic ranging and radar cross section ranging.

Even though the deployment followed immediately after acceptance into the RAN and a comprehensive work-up, Glencen did not miss a beat. Throughout the 100800 nautical mile transit, Glencen did not lose any days at sea, a testimony to the vessel’s design.
Media myths and political spin sunk

By Michael Brooke

A revealing new book about the RAN's Collins Class submarine procurement project that sinks media myths and spin to the murky depths of Davy Jones' locker was launched in Sydney last month.

The Collins Class Submarine Story - Steel, Spies and Spun was launched by Kim Beazley, who was the defence minister who endorsed the procurement in the early 1980s. More than 100 people including current and former submariners attended the launch at the Australian Maritime Museum on April 8.

The 336-page book by Peter Yule of the University of Melbourne, and Derek Woolnough, of the Strategic and Defence Studies Centre at the Australian National University, details the Collins' rocky road to stunning success.

Mr Woolnough said the persisting failure has been the combat system, a testament to both the inadequacies of some of the world's major arms corporations and the aspirations of Australian submarines for a combat system that was ahead of its time.

RADM Boyd Robinson, Head Maritime Systems Division, said the Collins Class procurement project is an Australian success story that continues to grow.

"Very soon HMAS Walker, with a new combat system and heavyweight torpedo, will again remind our Allies how good the Collins Class is when she participates in a maritime Coalition exercise," he said.

"Furthermore, HMAS Farncomb will soon be back on-line with the new combat system, heavyweight torpedo and a new communications system."

RADM Robinson said Defence supported the book's production, including controlled access to official records, because of the project's unique nature and national significance.

Although Defence did not have editorial control over the opinions expressed or conclusions made by the publication's authors, it did ensure that the content was unclassified.

The book makes for fascinating reading, with a new combat system and heavyweight torpedo, it will again remind our Allies how good the Collins Class is when she participates in a maritime Coalition exercise," he said.

RADM Boyd Robinson, Head Maritime Systems Division, said the Collins Class procurement project is an Australian success story that continues to grow.

"Very soon HMAS Walker, with a new combat system and heavyweight torpedo, will again remind our Allies how good the Collins Class is when she participates in a maritime Coalition exercise," he said.

"Furthermore, HMAS Farncomb will soon be back on-line with the new combat system, heavyweight torpedo and a new communications system."

RADM Robinson said Defence supported the book's production, including controlled access to official records, because of the project's unique nature and national significance.

Although Defence did not have editorial control over the opinions expressed or conclusions made by the publication's authors, it did ensure that the content was unclassified.

The book makes for fascinating reading, with a new combat system and heavyweight torpedo, it will again remind our Allies how good the Collins Class is when she participates in a maritime Coalition exercise."
66 years later, we remember

The Battle of the Coral Sea was commemorated across the nation. Michael Brooke reports.

Australia and the United States joined hands to commemorate the 66th anniversary of the Battle of the Coral Sea at The Cenotaph at Martin Place in Sydney on May 5.

More than 250 government officials, military officers and war veterans from Australia and the US attended the commemoration service to honour the heroes from both countries who gave their lives.

The battle was the first major setback to the Japanese advance after a series of Allied defeats and marked a turning point in the war in the Pacific in World War II.

It included a series of naval engagements off the north-east coast of Australia from May 4 to 8 1942 that involved HMA Ships Australia and Hobart, as well as the US Navy carriers Yorktown and Lexington.

The Commander Australian Fleet’s representative, CDRE Bruce Kafer, said in Sydney: “It was the first carrier battle ever to be fought, and.set a precedent in which opposing forces of surface ships at no stage sighted or fired at each other. It is also the largest naval battle that involved HMA Ships Australia from May 4 to 8 1942.

A feature of the ceremony in Sydney was the reading of messages from the President of the United States and the Prime Minister of Australia, praising the heroism of the Allied sailors and airmen who achieved a critical tactical victory over a numerically superior enemy.

“The friendship, cooperation and mutual respect that were forged between our peoples in that time of war continue undiminished to this day and will endure and strengthen into the future,” he said.

Five survivors of the battle also laid wreaths in memory of their fallen shipmates. They were CMDR Dick Bourke (Rtd), David Hopkins and Bob Baynes who served on HMAS Australia, and Tommy Simms and Ted Simpson from HMAS Hobart.

Many Battle of the Coral Sea commemoration services were conducted around Australia by local RSLs and ship associations.

CDRE Kafer attended a service at Tuggerah Lakes RSL, on May 4.

CDRE Kafer laid a wreath in memory of those who died in the battle and chatted with many Navy and Army World War II veterans.

In Darwin, the Australian American Memorial Association of the Northern Territory hosted the commemorative service at the USS Peary gun on the Esplanade.

And in Canberra, almost 200 people gathered at the Australian-American Memorial in Field Marshal Sir Thomas Blamey Square at Russell on Thursday, May 8.

Official guests in Canberra included the Governor-General, Major General Michael Jeffery, and VADM Crowder.

Two US marines and two RAN personnel formed the catafalque party.

The Minister for Defence Science, Kormoran, about 112 nautical miles off Steep Point, lying in 2560 metres of water. This followed many years of research, and years of lobbying by the Finding Sydney Foundation.

WREATH-LAYING: Darwin’s Lord Mayor Graeme Sawyer lays a wreath at the Darwin service. Photo: LSPH Helen Frank

COMRADES: World War Two veterans in Sydney. Photo: Michael Brooke

Five survivors of the battle also laid wreaths in memory of their fallen shipmates. They were CMDR Dick Bourke (Rtd), David Hopkins and Bob Baynes who served on HMAS Australia, and Tommy Simms and Ted Simpson from HMAS Hobart.

TRIBUTE: CDRE Bruce Kafer (left), Colonel Peter Daniel (centre) and Group Captain Richard Lennon lay memorial wreaths at The Cenotaph at Sydney’s Martin Place. Photo: Michael Brooke

If you think good service from the RSL is an ice-cold beer and a rumble steep, prepare to be surprised. The Queensland RSL provides real support, assistance and advice to all current and ex-serving men, women and their families.

Member benefits include:

- Free welfare and advocacy advice and support
- Injury assistance and rehabilitation services
- Advice and assistance on gaining compensation benefits and entitlements
- Care for your family while you are deployed
- Members discounts across a wide range of services
- Free quarterly RSL news magazine

RSL... share the spirit of mateship. Join now.

Call 134 RSL (134 775)

www.RSLQLD.org

Recruits take ‘first big step’

By Michael Brooke

Fourteen new Navy recruits took their ‘first big step’ in what they hope will be long and rewarding careers in the RAN when they were sworn in at an enlistment ceremony on HMAS Kanimbla (CMDR Stu Taylor).

CMDR Taylor told the 50 relatives present that the RAN takes the welfare and educational development of its personnel very seriously.

“The next time you meet your sons and daughters they will have passed through the RAN Recruit School, where they will have ‘learnt the ropes’ and embraced the Navy values,” he said.

“I’m looking for adventure as well as a rewarding career which is what I hope to find in the RAN.”

– Recruit Brook Callahan

Callahan, who is taking advantage of the Navy gap year scheme, said, “I have had a few sea-rides which have given me exposure to the cooks in the galley and I’m convinced there is no better place than the Navy to get the best cooking skills and qualifications.”

Recruit McCarthy, 18, of Bulli, said joining the RAN was a logical step after serving in the Macquarie Field Area, in Sydney’s west, and convinced there is no better place than the Navy to get the best cooking skills and qualifications.

Recruit Peterson, an aspiring cook, Keegan McCarthy, a keen vocalist, and Brook Callahan, who is taking advantage of the Navy gap year scheme.

Recruit Callahan, 18, of Bonnyrig, said she is excited about the gap year and if she enjoys her experience she will seek appointment as a seaman officer.

“I’m looking for adventure as well as a rewarding career which is what I hope to find in the RAN,” she said.

According to CMDR Taylor, Navy enlistment ceremonies have been conducted on RAN warships for several years now.

“We want the members and their families to come away feeling like their enlistment or appointment is the beginning of a relationship with Navy.”

Fourteen Navy recruits began their careers on May 5 when sworn in on the flight deck of HMAS Kanimbla. Photo: ABPH David McMahon

WELCOME ABOARD: Fourteen Navy recruits began their careers on May 5 when sworn in on the flight deck of HMAS Kanimbla.

Navy ‘success’ for sea-riders

By Michael Brooke

Not even a minor bout of sea-sickness could wipe the broad smiles from the faces of 14 young people who experienced life at sea for the first time thanks to a sea-ride on HMAS Success.

The kids also visited HMAS Albatross, including the Fleet Air Arm Museum and an overnight stay in sailors’ quarters.

The young people were exposed to life as a sailor in the RAN following their exciting voyage at sea.

Indigenous kids Telisa Hudson, 14, and Tyler Berry, 12, said their sea-ride was an inspiring experience.

“Being at sea for the first time was a bit scary but it was also a big thrill and I’m now thinking about joining the Navy,” said Tyler.

Telisa said she battled some sea-sickness but that didn’t stop her from savouring the delicious food served up by Success’ cooks.

Jarrod Murphy, 11 and Corey Freeman, 12, told Navy News that the sea-ride was a life-changing experience they are unlikely to forget.

“Success’ sea-ride for the vibrant youngsters and several police from Macquarie Field, followed a visit to HMAS Albatross, including the Fleet Air Arm Museum and an overnight stay in sailors’ quarters.

The kids also visited HMAS Cossell on May 7.

CMDR Brown said the adventure was part of the local police command’s Aboriginal Consultative Committee Good Kids Program, which aims to develop understanding and strengthen existing relationships.

“I think I’d be a good sailor because I really loved exploring the ship and learning about the different roles and responsibilities of the crew,” said Corey.

CMDR Brown said the “sea-ride was a great success and had helped give the kids an experience that could change their lives.”

“It was a pleasure to give these kids exposure to life as a sailor in the RAN and I look forward to similar opportunities in the future,” he said.

Success’ sea-ride for the vibrant youngsters and several police from Macquarie Field, followed a visit to HMAS Albatross, including the Fleet Air Arm Museum and an overnight stay in sailors’ quarters.

The kids also visited HMAS Cossell on May 7.

CMDR Brown said the adventure was part of the local police command’s Aboriginal Consultative Committee Good Kids Program, which aims to develop understanding and strengthen existing relationships.
By Michael Brooke

Afghanistan has now been added to the list of countries the RAN band has performed in to keep ADF personnel entertained during their high operational tempo.

Twelve members of the RAN band recently accompanied Tour De Force 9 on a two-week tour of the MEAO, involving a total of 13 gigs in Baghdad, Camp Terendak in southern Iraq, Task Group 633.4, and Coalition bases in Afghanistan including Kabul, Tarin Kowt and Kandahar.

The RAN band toured the MEAO with Angry Andersen, former lead singer of Rose Tattoo; and coming pop artist Brielle Davis; Ami Williamson, daughter of Australian country music legend John Williamson; country rock group The Wolverines; and comedian Fred Lang.

RAN band member PO Mark Ham, told Navy News that the Tour De Force was extremely well received by the soldiers in southern Iraq and Afghanistan, who appreciated a temporary respite from the war on terror.

"Concerts for deployed ADF personnel serve to boost morale, and entertain the soldiers, while relieving troops of some of the daily stress associated with peacekeeping in unstable countries," he said.

PO Ham, a vocalist who also plays trombone and blues harmonica, said the highlight of the tour was being a part of the first RAN band to visit Afghanistan.

"I hope our efforts brightened the days of the ADF personnel and took their minds off their extremely valuable work for a short while," he said.

According to PO Ham, the RAN band opened each performance with a high energy, choreographed Blues Brothers number.

"We performed hits from the movie, including Shake Your Tailfeather, Gimme Some Lovin', Stand By Your Man, Sweet Home Chicago and Rawhide," he said.

"The Diggers loved the whole Blues Brothers set and were very enthusiastic about fantastic female vocalist Belinda Marks."

PO Ham said the huge logistical task of hauling tonnes of equipment and musical instruments from one war zone to the next would have been impossible without the hard work and professionalism of ADF personnel.

The tour was physically demanding and you can begin to appreciate how exhausting it was being our own roadies, " he said.

It has been a real learning opportunity for FSU’s young mechanics. "It was like turning back the pages of history to paint the cars an exterior and part-time modes designed

if you want to advance your career in](http://www.defence.gov.au/news/navynews/)


May 29, 2008

NAVY NEWS
ARE YOU READY...
FOR THE NEXT LEVEL?

COMMANDOS

SERVICE IN 4 RAR COMMANDO
AND 1 COMMANDO REGIMENT ARMY RESERVE

APPLICATION PROCESS:

1. COMPLETE
   - AD 343: APPLICATION FOR SPECIAL FORCES SELECTION
     (FOUND ON THE DRN SFTC WEBSITE AND WEB FORM). SUBMIT
     THROUGH YOUR CHAIN OF COMMAND.
   - PM 532 MEDICAL EMPLOYMENT CLASSIFICATION (MEC)
     ADVISE. CSHM FOR SF. THROUGH YOUR RAP.
   - PS 006: PSYCHOLOGICAL REPORT. THROUGH YOUR AREA
     PSYCH SUPPORT SECTION (PSS)

2. FAX AD 343 PM 532 & PS 006 TO
   SFTC SECTION CLERK
   FAX: (02) 65750027

MORE INFORMATION:
FIND ON THE DRN
HTTP://INTRANET.DEFENCE.GOV.AU/ARMYWEB/SITE/SFTC/

FURTHER APPLICATION INQUIRES
DRN E-MAIL:
SFTC.SELECTION.DEFENCE.GOV.AU
OR
SFTC SELECTION CLERK: 02 65750180
FAX: 02 65750027

SPECIAL FORCES ENTRY TEST
Holsworthy Barracks 18 - 26 July 2008
2/08 CSTC 1st September - 11 October 2008

APPLICATIONS FOR COMMANDOS in by 20 JUN 08
SPECIAL FORCES PAPER BOARD 3 JULY 08
SPECIAL FORCES ENTRY TEST 21 - 26 JULY 08 (SYDNEY)
CSTC OFFICERS MOD 3 - 7 SEPT 08
CSTC all ranks 8 SEPT - 10 OCT 08
The Navy ward at St Vincent’s Hospital, services move from HMAS temporary closure of the hospital as BNH have had cause to reflect on the ices in support of base activities at HMAS low-dependency rehabilitation facility.

Staff at Balmoral Naval Hospital (BNH) have had cause to reflect on the temporary closure of the hospital as services move from HMAS Penguin to the Navy ward at St Vincent’s Hospital, Darlinghurst.

Since a structural audit in 2004 identified a need to refurbish the existing facility, BNH has been anticipating the start of the project. Funding for the refurbishment was made available in the 2007/08 financial year and the project quickly took shape.

The refurbished facility is due for delivery in late 2008. Whilst not returning to a full surgical hospital, the refurbished Balmoral Naval Health Centre (BNHC) will continue to provide outpatient, specialist treatment, physiotherapy, dental and pharmacy services in support of base activities at HMAS Penguin.

The facility will also provide a 10-bed low-dependency rehabilitation facility.

In the interim, the Navy hospital has been relocated to the Navy ward within St Vincent’s.

The ward is ideally located to take advantage of specialist health services available in this state of the art complex, all within walking distance of Fleet Base East.

Access to digital radiology, online pathology, bedside specialist consults, emergency and surgical services in a modern hospital setting has changed the way Navy delivers health care to its members.

A strategic alliance agreement covering training placements will also greatly enhance the clinical preparedness of health staff in support of their role in the primary casualty reception facility and in other operational health support tasks.

This has been no mean feat as BNH staff have had to temporarily relocate outpatient services to Building 5 (old pathology building), establish additional work stations in the BNH annex and coordinate the relocation of the Naval hospital to St Vincent’s.

And while the BNH staff can be justifiably proud of what they have achieved so far, there is still more to come.

They will seek to maximise the benefits of the Navy ward for ADF personnel and continue work on the BNHC refurbishment project expected to be completed in the next nine months.

The newest Navy pilots recently graduated from No 2 Flying Training School, 213 RAAF Advanced Pilot’s Course.

Of the 24 students lucky enough to graduate, five were from the Navy.

After putting in hours of ground and flying training during the previous 50 weeks, the student pilots were relieved to finally graduate and were excited at the prospect of now being posted to operational units.

SMNCK Kate Svanefelds and many Navy cooks like her are fast earning the RAN a reputation for delicious food that has many sailors marching back to the galley for second helpings.

SMNCK Svanfelds, 20, recently posted as a cook to HMAS Kanimbla (CMDR Stu Taylor) after her culinary skills won her the 2007 Most Outstanding Student award at the Chisholm Institute in Victoria.

SMNCK Svanfelds beat scores of other capable and ‘smart cookies’ to clinch the prestigious award for the RAN.

The culinary whiz was ‘tickled pink’ at the award but is yet to receive the trophy and her Diploma in Commercial Cookery because she was at sea when the Chisholm Institute awards night was held recently.

She told Navy News that a disaster on the home-front led her to a promising career in the RAN.

The restaurant I was working in at Tumut burnt down, so I joined the Navy because I didn’t want to sit around waiting for them to rebuild it,” she said with a laugh.

SMNCK Svanfelds said her specialty was Thai jungle green curry. She recently helped Kanimbla’s cooks 600 ravenous soldiers during exercise croix du sud.

Finding the right recipe

SMNCK Kate Svanfelds and many Navy cooks like her are fast earning the RAN a reputation for delicious food that has many sailors marching back to the galley for second helpings.

SMNCK Svanfelds, 20, recently posted as a cook to HMAS Kanimbla (CMDR Stu Taylor) after her culinary skills won her the 2007 Most Outstanding Student award at the Chisholm Institute in Victoria.

SMNCK Svanfelds beat scores of other capable and ‘smart cookies’ to clinch the prestigious award for the RAN.

The culinary whiz was ‘tickled pink’ at the award but is yet to receive the trophy and her Diploma in Commercial Cookery because she was at sea when the Chisholm Institute awards night was held recently.

She told Navy News that a disaster on the home-front led her to a promising career in the RAN.

The restaurant I was working in at Tumut burnt down, so I joined the Navy because I didn’t want to sit around waiting for them to rebuild it,” she said with a laugh.

SMNCK Svanfelds said her specialty was Thai jungle green curry. She recently helped Kanimbla’s cooks 600 ravenous soldiers during exercise croix du sud.

Salary Packaging

Your Next Car?

Call us for Huge Savings $55555

- Pay with Pre-Tax Dollars
- Full Fleet Discounts **
- No GST ***

New Vehicles -
All Makes and Models
Quality pre-owned and ex fleet leased vehicles available

CASHBACK ON YOUR TRADE IN *

Telephone: 08 9361 7012

Access Novations Pty Ltd
20 Teddington Road, Victoria Park WA 6100
ABN 26 128 181 135
Facsimile: 08 9362 4300
Email: info@accessnovations.com.au  Web: www.accessnovations.com.au

* To Approved Applicants ** GST Not included in Finance Amount *** GST Tax Inclined

FLEET DISCOUNTS

09

May 29, 2008


NAVY NEWS
DHA continues to improve its maintenance services

In 2008 DHA marks a major milestone – its 20th year of operation. Since 1988, housing for the Defence forces has come a long way, and DHA is proud to provide homes, that ensure comfort and modern living for Defence families around the country.

Today, DHA’s homes are modern, with neutral tones - and most importantly are of community standard - the same standard of which your neighbours and friends enjoy. But the high standard of DHA homes can only be sustained through the expert maintenance and services which are provided to Australian Defence Force (ADF) families.

DHA provides a comprehensive and responsive maintenance service to ADF families; this includes the provision of a 24-hour telephone emergency helpline. The helpline can be used for any immediate problems that affect the health, safety and security of you, your family or the residence. DHA regularly conducts maintenance surveys to gauge member satisfaction with the way work was completed, customer service and contractor’s service; but also to ensure that invoiced work has been completed.

A random sample of ADF members who had either responsive or after-hours emergency maintenance work completed at their dwelling are contacted by telephone to complete the survey.

In March of 2007-08, 1671 ADF tenants were randomly chosen to complete the survey. The results of survey were very positive:
- Of the members (1623 people) who had work completed during the quarter, 97% (1581) were satisfied with the overall maintenance service.
- This is up four percent on figures from the same quarter in the previous year.
- DHA’s customer service performance showed that of the 1616 respondents, 93% (1501) of respondents were satisfied with DHA customer service. This is a rise of two percent when compared with the March 06/07 result (91%).
- The main reasons for dissatisfaction were DHA taking too long to organise the job and the member having to follow up.
- Of the 1611 respondents, 1572 (98%) respondents were satisfied with contractor services. This is up four percent on last year.
- The main reasons for dissatisfaction with contractor service were quality of workmanship and the tenant having to clean up after the contractor.

DHA reports on its maintenance survey results quarterly, results are are available via the DHA website (www.dha.gov.au).
Gunfire at dawn
Navy’s widespread Anzac Day role

From HMAS Arunta’s dawn service and gunfire breakfast in Mumbai, India, to sole representation at tiny country towns, RAN officers and sailors were spread around Australia and in some cases, all over the world, as they participated in Anzac Day activities.

HMAS ANZAC

For the crew of HMAS Anzac who stood atop Mount Clarence in Albany, it was impossible not to feel the pull of history as the dawn broke across King George’s sound during the dawn service.

Afterwards, Anzac formed up to lead the large contingent of veterans, regular and reserve servicemen and women, as well as the regions community groups through the streets of Albany.

HMAS WARRAMUNGA

Led by their commanding officer, CMDR Andrew Gordon, 100 officers and crew formed a Warramunga division at the Darwin Anzac day parade.

A further 17, led by LCDR Tony Ashley, travelled to Tennant Creek to attend a welcome dinner with the Tennant Creek RSL, dawn service, the Anzac day march and a ‘Welcome to Country’ hosted by the Warramungu tribe.

HMAS KANIMBLA

HMAS Kanimbla provided a group of 12 personnel who participated in the Crookwell Anzac day services. The Kanimbla contingent was led by commanding officer, CMDR Stu Taylor, who lives in the Crookwell area.

“This has been a big year so far, but fortunately we arrived back in Australia just in time to have a couple of days free for Anzac Day.” CMDR Taylor said.

Besides attending Crookwell, Kanimbla was represented in several other ceremonies with approximately 130 personnel marching in the Sydney parade.

HMAS NEWCASTLE

HMAS Newcastle participated in both the Sydney march led by commanding officer, CMDR Nicholas Stoker, and the city of Newcastle’s Anzac day activities. Five sailors who hailed from Newcastle participated in the city’s dawn service at Nobbys Beach and the main march through Hunter Street.

HMAS PARRAMATTA

HMAS Parramatta’s ship’s company attended the dawn service in Parramatta, then enjoyed breakfast at the local RSL before catching buses to the Sydney CBD for the city march.

HMAS SUCCESS

HMAS Success made it back for Anzac day after a long week of work ups and marched as a formed platoon in the Sydney parade.

HMAS BALLARAT

Approximately 76 members of HMAS Ballarat returned to their namesake city for Anzac day 2008. As well as participating in the city’s commemorative dawn service, Ballarat’s ships company led the Anzac day parade through the city and provided the catafalque party at the cenotaph in the city centre.

RAN IN POHNPEI

RAN personnel in Pohnpei conducted a dawn service for local guests and dignitaries. The service was followed by a gunfire breakfast of ‘spiked’ coffee and bacon and eggs. This meal relives the last meal of the Anzacs before they went “over the top”, many to their deaths.

IN STEP: (Above) The Navy contingent during the Anzac Day parade in Melbourne.

AWAY FROM HOME: HMAS Arunta conduct a dawn service ceremony while visiting Mumbai, India.
Reform of ADF remuneration continues into 2008 with the focus now turning to Graded Other Ranks Pay Structure (GORPS).

This marks the fourth and final phase of the Remuneration Reform Project (RRP) and according to the Director General Navy Personnel and Training, CDRE David Letts, this will see the current 16 grade pay structure constructed into a more flexible frame-work that provides greater reward for rank and skill progression.

The new structure is intended to provide a more significant reward for up skilling and promotion in targeted areas,” CDRE Letts said.

“A broad review of the pay grade placement of all sailor categories within the proposed structure is also being conducted. “This will ensure that pay placement of all sailor categories will have been reviewed and provide for up to date pay grade placement for all sailors.”

In the Navy Pay Case Team has been established and is working with category sponsors and managers to facilitate this work. The GORPS review will also incorporate further changes to the Warrant Officer pay structure to facilitate smooth transition from the new other ranks pay structure.

“A new 10 graded WO pay structure will bring in line with the proposed.

“Other Ranks pay structure and facilitate a logical progression for members promoted from CPO to WO”, CDRE Letts said.

The Chief of Policy Committee (COSC) agreed to the proposed Other Ranks pay structure in late April. The next step is to develop a submission to the Defence Force Remuneration Tribunal (DFRT) on the new pay structure.

A series of DFRT hearings on GORPS have been programmed between May and August of this year. The GORPS case will proceed without Other Ranks aircrew who will be temporarily quarantined in their existing pay structure pending the outcome of the Aircrew Sustainability Project.

The outcome of this project may not be known until after the GORPS hearings. To ensure no detriment to aircrew categories, the same date of effect for Other Ranks aircrew placements as all other categories placed under the GORPS proposal will be sought.

Reform of ADF remuneration continues into 2008 with the focus now turning to Graded Other Ranks Pay Structure (GORPS).

This marks the fourth and final phase of the Remuneration Reform Project (RRP) and according to the Director General Navy Personnel and Training, CDRE David Letts, this will see the current 16 grade pay structure constructed into a more flexible frame-work that provides greater reward for rank and skill progression.

The new structure is intended to provide a more significant reward for up skilling and promotion in targeted areas,” CDRE Letts said.

“A broad review of the pay grade placement of all sailor categories within the proposed structure is also being conducted. “This will ensure that pay placement of all sailor categories will have been reviewed and provide for up to date pay grade placement for all sailors.”

In the Navy Pay Case Team has been established and is working with category sponsors and managers to facilitate this work. The GORPS review will also incorporate further changes to the Warrant Officer pay structure to facilitate smooth transition from the new other ranks pay structure.

“A new 10 graded WO pay structure will bring in line with the proposed.

“Other Ranks pay structure and facilitate a logical progression for members promoted from CPO to WO”, CDRE Letts said.

The Chief of Policy Committee (COSC) agreed to the proposed Other Ranks pay structure in late April. The next step is to develop a submission to the Defence Force Remuneration Tribunal (DFRT) on the new pay structure.

A series of DFRT hearings on GORPS have been programmed between May and August of this year. The GORPS case will proceed without Other Ranks aircrew who will be temporarily quarantined in their existing pay structure pending the outcome of the Aircrew Sustainability Project.

The outcome of this project may not be known until after the GORPS hearings. To ensure no detriment to aircrew categories, the same date of effect for Other Ranks aircrew placements as all other categories placed under the GORPS proposal will be sought.

Reform of ADF remuneration continues into 2008 with the focus now turning to Graded Other Ranks Pay Structure (GORPS).

This marks the fourth and final phase of the Remuneration Reform Project (RRP) and according to the Director General Navy Personnel and Training, CDRE David Letts, this will see the current 16 grade pay structure constructed into a more flexible frame-work that provides greater reward for rank and skill progression.

The new structure is intended to provide a more significant reward for up skilling and promotion in targeted areas,” CDRE Letts said.

“A broad review of the pay grade placement of all sailor categories within the proposed structure is also being conducted. “This will ensure that pay placement of all sailor categories will have been reviewed and provide for up to date pay grade placement for all sailors.”

In the Navy Pay Case Team has been established and is working with category sponsors and managers to facilitate this work. The GORPS review will also incorporate further changes to the Warrant Officer pay structure to facilitate smooth transition from the new other ranks pay structure.

“A new 10 graded WO pay structure will bring in line with the proposed.

“Other Ranks pay structure and facilitate a logical progression for members promoted from CPO to WO”, CDRE Letts said.

The Chief of Policy Committee (COSC) agreed to the proposed Other Ranks pay structure in late April. The next step is to develop a submission to the Defence Force Remuneration Tribunal (DFRT) on the new pay structure.

A series of DFRT hearings on GORPS have been programmed between May and August of this year. The GORPS case will proceed without Other Ranks aircrew who will be temporarily quarantined in their existing pay structure pending the outcome of the Aircrew Sustainability Project.

The outcome of this project may not be known until after the GORPS hearings. To ensure no detriment to aircrew categories, the same date of effect for Other Ranks aircrew placements as all other categories placed under the GORPS proposal will be sought.

Sailors’ recollections now in print

By Lew Horsfield, President RAN Writers Association

The RAN Writers’ Association has published a unique book that was as published a unique book that was

The book contains information on the ships and establishments they experienced during their naval careers.

“This book of autobiographies is probably unique among the various branches of the Royal Australian Navy and quite possibly will become an enviable benchmark for any similar publications that may follow,” said Lew Horsfield.

The Pen is Mightier is a collection of short autobiographies – interesting ‘snapshots’ of sailors’ careers from before World War II to the present day, including entries from writers still serving.

The book contains information about the ships and establishments they served in, ranks attained, shipmates they served with and in many instances, a brief insight into how they made the transition to civilian life.

It opens with an interesting Foreword by CDRE R.W. Richards, Director-General Logistics Assurance, Joint Logistics Group.

The Pen is Mightier also contains a short history of how the RAN’s Writer’s Branch has evolved, plus several humorous anecdotes from stories about fellow sailors.

All have been recalled by serving and ex-serving members of the branch, after having made that memorable journey back through a range of eras and a vast array of category-related activities experienced during their naval careers.

“This book of autobiographies is probably unique among the various branches of the Royal Australian Navy and quite possibly will become an enviable benchmark for any similar publications that may follow,” said Lew Horsfield.

The Pen is Mightier is a collection of short autobiographies – interesting ‘snapshots’ of sailors’ careers from before World War II to the present day, including entries from writers still serving.

“However, it is by no means com-

plete. It is intentionally ‘open-ended’

allow for the inclusion of the stories from many sailors who have thing to provide their service details and for the ‘new wave’ of writers who are still serving.

The book has been edited by former PO scribe, Dave Rickard, who also has two other publications, In the Navy and Australia’s Navy – The First 100 Years, to his credit. This is a book by scribes, about scribes.

It is an A 5 size, soft cover publica-
tion (ISBN No. 978 0 646 48547 8) of 152 pages, liberally illustrated with a range of branch and Navy associated photos.

Contributed by the Personnel Policy and Employment Conditions Branch

The changing needs of ADF members and their families will be the focus of a new review into the ADF’s non-salary related conditions of service for full-time members and reserves.

In 2001 the Nunn Review looked at ADF Remuneration and a series of recommendations have been implemented since that time.

There is now general agreement by the Defence people committee that the current conditions of service package is in need of review to remove anomalies and to introduce a degree of simplicity and flexibility that is not available through the current package.

This review will examine ways of delivering a suite of conditions of service currently provided to members that are up-to-date, flexible and simple to administer.

The scope of this review, due to end in mid-2009, incorporates non-salary related ADF conditions of service so it will not cover areas such as salaries or their related allowances, superannuation, PBT or taxation, compensation or deployments.

A project team will consult widely with the personnel areas within each Service, Defence Support Group, Defence Families Australia and the Defence Community Organisation.

ADF members and their families are invited to submit suggestions for improving the ADF’s non-salary related conditions of service.

All submissions will be consid-
ered in a shaping contemporary conditions of service package for the future.

The outcome of the review will be communicated to members and their families once the review process has concluded.

Submissions on the review can be emailed to PersonnelPolicy@defence.gov.au.
After a lengthy stint in the Gulf, HMAS Arunta received a tumultuous welcome when she arrived back at Fleet Base West on Mother’s Day.

It was a special Mother’s Day for four HMAS Arunta families when the ship arrived home after six months in the Gulf. That’s how many families welcomed newborn children while their menfolk were away.

HMAS Arunta’s, CO CMDR Timothy Brown, praised the support that the ship received from loved ones at home.

“Arunta sailed from this point six months ago on a hot and muggy November day,” he recalled.

“It was wonderful to see all the families, friends and well-wishers wave us off as we turned to the north and sailed into the distance.

“By comparison, words cannot describe the experience of coming home today to all of these smiling faces.”

Arunta ship’s company of 183 men and women was greeted by family and friends at a wharfside ceremony attended by the Minister for Defence Science and Personnel, Warren Snowdon, and the Commander Australian Fleet, Rear Admiral Nigel Coates.

“Arunta has performed a difficult task with the utmost professionalism, and in doing so has not only enhanced the already fine reputation enjoyed by the Royal Australian Navy amongst our coalition partners, but made a real difference to the lives of everyday Iraqis as they strive to rebuild their country,” RADM Coates said.

“The ship’s company of HMAS Arunta can be justifiably proud of everything they have achieved.”

Whilst deployed, the ship steamed more than 21,000 nautical miles, conducted 500 queries, 110 surface searches and 35 security sweeps in the Gulf.

HMAS Arunta was relieved on station by HMAS Stuart in the Middle East Area of Operations in late April, representing the 18th rotation of Royal Australian Navy ships in the Northern Gulf since September 11, 2001.

Stuart will return to her home port at Garden Island in Sydney in late 2008.

Whilst deployed, the ship steamed more than 21,000 nautical miles, conducted 500 queries, 110 surface searches and 35 security sweeps in the Gulf.

On her way home, HMAS Arunta commemorated Anzac Day with a dawn service and gunfire breakfast held alongside Mumbai, India.

The service was attended by the Australian Consul-General, Peter Corby, representatives of the Indian Navy and approximately 50 Australian and New Zealand expatriates.

The Gallipoli landings were remembered with prayers by CHAP Warwick Cuthbertson and poems read by LEUT Andrew Spencer and PO2S Michelle Baker. The Ode of Remembrance was read by ABCT Lauren Giroud and ABMT Bryan Prior.

As the first light of dawn spread its golden wings, the haunting strains of the Last Post, played by a detachment of the RAN band, under the direction of CPOMUSN Andrew Stapleton, rang out across the dock.

While remembering the cost in Anzac lives, CMDR Brown paid special tribute to the Indian forces involved in the Dardenelles campaign.

“Within these ranks, the 29th Indian Infantry Battalion served with distinction,” CMDR Brown said.

“They stood beside the Australians and New Zealanders in the action at Sari Bair and subsequently held the ground of the northern most point of the Anzac position during the hard-fought campaign on land.”

India suffered almost 5000 casualties on the Gallipoli Peninsula during the campaign.
DG’s HEADS UP – CDRE Ranford Elsey

Setting the agenda for another year

The RES-N branch conference, held over the weekend of May 2 to 4, proved once again to be a most valuable activity for the branch members. The majority of branch members are dispersed around Australia and only have the opportunity to meet once or twice a year. The annual conference is the main occasion when the business plan for the past year is assessed in terms of outcomes and achievements and the agenda is set for the following year.

It is also an opportunity to hear from the Deputy Chief of Navy (DCN), Director General of Navy Capability, Performance and Plans (DGNCPP) and Director-General Navy Personnel and Training (DGNPRT) and other senior officers (or their nominees) as to PN priorities and how the Reserves can add value through increased capability and outputs.

The conference was generally agreed to have been the best to date. The program is always very full with speakers, professional development and teamwork activities, and two workshops where issues are discussed and initiatives generated, all with the focus of providing enhanced capability for Navy.

The final session on Sunday afternoon was devoted to planning activities within the purview of the Professional Studies Program (PSP). The PSP’s activities include the NR Symposium, Corporate Leadership Forum, Overseas Study Grant (Matthew Davey Award), Goorangi staff papers, and Industry Liaison Functions. The strengths of the RES-N Branch include:

- Initiative and innovation
- Individual talent
- Corporate knowledge
- Strong community links
- Resourcefulness
- Thought leadership
- Wide perspective
- It is these strengths that give the RES-N Branch the versatility and ability to research a wide range of issues and draw on the collective expertise both from a military and corporate viewpoint. Initiatives are generated to address issues within Navy with a view to providing options and solutions which may otherwise not have come to light. Naval Reserve Branch also provides people who are experts in their field to kick start projects and work in support of the appropriate Navy directorate to bring initiatives to fruition.

This year’s conference was generally agreed as being the best to date from the perspective of deriving real benefit for delegates and generating initiatives that will provide measurable increases in Navy capability and outputs.

GRADUATES: Mr Robert Turner and CMDR Jim Unkles after their graduation with Masters Of Conflict Resolution from Latrobe University.

Mastering conflict

Naval Reservist CMDR Jim Unkles and fellow Defence employee Mr Robert Turner both graduated with their Masters Of Conflict Resolution at Latrobe University earlier this month.

Both men work in Joint Logistics Command at Victoria Barracks in Melbourne. Their skills are used by the Directorate of Alternative Resolutions and Equity to assist with the settlement of workplace disputes in Victoria.

CMDR Unkles, who has a background as a legal officer (the transferred to the Active Reserve with supply and legal qualifications after seven years full-time service) and Mr Turner, who has a background in business management, have both served the ADF as mediators and conflict coaches to assist in the settlement of workplace disputes.

INVEST IN BOOMING PERTH

The Ultimate Family Lifestyle
- 3 bedroom, 2 bathroom villas and townhouses
- Attractive streetscape design
- Choice of colours and elevations
- 25 m lap pool, gym and spas
- Children’s playground
- Parks and BBQ facilities
- Security complex
- Stamp Duty Savings
- Outstanding investment

Put Your Holiday Home to Work
- Choice of apartments or townhouses
- Resort style pool, spa, gym and tennis courts
- Great rental income and long term capital growth
- Professionally managed while you’re away
- Serene marina location at your doorstep

Luxury Coastal Home and Land Packages
- Save up to $22,000 in stamp duty
- Spacious 3 bedrooms, 2 bathrooms
- Choice of colours and elevations
- Ecosmart accredited
- Mini Community 5 minutes from the beach, restaurants, cafés and Hillarys Boat Harbour

Call Nuno Carvalho (08) 9463 7283 | Mobile: 0417 554 358 | nuno.carvalho@pindan.com.au

view online tour at: www.watersedgeviveash.com.au

view online tour at: www.mandurahquay.com.au

view online tour at: www.cairhillarys.com.au

Put Your Holiday Home to Work

Naval Reservist CMDR Jim Unkles and fellow Defence employee Mr Robert Turner both graduated with their Masters Of Conflict Resolution from Latrobe University.

Mastering conflict

Naval Reservist CMDR Jim Unkles and fellow Defence employee Mr Robert Turner both graduated with their Masters Of Conflict Resolution at Latrobe University earlier this month.

Both men work in Joint Logistics Command at Victoria Barracks in Melbourne. Their skills are used by the Directorate of Alternative Resolutions and Equity to assist with the settlement of workplace disputes in Victoria.

CMDR Unkles, who has a background as a legal officer (the transferred to the Active Reserve with supply and legal qualifications after seven years full-time service) and Mr Turner, who has a background in business management, have both served the ADF as mediators and conflict coaches to assist in the settlement of workplace disputes.
By a Special Correspondent

The Naval Reserve Capability Enhancement Program (CEP) had achieved its Year Two target of a 50 per cent uptake of positions and day usage by February, the Director of Naval Reserve Capability, CAPT Joe Lukaitis, told this year’s Naval Reserve Branch Conference.

The Chief of Navy, VADM Russ Shalders, AO, CSC, RAN, threw down the challenge to fill some 112 positions to delegates at the Naval Reserve Symposium at Darling Harbour, Sydney, in February 2006.

CAPT Lukaitis described the take-up rate as “a pleasing milestone”. “The three-year program targets the 100 per cent filling of positions by June 2009,” he said. “Year Three will be a challenge for the Naval Reserve but an increased internal recruiting drive and the strong acceptance of the program should allow this target to be met.”

CAPT Lukaitis said the CEP was adding capability through new Reserve inputs. Notable achievements to date include:

➤ Creation of a new reserve diving team in Cairns;
➤ Establishment of a deployable reserve survey team in the Hydro FEG;
➤ Start-ups for sustained seagoing personnel groups in Surface Combatant, Patrol Boat and Amphibious Afloat Support FEGs; and
➤ Establishment of state-based liaison officers for health reserves.

“There is great potential to develop and expand the sharp end capability contribution by the NR through this program,” CAPT Lukaitis said. “On the personnel side, Reservists are starting to see the benefits of a permanent home in a FEG from a divisional and training perspective.”

CAPT Lukaitis said that another positive from the program had been the allocation of extra days for the NR specialist branches, Maritime Trade Operations, Intelligence, Health and Public Relations.

He said also that reviews of the capability statements for these branches were part of the program and would align Reserve input closer to RAN capability. The Reviews are under way and should be completed by early 2009.

The Reserve Navy (RES-N) Branch adopted a unique conferencing concept known as the World Café when it conducted the annual RES-N branch conference at Bungendore recently.

Attended by staff from the office of DGRES-N and all the state Directors Naval Reserve Support (DsNRS) and their deputies, the theme for the weekend was “Sustaining the Reserves”.

The Director General Navy Capability, Performance and Systems (DGNCPP), CDRE Peter Lockwood, discussing the personnel shortages in the Permanent Navy and how the Reserve can and does sustain the capabilities with the many challenges and opportunities;

➤ The Director of Navy Training (DNT), CAPT Stephen Elms, presenting the issues surrounding recognising, recording and maintaining the training of the Reserve so that they can readily be utilised in absence of a full time member;

➤ The Director of Naval Reserve Capability (DNRC), CAPT Joe Lukaitis, discussing the progress to date and future development of the Naval Reserve Capability Enhancement Program; and

➤ PCHIP Eric Burton who gave an interesting insight into the topic “Leadership and Management” which struck a chord with those in attendance.

Internal branch reports included a presentation on the new NR website, initiatives to allow remote access to Defence Networks (DRN) and state reports by respective DsNRS highlighting major activities and issues for the year.

World Café approach helps bring good ideas together

By LCDR Trish Matthews and CFNS Steve Dunning

The Reserve Navy (RES-N) Branch adopted a unique conferencing concept known as the World Café when it conducted the annual RES-N branch conference at Bungendore recently.

Attended by staff from the office of DGRES-N and all the state Directors Naval Reserve Support (DsNRS) and their deputies, the theme for the weekend was “Sustaining the Reserves”.

The aim of the World Café is to set the scene through conversations while working with set questions. The concept helps participants:

➤ Share knowledge, stimulating innovative thinking, building community and exploring possibilities around real-life issues and questions;
➤ Conduct an in-depth exploration of key challenges and opportunities;
➤ Engage people who are meeting for the first time in authentic conversations;
➤ Deepen relationships and mutual ownership of outcomes in an existing group; and
➤ Create a meaningful interaction between speaker and the audience.

Conference delegates were divided into four groups to have progressive conversations around questions the participants had previously raised:

Participants felt the World Cafe model achieved its aim, encouraging significant dialogue and ideas among delegates while also allowing individuals to share regional perspectives on NR issues.

Questions discussed included:

Do we need to better recognise, utilise and manage core and specialist skills of the Reservist and how?

How do we address the future capability requirements including the Amphibious Capability Transition Program (ACTP)?

How can we work smarter and achieve better leverage off the DRSC at the state level.

As part of the conference a number of guest presenters shared their thoughts on issues facing the Navy which had a direct relationship to the role and capability of Reserves.

Presiders included:

➤ The Director General Navy Capability, Performance and Plans (DGNCPP), CDRE Peter Lockwood;

➤ The Director of Navy Training (DNT), CAPT Stephen Elms;

➤ The Director of Reserve Capability (DNRC), CAPT Joe Lukaitis;

➤ PCHIP Eric Burton who gave an interesting insight into the topic “Leadership and Management” which struck a chord with those in attendance.

Internal branch reports included a presentation on the new NR website, initiatives to allow remote access to Defence Networks (DRN) and state reports by respective DsNRS highlighting major activities and issues for the year.

CEP – happy about hitting target

SUBMARINE CALL: The Naval Reserve Capability Enhancement Program (NRCEP) is constantly monitored and developed by DNRC. CAPT Joe Lukaitis ensures that it is delivering the greatest value, in terms of capability, to the force element groups (FEGs). As part of that process, NR senior managers recently called on the Commander Australian Navy Submarine Group, CDRE Rick Shalders. Pictured, from left, are CDRE Shalders, SM FEG HR Manager LCDR Allan Dennison, CAPT Lukaitis, SO NR Capability CMDR Glenn Tinsley, and Chief Staff Officer (Reserves) CMDR Andrew Dale discussing the benefits being delivered by Reservists and the challenges which are unique to Reserve employment within the submarine organisation.

Photo: LCDR Mick Gallagher

SUBMARINE CALL: The Naval Reserve Capability Enhancement Program (NRCEP) is constantly monitored and developed by DNRC. CAPT Joe Lukaitis ensures that it is delivering the greatest value, in terms of capability, to the force element groups (FEGs). As part of that process, NR senior managers recently called on the Commander Australian Navy Submarine Group, CDRE Rick Shalders. Pictured, from left, are CDRE Shalders, SM FEG HR Manager LCDR Allan Dennison, CAPT Lukaitis, SO NR Capability CMDR Glenn Tinsley, and Chief Staff Officer (Reserves) CMDR Andrew Dale discussing the benefits being delivered by Reservists and the challenges which are unique to Reserve employment within the submarine organisation.

Photo: LCDR Mick Gallagher

FLEETNETWORK FOR VEHICLE SALARY PACKAGING 08 92482225


May 29, 2008
Well, that wasn’t so hard, was it?

Following the debacle on Miss April’s mystery ship, the German World War II raider HSK Widder, I have been accused by one of May 1’s entrants of not making things easy! “Well, you certainly don’t make things easy! I had absolutely no luck last month – but, of course, once the answer was apparent it was easy to find the ship. Perhaps I should have been more persistent,” says IT Manager Steve Samagalski and then he goes on to give me the correct answer to the name of the ancient cabin cruiser we published on May 1.

The honour of being first in with the correct answer goes to David J. “Guns” Manolas who says: “I believe the May Mystery Ship is the ‘Motor Vessel Paluma’, which was a WWII examination and patrol vessel. The Paluma had a displacement 45 tons, 66ft in length and a 14ft beam. She was sold in 1946.”

There’s obviously a gun on foc’sle and Brian Mackenzie who was second in says she was armed with “…2 x 303 inch machine guns, 2 x depth charge chutes.”

And Brian Mackenzie who was second in says she was armed with “…2 x 303 inch machine guns, 2 x depth charge chutes.”

Well, that wasn’t so hard, was it? “Well, you certainly don’t make things easy! I had absolutely no luck last month – but, of course, once the answer was apparent it was easy to find the ship. Perhaps I should have been more persistent,” says IT Manager Steve Samagalski and then he goes on to give me the correct answer to the name of the ancient cabin cruiser we published on May 1.

The honour of being first in with the correct answer goes to David J. “Guns” Manolas who says: “I believe the May Mystery Ship is the ‘Motor Vessel Paluma’, which was a WWII examination and patrol vessel. The Paluma had a displacement 45 tons, 66ft in length and a 14ft beam. She was sold in 1946.”

There’s obviously a gun on foc’sle and Brian Mackenzie who was second in says she was armed with “…2 x 303 inch machine guns, 2 x depth charge chutes.”

And Brian Mackenzie who was second in says she was armed with “…2 x 303 inch machine guns, 2 x depth charge chutes.”

One thing which interests me is that it appears that the RAN has had four Palumas in service over the years. Paluma 1 appears to have carried more armament than the Paluma you have identified (was it Paluma II) and that Paluma 1 went on to serve as a merchant ship under the name Rip until she was decommissioned about the same time as was the Paluma you identified.

If the current survey motor vessel, HMAS Paluma is the fourth to bear the name in Australian commission, what was No. 3? Set me straight someone please.

And while you’re thinking about that, have a look at Miss May 2, put a name on her and send you best efforts, together with any other details you believe could be of interest, to Tony.underwood@defencenews.gov.au by June 11.

Miss May 2 is from the Vic Jeffery Emporium of Obscure Vessels so you may find it fairly challenging.

AN OBSCURE ONE: Miss May 2 is from the Vic Jeffery Emporium of Obscure Vessels so you may find it fairly challenging.

INSET: The May 1 mystery ship identified, HMAS Paluma.

Milne Bay - Buna area in New Guinea. She was the second vessel to have the name Paluma. The first was a gunboat that served in Queensland prior to Federation.”

ANC officer with TR Tobruk SBLT Steve Dunne says Paluma was “Requisitioned Sept 11, 1941, purchased June 1. 1942 and served as channel patrol boat and allotted for special operations to Allied Intelligence Board. Sold April 30, 1946.”

And Warren Axford says: “Finally got it tonight. Took a lot of research though. Thought it had something to do with the Coastwatchers and it did. “It was initially used as a channel patrol boat and was then later allocated to the Allied Intelligence Bureau for special operations. It was used as a support vessel for the Coastwatchers.”

Thank you – to a greater or lesser extent, you’ve all done very well. However, despite Steve Samagalski’s assertion that I don’t make things very easy, I’m not entirely happy with the fact that all who ventured to identify Miss May 1 (we have another mystery ship this month) were correct.

One thing which interests me is that it appears that the RAN has had four Palumas in service over the years. Paluma 1 appears to have carried more armament than the Paluma you have identified (was it Paluma II) and that Paluma 1 went on to serve as a merchant ship under the name Rip until she was decommissioned about the same time as was the Paluma you identified.

If the current survey motor vessel, HMAS Paluma is the fourth to bear the name in Australian commission, what was No. 3? Set me straight someone please.

And while you’re thinking about that, have a look at Miss May 2, put a name on her and send you best efforts, together with any other details you believe could be of interest, to Tony.underwood@defencenews.gov.au by June 11.

Miss May 2 is from the Vic Jeffery Emporium of Obscure Vessels so you may find it fairly challenging.

As a member of the Australian Intelligence Corps you will advise Commanders on the threat situation.

The Commander will make decisions based on the Intelligence you provide.

We work at all levels of Command, including with the Special Forces.

Do you have the skills we need?
Family matter for Mitchell

Proud parents Katherine and Danny Mulheron were at HMAS Cerberus’s Recruit School recently to watch second son SMNET Mitchell Mulheron and his parents Reservist LS Katherine Mulheron and RAN Bandmaster CPO Danny Mulheron.

In October 2007, LS Mulheron was presented with a Commanding Officer’s Commendation for her contribution towards HMAS Cerberus open day and, in her spare time she looks after three stepsons aged 16, 18 and 21 and three-year-old twin girls.

FAMILY TRADITION: SMNET Mitchell Mulheron with his parents Reservist LS Katherine Mulheron and RAN Bandmaster CPO Danny Mulheron.

Photo: ABPH Quentin Mushins

Apply now for a grant to study overseas

By CAPT Richard Phillips

Applications are now open for the 2009 Matthew Davey Award overseas studies grant.

This award provides a Naval Reserve with a grant to travel overseas for study relevant to the NR. The funding covers travel, accommodation and other costs associated with the study tour connected with the award, up to a maximum of 14 days.

The study may focus on, but is not limited to, issues such as NR involvement in maritime defence, financial and corporate management, operations and logistics, human resources and training, military health, public relations, and information systems and management.

The project must be linked to undertaking study relevant to NR capability.

As part of the selection process, Reservists are required to develop a positive and meaningful project that will benefit the NR. If the area of intended study involves a professional or specialist area, then the application must be accompanied by a letter of support from the relevant "Head of Community".

Pre-awarded candidates will represent the ANR internationally.

Eligibility Criteria

All NR members are eligible for the award regardless of rank or specialisation/category providing they meet the following criteria:

➤ As the scheme seeks to encourage employer support for the NR, applicants for the award must be in full-time employment during their service.

➤ NR members serving CFTS may be eligible, provided that they are on leave from their civilian employment during their service overseas.

➤ Applicants must have undertaken at least 20 days of service in the financial year prior to application for an award.

➤ Unemployed, self-employed and Retired Reservists who are full time students are ineligible for an award.

The study tour must be completed by June 30, 2009.

Closing date

Completed applications should be received at the Office of DGRS-N by noon on Friday, October 31.

Applications

Further information and candidate application form and checklist are available from the Office of DGRS-N. POC is DRES-N - CMDR Gary Brown on 02 6265 6678. Send completed applications to DRES-N, R8-2-011, Russell Offices, Canberra ACT 2600. Facsimile 02 6265 1239.

The Ultimate Family Lifestyle

• 3 bedroom, 2 bathroom villas and townhouses
• Attractive streetscape design
• Choice of colours and elevations
• 25 m lap pool, gym and spas
• Children’s playground
• Parks and BBQ facilities
• Security complex
• Stamp Duty Savings
• Outstanding Investment

Put Your Holiday Home to Work

• Choice of apartments or townhouses
• Resort style pool, spa, gym and tennis courts
• Great rental income and long term capital growth
• Professionally managed while you’re away
• Serene marina location at your doorstep

INVEST IN BOOMING PERTH

INVEST IN BOOMING PERTH

Luxury Coastal Home and Land Packages

• Save up to $22,000 in stamp duty
• Spacious 3 bedrooms, 2 bathrooms
• Choice of colours and elevations
• Ecosmart accredited
• Mini Community 5 minutes from the beach, restaurants, cafés and Hillarys Boat Harbour

Call Nuno Carvalho (08) 9463 7283 | Mobile: 0417 554 358 | nuno.carvalho@pindan.com.au

NAVY NEWS


May 29, 2008
IS BULLYING IN THE WORKPLACE AN OHS HAZARD?

The health and safety of workers can be affected physically and psychologically by bullying. Not only can it reduce the productivity of workers, it can also have wider implications on their private lives. Behavioural changes such as becoming reclusive, aggressive or suffering insomnia are common. A combination of these and the loss of self-esteem may also place personal relationships in jeopardy and destroy the most important support network available to us. In the worst case, this can lead to self-harm and even suicide. Not only does a victim suffer from the effects of workplace bullying. Lost work days have to be covered by others and in many circumstances this may also place them under strain. The financial costs of compensation, lost work days, legal proceedings, counselling and medication place an unacceptable burden on an already tight budget. It can also affect retention and our ability to recruit new talent.

Identifying workplace bullying is not easy. Some people manage to hide their feelings because they are afraid of retribution or are too embarrassed to complain. However there are some warning signs; behaviour changes, unexplained request for leave or transfer and a drop in work performance may indicate that there is an underlying problem.

Rockwool insulation

Concern has been raised recently about the hazards associated with rockwool. This article provides some background information, outlines the hazard and the precautions to be taken when the potential for exposure to rockwool exists.

Rockwool insulation exists in many Fleet Units. It is typically recognised as preformed pipe sections, these appear with a wide range of factory applied surface finishes, such as aluminium foil, glass cloth and wire mesh. They may also be present in ‘batt’ form, as found in some buildings. Rockwool products are manufactured from a molten mixture of natural rock bonded with a thermosetting binder. Rockwool has many outstanding attributes.

Its primary role is to act as a thermal insulator, protecting personnel from hot surfaces. It has excellent acoustic insulation properties, helping to reduce hearing damage and is also incombustible, providing options for fire barrier applications. It does not absorb atmospheric moisture, is light weight, does not settle over time and is cost effective. This makes rockwool an appropriate product to satisfy Navy's needs.

In 1987 the International Agency for Research of Cancer (IARC) classified synthetic (man-made) mineral fibres, including rockwool as Category 2B 'possibly carcinogenic to humans' based on research findings.

Fourteen years later, after a comprehensive review of the latest medical and scientific facts by an international panel of experts, the IARC removed rockwool from its list of possible carcinogenic, and reclassified all rockwool insulation as Category 3 - not classifiable as carcinogenic to humans.

What is the hazard? Rockwool may cause skin irritation and high levels of dust may irritate the eyes. Finding exposed rockwool is not cause for alarm and providing it is handled in the following manner, it can be removed, replaced and repaired safely.

The following should be considered:

➤ Personnel should wear gloves and loose fitting long sleeve clothing to minimise direct skin contact.

➤ Although the dust released during installation is not classified as hazardous it is good work practice to avoid exposure to any dust when working in poorly ventilated or enclosed spaces. In such instances, a dust mask should be worn.

➤ When working overhead, there is always the possibility of free falling fibres, particles and dust. Suitable eye protection should be worn.

If exposure does occur then conduct the following first aid action:

➤ If skin irritation occurs, wash off under cold running water prior to washing with mild soap. Do not rub or scratch.

➤ If throat irritation occurs, clean throat by rinsing with cold, potable water.

➤ If eye irritation occurs, flush eyes with cold, potable water. Do not rub the eyes.

Consult a doctor if irritation persists.


Navy safety awards

Have any of your subordinates contributed towards making your ship or establishment a safer place? The Navy Safety Awards recognises those individuals or units who are helping to KEEP NAVY SAFE.

For further information: http://intranet.defence.gov.au/navyweb/sites/SMS_N/ or email navy.safety@defence.gov.au

Navy Safety in the Navy. The contents do not necessarily reflect Service policy and, unless stated otherwise, should not be construed as orders, instructions or directives - KEEP NAVY SAFE.

Grinding wheel

In the terms of the number of reported injuries across Australia, angle grinders are one of the most dangerous tools in industrial workplaces. Most injuries sustained are eye related and caused by flying metal particles. Injuries caused by angle grinders often occur from the kick back of the grinder (where the grinder is thrust back violently towards the operator) are also very common.

A key incident on a MFU has exposed another hazard.

In this case welding fillets were being ground down using a high speed disc dislodged and skidded across the deck. Fortunately, the disk came to rest without causing injury or major damage but highlights the importance of conducting a visual inspection of such equipment prior to use.

It is recommended that personnel consider the following general safeguards when using a portable grinder:

➤ Is the disc locking nut secured?

➤ Could the task at hand be classed as ‘Hot Work’? Have you obtained a TM 130 prior to start?

➤ Are there any flammable liquids? Forcibly injected sparks caused by grinding may ignite nearby flammable materials.

➤ Is your PPE fit for purpose?

➤ Is the work area roped off to keep personnel at a distance?

➤ Is the size of the grinder too big or small for the required work?

➤ Is the grinder’s sheathing, electrical cables and switches in a good state of repair?

➤ Has the tool got the correct disc for the job fitted i.e. is it a cutting disc or a grinding disc? Neither type of disc should be used for anything other than the intended purpose.

➤ Is the disc rated to the speed of the tool?

➤ What is the physical state of the disc? Is the disc too small for the tool or is there another type of defect within the disc? cracked, damp or weakened discs can shatter while in use.
Both models come in an impact resistant, lightweight, matt black polycarbonate frame and include a detachable, adjustable, elasticised strap with pivoting side mount.

Send cash or money order to UVWRAPS, 211 Talbot St Sth, Ballarat VIC 3350
Phone 0415 333 964 For internet transfer, cheque or credit card, email ADFsales@fuglies.com.au for details.

Australian designed eye protection for the ADF & SAS

- Designed, manufactured and supplied specifically for Australia’s SAS.
- Ballistic (40 m/s) grey smoked, UV 400, anti-fog, polycarbonate lenses.
- Non-removable, soft foam rubber, vented, non-slip eyepiece inserts.
- Polarised, grey smoked, UV 400, acrylic (non-ballistic) lenses also available.

With one of the lowest car loan interest rates available of just 9.36%p.a. and no ongoing fees, you can own the car you want sooner and save thousands of dollars.

For fast pre-approval, visit your local branch or call 1800 033 139.

*Comparison rate is calculated on $30,000 secured loan over a 5 year term, based on monthly repayments. WARNING: This comparison rate is true for the example given and may not include all fees and charges. Different terms, fees and other loan amounts might result in a different comparison rate. Terms and conditions, fees and charges apply and are available on request. The rate is correct at the time of printing and subject to change.

Defcredit Defence Force Credit Union Limited
ABN 57 067 365 385 AFSL 234582

May 29, 2008
Your car. Your savings. Your choice.

Find out why 7,000 Defence employees use SmartSalary Car Leasing – call 1300 769 550 for a free quote.

- Let our car lease specialists do the hard work for you
- Use our buying power so you get the best deal
- Let us make your car search hassle free

Your car. Your savings. Your choice.

Find out why 7,000 Defence employees use SmartSalary Car Leasing – call 1300 769 550 for a free quote.

- Let our car lease specialists do the hard work for you
- Use our buying power so you get the best deal
- Let us make your car search hassle free

CROSSWORD

If you can think of a clever, witty caption for this picture, email: captioncomp@defencenews.gov.au with "caption competition May 29" in the subject line.

Entries MUST include the sender’s name, rank, unit.


Say again, over

If you can think of a clever, witty caption for this picture, email: captioncomp@defencenews.gov.au with "caption competition May 29" in the subject line.

Entries MUST include the sender’s name, rank, unit.


Your car. Your savings. Your choice.

Find out why 7,000 Defence employees use SmartSalary Car Leasing – call 1300 769 550 for a free quote.

- Let our car lease specialists do the hard work for you
- Use our buying power so you get the best deal
- Let us make your car search hassle free

CROSSWORD

If you can think of a clever, witty caption for this picture, email: captioncomp@defencenews.gov.au with "caption competition May 29" in the subject line.

Entries MUST include the sender’s name, rank, unit.


Say again, over

CROSSWORD

If you can think of a clever, witty caption for this picture, email: captioncomp@defencenews.gov.au with "caption competition May 29" in the subject line.

Entries MUST include the sender’s name, rank, unit.

**Prize-winning rip-offs**

Australian Securities and Investments Commission Chairman Tony D’Aloisio lists the ‘winners’ of the Pie in the Sky awards.

**Pie in Sky awards**

At ASIC, we have established the Pie in the Sky awards to identify the scams that have reached new lows.

This year’s “winner” is an advance fee fraud. This disturbing scam combines the use of technology through bulk emails with the very human tragedy of the Boxing Day tsunami. The emails, which were sent throughout the world, claimed to be from a lawyer from Togo handling the US$17 million estate of a man who died, along with his family, in the Boxing Day tsunami disaster in Phuket three years ago.

The email’s recipient “consci-}


dently” had the same name as the deceased man and the lawyer claimed to have the role of establishing whether the deceased and the recipient were related. The scam operates on the basis that recipients will want to get a share of the wealth by claiming to be the deceased’s next of kin. The catch is, as usual, that to claim the money the recipient had to respond to the email and pay a fee.

Unsurprisingly, people are looking at new ways of tapping into other people’s superannuation savings – and this year’s runner-up, Instep Super, was doing this quite blatantly, not to mention unlawfully.

Instep Super was advertising on television, radio and online, offering 20 per cent returns and claiming it was “the best performing superannuation fund in Australia”.

ASIC found that Instep Super was unlicensed and had no plausible basis for claiming that it was the best performing fund. The Queensland Supreme Court declared that Instep Super’s claims were misleading and deceptive.

Third “prize” went to ASIC’s very own Electroharvest scam. Electroharvest was a dummy website set up by ASIC at www.electroharvest.com. It invited people to invest in a device that supposedly recycled “ambient electromagnetic radiation” into usable household energy, and promising to cut power bills by 37 per cent. People were invited to invest up to $40,000 with “guaranteed” returns of at least 30 per cent a year.

The website was launched on April Fool’s Day in 2007 to demonstrate how easy it is to create something that looks like a real investment. So far the site has had 75,000 hits – all of whom we hope have learned a little about the sophistication of investment fraud as a result.

**Spotsing scams**

Regardless of the approach by fraudsters, whether it is old-fashioned cold calling and postal mail or modern internet scams, there are some simple ways to spot scams and avoid losses:

➤ Financial scams almost always offer high returns. Sometimes they are easy to pick, with a return of 300 per cent a year or more; others, on the other hand, might offer 20 per cent returns for a product that normally returns about 7 per cent interest.

➤ There’s often some feature to make you feel like you’ve got an edge over other people. The promise of special deals, secret opportunities and exclusive offers may make you feel you’re getting something really worthwhile.

➤ Scams are usually presented as “time-critical” and often implore people to hurry “before it’s too late” – but they’re really just trying to take your money before you check the offer properly.

➤ Treat all guarantees of returns or of your investment very carefully. With money and investments, a guarantee is only as reliable as the person or company offering it.

➤ We trust people we know. Sometimes these people can innocently be used to sell dangerous schemes, including scams. It’s called affinity fraud. Information and friendly advice can be helpful, but be extra cautious with tips about specific investment opportunities. You may need advice from a licensed adviser.

The best way to avoid being scammed is to stay informed. You can check a business offering a financial product or a financial adviser by searching ASIC’s online registers at www.asic.gov.au or see if they are licensed, as required by law.
**Running further faster**

You've failed to improve your run times or over-trained and decreased your time. LT Rob Orr has some plans to get you back on track.

Why isn't your run time as good as you want? Have you over-trained and your times are actually dropping? Are you having trouble passing a PFA? Pick one of the three most common categories that is your closest fit:

- **Cat 1. Lack of prior training/base condition** (run out of puff: start well and slow down, then walk).
- **Cat 2. Previous injury** (run out of puff: start well and then slow down, then walk: return of overtraining/overuse injury symptoms), and
- **Cat 3. Poor leg speed** (you can keep running at the end of a race but couldn't run faster during it).

The three most common training methods you can use are: continuous running, Fartlek and interval training.

**Continuous running**

You can subdivide continuous running into two components, long slow distance (commonly known as LSD) and long solid distance or long fast distance. This form of training requires you to continue running at a steady pace with your primary aims being:

- Developing anaerobic adaptations (conditioning your body to handle the stress of running).
- Improving cardiovascular efficiency (improving the extraction of oxygen from the lungs to the blood and from the blood to the muscle), and
- Improving metabolic reactive actions (using your aerobic energy system more effectively).

This kind of training is essential if you fall into category 1 or 2. Without this preparation you run a high risk of injury or repeat injury.

Utilising this training will help you run faster by allowing you to run at a continuous pace for the duration of the run (as opposed to starting fast and getting slower or running out of breath).

**Run session example:**

- 50 minutes non stop.

**Notes:**

Utilising the Perceived Rate of Exertion (PRE) scale, aim for a score of between 6-7 (Score 0 = resting, Score 1-2 = walking casually, Score 6-7+ = hold a conversation for a short period, Score 8 = can answer a question but do not wish to have a conversation, Score 9 = yes or no answers only, Score 10 = hitting yourself on the finger with a hammer).

**Fartlek training**

This is the introduction to speed training. This method involves manipulating speed and distance. For example: running at a slow pace for four hundred metres (2 min), fast for two hundred (40 sec), then repeating it several times, you have the option to make the slow or fast distances/times longer or shorter during the session.

**Fartlek training is a progression for category one and two and will improve times for those in category 3.**

**Run session examples:**

- 400 slow pace, 200m medium pace, 100m last pace, four repeats.
- 3 min slow pace, 1½ min medium pace, 30 sec fast pace, four repeats.
- Shuttle run levels 1-8, 6-9, 6-9, 5-8, 6-2, 1.

**Notes:**

Utilising the (PRE) scale, the slow pace should reach a 5 – 6, the medium pace a 6 – 8 and the fast pace between 8 – 9 (Score 1 as resting and 10 as hitting yourself on the finger with a hammer).

The duration on each training session type will depend on your current fitness levels.

These sessions are not conducted continuously but rather are interspersed with your continuous running sessions and other forms of aerobic training.

**Interval training**

This is the third method and is primarily used to increase speed and intensity with benefits which include:

- Increased lactic acid tolerance (the ability of the mind and body to cope with the developed lactic acid – that burning feeling),
- Increased neurological stride frequency (the rhythmic speed at which your mind subconsciously tells your feet to run),
- Improved anaerobic profiles (the ability to sprint and recover),
- Interval training is by far the most effective means of increasing run times for those who can complete the distance but fail to get faster.

**Run session example:**

- 2 x 400m intervals (1:2 run: recovery), 4 x 200m intervals (1:3 run: recovery),
- 60 sec as fast as possible up a small hill, 120 sec rest (60 sec walk back to start; 60 sec rest at the start) x 5.
- Shuttle run, Level 1 – 8, 1 – 2 (rest – no run), 10 x 4 minutes through.

**Notes:**

Further information on active (slow walk/jog) and passive (no movement) recoveries and energy system profiles is available from PTI staff.

Utilising the PRE scale, the fast pace should be 8 – 10.

These sessions are not conducted continuously but rather interspersed with your continuous running, Fartlek and other aerobic training sessions.

**Preparation**

You must ensure that you have prepared effectively prior to beginning this high-intensity training and that you have no medical condition, which may create contra-indications. If unsure see your PTI or Medical Staff.

**Progression**

To develop your conditioning to run faster takes time and several weeks of continuous running should be performed prior to introducing Fartlek, which again requires several weeks of adaptation before advancing to interval training.

From there, maintain a base fitness level by utilising continuous running with periodic applications of Fartlek and Interval training sessions.
**GAMES**

**More of the same**

**Mafia tale well worth a look**

The Sopranos – Season 6: The Final Episodes

Warner Home Video, $75

MA15+

By Mark Uhlmann

T he story of a mafia organisation operating in New Jersey. The Sopranos gathered a devoted following in its six seasons.

This DVD presents the nine episodes from the final season.

The central character, Tony Soprano, is the boss. His operatives include his nephew Christopher, a veteran called Paulie, brother-in-law Bobbie and Silvio Dante, the owner of the Bada Bing strip club where the crew often hangs out.

By the end of these episodes only two of them are left standing.

This DVD opens with Tony feeling his age. At 47 he feels his physical powers slipping. The year before he was almost killed after his increasingly senile uncle Tony Jr. became the leader of the New York mafia outfit.

The relationships are complex, but very believable. Nothing is black and white in this world. Acts of vengeance bring unintended consequences and expectations are often thwarted.

These final episodes maintain the high standards of the earlier offerings and – for those who have not seen the show before – this is well worth a look.

**Think bigger with our low rate personal loans**

Whether you’re after a pool, a holiday or even a new kitchen, with a Defcredit Personal Loan you can afford to take the plunge and splash out on the finishing touches.

Our fully featured personal loans can offer you:

- A competitive rate to keep your monthly payments lower
- No early repayment fees so you can pay it off as quick as you like
- Choice of repayments that won’t restrict your current lifestyle

To apply, log onto www.defcredit.com.au or call 1800 033 139.

**BOOKS**

**True hero stories: hard to put down**

SAS Heroes: Remarkable Soldiers, Extraordinary Men

By Pete Scholey, Osprey Publishing, $50

T HIS isn’t just another one of those boring step-by-step histories. Nor is it some bloke’s gung ho door-kicking memoirs.

It is a very readable collection of short stories about 20 British SAS soldiers.

After a foreword by highly acclaimed author Frederick Forsythe, the author Pete Scholey starts with Lt-Col Paddy Mayne’s story. Despite winning the DSO four times a VC eluded him.

Scholey then works his way through to the Gulf War with stories of not just the bravery in action of men he knew, but their everyday lives.

Many of the stories he tells have not been told before. The few that have like that of Labalaba and Takavesi, the two galliant Fijians at Mirdit, have not been told in such detail.

The author tells how Takavesi was wounded in a vehicle ambush in Basra 31 years after being shot in the chest in the 1972 Mirdit action.

He relates how Maj Michael “Bronco” Lane lost his fingers. Not from a booby trap as one might expect but from frostbite while descending Mt Everest in 1976.

Pete Scholey spent 19 years in the British SAS during the 60s and 70s, beginning his military career as a National Serviceman in the Royal Army Service Corps.

Highly recommended.


May 29, 2008
No quarter given at the SCG

Army b Navy 18-16 (half-time 18-6).


ArMy: Adam Wallace 1 try, 2 conversions; LCPL Leon Abdul-Rahman 1 try; CPL Shane Harden 1 try, 1 penalty; SGT Martin McCulloch 1 try. Best and fairest for Army: LCPL Leon Abdul-Rahman.

Man of the match: CPL Shane Harden.

By LAC Aaron Curran

Organisers of the centenary of rugby league could not have wished for any better than Navy’s clash with Army at the Sydney Cricket Ground on May 9.

In a game played on that hallowed ground, Army got away with a 18-16 win against Navy in a bruising encounter in the Patrons’ Cup, with players from both sides endings the game exhausted and bloodied.

The game was a prelude to the Centenary Test between Australia and New Zealand, and, due to the vociferous support of the crowd, you could have been forgiven for believing they were there only for the game between the ADF rivals.

Army opened the scoring in the fifth minute and went on to hold an 18-6 lead at half time, but not after some heavy clashes between the two sides which eventually broke into a fiery melee.

“That’s part of football and that is how it is played, hard and with heart. Both sides played with a lot of heart,” Navy Titans coach David Kemp said.

If Army’s players thought the game was won at half-time, they had to think again.

They started to fall away in the second half, giving Navy the opportunity to score two tries. Navy failed to convert one of them, but had closed within two points.

Twelve months ago Navy beat us by two points in the combined services championships and we wanted to come here, prove a point and win, which we did.

Navy’s David Kemp was like-minded. “It was a great experience – an experience you will never get again and they all wanted to be part of it,” he said. “Although we were unlucky this time, we know we can win so when the nationals come we will be better for it. Congratulations to the Army, they were better than us on the night, but we’ll be back.”

CAPT Lynch lauded his players. “It was there for the win and it was an outstanding effort that everyone put in. Our captain SGT Nick Matthews was forced out with injury but he came back in the second half still injured and led the way,” he said.

“Man of the match LCPL Leon Abdul-Rahman played the entire game at hooker and was strong in defence and very quick out of dummy half to get us some quick roll-ons. With SGT Mathews coming back on, CPL Shane Harden at half and CPL Adam Wallace in the front row stood out for us.”

Desperate Navy just fails to rein in Army

By LAC Aaron Curran

'It was a great honour to run out on to the SCG and take part in the curtain raiser to the Centenary Test. Playing on the SCG where so many of the greats of the game have played was a privilege that I will never forget.'

– Navy’s best and fairest winner LS Jonathan Briggs
Tenpinners head to Canberra
THE THREE services and the APS will play against each other as a warm-up to the Australian Defence Tenpin Bowling Association's national carnival in Jakarta from June 2 to 6. The carnival will be held at the Tuggeranong Tenpin Bowling Centre with the inter-service contest on Monday, June 2 to open proceedings before the carnival reverses to a state versus state format through to Friday, June 6. The top five bowlers from each service and the APS will team up against each other in singles, team and doubles events before the interstate events. The titles will also double as a selection trial for each service and the APS will team up against each other.

Cycling titles on the horizon
THE Australian Defence Cycle Club Road Cycling Championships at Holsworthy Army Barracks near Sydney on July 5 and 6 will decide the Defence and Service champions for road cycling, criterium and individual time trials. Winners of the road cycling championships will also qualify to represent the ADCC and ADP at the 2008 Arafura Games in August.

The titles are open to all service personnel and APS members and nominations for race officials, support staff, and competitors, are sought. Nominations to participate in the event must reach SGT Michael Rand at michael.rand@defence.gov.au or jason roberts@defence.gov.au no later than June 13.

Success wins Pakistan Shield
HMAS Success has won the Pakistan Shield which is awarded to the Major Fleet Unit which has amassed the most points through participation in fleet sporting events held in a 12-month period. The trophy was presented with a trophy which will be displayed in the Tuggeranong Tenpin Bowling Centre with the inter-service contest on Monday, June 2 to open proceedings before the carnival reverses to a state versus state format through to Friday, June 6. The top five bowlers from each service and the APS will team up against each other in singles, team and doubles events before the interstate events. The titles will also double as a selection trial for each service and the APS will team up against each other.

Success wins Pakistan Shield
HMAS Success has won the Pakistan Shield which is awarded to the Major Fleet Unit which has amassed the most points through participation in fleet sporting events held in a 12-month period. The trophy was presented with a trophy which will be displayed in the Tuggeranong Tenpin Bowling Centre with the inter-service contest on Monday, June 2 to open proceedings before the carnival reverses to a state versus state format through to Friday, June 6. The top five bowlers from each service and the APS will team up against each other in singles, team and doubles events before the interstate events. The titles will also double as a selection trial for each service and the APS will team up against each other.

Cycling titles on the horizon
THE Australian Defence Cycle Club Road Cycling Championships at Holsworthy Army Barracks near Sydney on July 5 and 6 will decide the Defence and Service champions for road cycling, criterium and individual time trials. Winners of the road cycling championships will also qualify to represent the ADCC and ADP at the 2008 Arafura Games in August.

The titles are open to all service personnel and APS members and nominations for race officials, support staff, and competitors, are sought. Nominations to participate in the event must reach SGT Michael Rand at michael.rand@defence.gov.au or jason roberts@defence.gov.au no later than June 13.

Success wins Pakistan Shield
HMAS Success has won the Pakistan Shield which is awarded to the Major Fleet Unit which has amassed the most points through participation in fleet sporting events held in a 12-month period. The trophy was presented with a trophy which will be displayed in the Tuggeranong Tenpin Bowling Centre with the inter-service contest on Monday, June 2 to open proceedings before the carnival reverses to a state versus state format through to Friday, June 6. The top five bowlers from each service and the APS will team up against each other in singles, team and doubles events before the interstate events. The titles will also double as a selection trial for each service and the APS will team up against each other.

Cycling titles on the horizon
THE Australian Defence Cycle Club Road Cycling Championships at Holsworthy Army Barracks near Sydney on July 5 and 6 will decide the Defence and Service champions for road cycling, criterium and individual time trials. Winners of the road cycling championships will also qualify to represent the ADCC and ADP at the 2008 Arafura Games in August.

The titles are open to all service personnel and APS members and nominations for race officials, support staff, and competitors, are sought. Nominations to participate in the event must reach SGT Michael Rand at michael.rand@defence.gov.au or jason roberts@defence.gov.au no later than June 13.

Success wins Pakistan Shield
HMAS Success has won the Pakistan Shield which is awarded to the Major Fleet Unit which has amassed the most points through participation in fleet sporting events held in a 12-month period. The trophy was presented with a trophy which will be displayed in the Tuggeranong Tenpin Bowling Centre with the inter-service contest on Monday, June 2 to open proceedings before the carnival reverses to a state versus state format through to Friday, June 6. The top five bowlers from each service and the APS will team up against each other in singles, team and doubles events before the interstate events. The titles will also double as a selection trial for each service and the APS will team up against each other.

Cycling titles on the horizon
THE Australian Defence Cycle Club Road Cycling Championships at Holsworthy Army Barracks near Sydney on July 5 and 6 will decide the Defence and Service champions for road cycling, criterium and individual time trials. Winners of the road cycling championships will also qualify to represent the ADCC and ADP at the 2008 Arafura Games in August.

The titles are open to all service personnel and APS members and nominations for race officials, support staff, and competitors, are sought. Nominations to participate in the event must reach SGT Michael Rand at michael.rand@defence.gov.au or jason roberts@defence.gov.au no later than June 13.

Success wins Pakistan Shield
HMAS Success has won the Pakistan Shield which is awarded to the Major Fleet Unit which has amassed the most points through participation in fleet sporting events held in a 12-month period. The trophy was presented with a trophy which will be displayed in the Tuggeranong Tenpin Bowling Centre with the inter-service contest on Monday, June 2 to open proceedings before the carnival reverses to a state versus state format through to Friday, June 6. The top five bowlers from each service and the APS will team up against each other in singles, team and doubles events before the interstate events. The titles will also double as a selection trial for each service and the APS will team up against each other.

Cycling titles on the horizon
THE Australian Defence Cycle Club Road Cycling Championships at Holsworthy Army Barracks near Sydney on July 5 and 6 will decide the Defence and Service champions for road cycling, criterium and individual time trials. Winners of the road cycling championships will also qualify to represent the ADCC and ADP at the 2008 Arafura Games in August.

The titles are open to all service personnel and APS members and nominations for race officials, support staff, and competitors, are sought. Nominations to participate in the event must reach SGT Michael Rand at michael.rand@defence.gov.au or jason roberts@defence.gov.au no later than June 13.

Success wins Pakistan Shield
HMAS Success has won the Pakistan Shield which is awarded to the Major Fleet Unit which has amassed the most points through participation in fleet sporting events held in a 12-month period. The trophy was presented with a trophy which will be displayed in the Tuggeranong Tenpin Bowling Centre with the inter-service contest on Monday, June 2 to open proceedings before the carnival reverses to a state versus state format through to Friday, June 6. The top five bowlers from each service and the APS will team up against each other in singles, team and doubles events before the interstate events. The titles will also double as a selection trial for each service and the APS will team up against each other.

Cycling titles on the horizon
THE Australian Defence Cycle Club Road Cycling Championships at Holsworthy Army Barracks near Sydney on July 5 and 6 will decide the Defence and Service champions for road cycling, criterium and individual time trials. Winners of the road cycling championships will also qualify to represent the ADCC and ADP at the 2008 Arafura Games in August.

The titles are open to all service personnel and APS members and nominations for race officials, support staff, and competitors, are sought. Nominations to participate in the event must reach SGT Michael Rand at michael.rand@defence.gov.au or jason roberts@defence.gov.au no later than June 13.

Success wins Pakistan Shield
HMAS Success has won the Pakistan Shield which is awarded to the Major Fleet Unit which has amassed the most points through participation in fleet sporting events held in a 12-month period. The trophy was presented with a trophy which will be displayed in the Tuggeranong Tenpin Bowling Centre with the inter-service contest on Monday, June 2 to open proceedings before the carnival reverses to a state versus state format through to Friday, June 6. The top five bowlers from each service and the APS will team up against each other in singles, team and doubles events before the interstate events. The titles will also double as a selection trial for each service and the APS will team up against each other.

Cycling titles on the horizon
THE Australian Defence Cycle Club Road Cycling Championships at Holsworthy Army Barracks near Sydney on July 5 and 6 will decide the Defence and Service champions for road cycling, criterium and individual time trials. Winners of the road cycling championships will also qualify to represent the ADCC and ADP at the 2008 Arafura Games in August.

The titles are open to all service personnel and APS members and nominations for race officials, support staff, and competitors, are sought. Nominations to participate in the event must reach SGT Michael Rand at michael.rand@defence.gov.au or jason roberts@defence.gov.au no later than June 13.

Success wins Pakistan Shield
HMAS Success has won the Pakistan Shield which is awarded to the Major Fleet Unit which has amassed the most points through participation in fleet sporting events held in a 12-month period. The trophy was presented with a trophy which will be displayed in the Tuggeranong Tenpin Bowling Centre with the inter-service contest on Monday, June 2 to open proceedings before the carnival reverses to a state versus state format through to Friday, June 6. The top five bowlers from each service and the APS will team up against each other in singles, team and doubles events before the interstate events. The titles will also double as a selection trial for each service and the APS will team up against each other.
Front rower LS Jonathan Briggs was awarded the Navy’s best and fairest award after a torrid rugby league game against Army at the Sydney Cricket Ground on Friday, May 9. The game was the curtain raiser before the Centenary Test between Australia and New Zealand. Army’s players won 18-16, but Navy gave them a run for their money. LS Briggs, from HMAS Creswell, finished the game with two tries, 24 tackles, 19 hit ups, as well as three stitches in his eye and four stitches in his chin – both injuries the result of head clashes.