By LEUT Kate Matthews

SAILORS of the fleet and their families can look forward to a longer Christmas break this summer. In keeping with CN’s recently launched ‘New Generation Navy’ program, Commander Australian Fleet, RADM Nigel Coates, has announced that, where possible, families can look forward to a two month operations Stand Down Period (SDP) where personnel can take leave and be with families over the 2008/09 Christmas/New Year period.

“Navy has a responsibility both to our country and our people,” said RADM Coates. “Operational requirements of any kind will still be met during this period and Australia’s national security remains our number one priority. But that doesn’t mean our people can’t enjoy some time off. We must work smarter not harder and find ways to give our people more time with their families.”

The Fleet SDP is likely to become a permanent feature of the Fleet Activity Schedule, providing similar respite in future years.

The good news doesn’t end there! During the operational SDP, which this year will fall from December 3, 2008, through February 3, 2009, personnel will be required to keep fewer duties with the implementation of a Minimum Duty Watch (MDW) initiative. The initiative aims to reduce the homeport Duty Watch numbers within Fleet Command units to an absolute minimum during the 2008/09 SDP, and to seek further permanent reductions on an ongoing basis.

“The outcomes from the MDW initiative will be permanent and the program has been introduced in direct response to feedback from our people. In keeping with CN’s intent, I am passionate about cultural change and a greater focus on work-life balance; we will make the changes necessary to ensure we have the people we need to do our job,” said RADM Coates.

The extended SDP won’t apply to everyone. Far from shutting down completely, Navy ships will continue to undertake border protection duties as part of Operation Resolute during the period. 500 Navy personnel will remain on active duty over the Christmas period.

SAYING GOODBYE: LCDR John Quinn (Rtd) looks out over the Indian Ocean sunset on the flight deck of HMAS Manoora while in transit to the HMAS Sydney II site. LCDR Quinn was the CO of HMAS Jarapet during the Vietnam War and lost his father, PO George Quinn, on HMAS Sydney II.

Photo: ABPH Andrew Dakin

NEW PAY DEAL FOR SAILORS P5
A final farewell

By LCDR Peter Rekers, SBLT Ami Hansen and SBLT Michael Casey

FOR the first time since the tragic loss of HMAS Sydney II 67 years ago, a memorial service has been conducted at sea onboard HMAS Manoora (CMDCR Paul Mandzay) and HMAS Sydney IV (CAPT Braddong Wheeler) over the site of the sinking.

The service, officiated by Senior Chaplain Barrie Yesberg, was conducted with HMAS Sydney IV stationed as the backdrop in a moving tribute to Sydney II and a powerful reminder of the modern Navy. For many family members it was their first time at sea and the opportunity to be at the place where such personal loss took place was a powerful and moving experience.

Manoora provided a Sub-Lieutenant’s Guard to formally honour the men who gallantly lost their lives defending the country against the German raider HSK Kormoran on an unsuspecting battlefront when World War II approached the West Australian coast threatening ports and shipping.

LEUT Kelly Thompson of Manoora gave a speech setting the historical scene for the ceremony.

“One can readily read of Sydney’s triumphs in the Mediterranean, of her many lucky escapes, her compassion to vanquished foes and of her last desperate action,” she said.

However, these attributes of bravery, resilience, comradeship and compassion are not those of a ship, which of course is forged from steel; they are the human attributes of her crew.”

Fleet Commander RADM Nigel Coles was embarked in Manoora and enjoyed the opportunity to hear some of the many stories the families had of their lost loved ones.

During the ceremony he presented a floral tribute to the lost souls of Sydney II “News of Sydney II’s disappearance stunned and fascinated a nation,” he said.

“But for every man lost, a wife, a mother, a father, a son or a daughter was left to mourn. For them, the memories of those lost that day will never fade. The memories you may be reliving today will perhaps cause you further sadness, but we hope they will also bring you some comfort.”

The guests each laid a floral tribute to say goodbye to their own family member onboard Sydney II, to the tune of Amazing Grace performed on the bagpipes.

After all respects were paid, Sydney IV conducted a high speed pass over the exact site of Sydney II and disappeared over the horizon towards Perth.

Manoora then departed the site of the battle with the family members being given a final chance to say ‘goodbye’ before leaving back to Geraldton.

For the families, the chance to be at the site, a final farewell while meeting sailors of today’s Navy was more than appreciated.

John Quinn, a retired sea captain of 45 years who lost his father in Sydney II when he was a 13-year old seaman, said the real meaning of the brotherhood of the sea came to the fore.

“It’s special and should always be so,” he said.

REFLECTION: Guests gather on the flight deck of HMAS Manoora at sunrise. Photo: ABPH Andrew Dakin

By LCDR Antony Underwood

ALL hands on deck – a new regular column in Navy News – will chart the progress of New Generation Navy (NGN) – a three pronged program involving leadership and values, structural reform and cultural reform.

The NGN program was outlined by the Chief of Navy, ADM Russ Crane, AM, CSM, RAN, in his State of the Navy address on October 31.

Director General of the New Navy Transformation and Innovation Branch, CDRE Richard Menhinick, said NGN is the CN’s highest priority.

“It’s urgent,” he said. “It involves an enhanced leadership and values program that will be developed to provide the basis for making the necessary structural and cultural change throughout Navy.

“Our focus is on making sure we are ready for the new platforms of 2014 and making sure we are appropriately prepared to contribute to operations. That means a people focus above all else. My new branch is working to the CN and DCN, RADM Davyd Thomas, on this.

“We are looking at first-up changes on things that Navy controls and at leading change rather than managing changes. The ethos of leading change is ‘quite different’. We have an immediate sense of urgency to achieve that – that’s the key issue.”

One of the biggest issues is people.

“The CN pointed out, in his video, the huge numbers of people we’ve got in the training pipeline and our need to sort out our training and structural issues.”

CDRE Menhinick is currently assembling his team. Included so far are CDRE Jenni Wittwer, CDMD Rod Robinson (Sydney-based and experienced in coaching and mentoring), CMDR Lee Gostelow (recently CO HMAS Parramatta) and LEUT Richard Adams (experienced in the leadership and training loved ones).

“We’ll be going out very quickly, within the next few days, to get some feedback. In the next two weeks we’ll be underway straight after the Christmas break.

“The program will be organised prior to Christmas and will swing into action straight after the Christmas break,” he said.

“I will be reporting to CN in mid-March on our initial findings and recommendations so we will be working very heavily from early January onwards.

“So we’re not about sitting back contemplation of our navels and thinking about things. We actually are about leading some decisive change, such is the urgency of the problem.”

Apart from ‘embedding’ members of the Transformation and Innovation team with the independent experts, CDRE Menhinick said there was a need to “embed the fundamental insight that major change doesn’t happen easily”.

“There are structural and cultural alignment issues and promotional issues that demand attention. These have frustrated many people over the years. These are internal Navy issues and we need to be flexible and adaptive.

“So we’re looking at simplifying the structures... but a lot of this will come out from our actual studies. I wouldn’t want to pre-empt anything too soon.”

CDRE Menhinick described complacency and change fatigue as “the biggest enemies” to New Generation Navy.

“This is why we’ve got an emphasis on this strategic, top-down method – and there are a number of sources of complacency that we’re conscious of... human nature and the ‘kill the messenger’ approach.

“One key point is to re-emphasise that, whether officer or sailor, all members of the Navy are ‘Australian Sailors’. Navy’s people are the core of its capability, and are its heart and soul. Making sure that Navy thinks like this and harnesses their belief, support and emotional ownership is what NGN is all about. This includes bringing Navy back into the Australian psyche.

“So we need to address all these issues together and force honest discussion even though this will probably upset some people, but we’ve got to drive it through to anywhere.”

Striving to make Navy “an employer of choice” in Australia meant the Service needed to be as flexible as possible and have a true understanding of its people.

“We are going to have to be careful at any internal structures that are making it more difficult than it needs to be,” CDRE Menhinick said.

“Acknowledging that service at sea and in the service of the country is a special service.”

LEFT: Invited guests onboard HMAS Manoora pay tribute to those lost over the site of HMAS Sydney II.

BELOW LEFT: Denise Harris, who never met her father (ABSM Dennis Paling who was lost on HMAS Sydney II) stands over the site of the sinking.

Photos: ABPH Andrew Dakin

BELOW RIGHT: CO HMAS Sydney IV, CAPT Braddong Wheeler, lays a wreath in memory of those lost.

BOTTOM: The crew of HMAS Sydney IV pay respect to Sydney II.

Photos: ABPH Morgana Salabert

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November 27, 2008
Australia remembers Sydney II

PAYING RESPECT: Family members of a sailor from HMAS Sydney II place a poppy on the wall of remembrance at the HMAS Sydney Memorial in Geraldton.

Photo: ABPH Jo Dilorenzo

PRIDE OF THE FLEET: HMAS Sydney II is honoured at a service at the Australian War Memorial in Canberra.

Photo: CPL Ricky Fuller

By LCDR Fenn Kemp

PRIME Minister Kevin Rudd presided over a sombre ceremony honouring HMAS Sydney II at the Australian War Memorial in Canberra on November 19.

Mr Rudd told the gathering the loss of Sydney II should encourage Australians to work towards a peaceful future. His message was heard by a crowd of about 400 people.

Some family members sat through the service clutching photos of their loved ones, others chose to lay a wreath in their honour at the Dias, once the service had ended.

Following the ceremony, Mr Rudd, Deputy Chief of Navy RADM Daryn Thomas and Commander, Australian Naval Systems Command RADM Steve Gilmore joined family members for a presentation of the new Navy Bereavement Pin.

BY LEUT Ben Willee and Gary Booth

HUNDREDS of families, friends and crew attended the memorial and burial service for the 'Unknown Sailor' in Geraldton on November 19 to mark the 67th anniversary of the sinking of HMAS Sydney II on November 19, 1941.

The service was also attended by Defence Minister Joel Fitzgibbon, Chief of Navy VADM Russ Crane AM, CSM, RAN, Defence Science and Personnel Minister Warren Snowdon and Opposition Leader Malcolm Turnbull.

Mr Fitzgibbon said the sailors served their country with distinction.

"Their loss is still felt today," he said.

"I was very moved by the service and very grateful to the Navy for the service and the Bereavement Pin, which I will now cherish."

The annual sunset commemorative service was also held in Geraldton on November 19, with family members of the crew of HMAS Sydney II joining a long list of dignitaries headed by the Governor-General Ms Quentin Bryce.

The crowd was also treated to a fly past by four RAAF PC 9s from No 2 Flying Training School at RAAF Base Pearce.

After the service, the coffin of the unknown sailor was then moved to Geraldton Cemetery for a burial ceremony.

Mrs Mavis Clarke had a brother, AB Earnest Booth, who went down with the ship.

"It was a long journey from Victoria to pay our respects to the unknown sailor and the crew who perished," she said.

"I was very moved by the service and very grateful to the Navy and the Bereavement Pin, which I will now cherish."

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New primary qualification for Navy’s middle managers announced

By Steve Ridgway

EXCITING career opportunities for Navy’s middle managers are available through the Management Executive Primary Qualification (MXPQ). The MXPQ, which was an outcome of SEACHANGE, offers lieutenant-commanders, warrant officers and chief petty officers who are tenant commanders, warrant officers, commandos or petty officers the opportunity to look forward to a new career option with a broad range of career prospects.

“The MXPQ will provide flexibility in career management, helping retain people with valuable skills so every step is being taken to get it right from the start!” said Deputy Chief of Navy, RADM Davy Thompson.

CMDR Jo Bastian, the Project Officer behind the implementation, aims to have the MXPQ in place by late 2009.

“At the moment the Navy lacks appropriately trained, educated and experienced personnel in a wide range of positions, including intelligence, communications, systems acquisition, sustainment and people management functions,” she said.

“Many people placed into these positions right now aren’t necessarily getting the best training and support and we need to change this.

“At the same time, many experienced people, mostly at lieutenant commander level, are leaving the Navy because they feel there are no further career development options.”

The project aims to fill positions with experienced people who will be properly trained and supported.

“The time-frame is aspirational because it’s critical to get it right,” said CMDR Bastian.

The MXPQ is driven primarily by capability and, therefore, not everyone will be eligible. However, for those who are, the MXPQ will create a whole new career path.

“It will turn experienced lieutenant commanders into corporate managers and potentially offer another 15 to 20 years in uniform,” said CMDR Bastian.

Navy hopes this career path with appropriate remuneration points will attract motivated people who want to keep contributing. It will be good for them and good for the Navy.

Navy is still at the beginning of this process and, as such, is still looking for people’s perceptions and opinions.

“We need people’s input, the aim is to develop a best-practice model to attract and retain people for a rewarding career,” CMDR Bastian said.

Readers can forward input to the team at dhop.mxpq@defence.gov.au

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SAILORS are set to benefit with a new Graded Other Ranks Pay Structure (GORPS) signed off by the Defence Force Remuneration Tribunal (DFRT) on November 7. This included agreement to a number of revised category and skill grade placements for E2, MT, AT, CT, CSO, CSO WM, BM, Reserve DVR, NPC, PFC and some SM categories. It also recognises important qualifications achieved by some Navy sailors, including navigation competencies (BM, NPC), CSO WM, AGO, AIC (CSO), FSMS (AT), FCO (ET) and STO (MT). Chief of Navy VADM Russ Crane AM, CSM, RAN, said GORPS represented a significant milestone for pay reform and most importantly, for sailors. “It is the first time Navy has considered all categories together since 1995, and this has ensured that the relationships between categories and the other Services have been closely examined,” he said. The DFRT decision is the culmination of the Defence Remuneration Reform Project that has been running for several years. Under the new arrangements there will be 10 pay grades instead of 16 and the differentials between pay grades and some ranks are being increased. Over 10 years it means $2.4 billion in extra pay, which in turn will boost superannuation benefits.

“GORPS will give the Navy a recalibrated sailor’s pay system more in line with conditions outside the ADF,” said CAPT Mark Hill, Acting Director General Navy Personnel and Training. “It will also improve the dollar amount between pay grades. It means more pay for individuals with experience, or who have supervisory responsibilities, or who push on to develop their own technical expertise. “Some categories had not been reviewed for decades, so the GORPS process has been a great opportunity to take account of issues like contribution to capability, increasing sophistication of technology and work processes, increased governance and accountability – along with wage pressures from the wider national and global labour markets.”

The pay details of all individual sailors will now be transferred to the new 10-Grade structure. It will be phased implementation over seven months, but no-one will lose out because all pay changes will be backdated to September 4 this year.

GORPS has also moved the Warrant Officer structure from eight grades to 10, and also taken on board the PQ progression from CPO to WO.

Trainee pay for officers and sailors has also been updated as part of GORPS. It now takes account of progression from initial entry training to category and PQ courses, particularly for category courses longer than six and 12 months duration. A new trainee allowance of $8,000 will also take effect from January 8, 2009. The GORPS determination will also include Armon An crew after his case was approved at a hearing by the Tribunal on November 18-19. The Tribunal agreed to back-date these placements to September 4, 2008, to align with the rest of GORPS. GORPS pay grades will also apply to Reserves.

The GORPS transition is separate from the ADF WRA pay rise of 2.8%, which will take place in February 2009.

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Don’t fall into a debt trap this Christmas

With Christmas only weeks away, many stores are advertising Christmas and end of year specials, so it’s a good time to highlight the dangers of taking out “no-interest, no-repayments” store credit. Although this sounds easy and convenient, all too often people are not able to pay for their purchase once the interest-free period expires and end up paying interest of at least 25% pa*, backdated to the original date of purchase.

On the other hand the Australian Defence Credit Card offers a low introductory rate of 8.5% pa* for the first six months, and up to 55 days interest free, so you’ll still be able to buy the item that you’ve always wanted, without falling into a potential debt trap.

THE Defence Community Organisation (DCO) is working closely with the receiver of ABC Learning Centres and Government to secure the continuity of childcare services.

Defence Science and Personnel Minister Warren Snowdon has already written to families saying the Government was doing everything possible to ensure the ongoing provision of high-quality care for Defence families.

Deputy Prime Minister Julia Gillard has announced up to $22m to ensure that all ABC childcare centres remain open until December 31, providing some immediate stability.

Maureen Greet, DCO’s childcare program manager, said mobility was a significant milestone for pay reform and most importantly, for sailors. “It is the first time Navy has considered all categories together since 1995, and this has ensured that the relationships between categories and the other Services have been closely examined,” he said. The DFRT decision is the culmination of the Defence Remuneration Reform Project that has been running for several years. Under the new arrangements there will be 10 pay grades instead of 16 and the differentials between pay grades and some ranks are being increased. Over 10 years it means $2.4 billion in extra pay, which in turn will boost superannuation benefits.

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**Chopper flight history a good read**

By Hugh McKenzie

*A Bloody Job Well Done*

$24.95 at Fleet Air Arm Museum

The fact that the RAN had a helicopter flight fighting in Vietnam from 1967 till 1971 remains a mystery to most Australians.

The RAN Helicopter Flight Vietnam is lovingly detailed by the contributors and editors. The book is large format and the editors have had their work cut out for them. When you are intimately associated with a subject how do you edit the input of over 40 different contributors?

Max Speedy and Bob Ray have pulled it off and done it magnificently. They have married up the style of their contributors with their own great knowledge and used the database of the War Memorial, the Sea Power Centre and the National Archives.

The editors make no apology for the language of the book; it is not politically correct as editor Bob Ray said, "It is an almost unique chapter in Australian Naval History," he said. "Fewer than 200 sailors of the FAA served ashore flying with the United States Army in the conflict. We have captured their story accurately and so a reliable account is now available."

**Navy safety top priority**

By PO Todd Melrose

CHIEF of Navy VADM Russ Crane, CSM, RAN was on hand to present winners with their trophies at the Navy Safety Awards during a ceremony in Canberra on November 6.

The Navy Safety Awards were introduced in 2004 to recognise and reward personnel and organisations that make a conspicuous and positive contribution to Navy safety. The awards are also a gateway for submission to the Defence Safety Awards and the Australian Commonwealth Safety Rehabilitation and Compensation Commission Awards.

During his opening remarks CN launched Navy’s new safety policy and stressed that he expected Navy safety culture to become “Can Do-Safely”. He emphasised that he takes safety very seriously and expects all Navy personnel to be similarly committed.

And the winners are...

**CATEGORY ONE: Leadership Award for Injury Prevention and Management**

Winner – HMAS Arunta

Highly commended – HMAS Manoora

**CATEGORY TWO: Best Workplace Health and Safety Management System**

Winner – HMAS Newcastle

**CATEGORY THREE: Best Solution to an Identified Workplace Health and Safety Issue**

Winner – FSU Perth

Highly commended – HMAS Manoora

**THE COMMANDER DAVE ALLEN AWARD FOR SAFETY EXCELLENCE**

Winner – Mr Russell Power of HMAS Cairns

Highly commended – PO Scott Norbury of HMAS Kuttabul

Highly commended – LCDR Greg Ryan of HMAS Manoora

The following were also commended and received a framed certificate for presentation locally:

Commended – CPO Richard Marek of SCTEG

Commended – CPO Thomas Costello of HMAS Stirling

Commended – PO Daniel Hanton of FSU Perth

Commended – CPO Steven Mullin of HMAS Cerberus

Commended – LS Jon Schulte of HMAS Arunta

Commended – LCDR Christopher Gudgin of HMAS Manoora

**Pink ribbon brekkie**

A PINK Ribbon breakfast was held at HMAS Cerberus on October 26 to increase breast cancer awareness and raise money for research – $30,000 to be precise.

Coordinated by Anna Kelly, the National Breast Cancer Foundation’s annual pink ribbon fundraiser in the area, 250 guests ate a distinctly pink breakfast that included pink sparkling wine.

Guests also took part in an auction, bidding for holidays, appliances and art.

(Pictured) The prosecutor and counsel, CPONPC Joanne Monaghan and the Command Legal Officer LCDR Gary Barrow both suitably wore pink to the breakfast.
Navy joins Facebook
“More than just a craze”

By LEUT Kate Matthews and LCDR Fenn Kemp

THE Royal Australian Navy has joined Facebook!

Deputy Chief of Navy, RADM Davyd Thomas, said it was about time Navy caught up with an increasingly popular activity.

“This is a perfect communication vehicle to get our message out to the millions of internet users who don’t know about our fantastic people and the work they do all over the world,” he said.

“This gives us the opportunity to brand our organisation and promote our message.”

Apart from providing a wide variety of information on the RAN, the Facebook site also hosts a growing range of Navy videos.

The response so far from the growing number of “friends” has been positive. But DCN wants more – thousands more – and is urging all members of the RAN to log on and join up.

“This is more than just a craze. Facebook is here to stay and Navy has to embrace the future. There is a lot of miscon-information out there – it up to us to provide an accurate account of what is happening in the Navy.”

“This is a simple way for us to contribute to recruiting new people. We need our people on the site talking to potential recruits. Nobody can sell our organisation like our own people and this is a fun way for everyone to do their bit.”

JOC gets new home

THE new Joint Operations Command Headquarters complex has been completed on time and on budget.

The Bungendore facility was formally handed over to JOC by the Parliamentary Secretary for Defence Support, Dr Mike Kelly, on November 14.

Also present were senior members of the Praeco consortium and Thales, which delivered and fitted out the facility.

Dr Kelly said the completed facility was an effective, world-class platform for the command and control of Australian forces within Australia and around the world.

He said environmental issues like road access were being improved by a $23.3 million Federal program and the complex had also been landscaped to have zero impact on local water resources — it will be capturing rainfall and storing it on-site.

The visual impact of the building was also minimised by constructing it on lower ground, virtually out of sight from the main road.

But the real wizardry is now split between Sydney and Canberra, Dr Kelly said.

In the early days I called this a farm shed in a sheep paddock. Now I’ve got to say it’s the most hi-tech farm shed anyone could envision,” he said.

“Now operations involving air, sea and ground forces, special operations, submarine operations — and even space — will all be run from the same location. It will have a huge impact on command and control.”

Two weeks of user testing followed the handover.

Around Australia, some 600 ADF members are on the move to the new facility, and the early arrivals are already in position. In parallel, Defence housing is being developed in the Canberra/ Queanbeyan region.

ON TIME, ON BUDGET: Parliamentary Secretary for Defence Support, Dr Mike Kelly; DG HQJOC Project, BRIG Wayne Budd; DG Command and Control Implementation Team, CDRE Peter Leschen; General Manager Praeco Pty Ltd, Peter Hicks; and Vice President Thales Australia, Pierre Maciejowski, celebrate the formal handover.

Photo: Bryan Doherty

FSU on target with WWI gun

By Michael Brooke

WHEN the people of Gulgong unveiled a WWI German mine-thrower on November 11 to commemorate Armistice Day in 1918 their thoughts turned to the soldiers who captured it in battle and the sailors from HMAS Kuttabul who refurbished it.

Sailors from FSU-Sydney painstakingly refurbished the 78mm ‘minenwerfer’ as part of the Navy community engagement program while completing some important competency log requirements in the process.

Six sailors from FSU-Sydney also attended the Armistice Day ceremony at Gulgong RSL, where almost the entire community turned out to pay their respects to fallen heroes and to see the unveiling of the minenwerfer.

WO Harry White said 15 sailors from FSU-Sydney put more than 800 hours into the refurbishment project.

The project involved FSU sailors disassembling the mine-thrower, unseizing the working parts, and building some new parts from scratch with only a WWI-era picture to ensure authenticity.

But the sailors at FSU left nothing to chance and experts at the Australian War Memorial were consulted to ensure the mine-thrower was painted the correct shade of ‘German field grey.’

The RAN’s role refurbishing the mine-thrower for the Gulgong community has been inscribed on a brass plaque that was attached to the base plate for all to read.

AB Amber Rhoemers had the difficult job of engraving the brass plaque as well as the gun’s range and elevation plates — a task that required assistance from a German translator.

WO White said refurbishing the gun allowed FSU personnel to not only advance their comp logs but learn something about Australia’s meaningful contribution to WWI, which marked our transition into a nation.

The gun was manufactured in Germany in 1917, captured by the Australian soldiers of the 45th Battalion in 1918, and gifted to the townpeople of Gulgong, in rural NSW, in 1921.

ABMT Rob Brown and SMNBMB Trent Sharp said refurbishing the mine-thrower was the most unusual yet stimulating job they had done this year.

If you want to meet the challenges of security science in today’s world, there’s nowhere else to go.”

“It’s been a while since I’ve studied, but all that trepidation was erased by the excellent support of ECU,” says Washing Director of the new Bachelor of Security Science.

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— ECU Bachelor of Security Science graduate, Raymond Anderson

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ECU Security Science graduates speak for themselves

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RESTORATION: POMT Stephen Fisher, SMNBMB Trent Sharp, SBMT Michael Dawson, LSMT Michael Penhall, ABET Amber Roones and ABMT Robert Brown with the 78mm ‘minenwerfer’. Photo: ABSP David McMahon

On the Road: Parliament House to Canberra. Photo: ECU
Harman’s proud day

HMAS Harman’s ship’s company exercised their right of Freedom of Entry (FOE) into Queanbeyan, NSW, on November 15 with a display of tradition and ceremony, marching with swords drawn and colours flying.

In a colourful addition to the Queanbeyan Show, the FOE platoons marched into the Queanbeyan showgrounds where the NSW Police Local Area Commander, Superintendent Gary Merryweather, conducted the challenge.

Upon proving their right for FOE, the platoons were inspected by the Mayor of Queanbeyan, Tim Overall, with CDRE David Letts conducting the review.

Harman CO, CMDR Bruce Shearn, said FOE rights were last exercised in 2002.

“Through today’s FOE march, HMAs Harman is seeking to reaffirm its long-standing association with Queanbeyan and celebrate its 65-year history of active participation and engagement with the local community,” he said.

“Navy personnel in HMAs Harman are very aware of the historical significance and privilege of a town bestowing FOE to a military force,” he said.

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“Navy personnel in HMAs Harman are very aware of the historical significance and privilege of a town bestowing FOE to a military force,” he said.

“The FOE is the highest honour that a city can grant to the RAN.

Over 180 personnel from the Harman Command and Canberra lodger units, the RAN Band, the Navy contingent of Australia’s Federation Guard and Australian Navy Cadets from TS Canberra made up the FOE platoons.

Step forward for AWD project

THE $8 billion Air Warfare Destroyer (AWD) project is a step closer to realisation following the signing of a contract for its new headquarters in Adelaide, South Australia.

Defence Minister Joel Fitzgibbon said the AWD Systems Centre will integrate Defence and industry partners.

“This will ensure effective decision-making and provide a focus for design and project management for the delivery of AWDs to the RAN,” he said.

ASC, on behalf of the AWD Alliance, also signed the Systems Centre Assistance Deed with Defence SA, cementing South Australia’s commitment to the location of the Systems Centre in Adelaide.

As the new high-tech hub of the AWD project, the AWD Systems Centre at Techport Australia will provide accommodation for 300 staff including personnel from the Commonwealth, ASC, Raytheon Australia, Navantia, Bath Iron Works, Lockheed Martin and the US Navy.

The state-of-the-art facility will also be designed and constructed to achieve a five-star Green Star rating from the Green Building Council of Australia.

In early 2010, staff including project managers, systems engineers, naval architects, combat systems engineers, planners and procurement specialists will move from their current location in Felsinow to the new purpose-built facility adjacent to the shipyard.

The AWD Alliance is made up of the Defence Materiel Organisation, ASC as the Shipbuilder and Raytheon Australia Pty Ltd as the Combat System Systems Engineer.

New research alliance

THE Defence Science and Technology Organisation (DSTO) and the University of Tasmania (UTas) recently signed a new research alliance to undertake further studies in maritime engineering and hydrodynamics.

The alliance, involving DSTO and the Launceston-based Australian Maritime College (AMC), which was integrated within UTas last January, will continue with important research in hydrodynamics – the physics of fluids in motion.

Defence Science and Personnel Minister Warren Snowdon said the research partnership had already made a significant difference to the defence of Australia.

“DSTO and AMC have worked together successfully for the past 20 years to develop a world-class hydrodynamics research capability,” he said.

“This capability has been applied to a number of important projects including Navy’s Collins class submarines, Landing Helicopter Dock amphibious ships, Anzac class frigates and other platforms.

This valued partnership will continue to provide the ADF and the Defence Materiel Organisation with informed advice on these and other maritime programs like the next generation submarine project.”
60 seconds with...  
RADM Steve Gilmore, Commander Australian Navy Systems Command

Tell us a little about your family... I’ve been married to Kate (also serving in Navy) for 24 years. I have a daughter studying nursing at the University of Canberra and a son in Year 10.

What do you do to unwind? I enjoy jogging, attempting to swing a golf club, watching a good move and being with friends around a barbie.

What is your dream car? BMW 24

If you hadn’t joined the Navy, what do you think you would have done? Not sure as I joined at 16 – I had thought of farming at one point in my youth.

What is your favourite type of food? There is nothing better than a red hot curry!

A drop of red wine (shiraz/merlot).

What is your all time favourite movie? Toss up between The Cuel Sea (snorkers good-shit!) and Kenny. If you were stuck in a life raft, who would you want to be there? A Life Raft Maintainer.

A proud moment in my life was... Being present whenever my children have achieved a success or tackled a challenge.

What sporting team do you barrack for? Port Power – it’s their year again in 09!

CELEBRATION: Members of HMAS Kuttubul gathered to support the Kuttubul Kup in the Junior Sailors’ mess on Cup Day. Event organizers PTIs (L-R) LS Trudgen, CPO Harper, AB Gallagher and PO Fish celebrate a job well done.

The drinking and idle chatter gave way at 1500hrs when everyone’s attention turned to the big screen for the big race, which saw a 40-1 long-shot, Viewed, clinch a stunning victory amidst excited shouts of encouragement from the sailors.

The ships’ companies of HMAS Ships Stirling, Coonawarra, Cairns, Cerberus, Cresswell, Albatross, Watchron and Watson also celebrated Cup Day in fine fashion.

Sailors at HMAS Stirling pat-}

Source: www.asx.com.au

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THE GOVERNMENT NEWS

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History has shown that when the share market suffers sharp or sustained falls, investors turn to residential property investment.

(source: Australian Property Investor)

Increases in property of between 15 – 20% have occurred within two years of a number of these falls. The first was in 1987 with the world share price collapse, the second, in 2001, with the burst dotcom bubble and 9/11 fueling another share price adjustment.

(source: Australian Property Investor)

So, Corp Bill considered history and with professional guidance from Spectrum on cash flows, lifestyle needs, loan structure and tax benefits decided on a long term strategy and bought his first property investment.

Falling interest rates, rising rents and low vacancy rates in rental properties were some of the positive conditions that influenced his decision.

The major surprise for Bill was that this was only going to cost him $500* per fortnight.

*The figure above is based on a number of assumptions and will vary on a case by case basis.

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Navy remembers November 11

By LCDR Mick Gallagher

At 11am on November 11, 1918, the guns of the Western Front fell silent. World War I was over.

In a fitting ceremony to mark the 90th anniversary of Armistice Day, sailors joined with Army and Air Force personnel to form a tri-Service armed catafalque party at the Martin Place Cenotaph in Sydney.

Forming the catafalque party of four were ABBM Dael Jensen and ABBM Luke Pertovt from Port Services at HMAS Waterhen.

“It was for us first as both a catafalque party,” said ABBM Jensen.

Both sailors had only the previous day to perfect the precision drill required on the day while working with the other two personnel from Army and Air Force. CPOB Greg Morris from Command Ceremonial was also in attendance.

The Service prayers were said by Naval Chaplain Ian McKendrick, who especially praised for all members of the ADF currently serving overseas.

CDRE Nick Helyer RANR was the guest speaker for the service who reflected on WWI from the personal diary of Brigadier-General Pompey Elliot AIF who served at Gallipoli and the Western Front.

“I am broken-hearted at the loss of my brave boys…may I never see another war,” wrote the famous Mongol leader, Genghis Khan, and is symbolic of the spirit of service and sacrifice.

“Legends have it that the poppy goes back to the time of the Western Front in France during World War I. The white poppy also bloomed at Gallipoli. Legend has it that the poppy goes back to the time of the famous Mongol leader, Genghis Khan, and is symbolic of the spirit of service and sacrifice.

“So many made a sacrifice for us and this is our way of giving back,” said SMNBM Imogen Gamble of Australian Federal Naval Bases. "It is my second time assisting with Remembrance Day poppy sales and it’s something I enjoy doing," added shipmate SMNBM Nathan Coles.

GIVING BACK: John Whitten buys his poppy from ABWTR Kathryn Morris (left) ABIS Haley Broughton.

Photo: ABPH James Whittle

Symbol of Service and sacrifice

In Flanders fields the poppies blow
Betwixt the craters, now in row.
That mark our place; and in the sky
The larks, still bravely singing, fly.

Colonel John McCrae, 1915

IT WAS ‘poppies galore’ in Sydney when sailors from HMAS Kuttabul’s Sydney-Endeavour Mess dinner held on Remembrance Day 2008.

Dressed in her novel mess dress uniform this was also Professor Bashir’s first official naval function since her inauguration into the RAN as an Honorary Commodore at a ceremony at HMAS Brisbane on October 9, 2008.

The Governor was accompanied to the wardroom dinner by her husband, Rugby Union legend, Sir Nicholas Shelbiedes, who was three times Australian captain.

Kuttabul XO, LCDR Mark Whanslaw, said the event was particularly poignant for the Governor whose two cousins served in the Navy during WWII.

At the end of the dinner COMAUSSFL presented the Governor with a pair of white ensign cuff links to mark her first official naval function in uniform.

“It has been an honour to be here on the 90th anniversary of Armistice Day 1918,” Professor Bashir said.

Governor turns out in mess dress

MESS DINNER: RADM Nigel Coates and CDRE Simon Cullen greet the Governor of NSW, Professor Marie Bashir. Photo: ABPH Andrew Black

By LCDR Mick Gallagher

THE Governor of NSW, Professor Marie Bashir, was the guest speaker for HMAS Kuttabul’s Sydney-Endeavour Mess dinner held on Remembrance Day 2008.

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Best practice key to ensuring safety

Aims to drastically reduce injury and disease

By Michael Brooke

RAN personnel posted to warships and shore establishments got into the full swing of Occupational Health and Safety (OHS) during ‘Navy OHSTOBER month’.

The personnel of the Fleet Workforce Management (FMW), which is in Fleet Headquarters and falls under the banner of Fleet Human Resource Management, were among the leaders for Navy during ‘OHSTOBER’.

The FMW personnel held a morning tea on October 23, where they discussed OHS issues in order to raise awareness of safety and improve the workplace environment.

POET Mark Lyon, FMW, said the activity would help to drastically reduce the number of deaths, injuries and diseases, while boosting morale and increasing workplace productivity, which helps to preserve Defence capability.

The morning tea and OHS discussion was posted on the OHSTOBER website along with almost 100 other activities designed to promote safety in Defence, he said.

Navy and Defence personnel nationwide posted their workplace initiatives and shared ideas on http://ohsc.defence.gov.au/OHSTOBER/

POET Lyon delivered a short speech on safety before handing over to Chief Staff Officer (Support), CAPT Adam Grunsell, who issued ‘OHSTOBER’ bags to staff that contained ‘safety’ promotional products including Navy HRI guides, pens and drink bottles.

The aim of OHSTOBER was to improve OHS in Defence through encouraging Service personnel to be OHS leaders by arranging and participating in OHS workplace activities.

Consistent with Defence’s moral and legal obligations relating to OHS, the first priority of the major Defence Priorities for 2007-08 announced by the Chief of the Defence Force and Secretary last year for ‘Our People’ was to ‘Provide a best practice safe and healthy workplace’.

It is imperative that workplace health and safety is maintained to the highest standards to protect our people – from our forces deployed on operations and undertaking training exercises to personnel working in workshops and office-based environments.

The practical training onboard HMAS Melbourne commenced when the course joined the ship in Brisbane – a challenging pilotage followed as the students navigated their way down the Brisbane River, enroute to a week-long training period in areas off Moreton Bay, Percy Islands and Whitsunday Islands.

Following a weekend visit to Mackay, the trainee navigators entered their assessment phase with further pilotage and navigation exercises conducted in the Cumberland Island and Whitsunday Islands groups.

At the end of a fortnight of trials and tribulations, set in a rigorous navigation assessment period, the RAN’s newest navigators were welcomed to the Fleet; LEUT Jonathan Beatty joining HMAS Toowoomba, LEUT Bryan Gardam HMAS Perth, LEUT Elle Ellul HMAS Newcastle, LEUT Dave Reay HMAS Melbourne, and LEUT Hugh Simpson HMAS Ballarat.

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PRIME IMPORTANCE: OHS best-practice is imperative for the protection of Navy's most important asset - its people.

Photo: AB Nadia Monteith

Aims to drastically reduce injury and disease
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SMNCD Alex Stuart says the rigours of his clearance diving training gave him the mental and physical skills to score an unlikely win in one of the world’s most gruelling races – the Kalahari Augrabies Extreme Marathon.

John Martin reports.

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h! Three-less time of 14 hours, 41 minutes and 12 seconds – which is

Kalahari dreaming

SMNCD Alex Stuart says the rigours of his clearance diving training gave him the mental and physical skills to score an unlikely win in one of the world’s most gruelling races – the Kalahari Augrabies Extreme Marathon.

John Martin reports.

SMNCD Alex Stuart says the rigours of his clearance diving training gave him the mental and physical skills to score an unlikely win in one of the world’s most gruelling races – the Kalahari Augrabies Extreme Marathon.
By CMDR Steve Dunning

The historical significance of this year’s Remembrance Day was not lost on South Australia’s most senior Reservist, State Governor RADM Kevin Scarce, when he donated his summer ceremonial uniform to acknowledge the 90th anniversary of the end of World War I.

RADM Scarce, accompanied by Mrs Liz Scarce – herself a former officer in the Women’s RN Service – ensured there was a real naval flavour to the morning’s activities when he appointed LCDR Trish Matthews as his honorary aide-de-camp.

As patron of the Returned and Services League of Australia (SA Branch), RADM Scarce began his official duties when he planted a cross in memory of the fallen at Adelaide’s Field of Remembrance.

Later, RADM and Mrs Scarce, along with other service representatives and dignitaries, attended the annual observance of remembrance at the Cross of Sacrifice, Pennington Memorial Gardens.

Navy was also well-represented throughout Adelaide and the suburbs where a number of full and part-time members from NHQ-SA and outstations attended ceremonies at a local school, the Naval Association, a Hill’s church and the Repatriation General Hospital.

NHQ-SA Ceremonial provided personnel for catafalque parties and the SA Detachment of the RN Band assigned buglers LSMUSNs Guy McRedmond and Joel Walker to the key role of sounding the poignant Last Post.

The RSL also unveiled a black granite memorial – the Ataturk Tribute Memorial – moments before South Australians paused for a reflective minute’s silence.

Inscribed in both Turkish and English, the monument serves as a reminder of his vision for peace.

Gallipoli who went on to found the mod-ern Turkish nation, the monument serves in Flanders’ Field.

To the large crowd that gathered at Brisbane’s Shrine of Remembrance.

The service marked the 90th anniversary of the day the guns on the Western Front fell silent but not before 60,000 Australians lay dead and another 156,000 had been wounded or taken prisoner.

Despite rain, principal participants led by the new Governor of Queensland, Ms Penelope Wensley, gathered beside the shrine from 10.30am.

That invitation saw a number of pupils and “old boys” from the Anglican Church Grammar School participate.

“The lads are also members of Australian Navy Cadet training ships, Army Cadet Units and Air Force Cadet Squadrons.”

By Graham Davis

THE RSL’s nurturing of today’s youth was highlighted when the Queensland branch of the League asked Navy, Army and Air Force cadets to provide the catafalque and flag parties for this year’s Brisbane Remembrance Day service.

A cadet was also asked to recite In Flanders’ Field to the large crowd watching from office balconies and others spread along the footpaths.

“Today is the time we reflect,” Deputy State RSL President Terry Meehan reminded the gathering.

After the laying of dozens of wreaths the Last Post was sounded, a minute’s silence taken and Rouse sounded by bugle.

Miss Rebecca Cassidy ended the service by leading the crowd in Advance Australia Fair.

The Senior Naval Officer/ South Queensland, CMDR Forbes Peters, laid a wreath on behalf of the RAN while Reservist LCDR Matt Rowe assisted the new governor Ms Penelope Wensley, as ADC.

Elsewhere in southern Queensland, RAN members, both PN and Reservists participated in other ceremonies including mounting a catafalque party.

“We had about 10 from NHQ/ helping with ceremonies,” CMDR Peters said.
Naval Reservists have distinguished themselves in many ways over the years. But a recent incident during an athletics event in the Pan Pacific Masters Games involving a senior NR officer based in south-east Queensland, CMDR Andrew Clowes, adds a fresh dimension to the annals of sportsmanship and generosity in those who serve.

He gave up a commanding position in a foot race to help a disabled fellow runner, potentially foregoing a gold.

The Director of Naval Reserve Support in Queensland, CMDR Cleaver, has participated in many athletics events through his career including the taxing Three Peaks Race in Tasmania.

In The Gold Coast Bulletin on November 5, journalist Jack Campbell wrote under the headline: Sportsmanship for all to see:

While the Pan Pacific Masters Games may not be among the world’s most cutthroat competitions, a display of sportsmanship in the 10km race yesterday was hard to beat.

Blind runner Damien Williams thought his chances of winning were close to nil when his guide runner suddenly fell ill during the race.

After making it to the 3km mark of the 10km race, Mr Williams’ guide runner, David Fitter, was forced to leave the Griffith University track with severe pain from stomach ulcers.

Mr Williams, 37, was left stranded but fellow competitor Andrew Clowes, from Brisbane, stopped his race and guided him around the track for the next 6km.

Mr Williams said Mr Clowes had been one lap ahead of him.

“Then when they did the changeover, everyone was cheering again, it was fabulous.”

Mr Williams came away with the gold medal after winning the race for his age group. It was his third gold medal from four races contested since Saturday.

Mr Clowes and Mr Whelan also won gold in their categories.

Story and photo courtesy The Gold Coast Bulletin

Endurance: CMDR Andy Clowes (above) takes part in a marathon. He stopped his own race to help Damien Williams (inset). Main photo: SBLT Carolyn Docking

Reservists display great sportsmanship at Masters Games

One of the Australian Navy Cadet organisation’s newer training ships, TS Toowoomba, has been named the top cadet unit for 2008.

Based far inland – 125 kilometres west of Brisbane – Toowoomba vied with 91 other cadet units across Australia for the honour.

The award, more formally called the Navy League of Australia Efficiency Trophy, is the highest honour a cadet unit can achieve.

A fund-raising campaign was started far inland – 125 kilometres west of Brisbane – Toowoomba vied with 91 other cadet units across Australia for the honour.

The award, more formally called the Navy League of Australia Efficiency Trophy, is the highest honour a cadet unit can achieve.

It may not be among the world’s most cutthroat competitions, a display of sportsmanship in the 10km race yesterday was hard to beat.

The training ship, led by LEUT Warren Gardner and his XO SBLT Penny Gardner, had already won the award for the best unit in South Queensland, making it eligible for participation in the national judging.

Late in October the RAN’s Systems Command, RADM Steve Gilmore, announced that Toowoomba had won the award and alerted LEUT Gardner that he was personally present the trophy.

On November 9 VADM Crane flew to Queensland and before a well turned out ship’s company and several hundred VIPs, senior military personnel, family members, cadets from TS Walrus 209 and 210 AAFG, 13 AUC, the ANC’s Sunshine Coast/Cooloola Region, and friends, presented the shield to the cadets who had earned them for their efforts.

The senior ANC officer in South Queensland, Lcdr Martin Blume ANC, also praised the unit.

“This award is well deserved and is a testament to the work that LEUT Warren Gardner, his staff and cadets at TS Toowoomba have put into the unit.

“The strength of this unit is undoubtedly the extraordinary commitment of staff, unit support volunteers, unit sup-

port committee members, parents and cadets.

“They are also in a most fortunate position in relation to their support to the community in that they have established a solid working relationship with local organisations and government members.

“Another RCU unit, a very balanced unit, is consistently exceeded the inspection requirements across all areas.

“Dear to his heart: CN VADM Nicholas Reedy wants to be a clearance diver.

“Through hard work and the persistence of staff the unit has secured significant non-public funding to build a boathouse at the lake which will relieve some of the transport burden,” CMDR Goss said.

TS Toowoomba’s genesis dates back to 2003 when a group of parents, including the Gardners, recognised the need to provide an interest to teenagers.

A support committee was formed and in-principle clearance given to form independent membership, obtained sailing craft and equipment and seen cadets attain numerous skills through courses provided by the ANC and the RAN.

It has also seen several of its ship’s company join the Royal Australian Navy.
**Wild and wet graduation**

JOIN the Navy was the catch cry of the day after 12 Army cadets from Larrakeyah Barracks spent an afternoon with the crew of HMAS Armidale. The cadets were taken on a tour around the Armidale class patrol boat as part of their graduation. The afternoon was full of gunnery displays, tours of the engine spaces and topped off by a wet and wild RHIB ride. A change of clothes may have been handy for some of the cadets who chose the wrong place to sit in the RHIB. The afternoon ended with some question time and a warm ‘thank you’ from the cadets for the opportunity. Overall, great fun was had by crew and cadets alike and we hope to see their faces passing through the Fleet one day.

(Pictured) A belt around Darwin harbour in a Navy RHIB was part of 12 Army cadets' graduation present.

– LEUT Alicia Harrison

**Different propellers**

LIKE THIS: Some of the Air Force cadets have the operation of the synchrolift cradles explained as part of their tour of HMAS Coonawarra and the Patrol Boat FEG. Photo: ABPH Bradley Darvill

By LCDR Mick Gallagher

FIFTY Northern Territory teenagers of 8 Wing Air Force Cadets recently descended on HMAS Coonawarra for a taste of Navy life. Their week of general service training had already included tours of a C-130 Hercules, the new Tiger armed reconnaissance helicopters, Abrams tanks and marksmanship training.

Now it was time to see the Navy. After an introduction by WO Paul Hayes, PBFEG Warrant Officer, it was off to tour the Armidale class patrol boat HMAS Bathurst (LCDR Steve Taragel) led by the ship’s chef ABCK Matthew Jacques.

Aboard, the cadets met up with three sailors completing their gap year training: SMNGX Kirrilee Blackburne from Brisbane who has now signed up for six years and starts her medic course at HMAS Cerberus in January; SMNGX Scott Tregenza who is returning to Adelaide to do an engineering degree; and SMNGX Russell Marland who intends to complete a teaching degree at Ballarat before joining the RAN.

The cadets then toured the facilities of FSU-Darwin, led by LSMT Rick Garner, where the LCH HMAS Bulikpapan was high’n’dry and her crew having a well-earned rest.

A tour of the base included the weapons workshop where instructions on the 25mm Typhoon Bushmaster gun, as fitted to the Armidale class patrol boats, were given by LSET Josh Wright.

At the end of their Coonawarra experience some cadets expressed a desire to shed their RAAF wings for Navy fins.

“I would consider joining the Navy,” said Cadet Toby Phelps, from Berrimah in Darwin, who was echoed by cadets Kaysie Dawson and Hannah Gower.

The RAAF visitors also included five cadets from Katherine and were accompanied by FLTLT Don Wilson, the XO 803 SQN/Catering Officer at RAAF Tindal.

喜欢这个：有些空军学员的导航方法由部分的HMAS Coonawarra和巡逻船FEG。照片：ABPH Bradley Darvill

由LCDR Mick Gallagher

FIFTY Northern Territory青少年的8 Wing Air Force Cadets最近在HMAS Coonawarra品尝了海军生活。他们的通用服务培训周已经包括对C-130 Hercules、新的Tiger武装侦察直升机、Abrams坦克和射击训练的访问。

现在是时候去看海军了。在保罗·海耶斯WO，PBFEG Warrant Officer的介绍后，他们去了参观Armidale级巡逻船HMAS Bathurst (LCDR Steve Taragel)由船的厨师ABCK Matthew Jacques带领。

上船后，学员们与三名正在完成空缺年培训的水手会面：SMNGX Kirrilee Blackburne从布里斯班签约六年，明年一月在HMAS Cerberus开始她的医疗课程；SMNGX Scott Tregenza回到阿德莱德做工程学位；和SMNGX Russell Marland打算完成Ballarat的教学学位，之后加入海军。

学员们随后参观了FSU-Darwin，由LSMT Rick Garner带领，LCH HMAS Bulikpapan处于高‘n’dry状态，她的船员得到了很好的休息。

基地参观包括武器车间，那里介绍了25mm Typhoon Bushmaster枪的使用方法，该枪装在Armidale级巡逻船上，由LSET Josh Wright教授。

在科纳华拉体验结束时，一些学员表示希望脱下皇家澳洲空军的翅膀换成海军鳍。

“我会考虑加入海军的”，来自达尔文的Berrimah的学员Toby Phelps说，他的声音也得到了Kaysie Dawson和Hannah Gower的响应。

皇家澳洲空军的来访者还包括来自卡瑟琳的五名学员，并由FLTLT Don Wilson陪同，他是803 SQN/Catering Officer在RAAF Tindal。

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**NAVY NEWS**


November 27, 2008
Integration a huge success

By LCDR Antony Underwood

INTEGRATION of Reserves into the RAN workforce is so successful most Reservists now regard themselves as part-time members of the Permanent Navy (PN).

The Chief Staff Officer – Reserves, CMDR Andrew Dale, said this at the start of his address to more than 300 Naval Reservists gathered for the annual NR briefing at Defence Headquarters in Canberra last month.

“You go to units – establishments and ships – in the Navy today and you can’t tell who is a Reservist and who is a PN person, so successful has been the integration of the Reserves into the PN,” he said.

“And Reservists of today do not think of themselves as Reserves – they think more of themselves as part-time PN and that’s really the direction we’re going in.”

CMDR Dale outlined his duties, which include:

➤ managing Reserve regional pools;
➤ helping manage the Reserve career management cell;
➤ representing the Director General of Navy Personnel and Training on a variety of committees;
➤ improving processes which will ensure that Reserve positions are filled; and
➤ implementing the Navy Personnel and Training NR objectives in line with the business plan, Plan Green.

“I’m also here to make sure that the Naval Reserve is considered in any of the training and personnel issues – that’s very important as you can imagine,” he said.

Another issue was the transition from the Standby Reserve to the Active Reserve.

“So some of you have had the experience [of transferring from the Standby Reserve to the Active Reserve] and can understand how time-consuming that can be,” he said.

“We’re currently looking at ways of streamlining that process. In the past it could take up to two months to get a Standby Reserve to work. Employers don’t want them in two months time, they want them yesterday.

“And we’re slowly chipping away at all that bureaucratic nonsense that seems to go on in those processes.”

One of the projects CMDR Dale is overseeing is the Standby Reserve contact program.

Navy Gardens scene of moving ceremony

By CMDR Steve Dunning

ONE of the highlights of the ex-RAN Band Association’s biennial reunion held in Adelaide recently was the presentation of a Certificate of Commendation to the Association in appreciation of its valuable contribution to promoting the proud record of service given by past and present members of the RAN Band.

The South Australian Detachment of the RAN Band hosted the Association and, according to bandmaster CPOMUSN Doug Antonoff, “the reunion was an excellent opportunity for current Reserve musicians of the SA Detachment of the RAN Band and the ex-RAN musicians (some of whose service dates back to the 1950s) to cross paths, perform together and share their own stories.”

CPO Antonoff said the weekend’s events also included the dedication of a plaque in memory of musicians who paid the supreme sacrifice while serving in ships of the Australian Fleet and a reunion dinner attended by some 140 ex-musicians and their partners.

The Director of Music RAN, LCDR Phillip Anderson, attended the dinner and the dedication service accompanied by his wife Bernadette. The SA Detachment’s Rock Band, led by vocalists POMUSN Rory McKinnon, ABMUSNs Katrina Caton and Anna Boychenko, provided the entertainment for the evening.

“LCDR Anderson also took the opportunity to formally acknowledge the effort of the RAN Band Association in promoting the proud record of service given by Navy’s musicians to the nation with the presentation of a Certificate of Commendation to the Association’s President, Brian Ellis,” CPO Antonoff said.

“The dedication of the plaque, held in the picturesque Navy Gardens of North Adelaide, was a moving ceremony and also a fitting finale to the weekend, with the SA Detachment combining with the ex-musicians under the baton of former Director of Music LCDR Bill Farrell.”

In a further testimony to the talents of RAN ‘bandies’, the service was conducted by former CPOMUSN John Connelly who, for a period, re-entered the RAN as a Roman Catholic Priest.
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SURPRISE VISIT: HMAS Tobruk hosted an Open Day for Navy Week while alongside Station Pier, Melbourne. With bride Jaime, who visited, and her bridesmaids, is XO LCDR Anthony Stringer, POCSH Shannon Russell, LSCSO David Watson, LSET Daniel Buckman and ABMT Troy Russell. Photo: LSPH Nina Nikolin

FOND FAREWELL: Denise Harris, who never met her father (AB Dennis Paling lost on HMAS Sydney II), holds her only piece of memorabilia of her father – a 1942 parade pipe, with LSBM Mathew Estcourt, HMAS Manoora. Photo: ABPH Andrew Dakin

CHAIN GANG: ABBM Brad Rose in the Bosun’s Store onboard HMAS Sirius. Photo: ABPH Nadia Monteith

REMEMBER THE PAST: RCT Shelly Suter and RCT Andrew Wilsdon at the South Australia Shrine of Remembrance. Photo: ABPH Quentin Mushins

IT'S STILL RUNNING: LEUT Chris Wakefield, deployed with CTF-158 in the Persian Gulf, checks out his allocation in the Melbourne Cup sweep. Photo: ABPH Karen Bailey

ON SALE: Mark Mansour purchases his poppy for Remembrance Day from ABBM Andrew Gill and SMNB Nathan Coles, HMAS Darwin. Photo: ABPH James Whittle

DUTY CALLED: SMNCIS Emma Vaughan-Williams, HMAS Cerberus, formed part of the catafalque party at Cranbourne for Remembrance Day. Photo: ABPH Quentin Mushins

LIT UP: ABCIS Kyle Keats signals other ships with the five and 10 inch light onboard HMAS Sirius. Photo: ABPH Nadia Monteith

REMEMBER THE PAST: RCT Shelly Suter and RCT Andrew Wilsdon at the South Australia Shrine of Remembrance. Photo: ABPH Quentin Mushins

ANTICIPATION: Alison Gall, her brother John Casket, Kevin Peterson (HMAS Sydney Association), John Harrison and MIDN Giovanni Di Gennaro talk aboard HMAS Manoora, prior to departing for the HMAS Sydney II memorial. Photo: ABPH Andrew Dakin

CHAINS: ABM Brad Rose in the Bosun’s Store on HMAS Sirius. Photo: ABPH Nadia Monteith

NAVY NEWS


November 27, 2008
This is Africa

Far Cry 2
Ubisoft
Xbox 360/PS3/PC
MA15+

By LS Yuri Ramsey

Far Cry 2 takes place in an unnamed African nation smack bang in the middle of a civil war between two rival factions. The African landscape is beautifully rendered with stunning visuals and lighting effects. Seeing zebras and springboks roaming around, the day, night and random weather cycle makes the land seem alive. It all looks astoundingly pretty.

This setting is far from tranquil, however, as your character is brought into the action with the initial mission of killing a notorious arms dealer called The Jackal.

The game-play is easily compared to the likes of Grand Theft Auto IV. You complete missions for various people and the major factions in the game world but this time you are paid alive. It all looks astoundingly pretty.

The 50 sq km of map is simply huge. This is both a curse and a blessing as it can take a long time to go between locations.

Fortunately there are many vehicles (including boats on the rivers) and bus stations to make getting around faster. The African landscape is picturesque.

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MERCENARY: Explore a beautiful African wilderness while attempting hunt down an arms dealer in this gem of a game.

It’s not as easy as driving from A to B though. There are plenty of checkpoints scattered throughout the map that are always situated in choke points. These require you to either drive through at top speed (almost suicidal), take out most or all of the occupants, or simply sneak around on foot to avoid detection.

One disappointing fact about Far Cry 2 is that everyone outside designated 'safe zones' attack you on sight without provocation. This makes it feel less like a ‘real world’ as it seems everyone is just out to kill you.

Far Cry 2 is not for everyone. The free-roaming game-play will not suit those who just want an ‘on-rails’ shoot-em-up. But, if you want a truly immersive game you can’t go wrong with this gem.

Skoda Roomster

THE best thing that can be said about the Roomster is that it is a practical, if quirky, car.

On the road, the Roomster steers and handles well. The huge amount of torque available from the proven, reliable and economical 1.9 litre VW diesel requires minimum gear changes from the 5-speed manual gearbox.

The ride was on the firm side but softens up with more weight in the car.

Rare for a car this size is the massive windows and elevated seating for rear passengers – a nice touch.

Back seats can be traded for more cargo space by removing them. No special tools are required and this frees up 1780 litres of cargo space.

The car has outstanding primary and secondary safety features having achieved five-star ratings in the European NCAP testing.

The Skoda Roomster’s quirky looks, its solid engineering base and a very endearing nature make it great value.

Price: $28,990
Power: 1.9 litre turbo-diesel/77kW @ 4000rpm/240Nm @ 1800rpm 0-100km/h 11.5 secs.
Fuel: 5.5 litres/100km. Diesel.
CO2 emissions: 145g/km
Safety: ESP ABS EBD traction control, brake assist, front/side/bumper air bags, electronic stability program.

Against: Quirky shape.
Have a rest to be your very best

Reducing exercise or tapering before a sporting event is essential for optimal performance.

Matt Freke outlines strategies for tapering in the lead-up to events.

Members of the ADF are required to maintain their physical fitness, which is measured by sit-up and push-up repetitions and running times. In addition, many members compete in civilian and military sports.

Whether the aim is to pass a BFA or win a marathon, final preparation or tapering for an event is important. Tapering involves a gradual reduction in training load to allow the body to recover. Months of good training can be undone by improper amounts of training close to event time. Sudden intense training before an event to make up for poor training patterns can create an adverse effect.

How much and when you taper depends on the distance and how fit you are.

**Good fitness**
Begin tapering three weeks before the event. Reduce the volume of training by 20 per cent each week.

**Moderate fitness**
Begin tapering two weeks before the event. Reduce the volume of training by 30 per cent each week.

**Low fitness**
Begin tapering 10 days before the event. Reduce the volume of training by 50 per cent each week.

**No fitness**
Begin tapering three days before the event. Even if you are unfit and have not trained, it is generally better to approach an event fresh rather than sore from last minute preparation. It’s wise to practise the skill involved (running, push-ups and sit-ups), but not to the point of exhaustion. Most delayed onset muscle soreness will settle in three to four days. Cease any intensive last minute training before this time.

It’s important to get the maximum effect of training both physically and mentally.

**Tips for tapering**
- Maintain frequency of the training, it helps with skill and ‘feel’.
- Use shorter race intensity with good recovery. Passive recovery is mainly rest and compression. Active recovery may involve massage, stretching or very light cardiovascular exercise.
- Train so it’s easy to recover afterwards.

Matt Freke is the manager of rehabilitation services at 2HSB.

**EXAMPLE OF TAPERING FOR A RUN WITH MODERATE TO GOOD FITNESS**

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**BAYSWOOD**

Vincentia, Jervis Bay

**SYSTEMS PRIMED:** Tapering your training can help the body recover before a big event to improve performance. **Photo: LACW Amanda Campbell**

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An artist with depth

By John Martin

LSET Chris Bennett is an artist with depth. Literally. His actual job is as an instructor at the RAN Recruit School at HMAS Cerberus. But art is a leisurely sideline. Since he drew HMAS Cessnock II when he was posted to the patrol boat eight years ago, his drawing pencils and sketch book have been a regular item in his kit whenever he has gone to sea.

He has produced a pencil drawing of HMAS Sydney II, which lies 2470 metres below the surface of the Indian Ocean, 81 nautical miles from Shark Bay in Western Australia.

It’s a tough ask drawing something you can’t actually see, using only information that’s in the public domain. But it’s a pretty good representation, according to naval historian LEUT John Perryman, with whom LS Bennett exchanged email and even took time to meet when he went to Canberra for a wedding in October 2007.

But his latest project has a much, much wider audience and he rates it has the pinnacle of his art career so far. He has produced a pencil drawing of HMAS Sydney II, which lies 2470 metres below the surface of the Indian Ocean, 81 nautical miles from Shark Bay in Western Australia.

He started by doing two basic sketches, then he modified the third as he went, tick-tacking with LEUT Perryman until he was satisfied he had it right. It changed dramatically from those first drafts.

He even experimented with pencils, finally settling on 2B and HB pencils. CHAP Graeme Watkinson, of the RAN Recruit School, has bought the original.

This is LS Bennett’s second stint in the Navy. He joined in 1994 but it was only when he joined the crew of Fremantle class patrol boat HMAS Cessnock, based in Darwin, that he began drawing.

He started looking at the pictures on the Finding Sydney website and when he realised there wasn’t a whole ship picture he decided to draw the iconic ship as she lay there on the ocean floor.

He says he took his inspiration from American artist Ken Marschall, who has produced a series of paintings and drawings of the wrecks of the Titanic and the Bismarck.

LS Bennett normally spends 20 hours drawing and 50 or 60 hours of research before finishing a piece. But this drawing of Sydney took a lot longer. He had to study about 50 photographs of the ship from different angles to get the details right.

The drawing wasn’t easy. “You haven’t got any reference line with your eyes when you’re drawing something under water, so you’re basically drawing in the abyss,” he says.

“You’ve got to get all your perspective and depth right otherwise it actually looks like you’ve drawn a ship sitting on sand.”

He started by doing two basic sketches, then he modified the third as he went, tick-tacking with LEUT Perryman until he was satisfied he had it right. It changed dramatically from those first drafts.

He even experimented with pencils, finally settling on 2B and HB pencils. CHAP Graeme Watkinson, of the RAN Recruit School, has bought the original.

This is LS Bennett’s second stint in the Navy. He joined in 1994 but it was only when he joined the crew of Fremantle class patrol boat HMAS Cessnock, based in Darwin, that he began drawing.

As soon as he drew Cessnock with a Darwin background, he was besieged by colleagues asking for pictures of that patrol boat and others.

He got out of the Navy five years ago and rejoined in July 2007, lured by the chance to guide recruits through their first 11 weeks in the RAN.

As part of that tuition he accompanies them for a week aboard 72-metre long ocean-going vessel Seahorse Spirit and always makes sure to pack his drawing things.

Steve after sea school had to take a break from his drawing, but he’s back at it with HMAS Geelong, HMAS Melbourne and Cerberus at the end of his current tour, another post on the patrol boats.

But the Sydney II drawing is definitely his pride and joy. He posted a photo of it on Facebook and it was plastered on the Finding Sydney website.

The end result is an A2-sized (420mm x 594mm) pencil drawing on watercolour paper.
Army stranglehold ends

By Scotty Tobias

NAVY lawn bowlers defeated their Army counterparts at the Australian Services Bowls Association’s (ASBA) National Lawn Bowls Championships for the first time in the competition’s 23-year history.

Held in Brisbane on October 13–17, the historic win ended Army’s six-year stranglehold on the Service trophy, which saw Air Force crowned new champions.

In only their second year since joining the competition, Defence’s Australian Public Service (APS) participants emerged as a new force in Defence lawn bowls finishing runners-up by the smallest of margins.

Navy also atop the ante since commencing their five year plan in 2004 to win the Service trophy. An influx of young bowlers not only boosted their depth but injected a level of enthusiasm that was a feature of their play.

Navy batted their始建于with a disappointing first round loss to Air Force, but the mood in the camp remained positive.

APS’ introduction to the competition now meant one loss and you weren’t out of contention anymore and there were some questions to ask following Army’s narrow win against APS in the first round.

Navy got off to a flyer against Army and led 42–21 approaching the half-way mark but Army’s bowlers were notorious for their strong finish. Navy held on though as their exuberance lifted the team to win 79–67.

The competition was beautifully poised going into the final round following APS’ win over Air Force.

Navy were still a chance if they could convincingly beat APS and hope Air Force and Army shared their four rinks. Air Force managed three rink wins and a draw against Army leaving the door slightly ajar for APS to snatch the trophy.

With light rain falling, Navy’s enthusiasm was anything but dampened but they went down fighting to lose a thriller 79–77.

In the end it was Air Force’s trophy, scraping home ahead of APS with Navy a close third and Army fourth.

This year also saw the introduction of the ASBA’s Development Trophy for personnel who narrowly missed selection for their respective Services.

ABATV Dave Chapman and ABET Mark Wallace upset two seasoned Army bowlers to take out the inaugural trophy.

ABCK Justin Bell, LSCIS Jason Smith, CPOMW Wade Vidalich and POET Murray Piggot were the selected for the 2009 Arafura Games by Commonwealth Games Gold Medalist, Bill Cornells.

Most Valuable Player: ABCK Justin Bell
Players’ Player: LSCIS Jason Smith
Best First Year Player: SMNCSO Wade Vidalich
Most Improved Player: LSCD Nick McTernan + ADO’s Best Novice Bowler

GOOD FORM: ABCK Justin Bell led superbly for Navy at the ADO’s National Lawn Bowls Championships.

ACT team go down, but not without a fight

LS JAMES Lee’s ACT team failed to take the silverware in a dramatic men’s final at the ADF national netball carnival in Wodonga, Victoria – but he tasted person glory.

LS Lee was named the men’s most valuable player after the final in early November.

Almost 200 competitors from the states and territories travelled to Wodonga for four days of fierce competition and the men’s final, between NT and ACT, was the first on finals day.

Both teams had been strong all week but NT had lost their star shooter, CPL Dean Burke, in the previous week but NT had lost their star shoot- er, CPL Christopher-John Sinden and SQNLDR Pete Janssen were a force to reckoned with in defence and turned the game ajar for APS to snatch the trophy.

In the first quarter was a close one. Both teams played a strong game. By half time SEQ LD had a five-goal lead. NSW made some changes in the second half but were not able to catch SEQ LD.

The mixed final was a battle between ACT and VIC. VIC had been beaten only by ACT in the first final so it was set to be a hard fought match.

ACT came out strong taking a five goal lead. In the second and third VIC fought hard, creating opportunities and controlling the ball to get themselves back into the game but ACT proved too strong, winning by eight goals.

After some high intensity play NT took victory 30–27.

CAPT Sarah Reynolds spear-headed SEQ LD to victory against NSW in the women’s final.

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BRIEFS

Defence sky diving

THE newly reformed Australian Defence Force Parachute Association (ADFA) hopes to have an answer before the end of the year on its application to the Australian Defence Sport Council to become an approved sport.

Expressions of interest were sought from skydivers all over Defence, and, in a short time, well over 100 responded to offer their support. Navy, Air Force and Army were all represented. An application has been submitted to the Australian Defence Sports Council and it is hoped that a positive response will be received by the end of the year.

For further information, contact WO1 Phil Thamm at philip.thamm@defence.gov.au.

Legend awarded

In 2006 the All Star Team of the past two decades (1986-2006) was voted on by their peers and a plaque presented for each player whose name has been etched in the annals of Navy football history. At a luncheon held at the Hilton Hotel, one such plaque whose owner had previously been uncontactable, was presented with much ceremony and fanfare. Graham "Gra Gra" Thurstans had the distinguished honour of presenting the plaque to Graham "Spinner" Crispin. Upon accepting the award, while fighting back a few tears, Spinner said that he was honoured to have been recognised and thanked all those present for the opportunity to play Aussie Rules at the highest level within the ADF.

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

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November 27, 2008
From riding home to riding fast

By Michael Brooke

RIDING more than 550 km to work each week from Penrith to HMAS Watson is just part of the preparation that enabled PO Darren Kelly to clinch 17th position in the 2008 UCI Track Cycling Masters World Championships.

Kelly, the Course Coordinator, Training Development Cell, did the RAN proud in the 14th UCI Track Cycling Masters World Championships that were held in Sydney during October 14-19.

Grit and determination, as well as dedication to training, enabled PO Kelly to beat more than 400 international competitors in the six-day championships at the Dunc Gray Velodrome.

PO Kelly finished 17th in the 1km event with a time of 12.09 seconds. He also contested by ex- and current-world champions that only 2.4 seconds separated the first 24 competitors.

The competition was so keenly contested that Kelly said he started cycling eight years ago when he wanted to get healthy and give up smoking.

“I am well supported by the RAN,” he said.

Kelly's success on the track and great potential that is sponsored by LifeCycles Penrith's bicycle shop, which has helped provide him with road and track bikes for the competitions.

Kelly rides a Cervelo bike worth $2500 and wears a specially-designed 'skin' valued at more than $500 that proudly carries Navy logos.

Kelly’s arduous ride in the countryside

By CPO Dave Lyas

PERSONNEL from NHQ-SA rode their bikes through some of South Australia’s most rugged and beautiful countryside when they conducted a five-day expedition to the mid-north of SA in support of the Navy Community Engagement Program.

The participants were LCDR Peter Richards (support), LEUT Adam Milburn (rider), WO Jeff Dettman (support), CPOMUS Doug Amon (rider), CPOB David Lyas (support/part-time rider), POB Peter Tucker (rider), LSMED Craig O’Malley (rider/chef), LSMD Matt Lower (rider), LSCIS Angela O’Loan (support) and SMNCD Tristan McPherson (rider).

Everyone met at NHQ-SA at 0600hrs on October 20 then drove 380km to Whyalla where they visited Fisk Street Primary School. The following day the riders cycled to 80km Port Augusta where they visited two more schools.

Next day all riders rode into Stirling North Primary School and onward to Wilmington in the Flinders Ranges.

This included riding from the Gulf of St Vincent up the notorious Herron’s Pass, which rises almost 500 metres above sea level.

“Over 500 km of riding on a road bike is no mean challenge, which involves attention to the details of food, fuel and preparing for a long distance event,” LCDR Bankier said.

Both new to the sport, LCDR Stewart Bankier and MAJ Ainley took to the Hawkesbury River.

SPEDDY: PO Kelly has taken his casual riding to and from work to high level competition racing.

RAN and it’s really important that Navy personnel understand that while serving in the ADF, they can also compete at the highest level in the civilian world,” he said.

“I will achieve the career milestone of 20 years in the Navy on June 26 next year, when I hope to be charting a new career path in the RAN,” he said.

SA in support of the Navy Community

The Navy riders spread Navy's message to the community well before the paddling began.

The event has raised more than $1000 for medical research.

For more information about the Hawkesbury Classic, visit www.canoeclassic.asn.au


November 27, 2008
Never say die’ Aussies take game to the wire

By Michael Brooke

PLAYING with great passion and determination despite pain and injury to win the respect of your opponents is sometimes almost as important as victory – particularly in a World Cup decider when national pride is at stake.

Australia’s brave and committed players almost snatched victory from the jaws of defeat in the 2008 Defence Forces Rugby League World Cup final played at Sydney’s SFS on November 16.

Australia went down fighting to arch-rivals and competition favourites Great Britain, but the 26-16 score-line did not reflect how the Aussies played themselves back into the match to come within an ace of an upset victory.

The RAN representatives in the team justified selection with gritty and determined performances, with LS Jonathan Briggs and AB Brad Amel, both of HMS Creswell, leading by example in their last games before retiring.

The combined Australian services team had been routed 36-16 by the British in a round robin encounter only four days earlier and appeared headed for another flogging in the final when the visitors raced to a 10.0 lead.

But a ‘scuffle’ involving both teams served to galvanise the ‘never-say-die’ Aussies who could clearly live with the pain of their injuries but not with the pain of defeat in a World Cup decider.

Great Britain appeared headed for a comfortable lead at the break when Australia’s AB Leigh Wetton, from HMCS Canberra on November 16, was carried across the tryline on tackle four, but lost the lucky try from a deflected charge-down to make the score 10-4. Great Britain scored soon after the break but Australian fullback CPL Bruce Gleeson (Army) hit back through a long cut-out pass by hooker CPL Michael Green (RAAF).

The try was converted to make the score 16-16 with 20 minutes remaining.

Minutes later Australia scored a very ball in a heavy tackle with only four minutes left on the clock.

Australia’s last desperate belief in victory was snuffed out soon after when Great Britain’s monster winger of Fijian-origin scored near the uprights right on full-time. The conversion was successful giving Great Britain a 26-16 victory.

The Australians played with such courage and determination that they were highly praised by the Great Britain captain when he accepted the World Cup trophy.

Australian coach Dave Kemp said the unlucky bounce of the ball and losing possession during key attacking opportunities cost his team any chance of victory.

Dave praised the courage, initiative and team work of his players who narrowly lost the game but won the respect of their opponents and the crowd of 15,000.

“The emptiness of defeat shouldn’t overshadow the courage and commitment of the team who despite pain and injury played four hard games in eight days to qualify for the final.”

AB Dan Struber, of HMAS Albatross, was named as Australia’s man of the match in the final while the RAAF’s Michael Green was named Australia’s player of the tournament.

Team coach Sean O’Brien said the team will benefit from this experience and would use the tri-Service competition early in 2009 as an opportunity to rebuild following the retirement of several long-serving players.

The inaugural Defence Forces Rugby League World Cup was contested from November 3-16 by New Zealand, Australia, Great Britain, PNG and the Cook Islands.

Trophy gets a new home with the Chief

By John Martin

WHEN HMAS Canberra made one of her last voyages from Sydney to Jervis Bay in 2005 before decommissioning that November, there was a band of friendly rivals across the spectrum.

They were members of the ACT Veterans Rugby Union with whom the ship had a special relationship. They had started playing a regular charity rugby match against each other.

One of the things they did that day was fire the gun,” the president of the veterans association, John Hillier, said. “One of my guys picked up the shell, brought it back and we decided to mount it and turn it into a trophy.”

Since then that shell, mounted on a heavy, polished jarrah base, has been kept in the office of veterans rugby manager GMT Recruitment in Canberra and would use the tri-Service competition early in 2009 as an opportunity to rebuild following the retirement of several long-serving players.

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AUSSIES GO DOWN FIGHTING TO THE BRITS

TRUE

GRIT

CLIFFHANGER

NAVY MAN AT

WORLD CYCLING

CHAMPIONSHIPS

P26

P27

WAR OF ATTRITION: AB Shane Robson of HMAS Penguin steamrolls into Great Britain’s lines during the Defence Rugby League World Cup final. Photo: Bill Cunneen