Melbourne test fires SM2 off Jervis Bay

NAVY’S air defence capability will be further enhanced over the next year after HMAS Melbourne’s (CMDR Michael Harris) successful test-firing of a Standard Missile 2 (SM2) off Jervis Bay late last year.

The December 18 firing was the first time a SM2 has been fired from an Adelaide class frigate.

The missile was prepared, launched and supported in flight before engaging a target.

Melbourne recently completed the multi-million dollar FFG Upgrade Program and had additional SM2-related alterations to its combat system.

Defence Personnel, Materiel and Science Minister Greg Combet said Melbourne was now equipped with two modern missile systems to combat anti-ship missiles and aircraft.

“The missile was fired from the Missile Launching System that has recently been modified as part of the project to replace the SM1 in the upgraded FFG,” Mr Combet said.

“This firing is a significant achievement and provides confidence in the ship’s updated weapon control system.

“The firing was supported by the combat system installed during the FFG Upgrade Project with revised Weapon Control System software being developed by an international team to employ the SM2.

Although variations of the Adelaide class frigates are in service with many navies around the world, only the RAN Adelaide class FFGs have been fitted with SM2.
Prince William visits Kuttabul

By Michael Brooke

THE sailors of HMAS Kuttabul (CMDR Christine Clarke) enjoyed an auspicious start to 2010 when Prince William visited the RAN’s premier stone-frigate on January 27.

Prince William, who is second-in-line to the throne of England, received the kind of enthusiastic reception usually reserved for rock stars when he toured a scientific research vessel berthed at Kuttabul.

Despite very tight security, many of Kuttabul’s personnel got a glimpse of Prince William as he boarded the CSIRO ship, the Southern Surveyor.

Scores of sailors and APS personnel received a royal wave and exchange of greetings from Prince William.

AB Margo Stanmore said she and her 1st LT received a trade-mark wave and a big majestic smile from the Prince when they saluted his motorcade at the Kuttabul gangway.

“He’s very, very polite and it was really great that such an important and busy person made the time to come here,” AB Stanmore said.

The sailors of HMAS Darwin had a bird’s eye view of the royal visit as their warship was berthed afloat the Southern Surveyor.

In a master stroke for Navy marketing, CMDR Clarke presented Prince William with a HMAS Darwin baseball cap, which he wore for the remainder of the day to shield him from the scorching sun.

“Prince William was clearly pleased by the opportunity to visit the RAN’s premier stone-frigate as he enjoyed a brief tenure in the Royal Navy in 2008, when he served in HMS Duke in the Caribbean.

Prince William’s visit to Kuttabul continued a trend of VIP visitors, following the visits by the King and Queen of Spain in 2009 and the US President in 2007.

WO Donlan said Kuttabul was gearing up for another ‘royal visit’ in the form of the Queen Mary II in the coming weeks.

The conference also featured keynotes, and the RAN Band, which was Navy show-bags to international visitors, and the RAN Band, which was Navy show-bags to international visitors.

The conference also focused on the theme of 21st Century expeditionary operations and, by over 10,000 visitors including RAN personnel, it delivered speeches on the ever-present need to configure emerging security issues.

Mr Faulkner delivered the keynote address in which he emphasised Australia’s commitment to a maritime strategy.

He said the importance of Australia developing her maritime capabilities was recognised in the 2009 Defence White Paper, which set out the ADF’s modernisation programs that were essential to national security.

The Conference also featured keynote addresses by the Chief of Army, LTGEN Ken Gillespie and Chief of Air Force, ARMSHL Mark Binskin, who spoke about the Army and Air Force’s contribution to Australia’s maritime strategy.

More than half a dozen RAN officers also delivered speeches on the ADF’s evolving amphibious warfare capabilities, as well as the doctrine and training improvements of the LHDs into service.

The conference was an excellent discussion forum that also allowed guest speakers from foreign navies to reveal their lessons learnt from introducing into service new expeditionary capabilities similar to the RAN.

The International Maritime Exposition, which ran concurrently with the conference, provided hundreds of junior and senior sailors with the opportunity to discuss with manufacturers the new technologies being developed for the RAN’s new platforms.

Sea Power 2010 also provided the Navy with an opportunity to showcase several current platforms to foreign navies, with HMAS Kuttabul hosting an open day to inspect HMA Ships Ballarat and Newcastle.

Also on hand was HMAS Huon, which was anchored in Darling Harbour, the Navy Marketing Team, which distributed more than 1,500 Navy show-bags to international visitors and the RAN Band, which was on song for several stunning performances.

POLITE PRINCE: Prince William greets HMAS Kuttabul CO CMDR Chris Clarke and SWO WO Mark Donlan during his whirlwind visit to Kuttabul.

Looking to the future

Sea Power Conference focuses on embracing new technology

By Michael Brooke

THE challenge of how the Navy’s new defence technologies can be best introduced into service to conduct combined and joint operations was discussed by more than 43 senior military delegations and scores of leading strategists at the Sea Power Conference that ran concurrently with the Pacific 2010 International Maritime Congress in Sydney from January 27-29.

The conference, which focused on the theme of 21st Century expeditionary operations, was attended by more than 10,000 visitors including RAN personnel. It delivered speeches on the ever-present need to configure emerging security issues.

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POLITE PRINCE: Prince William greets HMAS Kuttabul CO CMDR Chris Clarke and SWO WO Mark Donlan during his whirlwind visit to Kuttabul.

Photo: ABIS Hayley Clarke

Step forward in key project

THE Defence Materiel Organisation has received the Chief of Navy’s agreement to take the upgraded Guided Missile Frigates (GFFs) into a formal program of Naval Operational Test and Evaluation at the opening of the Pacific 2010 International Maritime Congress in Sydney on January 27.

“On the basis of the significant progress that has been achieved, Project SEA1390 Phase 2.1, the FFG Upgrade Project, has now been removed from the list of projects of concern,” Senator Faulkner said.

Defence Minister John Faulkner made the announcement at the opening of the Pacific 2010 International Maritime Congress in Sydney on January 27.

“The basis for the FFG upgrade contract closer to completion.

There is still work to be done to tune and tailor the delivered systems to Navy’s contemporary requirements. There is also an ever-present need to configure and augment the systems in ships deploying into operational areas to ensure that they have the best available capability to meet the threats in those areas.

“We have learned valuable lessons from the FFG upgrade experience and, despite its problems, we are delivering a much improved capability,” the Navy’s operational testing, evaluation and tailoring process will support wide operational employment of these very capable ships.
Caught in the deep!

Stuart celebrates Australia Day in iconic style

By LEUT Peter Shirley

THE crew of HMAS Stuart (CMDCR Andrew Masters) took some time out from conducting counter-terrorism and counter-narcotic smuggling operations in the Gulf of Oman to celebrate Australia Day in true Aussie spirit with a game of cricket on the flight deck.

The afternoon weather put on perfect cricket conditions for the sailors and the match had a great turnout by crew members not on watch.

To compensate for the size of the ground, a ball tethered with string was used.

As the day drew to a close, the crew enjoyed a steel deck barbecue dinner with a spectacular view of the Arabian sunset.

CMDCR Masters said that, in recognition of those back in Australia doing it tough, donations were collected for the ship’s charity.

“A total of $700 was raised during the afternoon with proceeds to be donated to “Gran’s Van”, our ship’s nominated charity,” CMDCR Masters said.

“Gran’s Van is a food van based in Burnie, Tasmania, which provides meals for the homeless and needy. It has almost 300 part-time volunteers.”

Although far away from home, everyone on board Stuart agreed it was important to mark Australia Day by taking the opportunity to sit back, enjoy a barbecue and play some cricket.

“It is also a time to remember that some people at home have their own challenges and difficulties,” CMDCR Masters said.

“We would like to say ‘Thanks Australia’, and remind everyone that our best wishes and support are with those in the community who are doing it tough.”

HOW’Z THAT?!: HMAS Stuart celebrates Australia Day with a BBQ and cricket on the flight deck while on patrol in the Gulf of Oman. Photo: LEUT Stuart Cayzer

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February 4, 2010
Stuart out of Africa

By LEUT Peter Shirley

HMAS Stuart (CM01) Andrew Masters) recently completed her first patrol in the MEAO, stopping off in the Gulf of Aden for maintenance, re-supply and respite.

While inbound to the port, outgoing Commander of Australia’s Forces in the Middle East, CMDR Mark Kelly, visited the ship, which recently began operations.

Stuart’s tasks will include escorting merchant shipping in the maritime corridors of the Gulf of Aden, as well as tracking and reporting on any piracy.

“On behalf of Joint Task Force 633, I welcome you to Operation Slipper and wish you well in your counter-piracy and maritime security efforts,” MAJGEN Kelly said.

During his visit, MAJGEN Kelly also presented a number of medals and awards and addressed the ship’s company.

While in port, Stuart received her first full load of mail since deploying: 978 kilograms were delivered to the ship, and an additional 400-plus kilograms were awaiting delivery.

The presents and care packages sent from loved ones put a smile on the crews’ faces and reminded them that, although far away, they were in the thoughts of families and friends.

Stuart’s port visit also coincided with that of Spanish and Japanese naval ships.

While alongside, CMDR Masters and a number of the crew were given the opportunity to visit the Japanese warship Takanami as part of the personnel exchange program.

Takanami welcomed their Australian visitors with a guided tour of the destroy-er. Stuart reciprocated, with Takanami’s CO and some of her crew gaining an insight into life on board an Aussie warship.

“The Japanese sailors commented on the comfortable living conditions on board Stuart, while our sailors were unanimously impressed by the highly-polished brasswork on Takanami,” CMDR Masters said.

“Even the upperdeck door hinges were gleaming.”

Stuart continues to enhance security in the MEAO through her commitment to counter-terrorism, counter-terrorism and counter-piracy operations.

ON WATCH: HMAS Stuart arrives in the Gulf of Aden as part of Operation Slipper, white right, ABATA Krystal Collis presents a Stuart Flight patch to a member of the Japanese Flight Crew from the warship Takanami during a personnel exchange program visit in the Gulf of Aden.

Photos: LEUT Peter Shirley

Women’s leadership program to expand

THE 2009 initiative to enhance female leadership in the RAN will be expanded this year as part of New Generation Navy, which seeks to improve Navy’s culture, leadership and structure.

The Navy Women’s Leadership Program was conducted throughout 2009 with 28 women. It was the first program of its kind in the ADF and provided the opportunity for females leaders from the rank of leading seaman to commander (and APS equivalents) to participate in five Australian Women and Leadership Forum events.

Defence Personnel, Materiel and Science Minister Greg Combet said he was pleased to announce that the Women’s Leadership Program would be conducted again in 2010.

“This year the program will include, for the first time, a women’s mentoring program for an additional 50 women,” Mr Combet said.

“The new mentoring program is highly regarded and has been implemented in many corporate and public sector organisations around Australia, as part of gender diversity strategies to help women achieve their career potential and counter the gender imbalance in the workforce.

“The female officers, sailors and public servants who completed the program last year provided positive feedback and have indicated strong enthusiasm and motivation to implement their new skills in the workplace.”

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**Navy on alert over Christmas holidays**

By LCDR Fenn Kemp

AS MOST of us were enjoying some down time over Christmas, Navy’s Armidale Class Patrol Boats, under the control of Border Protection Command, continued to apprehend suspected irregular arrivals off Australia’s northern coastline.

Almost a dozen patrols were conducted over the festive season with no fewer than 14 crews given little, if any, time to relax over the break.

HMAS Maitland picked up nine irregular arrivals on Boxing Day and another 11 two days later. HMAS Launceston was also busy, picking up 30 irregular arrivals and three crew north east of Gove a few days later. Launceston had been very busy in the run-up to the festive season, apprehending SIEV 85 and 86 just two days apart.

Christmas Day saw Launceston on patrol near Port Essington. The CO LCDR Tony Allen said the day didn’t go by without a good dose of festive cheer.

“We were able to anchor for a few hours,” LCDR Allen said.

“The sailors had a tail in then Santa arrived in all the gear with presents for all.”

In the days before Christmas, the Operation Resolute fleet played host to the Chief of Navy, who was keen to thank them for their hard work during a very busy year.

“These visits are vital for me,” CN said. “It’s critical for me and my staff to stay tuned to the needs of our people.”

CN spent three days visiting several of the patrol boats on station off Australia’s far north. It gave the crews of HMA Ships Maitland, Wollongong, Larrakia and Maryborough the opportunity to speak with their Chief and discuss the past year. The visit also provided CN with the opportunity to talk up Navy’s successes on Operation Resolute in the national media with TV and radio networks giving wide-spread attention to the ACPBs’ activities.

“Each boarding brings risks and challenges,” CN said, “but the ACPB is a safe, capable and reliable asset, which plays a vital role in protecting Australia’s interests in northern waters.”

The ACPBs will continue to provide a vital service in delivering Australia’s interests in northern border security requirements.

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**Extra Christmas cheer thanks to Win with Navy**

WHILE four people have won with Navy already, many more people have benefited from the scheme with personnel deployed over Christmas finding extra presents under their trees.

In fact, the 25-person strong CTF 150 Operation Slipper team (CDRE Richard Menhinick) used some of the money raised to buy a Christmas tree as well as cricket gear to hold their own Boxing Day test match against a UK team.

HMAS Stuart (CMDR Andrew Masters) will be using the money to produce a cruise book and DVD, while HMAS Launceston, with Ardent 5 (LCDR Anthony Allen) on board, purchased multi-media players for the mess televisions.

The Win with Navy Raffle is a RAN personnel and $5000 must be won every payday.

Visit www.winwithnavy.com.au

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Support Navy sport & welfare - buy from SALT
Old salt saluted on Australia Day

By Michael Brooke

FORMER sailor Julian Hart was recently awarded an Australia Day Medallion in recognition of 17 years dedicated service to the RAN as the Ship’s Movements Officer at Port Services – Sydney.

Mr Hart, who has recorded a combined 45 years in the Navy and the APS, received the Medallion and framed certificate from CO Kuttabul, CMDR Christine Clarke, at a morning tea on January 25.

The proud old salt, who swallowed the anchor in 1992 after 28 years service in the Navy, received the Australia Day Medallion in recognition of his service to the RAN.

CMDR Clarke said the Medallion was something to be proud of and something that gave you a great deal of pleasure.

“Your enthusiastic and professional manner, underpinned by your excellent management and safety-focused coordination skills have been pivotal in the continued and effective operation of the Port Services Organisation, and have directly contributed to the timely and fluid provision of operational capability in support of the Fleet and visiting foreign warships,” CMDR Clarke said.

The certificate was signed by COMAUSFLT RADM Steve Gilmore.

Mr Hart is one of several dozen Navy personnel to be awarded an Australia Day Medallion in 2010.

Australia Day Achievement Medallions provide Government departments and agencies with the opportunity to acknowledge the contribution of their staff for outstanding performance of special projects or in performance of their core duties.

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Gratitude for Reserve employers

The Defence Reserve Support Awards for employer support were presented at NHQ-SA late last year. Two employers received Certificates of Merit. The two award recipients and their employees are shown (L-R) ABMUSN Bree Budgen, her employer Ryan Kris, Chair of DRS-SA Pamela Schultz, Ruth McPhail and her employee, CMDR David West. Photo: CMDR Steve Dunning

Top cadet joins RAN family

By Graham Davis

LAST year’s 2009 RSL Cadet of the Year Myles Boatman barely had time to dry his feet before being sworn in as a recruit in the Permanent Navy.

A momentous 18 months ended when he was sworn in to the Service in a ceremony at Parramatta on January 18.

A member of the ship’s company of the Australian Navy Cadet unit TS Sirius (CMDR ANC Phillip Anderson) based at Kyeemagh, Sydney, Myles was invited to submit an entry to the NSW RSL Cadet of the Year literary competition.

The entry had to include elements of drill, dress, bearing and first aid, with a follow-up interview on youth development issues, general knowledge questions relating to the RSL and an understanding of Australia’s military traditions and the Anzac spirit.

Myles was subsequently named the 2009 RSL NSW Cadet of the Year – and his prize was a 10-day voyage in STS Young Endeavour.

He joined the Young Endeavour in early January, sailing along the NSW coast before disembarking in Newcastle on January 15.

He just had time to dry his feet before he was on his way to Defence Force Recruiting’s Parramatta centre on January 18.

He was one of 15 general entry personnel to be formally accepted into the permanent ranks of the RAN.

CDTSMN Boatman became REC Boatman.

With his grandparents and his training ship’s XO SBLT Chris Hartley proudly looking on, Senior Naval Defence Recruiting Officer – Parramatta, LCDR Barbara Woodruff, handed Myles his enlistment certificate and welcomed him aboard.

After saying his farewells Myles and the other 14 were taken by bus to Sydney Airport for the journey to HMAS Cerberus to begin 11 weeks basic training.

Top cadet joins RAN family

WELCOME ABOARD: DFR’s LCDR Barb Woodruff presents enlistee Myles Boatman with his Certificate of Enlistment. Photo: ABIS Sarah Williams

IN BRIEF

**HMAS Anzac/Tobruk Association National Reunion**

THE President of the Association invites all personnel who served in HMA Ships Anzac and Tobruk to participate in the national reunion to be held at Tweed Heads Twin Towns from July 15-18, 2010.

For information contact the Association Secretary, Graham Berringham, on (03) 9877 6715 or email berringham@bigpond.com.au

**Far East Strategic Reserve Navy Association Reunion**

THE Far East Strategic Reserve Navy Association of Australia will present the 55th Anniversary International Reunion of Service in the Commonwealth Far East Strategic Reserve at the Twin Town Services Club, Coolangatta-Tweed Heads, from May 27-30, 2010.

Registrations are invited from all Australian and New Zealand Navy personnel and their wives who served in the FESR from 1955 to 1971.

For more information visit the FESR website at www.fesr-navy.asn.au or contact reunion committee secretary Tony Isaac on (07) 3395 3070 or email ctisaac@optusnet.com.au

**Sydney Veterans & Defence Expo**

FOLLOWING the success of the Newcastle Veterans’ Expo last year, the NSW RSL and Department of Veterans’ Affairs are launching the inaugural Sydney Veterans’ and Defence Expo at Penrith Pace Way on March 6.

The aim of the day is to provide ex-Service organisations and the services they provide to the veteran and Defence community on health and community services to educate them on the importance of health and wellbeing.

The event will also raise awareness about the work carried out by ex-Service organisations and the services they provide to the veteran and Defence community. Emergency services will also be supporting and attending the day.

Groups attending will include the NSW RSL along with sub branches from Penrith RSL, Parramatta RSL, Blacktown RSL, Auburn RSL and Seven Hills Toongabbie RSL.

Also providing information will be Blue Mountains VVAF, VVPK FM Assoc. Granville, the ADF represented by RAAF Richmond, Victoria Barracks and HMAS Kurrabul, Veterans’ Soul Choir and Kids of Veterans.

For more information contact the Department of Veterans’ Affairs on (02) 9264 8188 for further information.

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February 4, 2010

**Navy News**
Ever wanted to ask the Warrant Officer of the Navy Mark Tandy a question? This year, you are invited to send questions to WO-N Tandy via Navy News. We will forward your questions to WO-N and then publish your questions and his answers in the newspaper. Send your questions, along with your name, rank and ship/establishment to navynews@defencenews.gov.au with “ASK WO-N” in the subject line.

By SGT Andrew Hetherington

AUSTRALIA joined the world-wide cyber warfare fight with the official opening of the Cyber Security Operations Centre (CSOC) on January 15.

Defence investigated approximately 200 electronic security incidents on its own networks each month in 2009. The CSOC was set up in July 2009 at cost of $3 million and is a unit of the Defence Signals Directorate (DSD).

Defence Minister John Faulkner said old assumptions about geographic boundaries and time zones were obsolete.

“Cyberspace is always open for business,” Mr Faulkner said.

“But this also brings great challenges to those who guard our electronic borders.”

Lynn Moore, Head of CSOC, said the unit drew on DSD’s expertise and high powered computing resources to understand cyber threats.

“CSOC operations and response teams react to significant threats on Government networks and information,” Ms Moore said.

“We also assist agency informa-

So what are the main threats?

Head of the Cyber Security Operations Centre Lynn Moore said the most common incidents against Defence networks involved spoofing and phishing.

“Spoofing is a way of attacking a computer program, in which the program is modified,” she said.

“Phishing is the criminally fraudulent process of attempting to acquire sensitive information such as usernames through the use of socially engineered emails.

The threat actor creates an email that appears to be genuine to convince the victim to open it and download malicious software.”

In some cases the email was tailored to the victim or appears to come from an email address familiar to one the victim may be familiar with.

“The CSOC provided advice and mitigation strategies to many agencies regarding these types of activities,” Ms Moore said.
New canteen sure to please

By Graham Davis

HMAS Cairns (CMDR Bob Heffey) has a new-purpose built canteen, which after two years in the making, will offer meals to the more than 900 personnel who work on the base and those serving on homeported ships.

But there’s an added bonus.

The new canteen will allow Navy cooks to progress their competency log books and give them the opportunity to cater for functions.

The canteen presents a great opportunity for them to further their skills under the direct supervision of the Fleet Logistics Support Element – Cairns POCK Rick Currie.

“The new facility is first class and provides Navy chefs with an excellent opportunity to apply and develop practical skills in satisfying their work experience journals,” POCK Currie said.

The canteen, owned and operated by the HMAS Cairns Welfare Fund, boasts a state-of-the-art galley and, according to POCK Andrea Ruffy, is extremely well set out.

“It offers an opportunity for cooks to work in a commercial kitchen environment and maintain and improve their food preparation and time management skills,” POCK Ruffy said.

The canteen adjoins the picturesque outside dining area that flows into the LCDR Chris ‘Gags’ Gallagher patio. It has views of Trinity Inlet and of ships alongside the base.

An indoor dining area provides protection from the tropical elements and additional seating for peak periods.

The menu incorporates healthy eating with fresh salads, sandwiches and wraps, as well as the usual fast food offering.

GREAT OPPORTUNITY: POCK Rick Currie, LSSN Peter McKirdy, LSCK James Elliott, POCK Andrea Ruffy, CMDR Bob Heffey and LCDR Greg Cress enjoy the new canteen at HMAS Cairns.

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- Testing Preparedness - Minimising the Risk ........................................ 16 – 17 Mar
- Exercise Management ..................................................................... 16 – 17 Mar
- Organisational Resilience ................................................................ 30 – 31 Mar

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- Labour Safety (Introductory) ............................................................. 22 – 25 Mar

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Gap year sailors’ keen on Navy

By SBLT Carolyn Docking

Gap year sailors SMNs Andy Saccioia and Kelsey Doulike describe their experiences as positive and have both learnt a great deal about the Navy in a short period of time.

SMN Saccioia graduated from Pedare Christian College in 2007 in South Australia.

“Before I chose to gap I did a gap year and did university, but then I decided that I didn’t want to go into full-time service, so I did a year for myself,” he said.

“SMN Doulike first heard about the gap year when Defence Force Recruiters visited Karuah Bay Area School. As well, one of her friends completed the Army Gap Year program and gave her a lot of extra information.

“I finished school and didn’t know what I wanted to do, so I applied for university and then deferred because I didn’t want to go straight from school. I thought I’d give this a try,” she said.

Not all Navy recruits are from big cities or already living in a big town.

SMN Doulike said her family lived in a really small town and she had been travel. She said she enjoyed the bus trip to Canberra and the amount of travelling she had done. She began her gap year school on May 4th and stayed on Huon for the arrival of the Navy for a short time.

“The experience is so good though I’d rather be here instead of being home doing the same things. Everywhere you go, you meet new people so I’m never really alone,”

SMN Saccioia graduated from recruitment school on April 24th last year, which he said was the highlight of his gap year.

“I really enjoyed recruitment school, although coming from a year off it was something like that was hard at first,” he said.

SMN Saccioia completed four weeks of seamanship training then posted to HMAS Melville for two weeks for his first sea time experience. On June 9th he posted to HMAS Huon and worked with MHC Crew Two for 10 weeks alongside and stayed on Huon for the arrival of the MHC Crew One.

“The Huon crew were really good to me and took me under their wing. I learnt a lot in such a short space of time. There are things you experience that no-one outside of Navy can understand. It’s a good feeling being in a job like no other.”

SMN Saccioia was presented with his helmsman certificate by HCO LCDR Dugald Clelland in November while in Hobart for Fleet Training Activity Otago. He will finish his gap year on February 9th before deciding whether to join full-time.
Divers clear Noumea of mines

HMA Ships Gascoyne and Yarra have returned to their homeport after participating in mine clearance exercise LAGOON MINEX 09 held in the Noumea Lagoon.

The French-hosted exercise combined forces with HMNZ Ships Manawanui and Resolution, French Ship Jacques Cartier (with Unmanned Underwater Vehicles – UUV’s – and clearance divers) and the United States Navy’s Explosive Ordnance Disposal Mobile Unit One (including Mine Counter Measure dolphins, UUVs and clearance divers).

Together 156 Mk 14 and Mk 17 mines were identified. Some of the mines were raised, towed clear and were either ditched outside the lagoon in deep water, or countermined in a safe disposal area. HMAS Yarra topped the unit count with 68 mines identified. During World War II, defensive minefields were laid to defend the seaward approaches to Noumea against the advancing Japanese. When the war ended, mines were swept and sunk by US forces leaving a large number of unexploded mines in the lagoon.

SUNKEN HAZARDS: ABCD Michael Train approaches the Mk 14 Sea Mine prior to underwater demolition, while, left, ABCD Rosco Fernandez inspects an Mk 14 Mine that is wired for a controlled detonation. More than 1800 mines were deployed around the waters of Noumea during WWII. Photo: Photographe et gerant de Balao

Reform to Defence medication procedure

JOINT Health Command has introduced a new ADF Medicines Formulary that will significantly improve pharmacy distribution processes and bring the ADF in line with civilian best practice.

The new publication catalogues the medicines routinely available to Defence health practitioners for prescribing to members.

SO1 Pharmacy WGCDR John Hatfield said most ADF members would notice little change.

“Most of the medicines in normal use in the ADF are included in the ADF formulary but there will be some changes,” WGCDR Hatfield said.

“Some products that are not really medicines will no longer be routinely available.”

He said the most common examples of these were dietary supplements and ‘complementary’ medicines.

“Multiple brands of the same medicines will no longer be available and, where there are many medicines available to treat specific conditions, the range of those available will be reduced.”

Joint Health Command health centres will also be able to obtain other medicines when the healthcare needs of individual ADF members cannot be met with ADF Formulary medicines.

MEDICINE CHECKUP: The way some medications are supplied through Defence are being brought into line with civilian best practice. Photo: CPL Mark McConnell

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February 4, 2010
Reserve MOs focus on intensive care

By CMDR Andy Clowes

IF YOU were unlucky enough to be involved in a serious medical trauma in early December, then RAAF Base Amberley in South East Queensland was the place to be.

Outside a major metropolitan intensive care unit, it’s unlikely you would find a more highly qualified group of intensive care specialists anywhere in the country.

Conducted entirely by ADF Reservists and led by Navy Reserve LCDR Anthony Holley, 22 ADF medical staff were recently put through the Basic Assessment and Support in Intensive Care (BASIC) Course.

The course was developed by the Chinese University of Hong Kong and consists of theory and practical instruction in procedures and skills performed by medical professionals in intensive care in both military and civilian environments.

LCDR Holley is a senior intensive care specialist at Royal Brisbane and Women’s Hospital and, through his civilian contacts, was able to facilitate the course for the benefit of the ADF.

“The high tempo of ADF operations means that the skills provided on the BASIC course are invaluable to medical professionals in the ADF,” LCDR Holley said.

Despite the acronym of BASIC, the course is anything but. Students undertake a series of lectures in the morning and then spend the afternoon undergoing practical hands on training in subjects as diverse as critical care radiology, arrhythmias and trauma management.

Students were universal in their praise for the course highlighting the valuable insights they gained through being exposed to experts in the area of intensive care management.

Again, using his civilian contacts, LCDR Holley was able to enlist the support of his Reservist colleagues from a number of intensive care units from Queensland’s hospitals.

LCDR Holley said that, without the support of the Reservists and the hospitals where they work, the course would not have happened.

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**IF YOU WANT FRIES WITH THAT?**: LSBM Andrew Rigby, LSCIS Stephen Mantavani and ABCSO Ben Lake of HMAS Cerberus help out at Hastings McDonalds on McHappy Day.

Cerberus sailors chip in for charity

By ABCSO Ben Lake

THREE sailors from HMAS Cerberus have helped raise more than $1800 for the Royal Childrens Hospital by joining the team at Hastings McDonalds, preparing and selling 940 Big Macs on McHappy Day.

LSBM Andrew Rigby, LSCIS Stephen Mantavani and ABCSO Ben Lake worked the drive-through window alongside McDonalds staff during the November 14 event.

The naval presence was bolstered by the local fire brigade and patrons benefited from free windscreen washing, face painting and pony rides.

CO Cerberus CAPT Sheldon Williams said it was great to see a large number of Cerberus’ ship’s company calling in at Hastings McDonalds and supporting the event.

“This is a perfect example of the close connection Cerberus enjoys with the local community and it’s a privilege to support such a worthwhile cause,” CAPT Williams said.

While everyone enjoyed the day, sights are set on 2010 and the chance to set new records for charity.

**RANRTF punching above its weight**

**THE RANRTF has been awarded an honourable mention at the prestigious Comcare Awards for Excellence.**

**The awards, held on November 17, offered an opportunity to profile top performing public sector agencies in the management of risk.**

Chairman of the RANRTF CDRE Paul Kinghorn accepted the award on behalf of Navy.

“This is a significant achievement by the RANRTF and for Navy,” CDRE Kinghorn said.

“Noting the size and resources available to some of the other award recipients, I am extremely proud of our efforts to be awarded an honourable mention.”

This award caps off a bumper year for the RANRTF with 1725 Christmas Loans processed, approved and paid ($1.725 million) and 935 General/ Special Purpose loans (thus far) processed, approved and paid ($3.3 million).

With continued financial support from the RANCCF, the RANRTF continues to work hard to provide the best possible loan products and grants for Navy people and/or their families.

For more information visit http://intranet.defence.gov.au/navyweb/sites/RANRTF/
Navy celebrates Australia Day in style

**Great Sailing Weather:** (Left) StS Young Endeavour and a billing of small yachts and junior sail on Sydney Harbour, as part of the Australia Day Regatta with HMS Darwin's Australian White Ensign in the foreground.

**IMPOSING:** (Below) HMS Darwin was the Flag Ship for the Australia Day celebrations on Sydney Harbour, an 817 Squadron Sea King flew a grand National Flag overhead.

**Admired:** The Royal New South Wales Regiment Band, a RAN Colour Party, the Rifleman of a RAAF F111, a 21-gun salute, Defence Imagery and Taut because of the large Australian Flag overhead. Australian White Ensign in the foreground. 817 Squadron Sea King flew a giant flag, which weighs 500 pounds and is proud to be the centre-piece for all Australians to see positioned in front of the Sydney Opera House.

**Looking Sharp:** (Left) The Royal New South Wales Regiment Band, a RAN Colour Party, the Rifleman of a RAAF F111, a 21-gun salute, Defence Imagery and Taut because of the large Australian Flag overhead. Australian White Ensign in the foreground. 817 Squadron Sea King flew a giant flag, which weighs 500 pounds and is proud to be the centre-piece for all Australians to see positioned in front of the Sydney Opera House.

**PODGOYANT:** (Far right) ABMUSN Damian Stirling of HMAS Darwin, Middle East Area of Operations, from August 2009 to June 2010.

**Conspicuous Service Medal (CSM)** LCBR David Brown, RAN, for conspicuous service as the Director Operations, Middle East Area of Operations.

**Conspicuous Service Medal (CSC)** LCBR Mark Kuttabul, RAN, for conspicuous service as the Port Services Manager, HMAS Manoora.

**Conspicuous Service Cross (CSC)** LCDR David Farncomb, RAN, for conspicuous service as the Commander of HMAS Darwin and as Chief Officer."
NGN continues positive change

By LEUT Todd Austin

NAVY is short of numbers in certain specialist categories, and ex-members who have the skills and experience in these critical areas – like LSETSM Craig Simpson – are rejoining Navy after a break working in the private sector.

LSETSM Craig Simpson recently returned to full-time Navy service and said coming back to Navy had been a change for the better.

"I can definitely say that the grass is not always greener on the other side," he said.

After an extensive Navy career, LSETSM Simpson was lured by the opportunity to work on an off-shore oil rig with the possible prospects of better pay and conditions.

"It’s a different environment outside the Navy, with businesses working towards profit rather than the product," he said.

"In the Navy you are striving for excellence in your work, to be the best you can, rather than how much money is there to make."

The effort of the Rejoin Case Management Team (RCMT) has assisted Navy in helping qualified people come back into full-time service.

RCMT’s CMDR Greg Clancy said his team was always delighted to assist the return of those who had taken a break.

"It’s always a pleasure to have former sailors ask about returning and to allay their natural apprehension," CMDR Clancy said.

"Having the professional knowledge and personal experience of previous Servicemen and women returning to the Navy is invaluable."

RCMT has previously been able to drastically shorten the rejoin process for personnel in critical categories, with some applications being completed within 36 hours.

For more information go to on the Rejoin Case Management Team go to rejoin.cmt@defence.gov.au

Making the change is making a difference

By LEUT Todd Austin

MORE than 1000 Navy members have enthusiastically attended the “Making the Change” facilitator training workshops, the first step in embedding the Signature Behaviours into our culture.

One recent workshop conducted at HMAS Kuttabul in December was attended by Deputy Chief of Navy, RADM Davyd Thomas.

"It was great to witness the process and now we need to drive this change through into the workplace," RADM Thomas said.

"It’s thought provoking and will make a difference once it gains traction. I think the 1000 mark is a fantastic effort and the positive results are starting to show."

RCMT has previously been able to drastically shorten the rejoin process for personnel in critical categories, with some applications being completed within 36 hours.

Making the Change workshops are just a start in establishing the Navy’s Signature Behaviours in our everyday activities," CMDR Brown said.

"It’s tremendous how personnel from able seamen right through to Deputy Chief of Navy are embracing the change."

The workshops have been conducted at numerous Defence locations around Australia over the last four months.

Further information on “Making the Change” can be found at http://intranet.defence.gov.au/navyweb/sites/NGN/

Rejoining Navy easier than ever thanks to NGN

By LEUT Todd Austin

NAVY is short of numbers in certain specialist categories, and ex-members who have the skills and experience in these critical areas – like LSETSM Craig Simpson – are rejoining Navy after a break working in the private sector.

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For more information go to on the Rejoin Case Management Team go to rejoin.cmt@defence.gov.au

Keep up to date on NGN

By LEUT Todd Austin

NEW Generation Navy has been focused on generating positive changes to benefit all of Navy.

NGN will be continuing to develop and initiate changes during 2010, which will affect a wide range of areas and members of the Navy, with several major culture projects being finalised in the next couple of months.

To ensure that you are up to date with these changes and how they might benefit you and your shipmates, you can find details on all of the NGN projects and policies online and consolidated into a monthly update.

From Leadership tools to workshop information, the latest developments and changes can be found at http://intranet.defence.gov.au/navyweb/sites/NGN/
"On behalf of all sailors of the RAN, I would like to congratulate those personnel who have been formally recognised for their outstanding achievements and contribution to our Navy. I would also like to thank those supervisors who have taken the time to acknowledge their staff in such a way. Congratulations and well done to all."

We commend you; congratulations

Mr P. Ryan, NPTC-East

ABCD R. Dart, ACDT1

ABCD A. McLachlan, ACDT1

ABCK R. Baltoft, HMAS

ABCTSSM S. Veneros, HMAS

LSAW ASM A. Carroll, HMAS

LSMTSMN. Cowey, HMAS

POCTSSM J. Edhouse, HMAS

CPOAW ASM S. Rule, HMAS

LCDR M. Mitchell, HMAS

LCDR M. Jacobson, HMAS

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Personnel

February 4, 2010

Mystery Ship

Misses November too easy – in search of a more mysterious lady

Last November’s mystery ship was too easy. Some 27 individuals responded and most of them were correct.

To recap, the photo showed a gaggle of ships at Athol Bight – the moor-in-Sydney Harbour for ships in reserve or about to be sold off. As the pic (middle right) shows, there are two larger ships near the jetty in the foreground.

The task was to correctly identify these two ships, given that the shot was taken post-World War II – in the early 1950s.

CPO Scott Barker of HMAS Albatross nominated HMAS Ships Australia and Bataan. So did regular, Fleet Network Pty Ltd D/L No. 20462, Your Vehicle Salary Packaging Experts 1300 738 601.

John Walsh of Shortland. John, how-ever, nominated HMAS Forrestal and Defence civilian Reg Bonney. Sorry gentlemen, neither of these companies has emblazoned a mysterious lady on the side.

Neither is SURFORCOM’s Ted Bate, who manages to mispel Quality Ltd in 1958.”

The photo was taken post-World War II – in the early 1950s.

Ex-CPOMG Ken Hoey, a first-time history-shipper (and welcome, Ken) names them as HMAS Ships Shropshire and Tobruk.

CPO Owie Maloney, of HMAS Kattabu, reckons the largest ship is Shropshire too and so does ex-LME John Walsh of Shortland. John, however, wants to have a bob each way on the second ship being HMAS Albatross. He correctly identified her as being of the Qclass, but not the ship.

The John Partington goes with Shropshire and Bataan. One’s correct … and it’s not Bataan.

And regular Dave Rickard, from the hottest capital and home of the Tour Down Under (until Victoria decides to buy it) says: “The biggest vessel is HMAS Australia, however, HMAS Shropshire has been teasing me a bit, but I have stuck with the ‘Aussie’ as she still has her aircraft crane, unlike Shropshire by the 1950s.

‘The shot would have been taken in 1955, while she was waiting to be decommissioned, to Type 15 Frigates’ I imagine that it is the only one not so converted, HMAS Quality.

Back to the County – she doesn’t look to be in very good nick. If the Q is Quality it’s obviously before she had major surgery to keep her afloat, which I seem to remember was about 1956, and Aussie didn’t pay off until 1954.

‘Added to which the after super-structure and the funnels just don’t look right – so I’ll plump for it being HMAS Shropshire, just before she was disposed of about 1954. That’s the best explanation I can come up with for a poor condition County in the early 1950s.

Congratulations.

Others, in the order in which they were received, who are accorded hon-ours for correctly identifying both Misses November were: SAPOL anal-yst Alan Baddams, CMOR Dave Goble, Mark Biega, Peter Naughton, Gordon Branch, POSE Jaffa Robinson, the 83-year-old salt, ex-POWTR Andrew Shannon, Harry Goodall, SQNLDR Jimbo Stewart, Mark Edmistone, ‘Guns’ Manolas, LCDR Richard Francis and ex-POQMG Bill Fox, who emailed his entry all the way from The Land of the Long White Cloud.

Quality, it should be said, had a brief and undistinguished stint in the RAN.

As Alan Baddams says: “HMAS Quality was only in Australian com-mission for about two months, after about three years in commission as HMAS Quality in the Royal Navy, and apparently suffered a rather ignoble fate while waiting (in vain) for conver-sion – she started to take on water in 1956, underwent an emergency dry-docking and had her superstructure cut off. She was finally sold to Mitsubishi Ltd in 1958.”

Mark Biega adds: “The only CO Quality had during her time in the service should I consider (&*$%&@(*&$%^&%$%^($&@&%& apply-ing …?” So there.

After the debacle of Misses November, with just about everybody correct, I thought that Miss January ought to be a bit more challenging than the decommissioned HMAS Ships Shropshire and Quality.

I have not seen this photo elsewhere but that’s not to say it hasn’t been pub-lished. You’ll notice some one in ship’s company has emblazoned DEAD SLOW on the bow. (I assume that this was the way she travelled most of the time … rather than her name.) That ought to be a dead giveaway if you can find it in a book or elsewhere …

I don’t usually offer hints but it appears that DEAD SLOW may possibly have been named after a 19th century Irish immigrant who became a NSW attorney general and after whom a small village, not far from Kempsey, is named.

Let me have your assertions/opinions/best guesses to tony.underwood@defencenews.gov.au by February 12.

– LCDR Antony Underwood

RAN was LEUT G J B. ‘Buster’ Crabb, later Fleet Commander.”

Thanks also to Mark Edmistone for the extensive historical summary he sent.

And I notice with some forebod-ing that the new year has done nothing to mollify the taciturn, bellicose and generally soppy ‘Guns’ Manolas into cooperation. He says: “You are so unkind, why do you persecute me so – could I rely on you for a character refer-

ance should I consider (&*$%&@(*&$%^&%$%^($&@&%& apply-
The battle of the Java Sea saw many allied ships destroyed or damaged with only two left to escape the destruction and live to fight another day. LSIS Paul McCallum takes a look at the days following the Battle of the Java Sea.

As JAPANESE forces pushed south into Indonesia, a small fleet of Allied ships did all they could to hold off the invasion in the Java Sea. Following the battle of the Java Sea in late-February 1942, HMAS Perth and USS Houston were the only Allied vessels capable of continuing the fight.

After a brief stop in Tandjeong Priok, Indonesia, Perth and Houston made a break for the Sunda Straight to escape the Japanese invasion fleet that was closing from the Java Sea.

Both ships were short of ammunition for their main armament as well as fuel oil, but the closing Japanese meant that feeding into the Indian Ocean was of greater importance than re-supply.

As the two ships approached the strait, an unknown vessel was spotted on the horizon and challenged. After passing an unusual reply, the mystery ship laid down a screen of smoke and turned away.

Identifying the ship as a Japanese destroy, Perth opened fire with her 6" main armament and turned to bring all her guns to bear. Perth and Houston had come across a Japanese fleet of at least two heavy cruisers, a light cruiser and as many as 10 destroyers.

Reports indicated that Perth sank the first destroyer, but there was much more fighting to be done. Another Japanese fleet was closing from the north comprising an aircraft carrier, four heavy cruisers and more destroyers.

Rounds were landing from all directions as the Allied ships were surrounded. Perth switched her four 6" guns to aimed fire in an effort to engage as many targets as possible. Houston had lost her aft 8" guns during the previous battle but engaged with her forward armament.

Perth had remained unscathed until, in an effort to protect the Houston, Perth closed her ally to cover and protect her stern and started taking fire. She fired her torpedoes in a spread formation and several targets were hit.

In a last ditched attempt for survival, Perth attempted to break the Japanese line of cruisers and destroyers blocking the southern end of the straight.

In the hour up to this point, the enemy had fired more than 80 torpedoes at Perth and Houston, but it wasn’t until the attempted break-out that Perth took a torpedo below the waterline.

Three more torpedoes were to strike the ship and, to the end, she fought back. As the order to abandon ship was given, the Japanese destroyers closed to point blank range and pounded Perth.

Her captain, CAPT Waller, continued at half speed in a bid to clear the men who had leapt into the water. Eventually the bow began to slide under the water and the stern came clear of the surface, only one shaft turning.

Survivors described the ship as “driving into the ocean” instead of sinking and CAPT Waller was reportedly passing orders on the bridge as his ship went down.

At the end of the battle, the Japanese had lost an incredible 15 ships at the hands of Perth and Houston. Japanese media reported that the fleet had come upon a great battleship fleet, not two cruisers with depleted fuel and ammunition.

Overcome by sheer numbers, the Allied vessels were lost. Perth lost 353 men killed during the battle, four died ashore and 324 were taken into POW camps. Of these, only 218 would return home.
Newcastle delivers Christmas wish

By Michael Brooke

The Christmas wishes of scores of disabled children were granted by the big-hearted ship’s company of HMAS Newcastle (CMDR Justin Jones) during the festive season.

The wishes of children at Hunter Orthopaedic School were answered when Newcastle’s successful charity project, ‘Op Think Big’ delivered a new Ford Transit bus worth $50,000.

The children cheered and clapped excitedly when Santa, aka SWO Rob Drew, drove the new mini bus into the playground on December 4.

The teaching staff said Newcastle’s gift was a “Christmas dream come true” – the bus will be put to good use to transport the students to and from school, and for excursions.

Newcastle’s ship’s company raised the money for its adopted charity through sponsorship from collectively running, walking, riding and travelling the 21,125km distance between Newcastle in Australia and Newcastle in the United Kingdom.

CMDR Jones said Op Think Big marked the most ambitious fundraising effort the ship has ever undertaken.

“Every officer and sailor in the ship got behind Op Think Big and we’ve managed to exceed our target of raising $50,000,” he said.

More than a quarter of the funds raised came directly from the pockets of the ship’s company – an exceptional achievement for 190 people.

ABCIS Kristy Gallagher said she ran 14km each day from her home to Fleet Base East to help raise money and contribute to the distance milestone.

“It was a lot of fun; made all the more worthwhile by the expressions of joy and happiness on the children’s faces here today,” she said.

ABMT Andrew Davis said he contributed to the fundraising by buying raffle tickets and clocking up kilometres on the running machine in Newcastle’s gym.

“To see the joy on the children’s faces after all the hard work we’ve done really is a Christmas dream come true for all of us,” he said.

A total of $53,188 was raised through the auctioning of sporting memorabilia during a black tie event in Newcastle during its port visit to Newcastle in August, sausage sizzles, the raffle of a large screen television, donations and much generosity from the general public.

The school was also presented with a cheque for $2,500 and the remaining money will be placed into a fund and used for general maintenance around the school.

Newcastle adopted The Hunter Orthopaedic School as her charity upon commissioning in 1993 and each year has conducted fundraising activities to support the school, which caters for the education of students from pre-school to year 12 with physical and intellectual disabilities.

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Clearance divers push boundaries in Canada

FOUR degree water is not where you would normally find RAN clearance divers, but that’s where five divers from AUSCDT One and Four found themselves recently in Toronto, Canada.

The clearance divers were part of an international contingent participating in experimental diving at a Defence research and development facility in Toronto, Canada. The Australians worked alongside divers from the Dutch and Canadian navies in developing world-first rebreather decompression tables for an experimental gas mixture known as TRIMIX – a mixture of Nitrogen, Oxygen and Helium.

Over a five-week period, the divers conducted a series of diving exercises in a controlled environment that pushed the boundaries of known scientific research for diving to the extreme.

Not only were the divers subject to frigidly cold water, they also had to endure the challenge of riding an exercise bike while under the pressure of nine atmospheres on equipment that was completely foreign to them.

LEUT David Shirvington said he was thrilled with the chance to be part of something so important.

“This was an excellent opportunity to interact and exchange ideas between the international military diving communities,” LEUT Shirvington said.

The Australians were also privy to the other research being conducted at the facility, which included projects like impact studies for simulating car crashes up to 100km/hr and the hyperbaric altitude chamber to replicate altitudes up to 30km with explosive decompression.

Of course the experimental trial wasn’t all work and no play. Most participants managed to clear some much-deserved leave, travelling to cities like Montreal in French Quebec and Victoria in British Columbia.

ABCD Ashley Semmens said it was a once-in-a-lifetime opportunity to see America and Canada while doing a job he loved.

Another Experimental Dive Series is scheduled for April this year.

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Cylinder safety risk

THERE have been recent incidents (nationally and overseas) where aluminium SCUBA cylinders manufactured from AL6351 alloy before 1991 have exploded, causing serious injury to the people involved.

The incidents occurred during the filling of the aluminium SCUBA cylinders. Cylinders constructed from AL6351 alloy can suffer from fatigue (Sustained Load Cracking or SLC). AL6351 alloy can suffer from fatigueinders. Cylinders constructed from AL6351 alloy before 1991 have exploded, causing serious injury to the people involved.

The date of the manufacture of each cylinder is marked on the neck. Under the Occupational Health and Safety Act 1991, Defence must ensure the 'absence of risks at work to the health of employees in connection with the use, handling, storage or transport of plant or substances'. Because aluminium cylinders are classed as an item of plant, they must be risk managed in accordance with the Occupational Safety and Health Act 1991, Part 4 – Plant. Because of the potential safety risk, it is recommended that item managers of aluminium SCUBA and DCBA cylinders ensure the implementation of the risk control measures. The SAFETYMAN policy: volume 1, part 3, chapter 1 – Management of plant or substances introduces the rules governing the use of hazardous substances in the workplace both for the user and the supervisor in charge of the hazardous substances store.>

IONISING RADIATION SAFETY AWARENESS (39 min) is a training DVD that has been specifically designed for personnel who come into contact with IR to rectify these misunderstandings.>

THE NOISE AND RADIATION SAFETY SERIES (4 films 2 hr 26 min total) is designed to instil safety awareness in the personnel managing or operating the source of radiation, and the personnel who may be at risk of exposure.>

ASBESTOS SAFETY AWARENESS (16 min) looks at the health issues concerning the inhalation of asbestos fibres and the reality that asbestos parts can be found in most ships. Most importantly it explores immediate actions to be followed upon discovery. Should you have any questions regarding any of these DVDs please contact Navy Safety on our help line 1800 558 555 or email navy.safety@defence.gov.au KEEP NAVY SAFE.

Keep Navy Safe

Rules Governing the Use of Hazardous Substances in the Workplace

Rules governing the use of hazardous substances in the workplace both for the user and the supervisor in charge of the hazardous substances store.

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Safety DVDs go online

THE Directorate of Navy Safety has released a signal (DTG 120233Z Nov 09) detailing the Safety Videos now available to be downloaded or viewed online at the SMS_N website. This new way of doing business is not only cost effective but provides much greater flexibility to units and is the way our RAAF and ARMY counterparts operate.

Once Navy Safety's current stocks are depleted, they will not be replaced. These Safety DVDs' listed are;

• KEEP NAVY SAFE (13 min) is an introduction to the RAN's safety management system, NAVSAFE. It covers duty of care, risk management principals, hazard reduction, audits and inspections, the reporting system and much more.

• SHIP SAFETY HAZARDS (35 min) covers major hazards found onboard a warship and the precautions to follow to ensure a safe working environment. Subjects such as radiation, working aloft, plant machinery, toxic hazards, hot work, dangerous goods etc are all covered.

• MANAGING HAZARDOUS SUBSTANCES (22 min) introduces the cylinder safety risk

If you are thinking of getting a DHOAS subsidy, you should check with the Defence Service Homes Insurance Scheme—then you are also entitled to home and contents insurance through the Defence Service Homes Insurance Scheme—even if you don't have a DHOAS home loan.

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Australian Government Department of Veterans' Affairs
Getting going in 2010

You really pigged out over the break! Now it’s a mad scramble to get fit but, according to LT Rob Orr, the best thing you can do is take it one step at a time and slow down.

When a seasoned athlete, an occasional fitness participant, or a beginner with a New Year’s resolution to get fit, many sailors will return to work and vigorously engage in a fitness regime.

One of the key causes of injury when returning to training and sport, as well as being a major motivation buster, is the “bull at a gate” syndrome. People feeling refreshed from leave or under pressure to pass a fitness assessment decide to take the plunge and get stuck into their fitness routines.

Training diligently every day for an hour, many push hard to reach their goals. Unfortunately, this approach often leads to failure as the body and mind tire rapidly. For some, motivation is lost while others push through mental warning barriers, overtraining and injury await.

The key step in avoiding these pitfalls and ensuring a successful return to physical training is knowledge.

Fact 1: Detraining

As physical activity is reduced over the festive season, physical fitness declines. Some research has shown that as much as 1 per cent of VO2, a measure of aerobic fitness, is lost each day following inactivity.

In performance measures, this equates to an increase in a 2.4km run time of around one minute or a decrease in shuttle run ability of seven levels per week of inactivity.

When it comes to strength, although the loss is not as drastic, muscle strength is also lost due to inactivity.

Fact 2: Weight increase

Often over the leave period, the reduction in physical activity combines with an increase in food and alcohol consumption. The outcome of this equation, of calories out versus calories in, is an increase in body weight. This increase in weight reduces the aerobic fitness of the body, reduces the body’s relative strength and, most importantly, increases the weight your body must now carry. The two combine to have a notable impact on fitness and injury potential as a now less-fit body must carry additional weight.

For those who were very active before leave, this effect on fitness is a very important consideration.

Often members expect to be able to perform at the same level of fitness on return to activity. Many simply continue with their training program as if they had never taken a break.

For those few able to exercise at the same pace and volume, the cost of performing at this same level is higher than it was pre-leave and soon the body fatigues or an injury occurs. Those who fail to start training at the same level will lose motivation and in all probability cease training. Conversely some members will attack their training with even more vigour in an attempt to rapidly return to pre-leave fitness levels. Again, the outcome of this approach can often be fatigue and/or injury.

For those beginning with a new training program, a similar trap exists where they suddenly begin their exercise program with overenthusiastic high-volume training every day.

Regrettably, the progressive increase in body stress begins to overwhelm the initial enthusiasm. Waking every morning with muscle soreness and fatigue leads to a loss of motivation and soon one day of training is missed, then two, then a week and soon training is forgotten.

TOO MUCH TOO SOON: Beware of overtraining.

Photo: ABIS Paul Berry

➤ For the first two weeks train no more than three to four times a week. Then, if comfortable with training frequency, increase to no more than five times a week.
➤ Train at a low intensity — no more than 60 per cent of maximum effort.
➤ Train for no more than 40 minutes (excluding warm up and cool down).
➤ Try as many different activities as possible. Rotate through different weight-training exercises, try different cardio machines, run different routes.
JOB DONE: ABCIS Andrew Meloncelli at the stows the flags on board HMAS Darwin after completing a RAS with HMAS Sirius.

Photo: ABIS Evan Murphy

KEEPING WATCH: LEMLSN Gordon Orr keeps watch as the quartermaster on board HMAS Darwin.

Photo: ABIS Evan Murphy

ON COURSE: ABBM Lukas Byzda on the helm of HMAS Melbourne.

Photo: ABIS James Whittle

ALL ACCOUNTED FOR: ABSN Willy Garlick and ABSN Scott Kelly conduct a stock-take in the stores of HMAS Melbourne.

Photo: ABIS James Whittle

ON SONG: (Right) ABMUSN Alisha Coward helped spread Christmas cheer during the HMAS Watson Carols by the Bay.

Photo: ABIS Peter Thompson

STANDING BY: ABCIS Kersten Auret prepares the flags in the flag bin on board HMAS Melbourne while entering Newcastle Harbour.

Photo: ABIS James Whittle

PUBLICATION CHECK: ABCSO Christopher King in HMAS Darwin’s Operations Room.

Photo: ABIS Evan Murphy
Financial support for ADF personnel studying external postgraduate or undergraduate courses is provided through various schemes from the Australian Defence Force. The contact officer for the ADF Higher Education Advanced Standing (ADFHEASS) Scheme can assist with enquiries.

Use this opportunity to study a Master of Business at the Victoria Graduate School of Business at the City Flinders Campus, opposite Flinders Street Station. VU is now taking direct applications in various Masters programs, including; Management, Industrial Relations/Human Resources Management, Enterprise Resource Planning Systems (SAP R/3), Global Logistics and Transport.

Contact the ADFHEASS
LCDR Heather Walker, RAN
Email ADFHEASS@defence.gov.au
Phone 0419 753 962

Or
The Victoria Graduate School of Business
Email vicgradbus@vu.edu.au
Phone 03 9919 1295

**USE THE FORCE TO GET YOUR MASTERS**
By Michael Brooke

THE ‘tiger men’ from 816 Sqn at HMAS Albatross roared into action to capture the lion’s share of the trophies at the annual Carr Cup Singles and Burrell Cup Tennis Doubles Competition recently.

LEUT Jack Wadey won the Carr Cup Men’s Singles title by crushing the aspirations of his boss, LCDR ‘Tricky’ Dick Foss, at the Sydney Olympic Park Tennis Centre on December 2.

In a final billed as ‘youth versus experience’, LEUT Wadey outlasted LCDR Foss by winning 6 sets to 4.

LEUT Wadey’s triumph consigned LCDR ‘Tricky’ Foss to the history books as an eight-time singles champion in the Carr Cup Men’s Singles competition.

Fortunately, both players put their rivalry behind them when they teamed up to win the Burrell Cup Tennis Doubles Competition by 8 sets to 2 over a dynamic duo from HMAS Ballarat.

The victory by the duo from the ‘Tiger Sqn’ allowed LCDR Foss to establish a dynasty as an eight-time winner of the doubles competition.

LCDR Foss said the irony of his Navy tennis career was that the players who beat him in the singles finals became team mates in the doubles.

“Losing eight singles finals is pretty tough,” he said.

ABCIS Roxanne Starr heralded her arrival as a Navy tennis star by winning the Carr Cup Women’s Singles title by beating PO Hooper.

“This is the first time I have competed in Navy tennis and my unexpected success has inspired me to compete next year,” she said.

Female participation in the Carr Cup for 2009 increased this year, enabling the competition to have all female heats.

ON THE RIGHT TACK: MIDN Bacon and LEUT Foulkes battle the conditions and the other competitors in the two days of racing on Canberra’s Lake Burley Griffin.

By CMDR Martin Linsley

MIDN Stephanie Bacon has shown true enthusiasm for her sailing with a flying visit to Canberra to compete in the ACT Dinghy Championships on November 21-22.

Arriving in Sydney on the Friday afternoon aboard HMAS Manoora, MIDN Bacon drove to Canberra, competed in six Tasar races over the two days and returned to Sydney to sail on board HMAS堪作拉 on the Monday morning.

Four boats represented the RAN on Lake Burley Griffin, racing in wind strengths ranging from 2-28 knots.

The final two races were cancelled when even stronger winds made conditions too rough.

MIDN Bacon and skipper LEUT Andrew Foulkes finished sixth overall with PO Darryl Bentley seventh, CDRE Rick Longbottom third, and myself second in the small but strong fleet.

A fortnight earlier I represented Navy Sailing at the Bethwaite Skiff Series Regatta, and raced from the Belmont 16-foot Skiff Sailing Club on Lake Macquarie. Despite suffering a broken top mast while leading the last race, I won the regatta’s Tasar division.

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February 4, 2010

By WGCDR Trevor Owens

NAVY led the charge as 152 keen golfers descended on Canberra’s Federal Golf Club to contest the 26th ADF National Golf Championship in early December last year.

With a quality field assembled and many keen to defend their 2008 titles, Navy’s LEUT Daryl Whitehead led the field from start to finish with a four round total of 292 (four over par).

LEUT Whitehead said it was great to make the breakthrough.

“I have won the Army and Navy Service championships in the past but now I have finally managed to take the overall title.”

LEUT Whitehead set the scene early with a 4 under par 68 in the first round in very strong windy conditions and held a handy buffer for each of the remaining rounds of the event.

LCDR Andrei Ezergailis finished three shots adrift but won the Navy Nett Champion title, while AB Virginia Vale took out the Ladies Nett title.

LCDR Ezergailis has won the overall title four times and been Navy Champion four times in his nine appearances at the championships.

“The real story here is LEUT Whitehead’s win,” LCDR Ezergailis said.

“His has been knocking on the door for some time now, with a host of runner ups. It’s great to finally see him break through for his first ADF title against a strong field in testing conditions.”

2009 was the largest event in terms of player numbers, however, the Navy side was the smallest of the teams represented.

“It’s good to see Navy take the overall title displaying quality over quantity from the senior service,” LCDR Ezergailis said.

The 2010 ADF National Golf Championship will be held from December 6-10 2010, with the Entry Package scheduled to be with the ADF Regional Reps in early July.