LENDING A HAND: HMAS Brunei crew members CPO Mark Flynn and AB James Riddell shift debris from the streets of Townsville after Tropical Cyclone Yasi. Photo: MAJ Al Green

ROAD TO RECOVERY

Navy helps clean-up efforts in wake of Cyclone Yasi

END OF AN ERA FOR HMAS MANOORA
By Graham McBean

ADF personnel have been called on again in the wake of a second natural disaster as Tropical Cyclone Yasi crossed the north Queensland coast.

Many more than 1200 sailors, soldiers and airmen under command of JTF 664 responded within hours of Cyclone Yasi cutting a swatch across the north.

Another 400 personnel outside the impact area provided JTF 664 with aerial surveillance and imagery of damage while air transport delivered critical stores and personnel.

Commander JTF 664 BRIG Stuart (commander of the Townsville-based 3 Brigade) said many ADF personnel had begun preparing even before the cyclone had hit.

"Even before the winds abated many of the sailors, soldiers and airmen involved turned up for duty and deployed into the disaster zone," BRIG Smith said.

They had not even seen their own homes and had left their partners behind.

BRIG Smith said the Yasi response effort had benefitted greatly from the experience gained from other disasters, particularly Cyclone Larry.

He said one of the regional mayors had told him the Yasi response after two days was at the same point that Cyclone Larry was after seven days.

BRIG Smith said the teamwork, rapid response capability of the ADF and its initiative was a primary contribution to this success.

"Sailors from HMAS Cairns sailed their leading craft north and waited out the cyclone," he said.

"They then sailed immediately south to Townsville to pick up heavy equipment to bring to the disaster zone."

Cairns-based clearance divers again assisted the Queensland Police Service identify navigational hazards.

The divers worked at Hinchinbrook Marina near Cardwell in a similar mission to that in the Brisbane River during the flood response.

By noon on February 8, 20 partly submerged vessels had been located and a further three were confirmed sunk.

Army unit 51 Far North Queensland Regiment (FNQR) was at the vanguard of the ADF assistance in route surveying and road clearance tasks.

Another two FNQR patrols were involved in identification of aircraft landing zones in Innisfail and Tully. Up to February 7, Air Force King Airs, C-130s and C-17s had flown about 80 hours of support tasks and moved more than 322 tonnes of cargo, including about 220 tonnes of food.

Soldiers and airmen from Lavarack Barracks and RAAF Base Gabbutt were quickly deployed on clean-up tasks in Townsville.

BRIG Smith thanked the military families for their understanding.

"Some families have recently arrived in north Queensland," he said.

"Many of their removals had been affected by the floods, so it really has been a demanding time."

BRIG Smith said he admired the initiative was a primary contribution to this success.

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Divers’ search mission

**By LT Adrian Miller**

CLEARANCE divers from the Cairns Dive Unit have helped Queensland Police search Port Hinchinbrook in the wake of Tropical Cyclone Yasi.

POCD Ashe Konig said the divers were called in to help police search for missing boats.

“We were tasked to assist police divers in locating sunken vessels,” POCD Konig said.

“We are looking for the nomenclature of the vessel and its name so we can match it with the owner”

With water conditions less than ideal, POCD Konig said it was difficult to confirm the identity of some vessels.

There were a few uncertainties about some vessels so we had to use sight-scan sonar,” he said.

“Once that was used they got a few contacts large enough to be boats, so they wanted us to go down with their divers just to make sure they weren’t vessels.

“By doing that we could confirm they weren’t vessels and there were no bodies down there”.

POCD Konig said it was a usual occurrence for Navy and police divers to work together.

“It is very easy working with the police,” he said. “One of their divers is an ex-clearance diver and a good friend of mine so it works out very well.”

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**LCHs get the job done**

By ABCIS Melanie Schinkel

HMAS Brunei (LEUT Carl Jordan) and Tarakan (LEUT Kevin Whaling) received a warm welcome from north Queensland residents when they delivered more than 100 tonnes of heavy machinery and engineering equipment to support Operation Yasi Assist.

“Thank you to all the fellows in the Joint Task Force (JTF) 664, commanded by Commander 3 Brigade, BRIG Stuart Smith, and on February 4 to assist ADF clean-up operations in the cyclone-affected Cassowary Coast region. CO Brunei LEUT Jordan said the ships’ companies found the experience gratifying and challenging because the clean up in Townsville was physically demanding and the team worked tirelessly throughout the day – their efforts to get the job done well and quickly deserve special mention.”

He said Townsville’s residents were both relieved and grateful for the efforts of the ships’ companies.

“It felt great to help fellow Australians and to be thanked in the process was really rewarding. A simple ‘thank you’ went a long way in terms of motivating the sailors to crack on.

“The locals also showed their appreciation by providing the team with refreshments such as cold drinks and ice creams, which helped the sailors get through the arduous work.

“Fatigue was tricky to manage, but the ships’ companies found the experience gratifying and challenging because it enabled them to put their training into practice.”

Brunei returned to Cairns on February 8 where her crew are now preparing for their upcoming mariner skills evaluation and squadars.

“I granted the crew two days leave to recover and spend some quality time with their families – they have certainly earned a break,” LEUT Jordan said.

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- Australian Federal Police
- United Nations Association of Australia
- United Nations Police Association of Australia
- Australian Peacekeepers and Peacemakers Veterans Association
- National Headquarters of the Returned and Services League

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This cannot happen unless sufficient funds can be raised for its construction.

To achieve our goal of $3 Million, we have established a tiered giving approach, so that individuals or corporates have a simple but effective way to support the construction of the Memorial.

You can become a part of Australian peacekeeping history today!

Go online to become a Mate of Peacekeeping.

If you have been on one of the many missions listed on the website, or you are a friend, family member or supporter, this Memorial is for you.

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It's time to tell us what other hats you wear

Reservists, the ADF’s Civil Skills Data e-survey is now live. This is your opportunity to tell us about your civil skills, qualifications and experience. It will help us gain a better understanding of who you are, and it could help your Reserve career and deployment opportunities. Plus, you’ll be paid for doing it. If your home address details are up-to-date on PMKeyS, you’ll receive an information pack in the mail. Read it before you start the e-survey as it has everything you need to know to help you finish it.

To complete the CSD e-survey, use your personal computer or the DRN to go to civilskillsdata.com today.

Manoora to decommission

By Michael Brooke

ONE of the RAN’s hardest working platforms, HMAS Manoora (CMDR Stephen Dryden), will be decommissioned after an illustrious career in the RAN and the US Navy that spanned four decades.

Manoora was placed on operational pause by Chief of Navy VADM Russ Crane following advice from the Seaworthiness Board in September last year.

An examination of Manoora, which proudly carries the motto ‘In War and Peace’, has revealed that she requires remediation of significant hull corrosion and the replacement of both gear boxes.

The cost of the repairs was expected to exceed $20 million and would take until April next year to complete.

With Manoora’s scheduled decommissioning at the end of 2012, this would leave only a matter of months to utilise the platform.

CMDR Dryden said the officers and sailors who had served in Manoora, as well as all Navy personnel and the people of Australia, could be justifiably proud of the ship’s achievements for the ADF over the past 17 years.

“This ship has been at the forefront of providing an amphibious capability to our nation and our Defence Force and was instrumental in pioneering many concepts on the way in which we will conduct our joint operations from the sea in the future,” CMDR Dryden said.

“The ship has achieved many milestones in her career both from a military point of view as well as her humanitarian and disaster relief efforts.”

Built as USS Fairfax County (launched 1970) and commissioned into the RAN in November 1994, the Kanimbla-class LPA (L52) is the second RAN ship to carry the name “Manoora”.

In response to Manoora’s decommissioning, Defence Minister Stephen Smith emphasised the importance of ensuring a smooth transition to the new Landing Helicopter Dock (LHD) ships.

Mr Smith said Manoora and the RAN’s other amphibious support ships (HMA Ships Kanimbla and Tobruk) would be replaced by two Canberra-class LHDs; the largest ships ever operated by Navy.

“Because of the decommissioning of Manoora and the age of our other amphibious ships, I have asked Defence to present a new comprehensive plan for the transition towards the new LHDs,” Mr Smith said.

He said the options and recommendations to ensure the smooth transition to the new LHDs would include the lease or purchase of ships that would provide a platform to train and prepare for the LHDs.

One such option is the lease or purchase of a Bay-class Landing Ship Dock from the United Kingdom, which could allow the decommissioning of Kanimbla or Tobruk to be brought forward.

The LHDs are bigger than Australia’s last aircraft carrier. Mr Smith said stepping up to the new capability was going to require a lot of work by Navy because the LHDs were very different to the ships Navy currently operated.

“One LHD will effectively replace the entire amphibious force we have today,” he said.

The hull of the first LHD will be launched in Spain on February 17 where it has been constructed by Navantia.

The hull will arrive in Melbourne in 2012 for further work to be completed at the Williamstown Shipyard before the LHD becomes operational in 2014. Australia’s second LHD will become operational the following year.

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END OF AN ERA: HMAS Manoora will decommission earlier than expected.

Photo: ABIS Lee-Anne Mack

HMAS Manoora

Pennant: L52
Type: Amphibious Warfare
Classification: LPA
Class: Kanimbla Class
Based: Sydney
Launched: December 19, 1970
Commissioned: November 25, 1994
Displacement: 8534 tonnes
Length: 159.2 metres
Beam: 21.2 metres
Speed: 21 knots
Battle Honours: Persian Gulf, 2002

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Aussie spirit soars in Qld

By Michael Brooke

THE ADF completed its rescue and relief operations on February 4 in the aftermath of the devastating Queensland floods.

JTF 637 was established on January 1 at the request of Emergency Management Australia. The mission has now transitioned to one of recovery, but the ADF continues to provide specialist support to flood areas.

Chief of Joint Operations LTGEN Mark Evans said about 1900 ADF personnel completed tasks ranging from general clean-up operations, search and rescue tasks and liaison duties during the operation. He said while the focus on initial flood rescue and relief assistance had been completed, the public would still see Service personnel providing assistance in southern Queensland.

“ADF engineering and aerial survey elements will remain in support of emergency management agencies to assist those communities where recovery efforts are beyond the current capacity of local councils,” LTGEN Evans said.

More than 350 RAN personnel were involved in the operation, including some 159 sailors from Fleet Base East who returned home after 11 days assigned to JTF 637.

Three detachments of sailors from Fleet Support Unit (FSU) – Sydney cleaned up 185 houses by removing a staggering 300 truckloads of rubbish, which amounted to 26,000 cubic metres of people’s once-prised possessions and their broken dreams.

Second in command of Charlie Detachment CPO Jason Dorward said the sailors gave many desperate people real hope that they could rebuild their lives.

CPO Dorward said he and LSMT Tom Leggatt steered a Navy Isuzu 9000 18-tonne truck with a mounted crane from FSU-Sydney to Fernvale, near Ipswich, in just 24 hours. There they charted unavigated flood waters to remove piles of trash and coordinated rubbish removal with local councils and local contractors who donated graders, excavators and other equipment to the relief effort.

“Every smile we put on the faces of desperate people just by showing up to help them through their blackest hour are the memories I will always cherish,” CPO Dorward said.

“The camaraderie we developed with the local people and also the Air Force and Army speaks volumes of the Aussie spirit of helping your mates in times of need,”

CPO Dorward said his family was located in Toowoomba and somehow through the “grace of God” escaped serious flood damage.

Tragically, LSMT Leggatt was not so lucky, as he had the grim task of helping his brother, Stephen, salvage what remained of his devastated house in Ipswich.

LSMT Leggatt had visited his family during the Christmas stand-down period and never imagined he would be back so soon under such tragic circumstances.

“It was pretty shocking for all of us,” LSMT Leggatt said.

CPO Lindsey Smith, OIC Alpha Detachment, which deployed at short-notice by RAAF C-130 Hercules and C-17 Globemaster to the shattered sub- of Karalee, said although his sailors were shocked by the scale of the devastation, when sorting through skip-bins full of rubbish they were able to reunite people with treasured possessions that were only lightly damaged.

“There was one old bloke I’ll never forget, because we gave him back his photo album with wedding pictures of his wife, who had only died recently,” he said. “Up until then, the man thought he had lost absolutely everything.”

WO Brian Poole, 2IC Bravo Detachment, said his sailors worked very hard in a hot, muddy and stinking environment to help people to rebuild their lives.

“The camaraderie among us and the appreciation of the people was just overwhelming,” he said.

“The people were so happy we had come to help them at such a desperate time that they wanted to share what little they had left – often inviting us to BBQs and other community activities.”

WO Poole said the sailors could have complained about a lot of things but all they cared about was helping the people of devastated communities get their lives back on track.

Task Group restores vital link in Brisbane

THE Maritime Task Group assigned to JTF 637 helped restore the vital ferry service for Moggill residents at the peak of the flood crisis.

The ferry service was motorised in the 1940s and connects the two suburbs of Riverview and Moggill. A deployable geospatial team from Cairns used its mobile sonar equipment to survey, locate and identify objects on the riverbed.

Commander Maritime Task Group CMDR Peter Tedman said once the objects were found, the clearance divers conducted diving operations to provide identification to Brisbane City Council.

“The hydrographers and divers worked tirelessly in the river to locate and identify potentially dangerous objects,” CMDR Tedman said.

“Their commitment to the task and quality of work led to the restoration of the historic Moggill Ferry service quickly after the flood waters closed the service.

More than 158 submerged objects were found in the Brisbane River, including sunken vessels, wharfs, gangways and tree/log obstructions.

“The Moggill Ferry service is one of Brisbane’s main arterial links in the outer western suburbs, significantly reducing the transit between northern and southern suburbs, so the opening of the service was a positive reinforcement of the great work our sailors achieved,” CMDR Tedman said.

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“Astute Investments opened my eyes to the property investment market and helped me maximize the use of my defence benefits. Thanks to them I’m well on the way to financial wealth” Kenny, K.
The Perth Mint and RAN have combined to create a silver coin tribute to commemorate 100 years since the granting of the ‘Royal’ prefix to the Royal Australian Navy.

Defence Minister Stephen Smith and CO HMAS Perth CAPT Malcolm Wise launched the coin aboard Perth on February 3.

CAPT Wise said the coin acknowledged the work of Navy personnel since its coming of age 100 years ago.

“This centenary coin recognises the dedication and sacrifices made by the RAN and commemo...
Reform on women’s issues high priority

Senior Navy Women’s Forum up and running

By Annabelle Haywood

THE New Generation Navy (NGN) website on the Defence Restricted Network has been updated to reflect Navy’s position entering the third year of the program.

The updated website has been redesigned to make navigation easier and with the assumption that all Navy members know about NGN and the philosophy behind it. The new website concentrates on NGN in action.

The site has been simplified to provide links to NGN achievements and initiatives, as well as details of current and future projects.

NGN Program Director CAPT Warren Bairstow said because culture change could only be successful if people were engaged and on board, the website also contained a resources page with documents and current information.

“This will be particularly useful for Navy’s leaders, as some of the material will include videos and presentations for staff on NGN progress and its links with the Strategic Reform Program and Navy Continuous Improvement,” CAPT Bairstow said.

The new intranet site will be complemented by a similar external web presence, containing current NGN news and documents for download.


Further information can be obtained from http://intranet.defence.gov.au/navyweb/sites/navywomenstrategy/comweb.asp?page=144310&Title=SNWF or by contacting CMDR Heymans at jennifer.heymans@defence.gov.au or (02) 6265 6179.

NGN website updated

Happy in the Service

Defence Attitude Survey

By Amy Kelly and Leonie Gall

ADF members are happier than ever with their pay packets, according to the 2010 Defence Attitude Survey (DAS) results.

The proportion of ADF members who were satisfied with their salary jumped from 38 per cent in 2008 to 50 per cent in 2010.

Defence commitment also remained high with 84 per cent of ADF respondents indicating they felt proud telling others that they were a Service member.

Director General Workforce Planning AIRCDRE Tony Needham said information received from the DAS was important.

“The survey presents both ADF and APS Defence personnel with the opportunity to voice their opinions on a wide range of employment-related topics that are of interest to Defence senior leadership,” AIRCDRE Needham said.

The data collected in the DAS allowed us to analyse the attitudes and opinions of the workforce and inform policy decisions with data on how a range of aspects of employment in Defence are perceived.”

First conducted in 1999, the DAS survey has been held every year since 2001 and is Defence’s primary means of monitoring the organisational climate.

The current DAS was launched on February 11 and will be open until February 27. Members invited to participate are encouraged to help Defence improve and develop personnel policies that enhance working conditions. The survey should only take 10-15 minutes to complete.

For further information, visit the Directorate of Strategic Personnel Policy Research intranet site at http://aurora.cbr.defence.gov.au/DSPPR/default.shtml

Alternatively, email the DAS project manager at Defence.Surveys@defence.gov.au

Confidence and drive: From left, CMDR Rachel Durbin, CMDR Jenni Heymans, CMDR Elizabeth Mulder and CDRE Robyn Walker discuss the Senior Navy Women’s Forum at Russell Offices in Canberra.

Photo: POIS Ollie Garisde

Our personal loan is the difference between “I want” and “I have”
Government to replace medals lost in natural disasters

THE policy on the replacement of ADF medals will be relaxed so medals lost during the Queensland and Victorian floods, Cyclone Yasi and Western Australian fires can be replaced.

Parliamentary Secretary for Defence Senator David Feeney said Government policy for many years had been that medals could only be issued to the ADF member who earned them.

“This usually means that medals cannot be replaced if they are lost or destroyed after the ADF member has died,” Senator Feeney said.

Where medals are lost in natural disasters, however, this policy may be relaxed. This was done following the Victorian bushfires in 2009.

“While the Government is committed to maintaining the integrity of our system of military honours and awards, there are circumstances in which the Australian community rightly expects us to show greater flexibility in implementing the existing policy. I believe this unprecedented series of natural disasters is one of those circumstances,” Senator Feeney said.

“I have therefore decided that ADF medals may be reissued to the next of kin or other appropriate relative of deceased ADF members if the medals have been lost or destroyed in the recent natural disasters.

“Family members who have, in the course of these natural disasters, lost the medals of loved ones, may now make application for replacements.

“Unfortunately, however, only medals dating back to the First World War can be replaced. Medals for conflicts prior to this war are no longer in production.”

Applicants should use the application form and statutory declaration located on the Defence Honours and Awards website at www.defence.gov.au/medals.

Completed applications should be submitted to: Directorate of Honours and Awards, Department of Defence, PO Box 7952, Canberra BC, ACT 2610.

Enquiries may also be directed to Defence Honours and Awards toll free on 1800 111 321.

Sailor injured in flare accident aboard Waller

A SAILOR aboard HMAS Waller suffered minor injuries as a result of the inadvertent activation of a pyrotechnic flare on February 9.

The injured sailor was treated by medics on board and transferred to Royal Perth Hospital. The sailor’s family has been informed.

Waller received superficial damage only. The submarine had just completed an anti-submarine exercise with HMA Ships Toowoomba and Sirius in the Western Australian Exercise Area off Fremantle at the time of the incident.

Chief of Navy VADM Russ Crane said he had been monitoring the situation closely.

“The most important thing is that this sailor is getting the best possible treatment,” VADM Crane said.

“I would like to commend the crew of Waller for their quick response to what could have been a far more serious incident.”

The launching of flares from a submerged submarine is a normal method of communicating with ships on the surface. The submarine uses the flares to indicate either its position, the launch of a simulated torpedo attack or an emergency situation.

The incident is now under investigation.

RAN Band on show in UAE

By Michael Brooke

THE RAN Band has been busy rehearsing around the clock in anticipation of promoting Navy diplomacy and international engagement at the 2011 International Defence Exhibition and Conference (IDEX) in Abu Dhabi.

The band will deploy a contingent of 33 talented musicians to support the official opening of the conference on February 20.

As the largest defence and security event in the Middle East and North African region, IDEX will provide the RAN Band with the perfect platform to enhance its reputation as one of the premier military ensembles in the world.

RAN Band Director CMDR Phil Anderson said the band’s performance would feature bugles, boatswain calls and a ship’s bell, which are traditional naval instruments used for communicating messages and time aboard ships.

“A key element of the band’s performance will be the ‘Cheer Ship’, which will be offered as a traditional naval salute to His Highness Sheikh Khalifa Bin Zayed Al Nahyan, UAE President and Supreme Commander of the UAE Armed Forces,” he said.

“The band will retire to Australia’s National song, Waltzing Matilda”

CMDR Anderson said the RAN Band was in the frontline of the RAN’s community engagement program because it was one of the few platforms in which Navy could take its message to the people of Australia.

“Our musicians reflect the quality of Navy’s people and the values for which all members of the RAN aspire,” he said.

CMDR Anderson said the RAN Band continued to set the benchmark for military bands in the ADF.

“The RAN Band has worked hard to earn an enviable reputation as a team of accomplished musicians who give Navy the ability to raise its public profile,” he said.

The RAN Band is structured around a Directorate of Music and six detachments of full- and part-time musicians positioned in various locations around Australia.

Throughout its history, the band has a proud tradition of providing musical, ceremonial and public relations support for the RAN.
**Tributes for fallen soldier**

**FAREWELL:** Engineers carry the casket of CPL Richard Atkinson after a memorial service in Afghanistan and, inset, CPL Atkinson.

Main photo: CPL Christopher Dickson

**By ABCIS Melanie Schinkel**

AFFECTIONATELY known as ‘Akka’, fallen 1st Combat Engineer Regiment (ICER) soldier CPL Richard Edward Atkinson was renowned for his cheeky nature, sharp wit and exceptional ability to inspire smiles.

The 22-year-old search commander was leading his section through the Tangi Valley in the Deh Rawud region when he was tragically killed by an improvised explosive device on February 2.

CPL Atkinson’s life and dedicated Army service was celebrated by his ICER mates and Mentoring Task Force 2 (MTF 2) personnel at a poignant memorial service at Multinational Base Tarin Kot on February 5.

In a final act of mateship, SPR Robert Rose, who was recovering from injuries sustained during the same blast, proudly but solemnly carried CPL Atkinson’s medals as his casket was escorted through a kilometre-long honour guard to an Air Force C-130.

The OC of MTF 2’s Combat Team Charlie, MAJ David French, described CPL Atkinson as a funny bloke and an excellent engineer.

“Akka was never happier than when he was on the job and he was bloody good at it,” MAJ French said.

In a statement released by Defence, the Atkinson family said CPL Atkinson was very close to his relatives and was planning to marry his fiancée, Dannielle, and start his own family at the end of his tour.

“Rich was a dedicated soldier with long career aspirations. He shared a strong mateship with those he left behind in Afghanistan and all his mates in Australia. He will be missed by all and not a day will go by that he won’t be thought of.”

Back in Darwin, ICER’s soldiers and officers lamented the loss of their brother-in-arms at a touching memorial service at the ICER Memorial on February 8.

CPL Craig Anger delivered an emotional eulogy and said CPL Atkinson was a larger than life character.

“He was a funny man, but when it came down to business, Akka would be in there, gritting his teeth and taking it in stride in a ‘she’ll be right’ kind of way to get the job done,” CPL Anger said.

CPL Atkinson’s long journey back to Australia ended on February 10. His arrival home was marked by a Ramp Ceremony attended by CDF ACM Angus Houston and CA LTGEN Ken Gillespie at RAAF Base Darwin.

CPL Atkinson is the first soldier to be killed in action this year and the 22nd to die in Afghanistan while serving on Operation Slipper. He is survived by his fiancée, Dannielle, parents, Ross and Kate, brother, James, and sister-in-law, Sumah.

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**NEWS**


February 17, 2011
Aviators shine on

By Hugh McKenzie

BEING shot down was not high on the agenda when LSA Matt Jose jumped at a posting with the Royal Navy Air Station Yeovilton in Somerset in the UK.

A routine landing on a posting to Afghanistan went wrong when his Sea King Mk4+ was on descent and approaching a Forward Operating Base (FOB) as normal. At the 50-yard mark LSA Jose came off his gun to clear the cabin and on the chopper in to land.

"As we came over the perimeter fence there was a huge explosion," he said.

"I looked forward, the outside of the aircraft was on fire and there was thick smoke in the cabin – so thick I couldn’t see the cockpit."

A few seconds later the aircraft hit the deck – quite hard – but it stayed upright. LSA Jose said everyone was disoriented and it took a couple of seconds for reality to set in.

"I had lost comms with the front but I knew we weren’t going anywhere," he said.

As LEUt Jim Shatock and LCDR Steve Brown shut down the engines, LSA Jose grabbed his SA80 and Go-Pack and got his passengers, including Royal Marine Daniel Ginn, the port gunner who was wounded, off the aircraft.

LSA Jose directed everyone to the safety of the inner compound and the FOB garrison, who had a medic waiting to deal with the wounded. He then went back to the aircraft to make sure LCDR Brown was all right.

LCDR Brown appeared at the cargo door as LSA Jose got there, having shut the aircraft down completely.

"In the compound we had our first chance to chill out and meet the troops; they were a friendly lot and kindly offered us a cigarette," LSA Jose said. "It turned out to be Steve Brown’s first in 20 years."

LSA Jose is among six RAN personnel posted to the legendary Junglies, the Sea King Mk4+ equipped Naval Air Squadrons of the Commando Helicopter Force. 845 and 846 Naval Air Squadrons won their nickname supporting the Commando Brigade in the jungles of Borneo in the 1960s.

The four Sea King pilots and two aircrewmen include: LEUt Colin McLeod (D Flight 846), LEUt David Tindall (C Flight 845), LEUt Kate Munari (A Flight 846), LEUt Nick Pley (D Flight 845), LSA Matt Jose (B Flight 846) and POA Jarrod Nieuwendael.

Before joining the Junglies, LSA Jose had spent time as a student and qualified crewman on the AS350 Squirrel at 723 Squadron and was due to convert to a Seahawk or Sea King squadron when he heard that there was a posting available in the UK with the Junglies.

LSA Jose discovered that not many people knew much about the posting except that the Junglies did a lot of time away, mostly in Afghanistan supporting ISAF operations in Helmand Province and it was a full on posting.

"In my first year I had to complete the entire abinitio commando aircrewman’s course," LSA Jose said. "This turned out to be the most challenging and difficult course I ever attempted.”

The crewman’s course started at RAF Shawbury learning to navigate in the UK, then on to Search and Rescue Training Unit at Anglesey in Wales to learn UK SAR techniques and procedures, then finally six months of hard work and pain with 848 Squadron converting to the Sea King.

The climax of the course was the “wings” parade.

"For me it was an awesome experience."

"I was lucky to have my mum and sister come over to see the UK version of this event; they weren’t disappointed and were especially impressed with the jungle display," LSA Jose said.

After the course he was posted to 846 Squadron and not long after joining was told to join C Flight on Exercise Taurus in HMS Ocean (the UK’s Amphibious Helicopter Carrier) early in the new year.

He said the highlight of the exercise was self-deploying through Europe to get back to the UK.

"Starting in Crete we worked our way through Greece, Italy and France before making the trip across the English Channel."

"For me it was an awesome experience."

LSA Jose said he never thought he would see the Landing Tower of Pisa or visit Monaco while he was at work.

A once-in-a lifetime experience – or so he thought.

MIGHTY FORCE: L-R, LEUt Colin McLeod, LSA Matt Jose and LEUt David Tindall at Kandahar Airfield, Afghanistan.

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HONOUR: (Above) HRH Prince Charles presents LEUt Colin McLeod with his Operational Service Medal with Afghan Clasp.

CHILLY CONDITIONS: (Below) The RAN aviators participate in Exercise Wyvern Warrior on the Salisbury Plain.

February 17, 2011
**UK exchange**

Coming back from leave, he found himself in a Sea King travelling to Spain via southern France to rescue an aircraft that had gone U/S just the other side of the Franco/Spanish Alps.

“I was lucky to have a pair of pilots who surfed so we were able to plan the trip around our common interest and arrange overnight stops accordingly,” LSA Jose said.

LSA Jose said it wasn’t all gallivanting around Europe; August saw his first deployment to Afghanistan with B Flight.

LEUT McLeod and POA Nieuwendaal have also been posted to the Junglies. LEUT McLeod is on his fourth tour to Afghanistan and POA Nieuwendaal his third.

“If someone had said to me at RAN recruiting we would be flying Sea Kings Mk4+ with the UK Jungle force in Afghanistan, I would have said that was as far-fetched as Mick Dundee getting eaten by a crocodile,” LEUT McLeod said.

“Here we are and what a fantastic opportunity it has been.”

The two men are with 846 Naval Air Squadron. During their posting they have gained valuable training and experience that will stand them in good stead back in Australia sharing insights into how an experienced operational nation like the UK does business and what lessons Australia can learn.

They have been involved in amphibious exercises in the Mediterranean during Operation Taurus and deployed to the Alps in France, the desert in Oman and at -15°C in the snow on Salisbury Plain for environmental pre-deployment training.

“Many colleagues have asked why on earth we would choose to leave Australia,” POA Nieuwendaal said.

“Believe it or not these opportunities are rare and bring many benefits to the individuals lucky enough to be offered the position as well as the RAN as a whole.” LSA Jose agreed.

“I’m happy I came over and walked a path that only a handful of other Aussie aircrew have walked down,” LSA Jose said.

“I have had the pleasure of working with some very good professional people on 846 and 845.”

Most importantly, he said he’d increased his professional knowledge as an aircrewman and widened his skill set - attributes he wanted to take home to the RAN.

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**HIGH ALERT:** LSA Matt Jose watches for Taliban on operations in Afghanistan.

**“As we came over the perimeter fence there was a huge explosion.”**

– LSA Matt Jose

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**NAVY NEWS**


February 17, 2011
Exciting African challenge

By SQNLDR Richard Harrison

At a pivotal time in Sudan’s history, sixADF personnel are performing duties as United Nations Military Experts on Mission (UNMENs) with the UN Mission in Sudan (UNMIS).

The UNMENs of Australian Contingent 12, LCDR Bronwyn Low and CAPTs Joanne Cripps, David Kear, Paul Lambert, Stephen Snyrk and Stephen Starkoff, are deployed to remote team sites across Sudan.

“From their team sites, the UNMENs face a variety of challenges while monitoring and verifying the location and activities of military forces from North and South Sudan.

Among these challenges is access to food, as each team site is reliant on locally available produce.

LCDR Low, who is based near the border with Ethiopia, said even simple things like eating required creativity.

“I have surprised myself with what I have been able to rustle up,” LCDR Low said.

CAPT Cripps, who is based near the border with the Democratic Republic of the Congo, agreed.

“For the most interesting food we have tried so far has been the fried grasshoppers, specifically brought in from Uganda,” CAPT Cripps said.

Another challenge the UNMENs face is the language barrier.

“Everyone in UNMIS is required to speak English, but our use of slang to convey our intentions — we are fast learning to speak slowly, open our mouths and put back the ‘ing’ on all our words,” CAPT Cripps said.

Despite these challenges, the UNMENs are enjoying the experience tremendously.

“The best part of this deployment is working and socialising with the multi-national members of the team site,” LCDR Low said.

“The camaraderie is excellent and makes up for the lack of facilities and extremely hot weather.

“The populace around the team site are very friendly and seem to get on with life, despite the hardships and poverty they face.”

UNMIS’ primary task is to support implementation of the Comprehensive Peace Agreement (CPA), which was signed in 2005 to end more than 20 years of civil war.

The CPA provides for the conduct of a referendum to determine if the South of Sudan will form a separate nation.

The referendum began on January 9 and official results were released recently, indicating a 98 per cent majority in support of separation from the north. It is expected to become an independent state on July 9.

Australian Contingent Commander LTCOL Glyn Llanwarne said the UNMENs had arrived at an exciting time both for the mission and the future of Sudan.

“The referendum is the culmination of five years of work. We are lucky to be able to support this process at a critical juncture in Sudan’s history.”

STS Young Endeavour arrives in Victoria

By LSIS Paul McCallum

Sail Training Ship (STS) Young Endeavour took pride of place in front of more than 400 yachts in Geelong on Australia Day, hosting the official party for the Parade of Sail which marked the end of Audi Victoria Week, the largest annual sailing regatta in Australia.

As competitors from the week-long event sailed past Young Endeavour, the official party gave a hearty three cheers for the brigateen and her crew.

CO Young Endeavour LCDR Damien Munchenberg said it was an honour to be involved in the event during his first year in command.

“Being a part of Audi Victoria Week gave us the chance to showcase Young Endeavour to the yachting community,” LCDR Munchenberg said.

Audi Victoria Week event co-coordinator Jay Greaves, a former participant of the Young Endeavour Youth Scheme, said the ship played a very important role in the sailing community.

“Many young people get to experience sailing for the first time through Young Endeavour, and the yachting community recognises that the future of sailing in Australia depends on the youth of today getting involved,” Mr Greaves said.

Young Endeavour was invited to participate in Audi Victoria Week and host the official party for the Parade of Sail as part of Navy’s contribution to the event.

“Young Endeavour was gifted to the youth of Australia by the British Government in 1988, for Australia’s bicentenary,” LCDR Munchenberg said.

“We conduct about 20 voyages each year, each lasting 11 days, providing development opportunities to a wide range of youth from around Australia.”

For more information visit www.young-endavour.gov.au

GREAT EXPERIENCE: Youth crew set sail on board STS Young Endeavour on Australia Day. Photo: LSIS Paul McCallum

Changes to formal Defence awards

By Tracey Hansell

DEFENCE members who perform specific acts of bravery or provide exceptional service will be recognised under changes to the Australian Defence Commendation Scheme.

The changes have introduced the Australian Defence Commendation Scheme, which includes a jointly awarded Secretary/DFE commendation, and a separate commendation to be awarded by non-Service groups and agencies that mirror the existing gold, silver and bronze commendations of the Services.

The new scheme has been introduced to formally recognise outstanding and exceptional achievements or specific acts of bravery for which the Australian system of honours and awards is not an appropriate medium of recognition.

Under the scheme, commendations may be awarded to individuals or collectively to a group, unit or team.

Individual commendations will comprise a commendation certificate and badge while group, unit and team commendations will comprise a certificate only; no badge will be issued.

The Secretary, CDF or three/NES Band 3 officers are the only people authorised to award group commendations.

Under the new scheme, the Secretary and CDF may award commendations either separately or jointly. Recipients of a joint commendation will be presented with a joint commendation certificate signed by the Secretary and CDF and a joint commendation badge.

Continuing the present system, gold, silver and bronze commendations will be awarded for all other individual commendations within the Groups and Services.

The bronze level commendation will be awarded for high or noteworthy achievement, silver for excellent achievement and gold for superior achievement.

Nominations are to be completed using Form AD112 Nominations for Defence Commendation for Service, which can be found on Web Forms. All nominations are to be submitted through the member’s chain of command to the appropriate awarding authority.

The policy for the new scheme is contained in interim Policy DEGRAM MD 4/2010.

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Exciting opportunities Australia wide!
Submariner success

By Andrew Bujdegan

SUBMARINERS in the west celebrated a successful 2010 late last year when DGSSM Capability CDRE Steve Davies presented awards to several outstanding members of the Submarine Force at the Rockingham Naval Association.

LCDR David Reid was named Submariner of the Year for 2010, awarded annually to the submarine qualification Trainee of the Year whose exceptional performance, dedication to duty and exemplary Navy and submarine values makes them stand out from all other submariners.

Brought up in Hewell in the United Kingdom, LCDR Reid was inspired to enter a sea-going career by his great uncle who was an officer in the Merchant Navy and later a captain with the Cunard Line.

Joining the Royal Navy as a junior stoker in 1973 and qualifying for his ‘Dolphins’ in 1974, LCDR Reid joined the RAN in 1990 as a POMTSM and commissioned in 2003.

Currently a mechanical engineering officer in HMAS Farncomb, he is responsible for maintaining the mechanical engineering state of the submarine.

‘It’s hard graft but with satisfying outcomes, frequently challenging and ever changing,’ LCDR Reid said.

‘Mixing in with the young fellows also helps keep me young.’

LEUT Dominic Worthington was named Submarine Commodore Officer whose exceptional performance and dedication to their submarine qualification training makes them stand out from other trainee officers.

Andrew Hyde received the WO Tim Henry Award for Quality in recognition of his work and commitment to quality and process within the Submarine Force.

AB Grahame Kelaher won the Christopher Paslow Memorial Shield and was named Sailor Trainee of the Year for 2010 in recognition of his exceptional performance and dedication to his submarine qualification training.

December 2010 saw the end of a particularly successful year for the submarine community. Three operational submarines were fully manned with an increased complement of 58 personnel, more than 30,000 nautical miles were sailed over the 12-month period and the qualification and addition of 81 new submariners were key Submarine Force achievements.

With continued growth predicted and a busy operational program ahead, 2011 is already shaping up to be another great year for the Submarine Force.

WELL DONE: Submarine Force award recipients from left, Andrew Hyde, CDRE Steve Davies, LCDR David Reid, LEUT Dominic Worthington, and ABETSM Grahame Kelaher.

Photo: ABIS Morgana Ramsey

SUBMARINER OF THE YEAR: LCDR David Reid aboard HMAS Collins.

Photo: ABIS James McDougall
A Seahawk and its crew from Nowra-based 816 Squadron came to the rescue of a farmer in Leitchville by air-lifting feed for his pigs, stranded during the Victorian floods. LCPL Mark Doran reports from the flood zone.

"I don't know what we would have done if the Navy had not been able to help out," Mr Griffiths said. "The water was still three to four feet deep on the road and the tractor was sinking up to the differential, so it would not have been able to handle the extra weight." 

"It was really good to be involved as part of the ADF and the Navy," Mr Griffiths' wife Wendy said.

"The Navy came to our rescue."

By POA Nathan Minett and LSA Nick Lowe

A S PART of the ADF's Victorian flood relief effort, military units – including a Navy element of 35 sailors and two Seahawks from 816 Squadron – provided assistance in flood-affected areas.

Initially the Seahawks provided transport for the Victorian State Emergency Service and command elements of Army's 4th Brigade, which coordinated Defence assistance. They also helped with food and relief drops for locals and isolated livestock, during which two crew members were winched to the ground to help transfer 16 bags weighing 800kg each and a 300kg feed-hopper to a piggery.

"The food delivery allowed enough time for the water to recede so the farmer could manage his own transport," POA Minett said.

"We were happy to get out into the flood area and help out.

"It was really good to be involved as part of the ADF and the Navy.""

The owner of the Macorna Pastoral Company, Rod Griffiths, said there were 3000 animals stranded on the farm ranging from big sows to piglets.

"I don't know what we would have done if the Navy had not been able to help out," Mr Griffiths said. "The water was still three to four feet deep on the road and the tractor was sinking up to the differential, so it would not have been able to handle the extra weight."

"It was really good to be involved as part of the ADF and the Navy.""

Mr Griffiths' wife Wendy said they had been getting the staff in every day by boat because the road had been under water for a week.

"My husband and I really appreciated the help," Mrs Griffiths said. "The piggery is a big operation and was a big investment so the assistance from the ADF was great."

"The Navy came to our rescue."

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About 120 ADF personnel were involved in providing specialist assistance and emergency support during the Victorian flood relief effort.

On January 19, 100 troops from Army's 4th Brigade Reserve Response Force deployed to assess areas affected by the floods alongside transport teams already at work helping with evacuations and delivering sandbags.

The assessment teams conducted 3200 direct observations over five days, providing critical and timely information about infrastructure and damage to private property and impacted homes and animal distress situations to relevant agencies.

The 4th Brigade troops moved from Bendigo to Swan Hill where they supported the Victorian SES, including transporting about 300 volunteers from Swan Hill to Lake Boga.

Joining volunteers and SES workers, the ADF helped build a sandbag levee bank along the edge of the lake, protecting up to 300 properties in low-lying areas.

On January 24, two Seahawks were redeployed from Queensland to Victoria and have since completed more than 40 flying hours, including delivering 18,000kg of stock feed to starving livestock.

"It's been good to conduct inland, low-level reconnaissance," LCDR Canna said. "Since we usually operate out at sea, inland, low-level visual navigation has been a different experience."

"We've gained a great deal of job satisfaction from our involvement both in Queensland and Victoria."

The Victorian SES has since advised the ADF they have adequate capacity to provide ongoing support and meet future requirements for flood relief.

"The Navy Aviation Liaison officer to the 4th Brigade, LCDR Bill Canna, said the flash flooding experienced in Queensland was different to the slow-moving sea of water in Victoria."

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"It was really good to be involved as part of the ADF and the Navy.""
Winning hearts and minds

By Michael Brooke

THE advice of sixth century BC Chinese military strategist Sun Tzu was reinforced to 31 ADF officers and NCOs on a 10-day Information Operations course at RAFAE Base Williamtown in November.

“One hundred victories in one hundred battles is not the most skilful,” Tzu wrote in his manual, The Art of War, which is still highly regarded today.

The ADF is creating a new breed of perception-domain warrior at the Joint Warfare Doctrine and Training Centre (JWDT), which conducts the annual Information Operations Staff Officers Course (IOSOC).

Over the past decade, the IOSOC has equipped as many as 500 ADF personnel with the 80 skills necessary to make an important contribution to warfare in Afghanistan and also the stability operations in the Asia-Pacific region.

The most recent IOSOC in November exposed them to important ADF and coalition lessons learnt before they deployed as members of ADF or coalition IO Working Groups.

JWDT Senior Instructor LTCOL Chris Martin said: “Shaping and influencing is the coordination of information effects using elements of national power to mould the perceptions and behaviour of a target audience, in support of Government objectives.”

The 10-day IOSOC provided theory lessons and practical involvements through gap activities to discuss, analyse, develop and execute IO to support an operational plan aimed at deterring or defeating military expansions by a fictitious neighbouring country.

The IOSOC featured more than two dozen presentations by military subject matter experts, including experienced ADF officers who have recently returned from operations in Afghanistan and East Timor.

MORE than 500 ADF personnel watched as MAJGEN John Cantwell handed command of JTF 633 to MAJGEN Angus Campbell in the MEAO on January 13.

The ceremony at the Al Minhad Air Base in the United Arab Emirates was also attended by Australian embassy officials and representatives of the UAE Federal Government.

Chief of the Defence Force ACM Angus Houston congratulated MAJGEN Cantwell on a very successful tour and thanked him for his leadership.

“MAJGEN Cantwell has done a magnificent job as commander of JTF 633,” ACM Houston said.

“It has been a very demanding tour and his dedication and care for all those under his command has been exceptional.”

MAJGEN Cantwell praised the work of the men and women of the RAN contributing to US-led coalition efforts to promote maritime security.

“They have contributed significantly to lowering the risk of piracy on key global trade routes and disrupting terrorist maritime routes,” he said.

He also said that during his appointment he had observed progress in Uruzgan Province, where the majority of ADF personnel are deployed.

“When our Dutch partners departed, Australia assumed full mentoring responsibilities for the 4th Brigade of the Afghan National Army as well as lead responsibility for the Provincial Reconstruction Team based in Uruzgan Province.

“We now have forces operating across Uruzgan Province who have begun in earnest the training and development task that will result in responsibility for security in Uruzgan Province transitioning to the Afghan National Security Forces in two or so years.

“It is very satisfying to see that the Afghan National Security Forces continue to grow in capability and build in strength as we move through this transition period.”

MAJGEN Cantwell said he would retain lasting memories of the servicemen and women he had met, the efforts they were making, the lives that had been lost and the wounds that many had suffered.

MAJGEN Campbell thanked the outgoing Commander for his passion for his people and his hard work.

“The way forward for Australia’s military and civilian efforts in Uruzgan Province is well defined. Our mentoring and training programs with the Afghan National Security Forces are progressing well.”

“The civilian programs under the Provincial Reconstruction Team are resolving a number of local problems while the Afghan Government is also extending its influence thanks to the growing security presence across the province.”

He said there was purpose to the ADF mission in Afghanistan and progress was being achieved.

“I suspect that we, as a coalition, will be tested by the Taliban, which will want to win back the support it has lost, the ground that has been conceded and the legitimacy for- gone through its campaign of terror and intimidation.

“We are well placed to provide protection for the Afghan people but there is no doubt the insurgents will re-engage in violence and bloodshed as they continue to lose more of their influence across Afghanistan.”
Smokers urged to butt out sensibly

HAVE you ever stopped to think about the potential pollution problems caused by disposing your cigarette butts overboard?

Cigarette butts are poisonous and can contaminate anything they are thrown in with. They are also a known source of organic pollutants, which can potentially spoil the pristine condition of our beaches.

When they are mistaken as a food source, the chemicals which kill marine life take years to break down. Not only are such butts unsightly, they contain toxic chemicals which kill marine life and思考 before discarding your cigarette butt.

The Fleet Environment Occupational Health and Safety Coordinating Office team has therefore issued all ships with awareness posters that should be prominently displayed next to designated smoking areas.

As the Fleet prepares for a busy year ahead with our ships sailing into many sensitive marine parks, such as Jervis Bay and the Great Barrier Reef, take a moment to stop and think before discarding your cigarette butt.

"Unfortunately, not everybody registered their donation, so there could’ve been many more donations we were unable to track,” Mr Schulz said.

"I think Defence personnel are driven to donate because they see it as another way to serve their country on a local level. They also understand the importance of blood products when it comes to saving lives during operations.”

The ARCBS shares an important relationship with Defence, supplying almost 400 units of blood annually to Australian personnel on operations in East Timor and Solomon Islands.

"Defence is looking at increasing the range of ARCBS products it uses, particularly frozen products to increase flexibility during exercises and operations.

"I’d like to personally thank all the individuals who donated last year and encourage everyone to get on board for the challenge again this year.”

Only three per cent of Australians regularly donate blood. The ARCBS needs about 27,000 donations a week to ensure there is enough blood for patients in need.

If you are aged 16-70 and feel healthy you may be eligible to donate blood. To make an appointment, call 13 14 95 or visit donateblood.com.au

Stay tuned for details on how to participate in the 2011 Defence Force Blood Donation Challenge.
Help for injured personnel

NEW housing and removals assistance announced on February 1 will be available to injured ADF personnel who require a live-in carer to aid their rehabilitation.

The new policy will provide assistance to members on a short- or long-term basis with domestic tasks, personal hygiene, mobility and feeding, as well as provide ongoing medical care.

Defence Science and Personnel Minister Warren Snowdon said before February 1 the need for a live-in carer was not recognised and no provisions were made for assistance.

“This policy will allow members without dependants who need a live-in carer greater access to Defence residencies or additional rent allowance to accommodate the carer and their rehabilitation needs,” he said.

He said the move was an illustration of Defence being serious about its responsibility to provide health care and rehabilitation to members of the ADF.

The arrangement delivers on a commitment made in the 2009 Defence White Paper to develop a simple, transparent and flexible package of housing and accommodation assistance options.

In addition, members who need to move to a new home or location to assist in their rehabilitation can also be provided with a Commonwealth-funded removal.

Removals assistance may be provided for a live-in carer on a case-by-case basis.

Members who have dependants may also access housing with an additional bedroom to accommodate a live-in carer.

This aligns with the Simpson Program of enhanced support and services for wounded ADF members.

SAILORS being posted while receiving Defence Home Ownership Assistance Scheme (DHOAS) payments can usually continue to receive the subsidy provided they follow administrative procedures.

A condition of eligibility for the DHOAS subsidy payment is that members occupy their subsidised home for 12 months from when the subsidy commences.

However, if a member moves into a DHOAS-subsidised property with the intention of staying for 12 months and is later issued a posting order, then payments can continue.

Members should first advise the Department of Veterans’ Affairs (DVA) with a change of circumstances form available from the DHOAS website.

DVA can approve a shorter occupancy period before a member relocates to ensure subsidy payments continue.

Those members who have elected to build their home and are receiving the DHOAS subsidy during the construction process must officially occupy the home before posting out in order to continue to receive the payments.

If a member receives a posting order and is unable to move into his or her DHOAS-subsidised home before relocating, DVA must cease subsidy payments.

Members can re-apply for a new subsidy certificate and re-commence payments once they are able to occupy the home and remain in the property for 12 months.

Once members have occupied their subsidised homes for 12 months, they can continue receiving subsidy payments, regardless of whether or not they reside in the homes, as long as the existing DHOAS loan remains current and is not paid out.

By Andrew Stackpool

“We HAVE a world-class paper record system, we now need a world-class electronic system.”

COL Graham Durant-Law, Joint Health Command’s (JHCs) director of projects and reform, was referring to Defence’s proposed new Joint eHealth Data and Information (JeHDI) System.

Defence Science and Personnel Minister Warren Snowdon launched the plans for the new system – a $56 million initiative to bring management of the ADF’s health records into the twenty-first century.

“The new web-based system will be delivered in partnership with CSC Australia, a major provider of IT services and systems to the Australian Government. This is a very exciting time for the ADF as they are taking a key national leadership role in the introduction of electronic health records throughout Australia and delivering a single electronic health system across the ADF,” Mr Snowdon said.

He said the aim of JeHDI was to provide a single electronically-based health system and electronic management of ADF health records that supported force readiness, improved efficiency and effectiveness, reduced administration loads and provided complete health records on all ADF personnel.

The new system will establish an electronic record system for all ADF members within Australia,” LTGEN David Hurley said.

This means that after a member leaves the ADF, their records will be available for handover to departments such as DVA, as well as their local medical practitioners.

VCDF LTGEN David Hurley said Defence Healthcare presented some unique challenges.

“Our mission is to provide the highest quality healthcare to support our operational capability and ADF members within Australia,” LTGEN Hurley said.

The project is planned to be completed by early 2014.

By Andrew Stackpool

“Easier access to patient led records, no matter where they are, in a timely and efficient manner on a single stream across the three Services.”

Easier access to patient led records, no matter where they are, in a timely and efficient manner on a single stream across the three Services.

Supportive and simplified health administration.

JeHDI TO DELIVER

Health records from recruit to discharge in a simple record.

Real-time access to members’ records, no matter where they are, in a timely and efficient manner on a single stream across the three Services.

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Extra benefits for MWD(U)

CHANGES to the entitlements for Members with Dependents Unaccompanied (MWD(U)) are being implemented and took effect on February 17.

These changes will give eligible Service members extra benefits if a member’s family choose to live away from their place of duty.

Assistant Director Domestic Conditions – Policy Bob Jones said previously members could only receive benefits to help with the cost of the home at a personal location if there was a strong compassionate reason for the family living there.

“A removal for your dependants and subsidised housing are not benefits normally provided by Defence when your dependants choose to move to a personal location,” Mr Jones said.

Under the new scheme some benefits will be provided for situations where the family have chosen to move to a personal location allowing more members to become categorised as MWD(U)”.

Mr Jones said the new scheme allowed some members who were currently MWOD to be re-categorised and receive the benefits as MWD(U).

“Members’ families can now move to a personal location for a compassionate reason at any time regardless of where you are in your posting cycle,” Mr Jones said.

“Under the old scheme the compassionate move had to occur during the member’s posting cycle to entitle them to a removal.”

Mr Jones said changes had also occurred for Defence members who deployed for more than six months and moved their family during this period.

“Previously, if a member’s family did not return to the posted location at the end of their deployment they would be categorised as MWOD,” he said.

“The new scheme allows the member to remain MWD(U) and receive some of the entitlements.”

If your family has already moved from your posted location you may still be eligible to receive these benefits; however, approval can only be given from February 17.

MWD(U) allowances are provided to help with the costs of keeping two households when a Service member is separated from their dependants and range from separation, utilities and food allowances, to subsidised accommodation and reunion leave.

Full details of this policy change are available on the Pay and Conditions websites:


NEW BENEFITS: Changes to entitlements for Members with Dependents Unaccompanied took place on February 17 and may affect you, in particular your removal entitlements.

At a glance

You might be able to get some MWD(U) benefits if:

➤ Your dependants stay in your losing location when you posted out, or they go back there later and you pay for it yourself.
➤ You have moved your dependants to a personal location at your own expense (this does not include a removal or housing assistance for your dependants, but you may receive reunion travel and housing assistance at the posting location).
➤ You are a Service couple living apart and are not able to form a common household for Service reasons.
➤ Your dependants moved to a personal location when you deployed on operations.
➤ You are recruited from another country and the Service pays for your family to move here, to a personal location away from your place of duty.
➤ The Service pays for your dependants’ move for compassionate reasons.
➤ The Service pays for your spouse/partner to move for employment or study.
➤ You move to a remote location for six months or more and your family moves to a personal location.
➤ Your family has relocated to your discharge location up to 12 months before your discharge date.

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**Vehicles supplied with packaging.

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To qualify for this offer you must mention this advert to Fleet Network, prior to completion of your initial contract. The offer is subject to Fleet Network’s terms and conditions. Check our website for details.

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February 17, 2011
Sometimes you’ve just got to rely on your partner...

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Commemorating ANZAC Day 2011 with a special journey.

This ANZAC Day, The Ghan has prepared a special journey in honour of our service men and women. The ‘ANZAC Tribute on The Ghan’ is a four day commemoration of the glories and sacrifices of the Australian Armed Forces during the Second World War.

This trip encompasses a series of events including the Dawn Service in Alice Springs on Anzac Hill, a tour of the bombing sites of Katherine and a tour of the Adelaide River War Cemetery.

A chance to reminisce with mates, make new friends, listen to guest speakers, performers and senior military personnel. Learn of the historic links between The Ghan and the Australian Armed Forces. Enjoy the comforts in the privacy of your Gold or Platinum Service cabin while the magnificent Australian Outback glides past your window. Bask in the unrivalled splendour and culinary delights of the Queen Adelaide Restaurant and the Outback Explorer Lounge.

For every ticket sold, we will be donating $100 to the RSL to support their endeavours in providing benefits to returned and service personnel.

For every ticket sold, we will be donating $100 to the RSL to support their endeavours in providing benefits to returned and service personnel.

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CROSS THE CONTINENT IN CLASSIC COMFORT AND STYLE. GOLD SERVICE OFFERS ALL YOU NEED TO MAKE YOUR TRAIN HOLIDAY A MEMORABLE EXPERIENCE.

Gold Service includes:
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- Outback Explorer Lounge Car for relaxation and refreshments
- Cabin steward service
- In-cabin music and detailed journey commentary available from your cabin sound system
- Plus so much more.

ADULT $2033pp
PENSIONER CONCESSION $1398pp

The Ghan April Offer

FOR THE ENTIRE MONTH OF APRIL, GREAT SOUTHERN RAIL WILL BE COMMEMORATING THE MEMORY OF THE ANZAC. Every guest who books a pre-determined holiday package on The Ghan, will receive a FREE * ‘Bombing of Darwin WWII Heritage Tour’ valued at $75, plus a FREE # Travellers Gift Pack valued at $500 per couple. This gift pack is full of bonus items and vouchers to enhance your rail holiday experience. Simply book for travel during April and prepare for the journey of a lifetime.

Journey Highlights

23 April
Depart Adelaide aboard the first annual Anzac Tribute on The Ghan. Stretch your legs in Port Augusta before a short journey through the Flinders Ranges in an original troop train.

24 April
Experience a tour of the famous opal town of Coober Pedy and learn how returned diggers were integral in establishing the region.

25 April
Arrive in Alice Springs and experience a moving ANZAC Day Dawn Service at the top of Anzac Hill. See the sun rise over the MacDonnell Ranges and then enjoy a traditional ‘gunfire breakfast’ at the local RSL.

26 April
Enjoy a tour of Katherine and hear how the small town was affected by bombing in 1942. Pay your respects to the fallen at the Adelaide River War Cemetery before arriving in Darwin this evening.

To book your ANZAC experience call 13 21 47, visit your licensed travel agent or for journey information visit greatsouthernrail.com.au

To book your ANZAC experience call 13 21 47, visit your licensed travel agent or for journey information visit greatsouthernrail.com.au
Facing the elements

Blowing up unexploded ordnance and preparing equipment to disable IEDs in Afghanistan may sound like unusual tasks for a sailor but, for LSCD Michael Suckling, it’s just another day on the job. ABCIS Melanie Schinkel reports.

For the past few months, LSCD Suckling has worked as part of the Explosive Ordnance Disposal (EOD) team as an explosive ordnance reconnaissance operator in the Miribad Valley, Afghanistan.

“It’s part of a clearance diver’s job to do EOD. The right paths aligned for me to come to Tarin Kot, so here I am working with the team,” LSCD Suckling said.

LSCD Suckling has served in the RAN for 11 years. He said he initially joined up as a marine technican and never envisaged his career would lead him to much of the dust, extreme heat and cold to contend with.

“Operation Boston was really successful. Recovering ordnance and IED components is significant because it takes resources away from insurgents.” – LSCD Michael Suckling

“I have no regrets about changing category because I definitely prefer being a diver.” Life at sea can be challenging, but Afghanistan has the dust, extreme heat and cold to contend with.

“It’s just different to be working out in the elements like the Army does. We’ve spent 12 days living out of a vehicle, eating ‘fat packs’ and sleeping on the ground. On some of those nights the temperature dropped below 0˚C.

“Because I’m in the Navy I get to grow a beard, which helps when it’s cold, but it’s a sore talking point for the Army and Air Force guys I work with.”

He said he predominantly worked at patrol bases in the Miribad Valley and that when a patrol reported something suspicious, his role within the EOD team was to prepare tools and equipment for the EOD technicians and blow up any unexploded ordnance or munitions found in caches or IEDs.

“If an IED or weapon cache is found during a patrol, one of the two EOD technicians I work with will get a handover from the engineers or whoever found it. The EOD technicians will then prepare themselves to exploit it, so my job is to get their entire kit ready, whether it’s explosives, pull lines or whatever they require.”

The highlight of LSCD Suckling’s deployment so far has been participating in Operation Boston. He said tens of thousands of rounds and weapons, including six 303 rifles, six AK47s, 40 mortars, hundreds of grenades, rocket launchers and rocket-propelled grenades were recovered during the operation.

“Three patrols went out simultaneously to search Dorafshan region. The teams conducted quadrant searches and gathered information from the owners and occupants of qalas. As the patrols found ordnance and IED components, the EOD team exploited it.

“Operation Boston was really successful. Recovering ordnance and IED components is significant because it takes resources away from insurgents.”

LSCD Suckling may be the only sailor in his EOD team, but LEUT David Shirvington, POCD Michael Barnes and POCD Darren Leyds are also working within other EOD teams at Multinational Base Tarin Kot.

MAKING A DIFFERENCE: LSCD Michael Suckling takes a brief well-deserved break after a significant weapon cache find during Operation Boston in Afghanistan.
Go bonkers!

RSL – Join Online Now

Whether you are stationed at home or deployed overseas, the RSL provides real support, assistance and advice to all serving men, women and their families in the areas of compensation, welfare and advocacy.

Visit the new online RSL Defence Sub Branch and access that support no matter where you are.

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To locate a RSL Sub Branch near you visit rslOLD.org rslSA.org.au ACTrsl.org.au rslTAS.org.au rslNSW.org.au rslVIC.com.au rslWAHQ.org.au

MOTORING

2010-2011 Volkswagen Golf R three-door hatch

Engine: 2.0l TSI turbo charged engine producing 188kW of power and 330Nm of torque

RRP of vehicle tested before on roads with options: $54,790

ABSOlutely bonkers will be the first thought entering the cerebral cortex of a Golf R’s driver after he or she depresses the accelerator for the first time.

The 188kW, 2.0l TSI engine produces enough thrust to keep occupants smiling well after they’ve taken their end-of-journey, cool-down shower.

The all-wheel-drive Golf R is the hottest model in the Golf range and replaces the 3.2l, V6 four-wheel-drive Golf R32, which first appeared in 2004. It knocks 0.1 of a second off the R32’s 0-100km/h time of 5.8 seconds and looks meaner too.

A stylish but sinister-looking body kit, complete with a black rear diffuser, front horizontal inserts and 19-inch wheels, give the R a menacing “get out of the way” stance. This is what drivers will find themselves muttering as they try to slice through traffic, eventually realising they can travel faster to 100km/h than 68 per cent of the population.

The highlight of the Golf R was its ultra-tight handling. Producing the smallest amount of body roll in corners, the R’s suspension set-up, coupled with its 4motion, all-wheel-drive system, induces Dr Frankenstein-like laughter.

Drivers will try hard to unsettle the R’s balance and grip levels, under high speed in tight corners and especially on roundabouts, to no avail. There’s so much grip Tarzan would feel powerless in the presence of the R. This, however, created go-cart-like handling, creating a drive lacking some character and inhibiting easy, playful sideways action for drivers.

The model tested had the six-speed DSG transmission, with steering wheel-mounted paddles fitted, giving the car a world rally championship feel to it.

What a sound! Drivers will find themselves searching the sat-nav and cruising the streets trying to find tunnels to accelerate through, just to sample the exhaust’s aural delights. During this test the sound system was left at a low volume or in the off setting and the driver’s side window was always down.

Inside the R was a comfortable place to be. The quality of workmanship on the switch gear and dash was high, as was the optional colour sat-nav and DVD screen.

Dual-zone climate control, flat-bottomed multi-function, sports steering wheel, aluminium pedals, seven air bags and day-time LED front running lights, added to the Golf R’s other attributes, making it a safe, fast hatch, ready to tackle the everyday drive to work or something more challenging like a blast through uninhabited twisty bits, to hear that exhaust pop just one more time.

– SGT Andrew Hetherington, Defence News Motoring Reviewer

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ANY people assume military members are peak humans ready to act when called on to defend their country with swift and endless power and strength.

If only it were that simple.

Yes, we can go a long way towards fulfilling that image – but it’s not going to come out of a health-food aisle, via an infomercial or from the simple act of putting on a uniform.

It takes sustained hard, specific work.

Rest, for instance, can be a luxury in our world – some trainers are spoilt by having a defined finishing repetition, time or distance.

So what works best for military members?

Try cross-training, weight repetitions and cardiovascular activities.

Circuits, boxing, mixed martial arts or even resistance training that incorporates very little rest between activities can achieve an overall better level of fitness and greater total body gains.

Explore cross-training combinations, such as hill efforts after a rear lunge or a weighted squat set, or multi-complex upper body movements and row sprints.

Cross-training works on cardiovascular and muscular strength while helping with endurance. It also allows you to combine a high and continuous heart rate with multi-movement repetitions.

Reducing rest between sets, combining cardio efforts during resistance, and performing dynamic strength and powerful movements during longer periods, will help achieve your goals.

To know where to stop and rest can be undefined in reality and therefore shouldn’t be respected by military members.

Relate your training and reap the benefits of increasing performance currency to what it is you would like to be good at.

Recognise you’re not unbreakable, so don’t expect great physical capabilities straight away.

And remember: looking good doesn’t overcome getting beaten/defeated.

Train for success first throughout all athletic or military performance applications, and let the favoured mirror image catch up.

If in doubt with technique or physical progression, ask a Physical Training Instructor for advice.

CPL Dean Cook is a PTI based at Russell Offices in Canberra.
By LEUT Lucinda Casey

HMAS Sirius’ ship’s company has completed a gruelling 24-hour spin bike challenge raising more than $5000 for the National Queensland Flood Appeal.

The 24-hour challenge began at 8am on February 3 with 24 members each riding for one hour in varying weather conditions in the West Australian Exercise Area, off the coast of Perth.

CO CMDR Dave McDonald led the power charge as the opening rider and clocked up 28.4km over the 60-minute period. This sparked a healthy display of rivalry and competitiveness between the individual riders.

Although Sirius sailed home to Fleet Base West earlier than scheduled, this did not affect the spirits of the challenge and riders continued to dig deep throughout the night. POB Danny Bland managed to ride a massive 37.3km.

A statesman of the Sirius riding fraternity, CPOMT Paul Wilcox completed the challenge with ease by riding 31.3km, taking the challenge to a total of 716km.

“Riding across the Causeway to Garden Island for work each day was the perfect training program for the event,” CPOMT Wilcox said.

It was a whole ship effort and it was great to see all levels of the ship’s company involved in the event.”

– LSPT Candice Freeman

“Riding across the Causeway to Garden Island for work each day was the perfect training program for the event,” CPOMT Wilcox said.

“It shows great promise of what we can achieve as a ship’s company for the rest of 2011.”

AUSTRALIAN Services Rugby Union (ASRU) has a big year in store.

Key Navy dates
➤ March 17: RAN Ships v Establishments
➤ May 15 – 21: Annual Australian Services Rugby Championship
➤ May 23 – 28: RAN Men and Colts v RNZN
➤ July: ASRU Women compete in Women’s Nationals

September: ASRU Women tour North America
September 7 – 30: ASRU Men’s training camp and domestic matches
October 1 – 22: inaugural international Defence Rugby Competition

Detailed information on the 2011 program is available at www.servicesrugby.asn.au

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The ‘Boatshed’ – New Beach Road, Rushcutters Bay
Telephone 9363 9939
Website www.ransa.yachting.org.au
By Michael Brooke

NAVY dragon boat teams are ready to breathe fire in Hong Kong and Malaysia where they will soon test their strength and will to win against paddlers from around the globe.

Navy’s paddlers are brimming with confidence but they need more numbers and more muscle-power to enhance their bid for victory in the 32nd Penang International Dragon Boat Festival and the 2011 Hong Kong International Dragon Boat Races, both in June.

RAN Dragon Boat Association (RANDBA) (Sydney) Secretary POET Leonie Stengert said Navy paddlers were in training but more volunteers were required.

“On the back of a successful domestic NSW dragon boat sports paddling season for the RAN dragon boat team, we are delighted to offer personnel the opportunity to travel and compete overseas,” she said.

POET Stengert said the RANDBA would welcome inexperienced rowers, because the races were still four months away, providing enough time to get fit and build some muscle power.

She said Navy hoped to enter teams in the Premier Mixed, Open (Men) and Women’s events.

Male and female military paddlers are currently training on Sydney Harbour and around Australia in preparation to challenge the best clubs in the world at both racing festivals.

Dragon boating is an ideal sport for Navy because it requires strength, flexibility, great endurance and superb team spirit with no age or gender restrictions.

For more details contact POET Stengert on (02) 9359 3723.

Aussie rules footballers gear up for busy year

By Michael Weaver

THE 2011 Australian Services Australian Football Association (ASAFA) National Tournament has been brought forward one day from that originally notified, to take place from April 12-16 at the home of the Western Bulldogs AFL team at Whitten Oval in Melbourne.

The defending champion Army men’s and women’s teams will kick off proceedings on April 12 with matches against Air Force, while Navy’s representatives take to the field on April 14 against the loser of game one.

The champion Service team will be decided in the third games on April 16, with the Jimmy Small Cup up for grabs in the men’s action and the CDRE Geoff Leder Cup for the women’s national title.

A championship dinner and awards ceremony will be held following the matches on April 16, where the respective men’s and women’s All-Stars teams will also be named.

The ADF women’s side will then take on a Victorian Women’s Football League side in a night game at Casey Oval in Melbourne on April 21.

The traditional men’s All Stars match against the Australian Combined Emergency Services (ACES) will again be held in Adelaide on April 23 as a curtain-raiser to the Port Adelaide v Gold Coast Suns AFL match, preceding Anzac Day celebrations.

ASAFA is also seeking nominations for the men’s All Stars coach to wrestle the Anzac Challenge trophy back from the ACES side, which has won the last two encounters.

The new ASAFA chairman, BRIG Matthew Hall, said the national championship was the major event for ADF footballers.

“The carnival provides an opportunity for players to represent their respective Service and the ADF,” BRIG Hall said.

“Spirited and fair competition is the hallmark of the championship and spectators are strongly encouraged to witness the high quality action.”


Heat is on: The hard-tackling sailors from HMAS Waterhen wrote themselves into Navy rugby league history by winning the Patrons Cup for the third time in succession last year. Navy Rugby League President CMDR Glenn Ker has invited new players and spectators to attend the Patrons Cup in the countdown to the CASRL and to bar-rack for Navy during their games against Army and Air Force.

Photo: ABIS Hayley Clarke

League players prepare for epic showdown

By Michael Brooke

NAVY will select its best players from the Patrons Cup Rugby League tournament in preparation for the epic showdown with archrivals Army in the Combined Australian Services Rugby League (CASRL) National Tournament.

The Navy players selected from the 12 teams to contest the annual Patrons Cup at Sydney’s Leichhardt Oval on February 23 will represent the RAN in the CASRL tournament at Nerfords Park, Sclhon, from March 7-11.

This year Navy tackles Air Force on March 9 and Army on March 11, both kicking off at 2.30pm.

Navy Rugby League President CMDR Glenn Ker made a call to arms, inviting new players and spectators to attend the Patrons Cup in the countdown to the CASRL and to barrack for Navy during their games against Army and Air Force.

Photo: ABIS Andrew Dakin

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February 17, 2011

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PEDAL POWER

Sirius spins for Queensland flood appeal