CRASH COURSE

Ballarat puts rescue skills to the test – Page 3
Vampire drew first blood before demise

Natalie Staples

SEVENTY-FIVE years to the day since she sank below the surface of the Indian Ocean, Victory-class destroyer HMAS Vampire was commemorated at a memorial service at Garden Island.

The warship and her crew fell victim to Japanese bombers off modern-day Sri Lanka while escorting British light aircraft carrier HMS Hermes, which was also lost in the attack on April 9, 1942.

The master of ceremonies at the memorial service, CO HMAS Katsuraharu CMDR Andrew Fraser, recalled how Vampire served with distinction in the Mediterranean and Pacific during the Second World War.

“Today we reflect on the bravery of those who served on Vampire and the sacrifices of the eight Australians who lost their lives as a result of the action,” CMDR Fraser said.

“Vampire was one of five destroyers built by the Royal Navy but transferred to the Royal Australian Navy in the 1930s.”

The five ships were named the Scrap Iron Flotilla by Nazi propaganda minister Joseph Goebbels.

“In the early phase of the war, British and French naval supremacy in the Mediterranean resulted in Vampire being called on for routine escorts, patrols and exercises.

That changed when Italy entered the war and French resistance collapsed.

“For more than a year Vampire and the other destroyers in the Scrap Iron Flotilla took part in the struggle for the ancient sea route across the Mediterranean,” CMDR Fraser said.

“While the Flotilla was patrolling against newer and more powerful ships, the Australian ships made their mark.

“Vampire was awarded battle honours for her service in Italy, Libya, Greece and the Indian Ocean between 1940 and 1941.”

Vampire’s demise occurred while escorting off Batticaloa when she was attacked by 16 Japanese dive-bombers.

While the destroyer made a valiant effort, fending off the aerial attack with her anti-aircraft guns, five bombs hit their mark.

CO Vampire CMDR William Moran ordered the ship to be abandoned. Personnel made it to life rafts and floated before Vampire sank. British hospital ship Flax picked up 590 survivors from Hermes and Vampire, taking them to Colombo.

CMDR Moran is remembered with a Division named in his honour at the Royal Australian Naval College, HMAS Cresswell.

SBLT Rob Guest

ARMIDALE-class patrol boat HMAS Launceton has tested trainers and strengthened regional relationships in a recent deployment to South-East Asia.

After sailing from Darwin on March 10 in company with sister ship HMAS Pirie, the two crews conducted 25nm, 12 nm and small arms firing serials.

They also undertook close quarters steaming, internal damage control, boat drills and communications training to help their junior warfare officers practice their mariner skills.

Pirie then began border protection duties in Australia’s northern waters, while Launceton continued north to the Indonesian archipelago through the Sape Strait between the islands of Sabawha and Komodo, passing an active volcano.

Launceton then conducted coastal navigation training through-out the archipelago en route to Singapore, herfiling at Sembawang on the northern coast.

While in Sembawang, the crew hosted a visit from both the Australian High Commissioner to Singapore Bruce Gosper and CN VADM Tim Barrett, who joined the crew when she sailed.

Her next stop was Langkawi, Malaysia, for the Langkawi International Maritime and Aerospace Exhibition.

She attended as part of the Australian Government’s continuing commitment to strengthen ties with neighbours across the region, participating in the Malaysian International Fleet Review.

An international maritime food and cultural festival provided an opportunity to show our neighbours Australian delicacies such as freshly baked Vegemite-and-cheese scrolls and lamingtons, a favourite of visitor Malaysian Defence Minister Hishammuddin Hussein.

The week culminated with a multilateral sea exercise with a large-scale fleet transit, an international cooperative boarding exercise, as well as officer-of-the-watch manoeuvres.

Navigating Officer of Launceton LEUT Ben Couch said the exercise was an invaluable training experience.

“It involved 28 vessels from 13 nations and provided an excellent opportunity for our trainees to manoeuvre the vessel and work in concert with a variety of our Asia-Pacific neighbours,” he said.

Launceton celebrates her 10th birthday this year.
No let-up for Ballarat crew

LEUT Will Singer

IT’S been a busy start to the year for HMAS Ballarat, and there’s been no sign of the pace slowing down on her current deployment.

While en route to South-East Asia, the crew was put through a series of exercises, including containing a simulated fire on the flight deck during a helicopter crash-on-deck exercise.

Ballarat also conducted a replenishment with USNS Pecos while transiting through the South China Sea.

Since completing the anti-ship missile defence upgrade in 2016, the crew of Ballarat has completed readiness assessments, escorted both Canberra-class amphibious ships, and participated in Exercises Rimpac and Northern Shield, in addition to border protection duties assigned to Operation Resolute.

During their Resolute patrol the crew passed the Cocos Keeling Island group, the World War I engagement ground of HMAS Sydney and SMS Emden, and conducted a logistics visit to Christmas Island, before a quick transit back to Fleet Base West, which provided 10 days of deployment preparations before sailing again.

CO Ballarat CMDR David Landon said the ship’s deployment was an opportunity to strengthen international relations through participation in Exercises Bersama Shield and AusThai, the International Maritime Defence Expo in Singapore, and the International Maritime Review marking the Republic of Singapore Navy’s 50th anniversary.

“This deployment will provide a strong foundation for Ballarat’s participation in Talisman Sabre, which will be the final exercise of the deployment before returning to Fleet Base West,” CMDR Landon said.

Before departing FBW, SMNL SO Sarah Budd said she was excited about what lay ahead.

“This is my first deployment. I am thrilled to be part of it and the experiences it offers,” SMN Budd said.

“I have never travelled overseas and here we go all around Asia. “Ballarat’s crew are fantastic and along with my busy job, I will be keeping fighting fit by attending the PT sessions and hitting the gym.”

Ballarat conducts a replenishment with USNS Pecos while transiting through the South China Sea.

Ballarat’s Ship Medical Emergency Team care for ‘casualties’ in the ship’s hangar during a helicopter crash-on-deck exercise.

Photos: LSIS Bradley Darvill

Ballarat’s crew members prepare to fight a simulated fire during the helicopter crash-on-deck exercise.
Darwin farewells west

LCDR Jason Gorman

The call of ‘last line’ meant a little more than usual as HMAS Darwin slipped from the wharf at Fleet Base West and set sail for Sydney recently.

It signalled the end of the warship’s long association with the west coast of Australia, unlikely to return before she decommissions at the end of the year.

The Adelaide-class frigate called Western Australia home for almost 13 years from December 18, 1993, before relocating to Fleet Base East on April 21, 2006.

LCDR Chris Duke served on board the warship for the change of home port and the final visit to FBW.

“This is the third time I have been posted to Darwin. In 1993 I was an able seaman writer, conducting personnel management and administration functions,” he said.

“I returned to Darwin from 2010 to 2011 as Deputy Supply Officer and now I am the Maritime Logistics Officer, ensuring the ship is well supplied.

While home-ported at FBW, Darwin deployed to the Middle East twice and on border protection duties four times as part of Operation Relex, the name of the ADF’s border protection operations in the country’s northern approaches conducted between 2001 and 2006. Darwin also rescued French woman Isabelle Autissier from a stricken yacht in the Southern Ocean in 1995.

Reflecting on his time on board, LCDR Duke said he had enjoyed a number of personal highlights.

“In 1994 we went to Rimpac and in 2011 we were attached to the US Navy’s 7th Fleet,” he said.

“In 2016 we conducted a successful deployment to the Middle East where we seized a large cache of illicit weapons and narcotics.

“But my fondest memories are of the people I have served with and the sense of accomplishment that I have felt in getting the job done.”

Darwin will decommission in December. Until another ship bearing the name of berth after 33 years it is most likely the last time the west will see Darwin.

“Darwin had been in Western Australia to conduct Exercise Ocean Explorer, a multinational exercise designed to train the fleet in high-end warfighting. The Adelaide-class frigates will be replaced by three new destroyers.

Reflecting on his time on board, LCDR Duke said he had enjoyed a number of personal highlights.

“Known affectionately as Mum among the Darwin crew for her role in the ceremony, Mrs Johnston joined the ship for lunch while it was alongside in Fremantle.

Mrs Johnston told the crew she had practised smashing bottles in the days leading up to the 1984 commissioning to avoid bringing bad luck to the ship.

She said she was disappointed to arrive on the day to find she only had to press a button to release the bottle, rather than swing it herself.

“I wanted to ensure I got it right on the first try. I wanted to avoid bringing any bad luck to the ship by failing to smash the bottle,” she said.

“I was also surprised and amused when people at the ceremony mistakenly thought I was royalty and doffed their caps and curtseyed.”

Mrs Johnston is the widow of Jack Johnston, who served in the Navy from 1947-1980 and was the Northern Territory’s Administrator from 1981-89.

The lunch was a welcome break for the crew of Darwin, which had just participated in Exercise Ocean Explorer.

ABET Darcy Barlow, who attended the lunch, said it was a joy to meet Mum.

“She told us of her love for Darwin and the Northern Territory, and of her experiences when Cyclone Tracy roared through the city,” AB Barlow said.

“In particular, she spoke about the defence community and how it felt like one big family during the clean-up efforts. Spending time with Mrs Johnston was an amazing experience, like being taken through a history lesson.”

The city of Darwin was devastated early on Christmas morning 1974 when hit by Cyclone Tracy. Defence force personnel played a major role in cleaning up the city and suburbs.

Smashing a bottle of alcohol on a ship’s hull is a centuries-old tradition that signifies good fortune for the ship. In mariner superstition, it is considered bad luck for a ship if the bottle does not break.
Drug testing to increase

**LEUT Ben Willee**

DRUG-testing of the total workforce will increase from 25 to 35 per cent, at the direction of DCN RADM Michael Noonan.

Director of the Navy Alcohol and Other Drugs Program LCDR Kate Nash said delivering a drug-aware and safe workplace for Navy personnel required a whole-of-service approach.

"To achieve maximum effectiveness as a disincentive to drug use, testing within Navy must be conducted as a rolling program, throughout the year, across all commands and locations," she said.

"To be truly effective and provide maximum deterrence against members using or becoming involved with prohibited substances, testing must be done at high-risk times and in varied locations.

"Consequently, personnel should expect to be tested at any time and at any reasonable location. It is encouraging to see commands are endeavouring wherever possible to increase the creativity and unpredictability of their testing patterns and thereby increasing the value of the program."  

To support this objective Navy is committed to training a broader group of personnel to support the Naval Police Coxswhains branch, which is the key driver of the prohibited substances testing program.

Navy tests for a broad range of illicit drugs including (but not limited to) cocaine, cannabis, opiates (heroin, codeine, and morphine), methamphetamine (ice), MDMA (ecstasy), MDA, amphetamines, benzodiazepines, anabolic agents (steroids) and synthetic cannabis.

The program also supports the detection of prohibited substance use resulting from the misuse of over-the-counter and prescription medication.

"Urine analysis has been used by Defence as the sole means of testing for prohibited substances since June 2005.

Defence is also developing policy to enable a trial of alternate testing methods, which is scheduled to begin within the year.

The trial, which will enable urine and saliva samples to be analysed, will provide additional tools to deter members from being involved with illicit substances.

LCDR Kate Nash said setting the testing target higher was part of educating members that a drug-free workplace is safer for all.

**Drug testing**
ADF personnel band together to conquer the summit of Australia’s highest peak to raise awareness of mental illness,
FLGOFF Katrina Brown reports.

T RISERVICE flags flew over the highest point in Australia recently to raise awareness of PTSD.
About 70 staff and trainees of the RAAF School of Technical Training (RAAFSTT) in Wagga Wagga climbed from Thredbo to the summit of Mount Kosciuszko on March 11.
The event titled “Stomp the summit, crush the stigma” involved Navy, Army and Air Force personnel who climbed alongside co-workers, friends and families to show solidarity and combat the stigma surrounding mental health disorders.
The climb was inspired by CPL Andrew Summers, of RAAFSTT, an Iraq war veteran who has campaigned to raise awareness of PTSD after suffering through his own battles.
“Since then I’ve made it my mission to raise awareness of PTSD and encourage others to seek help and crush the stigma.”
In 2014, CPL Summers completed a 40km pack march on Manly Beach and in 2015 he marched from Sydney to Newcastle over five days in an effort to raise awareness and help others.
Many of the supporters for the Mount Kosciuszko climb travelled from interstate to join the RAAFSTT team and wore symbolic bright red shirts.
The red shirts, mixed with the large body of troops in uniform moving up the mountain, signified the body cannot function without the support of family or friends.
CPL Summers says he hopes the event will become an annual activity.
“Defence has implemented many health initiatives to reduce stigma and increase awareness of PTSD and other mental health conditions, but it’s events such as this that have a special opportunity to impact lives and make a difference.”
He says it is important for members experiencing mental health issues to seek help early.

ASK FOR HELP

- Information about mental health services available for ADF personnel can be found at www.defence.gov.au/Health/HealthPortal
- The Defence All-Hours Support Line is a confidential telephone service for ADF members and their families available 24/7 by calling 1800 628 036
- The Defence Family Helpline is available 24/7 by calling 1800 011 046
- Crisis support and confidential counselling is available by calling the Veterans’ and Veterans’ Families Counselling Service on 1800 011 046
- You can also speak to your chain of command or base chaplains about the support services available
- Serving members can also access mental health services and support through on-base health facilities.

From left: SMN* Lachlan Pagett, CFN Blake Malligan and AC Brandon McHugh hold the ADF flags at the summit of Mount Kosciuszko.

“Defence has implemented many health initiatives to reduce stigma and increase awareness of PTSD and other mental health conditions, but it’s events such as this that have a special opportunity to impact lives and make a difference.”

From left: SMN* Lachlan Pagett, CFN Blake Malligan and AC Brandon McHugh hold the ADF flags at the summit of Mount Kosciuszko.

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ADF personnel band together to conquer the summit of Australia’s highest peak to raise awareness of mental illness,
FLGOFF Katrina Brown reports.
Relaying message of hope

Dallas McMaugh

The rain did little to dampen the enthusiasm of participants in the Shoalhaven Relay for Life this year, which included teams from 72SSQN, and HMA Ships Creswell and Albatross.

Team Bravo, made up of personnel from units across Albatross, was coordinated by ABATV Alannah Whitham, of the Training Authority – Aviation Hangar Maintenance Team.

She was a source of inspiration and motivation for her team with her own personal family story of the impact of cancer. She lost her mother to cervical cancer in February, and said while she was keen to raise funds for the Cancer Council, that wasn’t her only motivation.

“I also wanted to raise awareness about getting regular checks for cancer types, like cervical, breast and prostate, and I think it is important to celebrate the lives of those that we have lost, to support those who have survived cancer, and to thank all the carers for looking after our loved ones,” she said.

“I was overwhelmed by the support for the team, which was given at all rank levels. It was fantastic to see CO Albatross CAPT Fiona Sneath, SWO Sharon Campbell and COMFAA CDRE Chris Smallhorn attend on the day.”

CAPT Sneath said the event provided a valuable opportunity to reflect on how cancer impacts, both directly and indirectly, on many lives.

“Relay for Life does not distinguish cancer types, and recognises the support of the carers as well as the journey and strength of survivors,” she said. “Dealing with a cancer diagnosis is a real team effort and includes medical and support teams on the home and work fronts.”

The event raised more than $135,000. Creswell raised $4904, and Team Bravo not only raised more than $3300, but took first place for the best team baton.

The crowd-pleasing baton was a miniature helicopter. Team Bravo’s LSATVs Christie Thompson and Luke Gillespie designed, engineered and constructed it.

AB Whitham said she had mixed feelings on the day of the relay.

“It being so close to my mother’s passing made it emotionally difficult, but I know it is something she would be proud of,” she said.

“It was great to just walk and talk with people. I think telling my story to people opened up a lot of people’s minds to how common cancer is and how it can just tap you on the shoulder.”

“The opening ceremony was an important highlight, especially since we had a few members of our team who were survivors of cancer.”

Band performance fit for King Island

LSMUSN Svetlana Yaroslavskaya

The Royal Australian Navy Band Tasmania has chosen King Island, off the north-west coast of Tasmania, as its destination for Anzac Day this year.

It will be the first time any service band has visited the small island, despite Tasmania’s – and King Island’s – history of contribution to the ADF.

Tasmania has traditionally provided a high number of serving members for the defence force per capita of population since Federation.

Bandmaster LSMUSN Mark Ham said King Island currently boasted two serving members in the Navy and that its contribution in WWI did not go unnoticed.

“In 1914, King Island’s population was around 1000, and of those, 170 men enlisted in WWI. This represented the greatest enlisted population per capita in the entire Commonwealth,” CPO Ham said.

“The importance of this was reflected by Winston Churchill’s personal letter of gratitude he wrote to King Island on completion of the Great War. Unfortunately out of those 170 men, 29 paid the supreme sacrifice.”

With a complement of 14, RAN Band Tasmania is the smallest of the Navy’s six bands. The band is made up of two permanent Navy members and the remainder reservists from varied civilian employment.

This diverse and knowledgeable group brings a vast array of abilities and talents that enhance not only the band’s performance, but also the wider skills of the Navy.

“Enthusiasm and support of the band’s visit from the King Islanders has been amazing,” CPO Ham said.

“In addition to completing our Anzac Day duties, we’re looking forward to help raise funds for various charities on the island and even providing some tuition for local musicians.

“It is a fantastic opportunity for us, in light of the Centenary of Anzac, that we can further acknowledge the past and present contributions of the King Island residents,” CPO Ham said.
LSEW Kevin Brouwer

THE ship’s company of HMAS Warramunga had reason to celebrate on March 31, marking the 16th anniversary since the warship commissioned.

The youngest member of the crew, ABCSO Jarred Vos joined CO CMDR Dugald Clelland to cut the cake.

Addressing the ship’s company, CMDR Clelland struck a celebratory note, but also reminded the crew of the importance of their task.

“Warramunga is our ship, but she is only our ship as long as we continue to serve in her,” he said. “We are her custodians and we must care for her so that she and future generations of sailors may continue to serve and defend this great nation for many years to come.”

Warramunga has been alongside Fleet Base East for the past few months completing an extensive maintenance period.

CMDR Clelland thanked his officers and sailors for their hard work. “This period has been the biggest and longest and, most importantly of all, the safest Anzac refit on the east coast in recent years,” he said.

“Much of this success is directly as a result of your skill, dedication and the professionalism with which you conduct yourselves every single day.”

Warramunga will complete the maintenance period in late April and is scheduled to return to sea in May to begin maritime skill evaluations and sea qualification trials.

After the cake was cut, several personnel were recognised with commendations and promotions.

Two sailors celebrated career milestones, with ABCSO Corey Bartlett receiving his Australian Defence Medal, and LSML-C Darren Eslick receiving the first clasp to his Defence Long Service Medal.

In 2015, Warramunga was the fourth Anzac-class frigate to complete the anti-ship missile defence upgrade, providing her with an enhanced sensor suite and weapons systems capability, along with new phased array radar technology.

Fitting farewell for veterans

LCDR Scott Carter

THE ship’s company of HMAS Melbourne delivered the parting wishes of three Navy veterans, scattering their ashes at sea.

PO Telegraphist Keith Henry Conway, ORDSMN Telegraphist Keith James Walter Smith, and ORDSMN Signalman Ronald Arthur Hankin were committed to the deep recently in a ceremony on the flight deck of Melbourne while off the NSW coast.

CO Melbourne CMDR Charles Bourne said the solemn occasion was a chance for his crew to reflect on their own service and the tasks of generations of Australian mariners.

“The service was fitting recognition of the contribution these fine men made to the nation, and showed the deep connection the Navy maintains with those who have served,” he said.

The three men were driven to join the Navy after exposure to the Second World War, one also serving in the Army, but for two of the men, short careers were obviously life-changing, as decades on, they requested the most-martime of farewells.

PO Conway joined the Navy as a 20-year-old in March 1946. He served in HMA Ships Australia, Cerberus, Herman, Lonsdale and Sydney before leaving the Navy to join the Army as a Sergeant in February 1957. He continued to serve in the Army until October 1974.

ORDSMN Smith joined the Navy in December 1941 serving until April 1946. He saw service in HMA Ships Australia, Brisbane, Cerberus, Kyabra, and Lonsdale as well as HMS Suffolk.

ORDSMN Hankin joined the Navy in May 1943, serving in HMA Ships Cerberus, Huon, Ladava, Loe, Lonsdale, Madang, Magnetic, Manoora, Penguin, Torka, Wargro, and Warramunga. He left the service in 1946.

The remains of the three Navy veterans are committed to the deep during a service on the flight deck of HMAS Melbourne by the ship’s company.

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TWO Navy personnel have been included in a new commemorative coin collection.

The Legends of the Anzacs – Medals of Honour collection was launched at the Australian War Memorial on April 3 by Governor-General GEN Sir Peter Cosgrove (ret’d).

The collection, which features five current serving ADF members’ profiles and awards on the coin backing cards, comprises 14 coins highlighting a variety of decorations, campaigns and service medals awarded to Australians over the past 100 years.

Representing Navy are CDRE Philip Spedding for the Distinguished Service Cross (DSC) and LSML-S Anne Becker, for the Australian Operational Service Medal (AOSM).

CDRE Spedding said his life-saving intervention in a suicide attack against Iraqi oil terminals was just part of his daily duties at the time.

He attributed his success in the Navy to those around him, saying it was thanks to “the efforts of the fine men and women that I commanded and the tremendous things that they achieved”.

Joining the Navy in 1982, CDRE Spedding said he was fortunate to have had a fabulous career.

“The Navy still offers so many opportunities – you just have to grab them. I am privileged to have been able to serve. What we do matters.

Service life puts a demand on us, particularly on our families, but knowing that you are doing something of vital importance to the nation is very satisfying.”

LS Becker, who joined the ADF seeking a rewarding and challenging career, said she felt honoured and respected for serving her country.

“I feel honoured to be recognised for my contribution in the Middle East region for maritime security and counter terrorism and counter piracy,” she said.

CDRE Spedding and LS Becker were presented with a set of the coins at the launch by Sir Peter, who expressed his gratitude to all those who have served in the ADF.

“Whatever the medal, whatever the decoration, the thing all our veterans share is pride in a nation and pride in service,” he said.

The Directorate of Honours and Awards started work collectively on the project in June 2016 with the Royal Australian Mint, News Corp, Government House and the Australian War Memorial.

Director of Honours and Awards, Margot Kropinski-Myers said the campaign was a fantastic opportunity to showcase the medals and decorations awarded to ADF members.

The coin collection is available to purchase nationally through News Corp Australia newspapers.

All profits associated with the initiative will be donated to Legacy Australia.
The expanding scope of women in the ADF gives us added strength, says CDF SGT Dave Morley reports.

“...we have female personnel performing critical roles on all our current operations.”

ACM Mark Binskin, CDF

No role beyond reach

N 2017, no job in the ADF is off limits to women.

This was the message delivered by ACM Mark Binskin at the Women and National Security Conference held in Canberra from April 4-5.

ACM Binskin highlighted the expanding role of women in the ADF when he spoke at the conference – the first of its kind and scope in Australia.

The ANU National Security College hosted the conference, which was attended by participants from a range of national security communities in government, private sector, academia, diplomatic corps and NGOs in Australia and overseas.

ACM Binskin says he is encouraged by how far the ADF has come, even during his own military career.

“In 2017, no job is off limits to women – we have female personnel performing critical roles on all our current operations and there are an increasing number of female commanders leading at all levels across the organisation,” he says.

“In fact, I was privileged to meet one of them in Prserpine on April 3 – LTCOL Jennifer Harris, CO 3rd Combat Engineer Regiment – who is doing a magnificent job leading the main ADF engineering response to Tropical Cyclone Debbie in northern Queensland.

ACM Binskin says 57 per cent of his own staff members are women.

“They are the first people to tell me how it really is, and their candour on behalf of their peers, combined with the mix of unique insights, help me see issues from a different point of view. In my experience, our differences make us a stronger team,” he says.

There are more than 500 additional women serving in the ADF today compared to a year ago, and CDF says if Defence wants to attract and retain the top talent, it has to change the way it does business.

“We need to continue to drive out unacceptable behaviour – we must empower people to adopt flexible working arrangements, where appropriate, and we must consider their family needs,” he says.

“We need to ensure it has a common understanding about what a diverse, inclusive and capable ADF looks like, and how to achieve it.”

“It is an important step in reaching the recruiting targets we have set for ourselves,” he says.

“Navy and Air Force are working towards a 25 per cent female workforce by 2023, while Army has set its sights on achieving 15 per cent female participation within the next six years.

“Navy is focused on mentoring women in the fields of engineering and project management; Army is working to develop future leaders; and Air Force has established a network to support women working in what are seen as non-traditional roles.”

He says diversifying the ADF’s demographic base and increasing the number of women in the ADF correlates to what the ADF is trying to achieve in support of UNSCR Resolution 1325, which requires parties in a conflict to prevent violations of women’s rights.

“Our goal must be to reach the point where applying the principles outlined in the Women Peace and Security agenda is no longer considered special,” he says.

“It needs to be accepted, not as an adjunct duty, but as a primary element of all our operations.”
New statue marks service

SGT Dave Morley

A SMOKING ceremony held at the Australian War Memorial (AWM) on March 29 marked the completion of major reconstructive works in the commemorative area.

AWM Director Brendan Nelson said the work included the reconstruction and replacement of the original 26 stone-carved figures, designed by artist Leslie Bowles in 1939, which featured Australian fauna, as well as the faces of an Aboriginal man and woman.

“The intent of the sculptures was to represent the original custodians of the land and evoke the spirit of Australia,” he said.

“These figures are an acknowledgement of Australia’s Aboriginal people and their stewardship of the land and its creatures at the heart of the Memorial,” ABBM Murray Hall, of FSU at HMAS Kuttabul, attended the ceremony and said it was done well.

“The ceremony was important because Indigenous people should be recognised for their service to their country—we need more events like this,” he said.

“Ever since WWI, many Indigenous Australians have gone to war, but they didn’t get recognised until the 1960s, so it’s important now we recognise more and more Indigenous involvement in Defence.

“My grandad served in the Air Force during Vietnam and my dad and uncles served in the Army.

“I’m very proud of my grandad’s Vietnam service—he used to tell me stories all the time about it.”

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Traditional figure of former US ambassador to Australia John Berry, arriving in Sydney in 1944, under the Battle of the Coral Sea, HMAS Australia (bottom right) and HMAS Sydney (left) and (right) her participant and gun crew.

\[ \text{PUTTING the ships of Task Group 17.3 in action at the start of May 1942.} \]

An able seaman performing the tasks of a submarine lookout on the starboard bridge of HMAS Australia II, 12th May 1942. Mr Holyoake said they had fired the first shell, which was timed to explode around the approach of the Japanese force.

Tactics helped vessels avoid direct hits

A Japanese bomb explodes near HMAS Hobart during the battle.

Bomber so close 'could have hit it with a spud'

A SAILOR who joined the Navy long after his 17th birthday, and just days before the end of World War Two, was attending the Battle of the Coral Sea and of the South Pacific, Australia's front line during the war. He was on board HMAS Australia during the battle, and he said he wasn't all worried at the time.

Mr Holyoake said the two-and-a-half hour battle was below deck, as his normal duty station was in the wireless room, and he was not counting on normal radio room duties.

"We did some surveying, but didn't have a teleprinter with us to get us right through the war," he said.

The battle was so intense that even as he fired on the Japanese, they fired on each other.

"But then it was very exciting. It was a great honour and privilege to be a part of the Coral Sea battle."

The battle was important for Australia.

The Japanese succeeded, but only to the extent that they were white hot and gouged it like when you put your finger into butter.

- Derek Holyoake, former LEM(P) on HMAS Hobart

No angry shots fired ship-to-ship

"We could put a lot of that in there, but the Mk 16 didn't do its job properly, so when bomb fragments hit the turret they were white hot and gouged it like when you put your finger into butter."

The sea was inexcusable—that's why I'm wearing heating boots now.

The sea was too low, so I can'tmosaik didn't have any dessicated aircraft, and if they did, they wouldn't be telling."

"They were doing the same at 800 feet, as we fired torp on the quarterdeck, which was my action station, and I was the gun lookout," he said.

"There were two six-inch guns in the turret, each with a crew of six, so when the shell came down, it hit the turret, and it was like a white hot shell coming across on a little carrier, and then the turret swivelled to the threat and pointed the conning tower.

"And I shot the first ship, which was timed to explode around the approach of the Japanese force."

"I was an eight-second interval by the Japanese."

On May 7, 1942, during the Battle of the Coral Sea, RADM Aubrey Fitch's Task Force 11, and RADM Frank Fletcher's Task Force 17, built around USS Intrepid, decimated the Japanese carrier force, which was timed to explode around the approach of the Japanese force."

+No angry shots fired ship-to-ship during the battle.

- The dive bomber had the radio of the Japanese, which had not been developed.

Australia’s contribution was small in the battle, but it provided the Allies with the ability to hold the line against the Japanese.

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Mr Holyoake said the air attacks started at 1.23pm, when 25 single-engined high-level bombers, four twin-engined high-level bombers, and four twin-engined medium bombers, were engaged in the battle.

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More than 600 Allied personnel were killed or wounded in the battle, and 14 ships were damaged or sunk.

Mr Holyoake said he was really looking for-
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Apprentices have been working hard in the AWD shipyard, developing and strengthening their skills to complete the final elements of their trade qualifications.

The AWD Alliance now has 11 apprentices working in the shipyard, with another nine possible positions to be filled in the future.

On joining the Alliance, the apprentices complete a rotation through the shipyard where they are assigned to their relevant trade groups including electrical, mechanical, refrigeration and welding, allowing them to gain experience in the different aspects associated with their trade group.

The electrical department currently has four apprentices working in their team, two in production and two in test and activation.

When ABET Liam Ferrall commenced with the Alliance in January, he had no experience in installation-type tasks, so the electrical team decided to put the sailor through their mock-up training module.

The module was created for new tradespeople joining the Alliance when the project began.

The module provides experience in specific installation tasks that would soon be undertaken on a daily basis.

AB Ferrall, who previously completed the theory aspects of his trade qualification at HMAS Cerberus, is in the process of completing a Certificate III as a Ship’s Electrical Fitter.

Having completed his initial mock-up training module in two weeks, he is now working within the test and activation team.

“Working within the shipyard environment has been very beneficial to my training as I, along with the other apprentices, have the opportunity to get hands-on experience within my trade, while being surrounded by Alliance members who have a broad range of knowledge that I can learn from,” he said.

PO2 Bryan Brown oversees the apprentices while they work.

“The experience that the apprentices receive in the shipyard is very different from what they learn at sea,” he said.

“It is an environment where they can focus solely on their trade and the building aspects involved.”

Five apprentices, who were the first to commence with the Alliance in October 2016, are excelling at their shipyard rotation and are already close to completing the elements required for their trade qualification – almost six months earlier than expected.
War-time heroes finally recognised

Honour Denied
Author: Tom Lewis
Reviewer: SGT Dave Morley
Pages: 317
Publisher: Avonmore Books

WELL-known Navy historian Tom Lewis has added another top book to his long list of accomplishments. This one tells the story of the legendary Tasmanian sailor ORDSMN Teddy Sheean, who died firing his 20mm Oerlikon gun at Japanese aircraft as they strafed his mates struggling for survival in the oily sea.

Dr Lewis uses the book as a platform to campaign for Sheean to be recognised with the award of a retrospective Victoria Cross.

With all of his books you get much more than just one story – and this publication is no exception.

The accounts of LCDR Robert Rankin, of HMAS Yarra II, and CAPT Hec Waller, of HMAS Perh I, are meticulously told to support that it wasn’t just sailors who missed out on awards for their courage. So that readers are familiar with Sheean’s ship, the Bathurst-class corvette HMAS Armidale, the author includes a chapter on corvettes, but goes even further with another chapter on the development of warships and guns at sea.

For those who enjoy their history right down to the finest detail, for the first time, an appendix lists the names of all the Dutch and Dutch East Indies soldiers who were killed when Armidale was lost.

This softcover book is well-presented with dozens of quality black-and-white and colour photographs, as well as comprehensive endnotes which enhance the story and add detail for the more historically-minded reader.

Anyone with an interest in naval history will find this book well worth a read.

Navy News has a copy of Honour Denied to give away to a lucky reader. To win the book contact navynews@defencenews.gov.au

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Female recruits lead the way

Command Warrant Officer—Navy Engineering WO Christopher Rowley presents SMN*CIS Sarah Horn with the Warrant Officer of the Navy Excellence award.

His constant and accurate fire forced the Japanese aircraft to break off their attack. LS Emms died later that day as a result of the wounds sustained during the attack.

Recruit instructor LSBM Nicole Marotzek commented on the graduating group.

“All recruits have to be strong and focused to complete an intense 11 weeks of recruit training,” she said.

“I’ve been in the Navy 13 years and having more female representation is positive. I really look forward to serving with all these recruits throughout their careers in the Fleet.”
Improving casualty survival rates

CPL Mark Doran

PHASE 4 of the ADF Deployable Health Capability Project (JP2060) achieved a major milestone on March 9 with initial approval of feasibility research funding.

This funding will progress the project towards first pass approval in 2018.

JP2060-4 will investigate the best options for the design and procurement of an electronic health knowledge system.

As a multi-phase project, JP2060 originated to identify and develop the capabilities required to prevent, treat, manage and evacuate casualties across joint operations.

For Phase 4, Joint Health Command (JHC) was tasked with developing an e-health knowledge management harmonised solution that will cover the base and deployed settings.

The intent is to improve the ADF’s deployable and base health capability, and deliver optimum services for the prevention, treatment and evacuation of casualties through a whole-of-system approach to the delivery of health support.

Development Officer LTCOL David Bullock, of JHC, said the current methodology to capture deployed Defence health data was predominantly analogue.

“The e-health knowledge management solution will give operational commanders and command health advisers situational awareness of the end-to-end, synchronised, deployable health continuum available in any area of operations,” he said.

“This will enable the manoeuvre plan to be optimised with maximum health support and predictive force protection hazard modelling.

“At the same time, the system will capture every Defence member’s health from recruitment until retirement, through all operational deployments and every episode of care within base or while deployed.

“This will also significantly ease the access to, and the processes of, the Department of Veterans’ Affairs.”

He said the development team would also work alongside the Australian Digital Health Agency to achieve interfacing with ‘MyHealthRecord’ – the federal e-health record.

In its most mature form, the system’s trauma database will provide clinical decision evidence-based support, as well as vital sign tracking from the point of injury.

Tasks for JHC as it approaches the next stage are to define what is possible for the project, as well as what can be achieved and how it can meet the requirements of an ADF health knowledge management system.

Work has begun at a rapid pace with the project team developing a rudimentary combat health picture to support a common operating picture, and 2 General Health Battalion conducting a successful digitised hospital management ‘proof of concept’ during Exercise Giant Viper 17.

LTCOL Bullock said the solution would become one of the most advanced in the world.

“It will improve casualty survival rates from point of injury and support the morale component of fighting power,” he said.

“The difference between health information and knowledge management is the smart analysis and application of the information synchronously available to support decision making.

“The new health knowledge management system will revolutionise how the ADF manages the health continuum.”

Maritime Operational Health Unit member POMED David Grace conducts observations on a “casualty” during a resuscitation exercise on board HMAS Adelaide. Photo: POIS Paul McCallum

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Food for thoughtful cause

NAVY chefs and stewards have again joined forces with top Western Australian foodies, delivering first-class results at the annual Rockingham Long Table Lunch.

"Working alongside the local community, the Navy chefs were a very popular part of the Rockingham event," he said.

"The chefs’ and stewards’ skills are first class and those that attend the event always comment on their presentation and the great way they represent Navy."

ABML-C SM Trent Duncan was a significant part of the Rockingham community, the Navy chefs were a very popular part of the event.

Navy’s continued participation in the event is most welcome and very popular part of the event.

ABML-S Dylan Carkeet with waitress Katrin (left) and ABML-S Matthew Scott with waitress Taylah (right inside the main dining marquee and (inset).

"The chefs and stewards’ skills are first class and those that attend the event always comment on their presentation and the great way they represent Navy."

Navy’s participation was arranged through POML-SC Paul Graham who is busy preparing for Navy’s participation in a similar event for charity.

"The Rockingham event is a lead-up to our chefs taking part in the Breast Cancer Care Western Australia’s Long Table Lunch, which is their signature fundraising event held each year in Perth," he said.

"Last year the Breast Cancer Care lunch raised more than $350,000 to support people with breast cancer.

"Working alongside the local chefs was a great way to share experiences and to learn from each other," he said.

"We were also able to interact with the public, who were very appreciative of our work and having the Navy present on the day."

"The chefs and stewards’ skills are first class and those that attend the event always comment on their presentation and the great way they represent Navy."

ABML-C SM Trent Duncan works with LSML-C SM Laura Frayling in the food preparation area during the Rockingham Long Table Lunch.

MARCH TRIAL RESULTS

NCO Defence Force Magistrate
4 x Assault Superior – DFDA s 25(1)
1 x Act of Indecency – DFDA s 61(3) and Crimes Act (ACT) s 60
Member was accused of assaulting four superior officers, by touching three of the superior officers on intimate places, and by an intimate act on the other superior officer. Member was also accused of an act of indecency on one of the superior officers. Member pleaded guilty to the charges and was found guilty of the charges. Member was reduced in rank by one rank and fined a total of $3,500 (with $2,800 suspended, and the balance to be paid in one lump sum).

OFFICER
Defence Force Magistrate
8 x Absence Without Leave – DFDA s 24(1)
2 x Prejudicial Conduct – DFDA s 24(1)
Member was accused of being absent without leave from the member’s places of work on eight occasions. Member was also accused of pre-judging discipline by lying to their superior officer and commanding officer regarding their whereabouts. Member pleaded guilty to the charges and was found guilty of the charges. Member was dismissed from the Defence Force.

4 x Obtaining a Financial Advantage– DFDA s 61(1) and Criminal Code
(CH) s 135.2(1)
Member was accused of obtaining a financial advantage from the Commonwealth in relation to rent allowance, totaling $27,439.56, by not notifying Defence Housing Australia of a change in the member’s circumstances. Member pleaded not guilty to the charges but was found guilty of the charges. Member was sentenced to 180 days of imprisonment (all periods of imprisonment to be served concurrently, with a total effective period of 60 days), dismissed from the Defence Force, and ordered to pay reparation totaling $27,170 (to paid in one lump sum).

All Court Martial and Defence Force Magistrate trial results are subject to commend review and appeal. The results are of trials across the ADF.
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Your privacy is important

Defence medical personnel can face serious consequences if they breach patient confidence, CPL Max Bree reports.

A doctor tells anyone about your medical history, they could be in serious trouble if you haven’t given permission.

Provisions in the Privacy Act and Australian Health Practitioner Regulatory Agency code of conduct, mean Defence’s medical personnel are restricted in what they can say about your problems and to whom.

Commander Joint Health AVM Tracy Smart said health workers were prohibited from releasing patient information in the majority of cases.

“If we’re found to have breached health in confidence and given information out without consent, then we could be deregistered or we could be sued,” she said.

“We’re very focused on ensuring we don’t just blab health information without consent.”

A health information review in 2013 revealed many commanders were unhappy with health providers because they weren’t providing enough information.

Conversely, some members were annoyed at health providers because they thought too much health information was being provided to commanders.

“We’re somewhere in the middle, so that could mean we’ve got the balance right but nobody trusts us,” AVM Smart said.

“This lack of trust is itself a problem, and it’s one we are looking to address.”

Personnel may be asked if their medical information can be shared with commanders if it will help with their recovery.

But the amount of information commanders are told is up to the individual.

“A few might be, ‘you can tell command I’m having mental health problems but don’t tell them the reason why’,” AVM Smart said.

During the review a CO complained that someone had a chat saying they couldn’t go out field but could work back in the office, so it looked like they were fudging.

“The truth of the matter was they had a nasty sexually transmitted infection and with minimal hygiene out field it would fester. But the individual was so embarrassed they didn’t consent to share the information, which meant we wouldn’t discuss it even when the CO complained.”

AVM Smart said verbal or written consent must be recorded on a patient’s file.

“The only time we give information out without consent is if we feel the member’s life or someone else’s life is threatened,” she said.

The drive to make members aware of medical consent comes after the 2013 report identified a number of people preferring to seek outside medical care.

Although this wasn’t expressly prohibited, AVM Smart strongly encouraged people to keep their healthcare within Defence.

“An outside doctor might not be able to determine if doing their normal job in the ADF might make a condition worse,” she said.

Alternatively, if you leave Defence, then put in a claim with the Department of Veterans’ Affairs for a health problem, they’ll go back to your health records about it and there will be nothing.

“Then it becomes a real battle to prove your health problem resulted from Defence, because you’ve stayed outside of the system.”

AVM Smart said she wanted to break down barriers so people were treated early.

“If you’ve got a problem, put up your hand,” she said.

“If you’re having mental health problems and you come forward and say ‘I’m not doing so well’, we can provide treatment and stop it becoming a chronic illness.”

The medical system was designed to look after the individual, but also needed to consider the risk for a person, according to AVM Smart.

She said Defence had to weigh circumstances where a deployment could make their problem worse, if there was a safety risk, or the individual couldn’t do their job.

“The longer you leave something, the more likely it is to become chronic, and then it will almost certainly impact your career,” AVM Smart said.

“We encourage our people to be interactive, consider options and talk through them with the health practitioners.

“We’re here to work with you so that you can be as healthy as possible.”

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First try wins match

CPL Mark Doran
HMAS Cerberus beat HMAS Canberra 26-6 in the men’s competition to win the Mons Cup in the rugby union inter-unit competition at TG Milner Rugby Field in Sydney on March 31.

With 11 teams from units as far away as HMA Ships Stirling and Cairns, players from across the Fleet tested their skills and teamwork in a successful event.

The women’s competition was decided in a close match between HMAS Adelaide and HMAS Carnarvon, with the women’s Cup going to Adelaide because they scored the first try.

Mons Cup coordinator LSPTI Zac Stanley, of Carnarvon, said both the men and women played fiercely.

“The men played a double elimination tournament and the women played a seven-a-side round robin,” he said.

Although it was a 5-5 draw, the win and the Female’s Cup was given to Adelaide because they scored the first try.

“Cerberus beat HMAS Albatross and Albatross beat HMAS Penguin in the final; it was a massive effort for grassroots rugby and we look forward to seeing Mons Cup continue to grow next year.”

The most valuable player in the men’s competition was awarded to SNMMB Thomas Hiramatu, of Cerberus.

“Hiramatu said it was exciting to have time during his initial employment course to play rugby in the four games during the competition.

“It was a shock to receive the most valuable player award, but I’ve been training hard for the past year,” he said.

“I saw some amazing players from Navy during the competition in the hard-hitting games.”

LSPTI Amy Carpenter, of Carnarvon, said the women played 7-a-side because of ground conditions until the final match, which was 15-a-side.

“It was a different style of game all together with a lot of new girls playing, so it was a good way for them to have a crack at the 15s,” she said.

“We had some upcoming talent play in the final and we used the match to select the Navy team to play in the upcoming championships against Army and Air Force.”

LS Carpenter said women’s rugby was becoming more popular in Australia, including in Defence.

“We had four women’s teams of 10, which is our biggest turnout for the inter-unit competition,” she said.

Wave of success for Navy surfers and paddlers

LSPTI Callan McDonald
CONDITIONS were perfect at Balmoral Beach in Sydney for the course record to be broken at the HMAS Penguin annual mini-biathlon.

Nearly 30 competitors took to the course, which comprised a 250m beach run, 250m ocean swim and finished with another 250m beach run.

The deployment of HMAS Choules at short notice to assist with Queensland cyclone relief efforts resulted in late withdrawals.

After a quick adjustment of the heats by Penguin PTIs, the event got under way.

The competition was fierce, but ABCO Kevin McEwan, currently posted to HMAS Darwin, set a new course record of 6min 24sec in the open male final.

AB McEwan commended the PTIs for staging the event.

“It was great to compete against personnel from other units. I hope there are a few more things like this organised,” he said.

Biathletes compete at HMAS Penguin

LSPTI Roger Poynter
Penguin long board heats. Photo: LSIS Justin Brown

Sailor sole Navy triathlon qualifier

CPL Mark Doran
NAVY’S leading triathlete, LSET Joel MacAllister, of HMAS Stirling, was fastest sailor across the line in the Military Division in Ironman New Zealand at Taupo on March 4.

The race was also the Asia-Pacific Military Division qualifying event open to full-time members of military forces around the world.

MacAllister joined the official team of 16 ADF Triathlon Club athletes to compete against military rivals from other nations.

He won one of the 10 slots available in the World Championship in October at Kona, Hawaii. Army won five and two were Air Force. The remaining slots were

"They were allocated to entrants from NZ and France.

Further for information on the Navy Surf Riders Association contact LEUT Mark Green at mark.green@defence.gov.au.

Sgt Dave Morley
ALTHOUGH conditions were far from ideal for the Interservice Surfing Championships held at Ulladulla from March 24-27, Navy surfers performed exceptionally well.

The weather and the surf were different every day, with small waves on the first day, small but clean on the second day, and then a storm, which passed through the course on the final day.

Navy Surf Riders Association (NSRA) president LEUT Mark Green said Navy hosted this year’s event with a Navy team comprising eight male surfboard, two female surfboard, six long board, four stand-up paddle (SUP) riders and two support staff.

“Navy consistently achieved good results across all divisions, specifically winning the male shortboard, female shortboard, SUP and team categories,” he said.

“The only division they didn’t win was the mini-biathlon division.”

Navy had three members in the men’s shortboard final, three in the longboard final, two in the SUP final and two in the women’s final.

In the points breakdown for the teams event, Navy came in first with 56.4, Army second with 32.4 and Air Force third with 29.8 points.

“The winners of the male shortboard, female shortboard, and SUP divisions were POATV Jordan Dunk, of HMAS Albatross, ABMM-SC Linda Fisher, of Fleet Base East and SMNATA Tom Jacobson, of Albatross,” LEUT Green said.

Biathlon.

AB McEwan wasn’t the only podium finish, with LEUT Kathleen McGagggart, of the Penguin Maritime Operational Unit, was fastest sailor across the line in the women’s.

Mark Gibson, of HMAS Albatross, had a convincing win in the veteran males, while LCDR Louise Stodolka, Maintenance Manager at Mine Warfare and Clearance Diving Systems Program Office, dominated her heat and took out the open female event.

Players prepared to give it all

GIVE everything, and leave nothing on the field.

That is the mantra of both Navy teams heading into the ADF Rugby Union Championships (ADFRCU) at the end of April.

The annual competition sees the ultimate display of service rivalry, as men’s and women’s teams from Navy, Army and Air Force take each other on in the ADF rugby event of the year.

Navy men’s coach WOCIS Dave Carter said he was looking forward to the clash.

“The quality of play is exceptional, and the spirit in which it’s played will be brilliant,” he said.

“The rivalry but also the spirit of good sportsmanship and each player is fully aware that we are all essentially on the same team - the ADF.”

The ADFRCU will be held at the iconic Ballymore Stadium, Brisbane, with games on April 29, May 3 and 6. The games will be live streamed and entry on game days is free.

The tournament will make for good preparation for Navy and ADF teams who will team up with the other services to take on Australia’s best in a bid for victory and international Wallabies selections.

The team will compete in Pool A of the Australian Rugby Union (ARU) National 15s Women’s Championships at the Gold Coast Centre from May 12-14 where they will take on Sydney, Western Australia and South Australia in their pool games.

ABC(SOU) Mahalia Ellis, of HMAS Parramatta, said their time together should give them the edge.

“The US tour last year really strengthened our cohesion as a field, as well as our trust in each other,” she said.

“I am really excited to represent ADF at the Nationals and we should do really well.”

Navy triathletes have a refined place in the ADF triathlon rankings, with some of the athletes having competed in multiple championships.

ABO Abigail Nix, of HMAS Albatross, competed in some of the world’s leading competitions, including the Ironman New Zealand, where she achieved a top five place.

“Coach Joel MacAllister has been a triathlete for about two years. He has competed in five Ironmans including the World Championship at Kona last year.

“I didn’t perform as well as I wanted to, so I thought I should give it another crack,” he said.

“Normally I will train 15-20 hours each week with up to 10km swimming, 250-350km on the bike and about 80km running.

“The most important part is planning my training time, as well as keeping up my motivation.”

MacAllister said the ADF Triathlon Club was an excellent club that provided a lot of assistance.

“Even though it’s an individual sport, we all socialise before and after races,” he said.

“The great team environment is a part of it.”
ADF sprints on medals

CPL Mark Doran

NAVY reservist CMDR Mike Hogan joined 120 other cyclists on an epic bike ride from Mount Hotham to Hobart raising money for cancer research.

This year’s Tour de Cure covered almost 1300km, including 12km of elevation, from 24 March to April and each rider had to raise $12,000 before starting.

It was the second ride for CMDR Hogan, who rode in last year’s event from Sydney to Brisbane.

“It was something I always wanted to do,” he said.

“I’d known about it for eight or nine years, but being in the Navy, with deployments, I was never able to get the three months’ worth of training in that you need before the ride.”

After leaving Hotham, this year’s route went through east Gippsland to Melbourne via Lakes Entrance. Members of the RAAF Base and a member of the team shaved their heads in Sale, before heading to Traralgon, Inverloch and onto the Spirit of Tasmania in Sale, before heading to Traralgon, Victoria, and then the Gold Coast, which for the first time is to be held in Australia.”

Golfers get into swing of giving back at annual charity event

A GROUP of golfers have combined their sport with a worthy cause, playing in the Sir David Martin Foundation Charity Golf Day at Pitt Town, NSW, to assist the foundation raise funds to help young people in crisis.

WOET Michael Hogan said it provided them the chance to keep up their fitness as well as their golf skills.

“Sometimes a day out of the office is the best circuit breaker after a stressful week,” he said.

“Charity events like this not only challenge individuals, they also provide opportunities for team engagements, networking and more, all of which are also supporting a worthy cause, which has always been closely linked to our organisation.”

The winning team members, with a nett score of 53.7, were WO Alan Hart, COP Raymond Macay and LS Chris Moran, who were presented with the perpetual trophy.

Women’s rugby league tackles next step

CPL Mark Doran

IN A huge step forward for Defence sport, the ADF women’s rugby league squad played their inaugural match in Ipswich on March 12.

In the lead-up to the game, a three-day clinic teaching the fundamentals was held in Brisbane followed by two weeks of training.

Guests at the sessions included Jillaroo Heather Ballinger and former NRL players Chris Anderson, Darren Lockyer and Kevin Campion.

The fledgling squad of 22 played against Brothers team in Ipswich.

Despite losing, the ADF squad came out of the break at 28-0 to hold Brothers to 34-6. SMNHSO Brittany Bugden, of HMAS Cairns, said the squad trained twice a day.

“We did okay during the match. It was our first game together – actually it was better than expected. But we learnt what we need to improve on.”

“I still play Oztag, but it’s great preparing us to play,” she said.

“It was great to have former NRL players coaching us and sharing their experience and the Defence coaches and support staff did a fantastic job preparing us to play,” she said.

“We did okay during the match. It was our first game together – actually it was better than expected.”

“It was very defensive as the Brothers team had been playing together for a long time and they did have three Jillaroos on the team.”

“Some of our game at times threatened to become more of a bus walk with the odd lake thrown in. But none of us ever claimed to be world champions,” he said.

SDFM ambassador LEUT Mark Klopper said the benefits of such events come out of the break at 28-0 to hold

CMDR Mike Hogan, centre, cycled almost 1300km to raise money for Tour de Cure, a charity dedicated to finding a cure for cancer.

Epic journey for cancer research

NAVFY reservist CMDR Mike Hogan joined 120 other cyclists on an epic bike ride from Mount Hotham to Hobart raising money for cancer research.

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They headed south-east to St Helens and Swansea before finishing in Hobart.

Along the way, Tour de Cure donated $10,000 to local community cancer-associated programs at each stop and visited schools to deliver their ‘Be Fit, Be Healthy, Be Happy’ cancer education program to about 5000 school children.

During this year’s ride, fundraising eclipsed the $30m mark since Tour de Cure’s inception in 2007.

“During that time TdC has contributed directly to 18 major breakthroughs in the treatment of cancer, particularly in the areas of paediatric, melanoma, prostate, breast and ovarian cancers,” CMDR Hogan said.

“The 13 markers on our cycling jerseys indicate that one in three cancers can be cured if treated early.

“However, cancer does not discriminate and while a cure is ever closer, there remains a great deal of work that requires us to continue fundraising, and we will not stop until a cure is found.”

Donations to Tour de Cure can be still be made here: tourdecure.com.au/pages/donate/register


SPORT 23

ADF team ‘Not Rushin’ in formation over Western Australia.
INSIDE
Mons Cup rugby
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Course record at Penguin biathlon
– Page 22

SPORT

WAVE OF SUCCESS

Navy dominates Interservice Surfing Championships
– Page 22

LSCD Reece Menzies executes a cut-back at the ADF Surfing Championships. LS Menzies went on to place second in the final.
Photo: LSS Justin Brown

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