Prince Harry meets Invictus Games training squad member LAC Wade Roberts at Admiralty House, Sydney. Photo: Jayson Tufrey

‘Witness the very best of human spirit’

Prince Harry launches 2018 Invictus Games in Sydney
→ Page 3

HARRY’S HEROES

Bomber Command tribute – Page 2, centre

Diamond Spear – Page 5
‘Vivid and relevant’ stories of bravery

CPL Bill Solomou and FLGOFF Erika Seymour

The brave airmen of Bomber Command were honoured during two significant events at the Australian War Memorial (AWM) in Canberra, on June 3 and 4.

About 40 Bomber Command veterans took part in the two commemorations – a Last Post ceremony at the commemorative area and a wreath-laying ceremony at the Bomber Command Memorial. Hundreds of Air Force personnel, WWII veterans, officials and members of the public attended the ceremonies staged by Air Force, the Bomber Command Association Australia (BCAA), Bomber Command Commemorative Day Foundation (BCCDF) and the AWM.

More than a third of the 3486 Australian aviators who served with Bomber Command were killed while engaged in a major bombing offensive against German targets in WWII. On May 31, it was the 75th anniversary of the “Thousand Bomber Raids”, in 1942.

The first mission of the Australian Article XV squadron – No. 460 Squadron – conducted its first operations on March 12, 1942.

CAF AIRMSHL Leo Davies said he was honoured to attend the Last Post ceremony and the 10th annual Bomber Command Commemorative Wreathlaying ceremony on June 4, when he met with veterans and their families.

“Bomber Command is a significant part of Air Force’s history. To be able to remember those Australian aviators who served with Bomber Command and never returned, and hear the stories of those who survived, is a special opportunity,” AIRMSHL Davies said.

“It is important to reflect on our aviation history in Europe, as we apply the same values and dedication on operations over Iraq today.”

An F/A-18 Hornet conducted a fly-past on both days, linking history with operational service of airmen today.

“Someone asked why we had a Hornet fly-over. These men and women provided a bombing force for WWII to enable the war to be won, and right now we have Hornets flying over Iraq deploying bombs on targets, trying to defeat ISIS, so the war can be won,” AIRMSHL Davies said.

“I think the link is absolutely direct. It is very real, and when you talk to these veterans, and tell them about our young airmen flying today, they all understand exactly what is going on because their stories are still vivid and relevant.”

CO 460SQN WGCDR Cal Harrison said it was an honour for the squadron to attend the event.

“The courage, sacrifice and selflessness displayed by that greatest of generations to defend our freedom and defeat tyranny is truly inspirational,” WGCDR Cal Harrison said.

It drives the current squadron to strive to continue that rich history of distinguished service in the spirit of those who have gone before us.”

ACM Sir Angus Houston (retd), Honorary Patron of the BCCDF, attended the services with his family.

“I have had a lot to do with the veterans of the Bomber Command through many, many years,” ACM Houston said.

“I feel very strongly that it’s important we continue to support and recognise the contribution that Bomber Command made in WWII.”

Siblings Ron Smith and Robynne Mitchell attended in memory of their uncle FLOGOFF Ron Feilberg, who served in No. 466 Squadron.

“FLGOF Feilberg was the pilot of the planes. He sacrificed his life to save his crew by ordering the crew to bail out,” Ms Mitchell said.

They were pleased to catch up with Tiana Walker Adair, whose father, FLTTLT Len Walker, flew with FLGOF Feilberg in 466SQN.

“It’s so important to acknowledge their sacrifice. I wouldn’t be here if it wasn’t for Ron. His actions saved my father’s life and that of the crew,” Ms Walker said.

Ms Mitchell said the “ambience of the AWM was very fitting to the occasion”.

In addition to the fly-pasts, Air Force’s support included an Honour Guard from 460SQN, an all-Air Force catafalque party from Australia’s Federation Guard, music and bugler from the Air Force Band and ADFA Cadets to hold the association banner.

460SQN with Bomber Command and a Lancaster heavy bomber at RAF Station Binbrook in Lincolnshire, England, in July 1944. Photo: AWM
We are ready to make a mark at Talisman Sabre

CPL Mark Doran

"THE Invictus Games shows us it is possible to overcome adversity and that the impossible is possible if you have the will." The Games were just some of the inspiring words from Patron of the Invictus Games Foundation HRH Prince Harry, who began the official 500-day countdown to the 2018 Invictus Games at a function held at Admiralty House in Sydney on June 7.

The event was attended by Governor-General GEN Sir Peter Cosgrove, Prime Minister Malcolm Turnbull, NSW Premier Gladys Berejiklian and Chairman of Invictus Games Sydney LTGEN Peter Leahy (ret’d).

They spoke to about 50 members of the 2017 Invictus Games Australian training squad who were joined at the launch by family and friends, as well as squad coaches and medical and support staff.

Prince Harry said he was delighted to join the athletes and their families as they prepared for the final team selection to represent Australia, and was thankful for the opportunity to explain the importance of the games.

"In February 2008, I was forced to leave Afghanistan where I had been serving as an officer with the British Army until my presence on the front-line leaked to the press," he said.

"I could no longer stay with my soldiers as it would have put them at greater risk."

"It was a decision over which I had no control, but the guilt of having to leave my guys behind was hard to swallow, as anyone who has served would understand."

Prince Harry said it was the flight home from Afghanistan which put him on the path to create the Invictus Games.

"While we sat waiting to board, a coffin with a Danish soldier was loaded onto the plane, along with three young wounded British soldiers," he said.

"All three were wrapped in plastic, some with missing limbs, and tubes coming out of them everywhere. The sacrifices we ask our servicemen and women to make came home to me so powerfully in those moments."

Four years later, after another tour in Afghanistan. Prince Harry began to look for ways to support veterans who had returned with injuries that in previous years would have been unsurvivable.

A visit to the US Warrior Games in 2013 was a demonstration of what needed to be done and how sport could make a difference.

Prince Harry said in 2018 the games would be held in one of the most "sports mad" and iconic cities in the world, Sydney, which would be the custodian of the Invictus spirit.

"It will be the focus of hundreds of men and women using the games to motivate their recovery from physical and mental injuries," he said.

"I know people from across the country, from Perth to Sydney, from Darwin to Adelaide, will embrace the games and show their support for the competitors. They will witness the very best of human spirit, courage, inspiration and defiance on the track, on the court and in the pool as they give it all to cross the line first then use what they have left to encourage others to achieve their own goals."

Prince Harry said the spirit championed by the games extended far beyond the competition and was demonstrated after the Manchester bombing in May.

"Wounded veterans, including Invictus team members, immediately offered themselves to provide advice and support to the victims during their recovery process," he said.

"The commitment to serve is ingrained in every member of the armed forces and is an embodiment of the Invictus spirit.

"The men and women of the armed forces and veteran community do not need our sympathy. In fact, it is the last thing they want. But they do deserve the utmost respect and an opportunity to play a valued role in our communities."

"The Invictus Games are coming to Australia – game on down under."

The Invictus Games play a key role in the rehabilitation and re-integration of wounded, injured and ill members of the ADF, both currently serving and veterans.

TheADF and RSL are supporting a combined team of 43 serving and former ADF members to compete in the Invictus Games in Toronto, Canada, this year.

From February 23-30, the Australian contingent will join more than 350 athletes from 17 nations (Afghanistan, Australia, Canada, Denmark, Estonia, France, Georgia, Germany, Iraq, Italy, Jordan, Netherlands, New Zealand, Romania, Ukraine and US) competing in Toronto.

Athletes chosen to represent Australia at the Canada games have sustained a variety of physical and psychological injuries or illnesses during, or as a result of, their military service.

Sydney will host the games from October 18-29 next year.
Take your career to the next level and undertake a degree in Aviation Management with one of Australia’s leading research and teaching universities.
• Courses delivered online giving you flexibility to study anywhere anytime.
• Choose courses according to your interests in law and regulations, safety and security, airline and airport management, aviation economics, and aviation technical operations.
• Learn from industry experts in courses developed for the industry.
• Programs tailored to your level of academic qualifications and experience.
If you are looking to take the next steps in your Aviation career, contact UNSW Aviation to find out how we can take you there.

Email: aviam@unsw.edu.au
Web: www.aviation.unsw.edu.au
Phone: 9385 6767

SENATOR McCAIN’S SERVICE
Bombed, bruised and broken but not bowed

JUST three months before his capture by the North Vietnamese Army, then Lcdr John McCain narrowly survived an explosion and fire that killed 134 of his shipmates.

On July 29, 1967, Lcdr McCain was near the epicentre of a fire on the flight deck of USS Forrestal.

He escaped from his burning jet and was trying to help another pilot escape when a bomb exploded, striking him in the legs and chest with fragments.

Later, Lcdr McCain was on his 23rd bombing mission over Hanoi on October 26, 1967, when his A-4E Skyhawk was shot down. Both arms and a leg were broken during ejection and he parachuted into Truc Bach Lake. He managed to swim ashore, and was captured by a group of North Vietnamese soldiers who bashed and bayonetted him.

They took him to Hanoi’s Hoa Lo Prison (nicknamed the “Hanoi Hilton” by US POWs), where, from August 1968, he was subjected to a program of severe torture.

He suffered rope bindings and repeated beatings every two hours. At the same time he was struck with dysentery.

After five-and-a-half years in captivity, now CDR McCain was released on March 14, 1973.

His wartime injuries left him permanently incapable of raising his arms above his head.

He was awarded the Navy Commendation Medal and the Bronze Star for missions flown over North Vietnam.

How far can our Business Class take you?

SGT Dave Morley
THE importance of the military alliance between Australia and the US, stretching back to July 4, 1918, was reinforced by US Senator John McCain during a Memorial Day address at Russell Offices on May 29. The Arizona senator, a Vietnam War veteran, laid a wreath alongside CDF ACM Mark Binskin at the Australian-American Memorial.

Senator McCain said he was honoured to join so many Defence members at the memorial on a day Americans observed as Memorial Day. “Our lands’ shared history of military service has always been deeply personal to me,” he said.

“These are the stories I grew up on and, while Memorial Day may be an American occasion, I cannot think of a more fitting place to mark this special day than here with you in Australia.

“Ever since the Battle of Hamel, during WWI, Americans and Australians have left the lands they love and gone off into the world and served together, fought together, loved together and lost together.

“We’ve done so for each other as allies and, we do so still as our sons and daughters stand bravely together on fields of battle across the world, so all of us may enjoy a precious measure of peace.”

Senator McCain said Americans and Australians were still fighting in faraway places most of their citizens would never visit. OFFCDT Max Murphy was among a group of ADFA cadets and midshipmen who attended the ceremony.

He said it gave him an historical context to what Defence does and reinforced the Australian and US traditions.

“It’s amazing, [Senator McCain’s] entire story through Defence, the Vietnam War and now as a US senator - an inspirational person for all of us,” he said.

Senator McCain was the Republican nominee for the 2008 US presidential election. In 2015, he became chairman of the Senate Armed Services Committee.

He spent two days in Australia before heading to Japan and other countries in the Asia-Pacific region.

SENATOR McCAIN’S SERVICE
Bombed, bruised and broken but not bowed

JUST three months before his capture by the North Vietnamese Army, then Lcdr John McCain narrowly survived an explosion and fire that killed 134 of his shipmates.

On July 29, 1967, Lcdr McCain was near the epicentre of a fire on the flight deck of USS Forrestal.

He escaped from his burning jet and was trying to help another pilot escape when a bomb exploded, striking him in the legs and chest with fragments.

Later, Lcdr McCain was on his 23rd bombing mission over Hanoi on October 26, 1967, when his A-4E Skyhawk was shot down. Both arms and a leg were broken during ejection and he parachuted into Truc Bach Lake. He managed to swim ashore, and was captured by a group of North Vietnamese soldiers who bashed and bayonetted him.

They took him to Hanoi’s Hoa Lo Prison (nicknamed the “Hanoi Hilton” by US POWs), where, from August 1968, he was subjected to a program of severe torture.

He suffered rope bindings and repeated beatings every two hours. At the same time he was stricken with dysentery.

After five-and-a-half years in captivity, now CDR McCain was released on March 14, 1973.

His wartime injuries left him permanently incapable of raising his arms above his head.

He was awarded the Navy Commendation Medal and the Bronze Star for missions flown over North Vietnam.
EXERCISE Diamond Spear, the fourth component of the Air Warfare Instructor’s Course (AWIC), tested ground-to-air communication using tactical data links in northern NSW. The ADF Joint Interface Control Cell (JICC) deployed critical infrastructure in conditions replicating operational settings where fixed infrastructure has not yet been established. JICC detachment OIC FLTLT Tom Dayman said the deployment to the Northern Training Area “provided a consistent level of network support, allowing exercise participants to interact with each other.”

“Everyone in the exercise was able to communicate with each other and get vital information about their operations when they needed it,” he said.

“This is vital in a fifth-generation air force if we are going to maximize the benefits of the platforms that are already in existence or soon to be in service with the Air Force.”

Five personnel deployed to Coonamble with the latest technology in tactical data link infrastructure. The system is compact and designed to be readily available as a forward operational communications link between air and ground elements in an operations area.

No. 3 Control and Reporting Unit deployed a Tactical Air Defence Radar System (TADRS) to Gunnedah in support of the exercise.

A small team of eight personnel, including radar and ground support equipment technicians and an air surveillance operator, provided enhanced radar detection and communications coverage of the exercise airspace, allowing pilots and air battle managers to coordinate more effectively.

In addition to demonstrating agility, the deployment exercised the capabilities 3CRU needs for its ongoing Homeland defence mission.

3CRU detachment commander SGT Mitch Gray said the team’s job was to maintain the equipment while it was operated remotely from the Eastern Region Operations Centre (EASTROC) at RAAF Williamtown.

“The rapid deployment and setting up of the TADRS allowed us to learn more about our roles because every deployment, exercise or operation has a different site and presents a different challenge,” he said.

“While mobile equipment such as this looks to be pretty straightforward, it’s not as simple as just putting it up and flicking a switch.

“It takes careful planning and close integration with EASTROC to ensure we deliver what is required for the overall effort.”

The AWIC’s Diamond series culminates with Exercise Diamond Storm, currently running in the Northern Territory. The exercise is training fighter combat and intelligence instructors, and fighter combat controllers and includes the F/A-18A Hornet, F/A-18F Super Hornet, E-7A Wedgetail and C-130J Hercules.
Treat yourself with our DHOAS Home Loan

Take out a DHOAS Loan with Home & Contents Insurance through us and receive a $1,000 gift card*

*Min. loan $250,000. Apply by 30 June 2017 and settle by 30 Sept 2017. T&Cs apply.

Loaded with potential

FLGOff Graham Orams

THEY'RE straight off the street and ready to make their mark.

Following a re-design of the Loadmaster mustering, the first five corporal loadmaster trainees have graduated from IRTU.

The five women are the first in a policy change that will now see loadmaster trainees begin their career as corporals, not sergeants.

The change comes as Air Force allows loadmasters to be recruited direct from the street, as well as from within the permanent Air Force.

Director Air Mobility Division GPCAPT Don Sutherland said taking direct-entry loadmaster trainees through Defence Force Recruiting opened up a wider recruiting pool.

"With the appropriate training, young people from the community can move straight into a loadmaster career without having to have been in the Air Force for the previous five or 10 years," he said.

"It opens up a much wider recruiting pool and gives us the ability to get younger members into the loadmaster mustering, giving the mustering more diversity," GPCAPT Sutherland said.

Trainee loadmasters ACWs Tess Baillie and Belinda Behrens just graduated from IRTU and are keen to begin initial employment training.

ACW Baillie ran her own business before joining Air Force and was always keen on a Defence career.

"The more I investigated the aircraft they use and the operations they do, I found it was right up my alley," she said.

ACW Behrens was also running her own business before Air Force and saw the loadmaster career as "a thrilling role". "The words ‘action-packed logistics role’ were put forward and I thought, well, I’m good at organising people and I like to be on the go," she said.

ACW Shannon Strong, ACW Laura Guest, GPCAPT Don Sutherland, ACW Tess Baillie, ACW Belinda Behrens and ACW Rebel Wheeler.

Photo: Cut Above Productions
Proven ability to deliver

Eamon Hamilton

AN IMPRESSIVE milestone was reached in a modest moment when No. 38 Squadron surpassed 30,000 flying hours with its King Air 350 transport aircraft.

The 30,000th hour ticked over during a post-maintenance test flight from RAAF Base Townsville on May 15.

But most of those hours have been spent delivering a critical service to Defence, according to Commander Air Mobility Group AIRCDRE Richard Lennon.

“Since its induction into ‘Dingo Airlines’ (38SQN) in November 2009, the King Air has provided flexible light transport across Australia and into the immediate region,” Mr Lennon said.

“The 38SQN King Airex has provided Defence with a transport service that could not be efficiently replicated by any commercial or military alternative,” AIRCDRE Lennon said.

“While the wider Air Mobility Group has undergone a massive transition in the past eight years, 38SQN has guaranteed a flexible air-lift solution whenever we needed it.”

The King Air’s eight-seat payload is modest by comparison to other ADF types, but 38SQN has proven its ability to deliver people where they’re needed.

“Planting these trees is an opportunity, an event, a connection, a moment and a moment of celebration. These trees are a connection of the past, present and future. It’s a connection we share with Dharug culture,” Mr Lennon said.

A tree-planting ceremony was held at the base’s memorial on June 1, as part of activities for Reconciliation Week.

The memorial, which is located near the base’s main gate, also acknowledges the land’s relationship to indigenous communities, past and present.

Base SADFO AIRCDRE Richard Lennon said the tree planted on June 1 would be part of a native garden near the base’s main gate.

“Planting these trees is our way to add another piece to what is a significant cultural touchstone at RAAF Base Richmond,” AIRCDRE Lennon said.

“Thousands of people on this base – from the men and women who come to work here every day, through to national and international leaders who travel Richmond – will pass by and appreciate that indigenous culture is important to us.”

Personnel at the ceremony on June 1 witnessed a traditional smoking ceremony, Welcome to Country and address by local Dharug Elder Auntie Edna Watson, and an address by Air Force Elder Uncle Harry Allie. Senior Air Force Indigenous Liaison Officer WGCDDR Jonathan Lilley provided a didgeridoo performance.

The indigenous memorial was installed during Reconciliation Week in 2015, coinciding with the base’s 90th anniversary.

AIRCDRE Lennon said Air Force had made an effort to acknowledge and foster a relationship with indigenous Australia in recent years.

“This has made us uniquely Australian and is important to embrace,” AIRCDRE Lennon said.

“As we reflect on the events of Reconciliation Week, it is important to recall not only the pain and scars of what has previously occurred, but also seek opportunities to build a future together.”

Reconciliation Week 2017 coincides with the 25th anniversary of the High Court’s 1992 Mabo ruling, which legally recognised that Aboriginal and Torres Strait Islander people have a special relationship to the land.

This year also marks the 50th anniversary of the 1967 Referendum, in which more than 90 per cent of Australians voted to give the Commonwealth the power to make laws for indigenous Australians and recognise them in the national census.

Cultural bonds take root

Eamon Hamilton

A NATIVE garden that carries cultural significance to Defence will greet future generations of visitors and personnel at RAAF Base Richmond.

A tree-planting ceremony was held at the base’s memorial to indigenous service members on June 1, as part of activities for Reconciliation Week.

The memorial, which is located near the base’s main gate, also acknowledges the land’s relationship to indigenous communities, past and present.

Base SADFO AIRCDRE Richard Lennon said the tree planted on June 1 would be part of a native garden near the base’s main gate.

“Planting these trees is our way to add another piece to what is a significant cultural touchstone at RAAF Base Richmond,” AIRCDRE Lennon said.

“Thousands of people on this base – from the men and women who come to work here every day, through to national and international leaders who travel Richmond – will pass by and appreciate that indigenous culture is important to us.”

Personnel at the ceremony on June 1 witnessed a traditional smoking ceremony, Welcome to Country

This includes carrying passengers for federal elections, Defence exercises and disaster relief operations. But its flexibility has also allowed 38SQN to conduct storm damage assessments and topographical photography, and test rules of engagement during air combat training.

The King Airex are leased from Hawker Pacific, which also provides day-to-day maintenance for operational aircraft.

“The 38SQN King Airex, and our relationship with Hawker Pacific, have shaped how we apply an industry workforce to support operations,” AIRCDRE Lennon said.

“We’ve also seen junior pilots sent to 38SQN earn command experience with a multi-engine transport, and that’s served them well on larger aircraft types.”

FLTLT Chris Beauchamp said he had mentored many junior pilots with 38SQN in a variety of tankings.

“I’ve travelled to every part of Australia, along with Papua New Guinea, Malaysia, Indonesia, Vanuatu, Solomon Islands, Fiji and Tonga,” FLTLT Beauchamp said.

“We have the ability to react at very short notice and provide transport for VIPs into airports that might not be suitable for larger aircraft flown by No. 34 Squadron.”

On top of this, we have an ability to deploy aircraft with minimal support, again at short notice.”

Fellow 38SQN pilot FLTLT Nathan White said this flexibility was demonstrated during Operation Queensland Assist 2017, after Cyclone Debbie hit the state in March.

“We were able to provide a quick response platform that could provide the Joint Task Force Commander with real-time intelligence on the size of the area affected. We delivered real-time damage assessments of critical infrastructure and main supply routes, and recommended where rotary-wing assets were best placed to support the clean-up operation;” he said.

“38SQN crews were able to respond rapidly to requests for information in order to update commanders’ critical information requirements, often while airborne.”

Rapid recovery of a 38SQN King Airex – Page 15
THE indigenous Gathang name “Gan Gan” (pronounced “garn garn”) is Headquarters 44 Wing’s new call sign for its Australian Airspace Control Element (ACE) while providing battlefield airspace control (BAC).

In a ceremony at RAAF Base Williamtown, Worimi indigenous elders presented HQ44WG with a painting of the Gan Gan to represent the call sign.

Gathang is the language of the Worimi people, whose country includes the land on which the base, which houses HQ44WG, is located.

CO HQ44WG WGCDR David Shepherd said Gan Gan was the Gathang word for the white-bellied sea eagle.

“The Worimi people describe Gan Gan as constantly on watch, high in the sky, effortlessly using the wind to hold steady and true,” WGCDR Shepherd said.

“According to the Worimi people, Gan Gan is the lore keeper. The lore is what holds the community together and links many Aboriginal countries throughout our great land.

“By adopting Gan Gan for our ACE, we bring ancient and uniquely Australian culture into our contemporary work.

“This is a living symbol of our respect for indigenous Australians.”

Source: 44WG

WGCDR Jonathan Lilley, Worimi Elder Uncle Neville Lilley and OC 44WG GPCAPT Patrick Cooper with the painting of a Gan Gan, representing the unit’s new call sign.

Photo: CPL Nicci Freeman

An eagle eye in control

WGCDR Jonathan Lilley, Worimi Elder Uncle Neville Lilley and OC 44WG GPCAPT Patrick Cooper with the painting of a Gan Gan, representing the unit’s new call sign. GPCAPT Cooper said military culture had much in common, and therefore many reasons to share, with Australia’s first people.

“Military people wear specific uniform and markings that show where we belong. We use specific language, we follow specific rituals. And we associate ourselves with these markings, languages and ceremony,” GPCAPT Cooper said.

“They are part of our identity and influence the way we conduct ourselves.

“We do them enthusiastically and proudly, to honour our heritage and to keep our culture alive.

“Similarly, indigenous Australians use identity, language and ceremony to honour heritage and keep culture alive.”

The Worimi meaning of Gan Gan is harmonious with the joint capability 44WG delivers through BAC, maintaining situational awareness and safely integrating disparate capabilities for maximum effect.

GPCAPT Cooper said the call sign aligned with 44 Wing’s “steadfastness” motto.

“44WG is responsible for air base air traffic services for military and civilian aircraft,” he said.

“We’re responsible for 11 flights across two squadrons at bases throughout Australia and on expeditionary operations.”

44WG is also responsible for providing BAC, which includes tactical airspace control and coordination to safely facilitate joint fires and effects.

“This encompasses numerous domains and air power roles, from air defence activities and electronic warfare operations to remotely piloted aerial system operations,” GPCAPT Cooper said.

“The Gan Gan call sign – with its links to sea, air and land – symbolises 44WG’s role in the joint integration of air power.”
Welcome to the digital battlefield

The battlespace will soon have all the connectivity of a modern office, CPL Max Bree writes

A MODERN comms package dubbed the "Telstra of the battlespace", featuring new bearer and network management systems, is on the way and will be released to No. 1 Combat Communications Squadron early next year.

The new battlefield telecommunications network uses satellites, line-of-sight and beyond-line-of-sight systems to connect deployed forces. An advanced data monitoring and management system will help optimise the network.

Myra Sefton, Director-General of the Communications Systems Branch in the Capability Acquisition and Sustainment Group, compared Project LAND2072 Phase 3B (known as Currawong), to Australia’s largest telecommunications network.

“When the ADF deploys into the field this will provide all the connectivity they would expect at the office,” she said.

The $650m acquisition program was awarded to Boeing Defence Australia in 2015 and recently demonstrated to Defence and CASG personnel.

“We’re probably jumping about two generations from the current Parakeet system,” director of Battlespace Communication Program office Bob Hutchinson said.

“We are moving from voice-oriented capabilities to ones based on digital data, including digitised voice. “Everyone expects to have internet-like access to plan and fight from data terminals, rather than the relay of voice commands and simple messages.”

The legacy Parakeet terminals were designed to deliver about 2 Mb/s, but Currawong’s satellite terminals will provide more than 10 times greater speeds.

The line-of-sight systems offer more than 40 Mb/s capacity, all within a secure environment.

DRN, DSN and a Mission Secret Network can be carried over the Currawong system and monitored by signallers in real time via a digital interface.

XO ICCS SqnLdr Daryl Henderson said the system would be delivered to the squadron’s elements at RAAF Bases Edinburgh, Williamtown and Amberley.

“It would be good to use across airfields using the line-of-sight system,” he said.

“It would be great to push data around an airfield without running a whole lot of cables.”

Currawong will allow connection of some fifth-generation aircraft data systems into the ground network, with training to start on the system at the end of the year.

“We don’t have anything like this at the moment,” SqnLdr Henderson said.

“It’s another system they have to learn but they see the improvements. It’s a technological step up that will be well received.”

Signallers will be able to view and vary data speeds on a network and quickly troubleshoot problems.

The system can be rapidly scaled up or down by adding or removing common component modules, such as the Network Access Module.

Software and firmware upgrades are simplified to future-proof the system for new capabilities and equipment.

“You can throw a couple of these modules in the back of a G-Wagon and establish a basic satellite communications network, or scale it up to support 500 users on a network,” Mr Hutchinson said.

The systems will begin arriving at Army’s 7th Brigade towards the end of the year and be used on Exercise Hamel 2018.

Feedback will be incorporated with additional capability for a second phase of the roll out in 2019.

Ms Sefton praised the high level of cooperation between Boeing Defence Australia, CASG, Air Force and Army.

“This level of constructive engagement is a model for how complex technology systems can be scoped and delivered in an accelerated time frame,” she said.
International engagement

CO Maritime Patrol and Reconnaissance Weapons School CDR Kent Smith (USN), OC 92WG GPCAPT Darren Goldie, FLTLT Christopher Godfrey, WOFF Ray Bailey, FLTLT Troy Murphy, FLTLT Matthew Coombes, FLTLT Johnathan Logan and CO CTF72 CAPT Brian Erickson (USN).

Giving us the edge
US training bolsters Poseidon’s growing warfighting capability, FLTLT Christopher Godfrey writes

ONe of Air Force’s new kids on the block – the P-8A Poseidon continues its fifth-generation evolution after RAAF aircrew graduated from a prestigious training institute in the US.

Four RAAF P-8A Poseidon aircrew – FLTLTs Christopher Godfrey, Troy Murphy and Matthew Coombes, along with WOFF Ray Bailey successfully graduated from the United States Navy (USN) Maritime Patrol and Reconnaissance Weapons School in Jacksonville, Florida on April 7.

OC 92 Wing GPCAPT Darren Goldie said he was proud of the most recent graduates’ achievements.

“This makes a total of eight 92WG graduates of the Weapons School Instructor program in recent years,” GPCAPT Goldie said.

“This is critical in maintaining the advanced warfighting skills necessary to ensure Air Force’s P-8A Poseidon will continue the proud maritime operational legacy carried by the AP-3C Orion for over the past 40 years.”

The course entailed seven weeks of gruelling instruction, including participation in classified mission sets and flight profiles.

Four other 92WG aircrew graduated from the USN program last year;

FLTLT Johnathan Logan and WOFF Tony Stevenson were among the previous graduates and they performed instructional roles on the course.

Air Combat Officer FLTLT Murphy jointly received the award for dux of the course in his crew position of Naval Flight Officer on the P-8A Poseidon.

“This is the first time this award has been given to a foreign student,” FLTLT Murphy said.

“The course concentrates on anti-submarine warfare (ASW), but includes learning outcomes in anti-surface warfare and maritime intelligence, surveillance, strike and reconnaissance.”

FLTLT Murphy said participating in the USN course was a great experience.

“The resources available to us on this course have been incredible,” FLTLT Murphy said.

“We have learnt from and integrated with the Weapons Schools and instructors from all the USN assets.

“We also learnt from being briefed by top gun instructors and lessons from submariners.”

The weapons and tactics instructor (WTI) qualification is the highest tactical qualification available to aviators in the USN system.

“It is a highly sought after and demanding qualification,” FLTLT Murphy said.

“WTIs are the primary tactical advisors to squadron commanding officers and deployed commanders worldwide.

“It fulfils a role similar to that being implemented across Air Force by the Air Warfare Centre with the introduction of Air Warfare Instructors (AWIs).”

The course graduation was attended by visiting dignitaries and families of the four graduating crews and was addressed by the incoming Commander of CTF-72 (USN), CAPT Brian Erickson.

CTF-72 is based in Japan and leads patrol, reconnaissance and surveillance forces in support of USN’s Seventh Fleet.

It is a key international partner for Air Force’s P-8A Poseidon and Triton operations in East Asia and the Pacific.

“It is important for all players to maintain interoperability in the CTF-72 Area of Operations. This is why the RAAF aircraft will play a critical role in the coalition’s ability to react to imminent threats when the strategic situation necessitates,” CAPT Erickson said.

As a Plan Jericho outcome, AWIs will be weapon system experts with a core role in the integration of fifth generation Air Force capabilities. 92WG is committed to the establishment of AWIs and will leverage the weapons school subject matter when assisting the AWC with designing future AWI courseware.

FLTLT Logan, one of the course instructors, said the knowledge gained on the WTI course gave “a great insight into USN operations and how they integrate their force to achieve its objectives in the battlespace”.

“With a cadre of RAAF WTIs, we can bring this knowledge home and help integrate P-8A Poseidon seamlessly into both the ADF and with our USN partners.”

“This is something we must do to become a cohesive fifth generation Air Force.”

92WG continues to participate in a wide array of domestic and international exercises as it transitions responsibilities for Maritime Operations from the AP-3C Orion to the P-8A Poseidon and MQ-4C Triton.

Talk to us today about making your dream home a reality.

1800 033 139
defencebank.com.au
DAUNTLESS since 1937, No. 23 Squadron celebrated its 80th anniversary with a breakfast in the officers’ mess at RAAF Base Amberley on May 3.

About 80 current and previous members of the squadron enjoyed the breakfast, hosted by CO 23SQN WGCDR Karen Breaden.

Commander Combat Support Group (CSG) AIRCDRE Ken Robinson also attended, along with 23SQN Association members Ron Pursey, Herb Snade and George Hatchman, and previous 23SQN COs WGCDR Clive Wells and WGCDR Tony Blair.

The highlight was an address by Mr Hatchman, who outlined the complex and distinguished history of 23SQN.

Mr Hatchman also presented WGCDR Breaden with a book on the squadron’s history. The book was given pride of place in the foyer of the squadron’s headquarters.

This book was given pride of place in the foyer of the squadron’s headquarters.

The ceremony was not to be missed, and was attended by CO 23SQN WGCDR Karen Breaden, and the squadron’s youngest member, AC Jordan Irvine (also from the catering section).

23SQN boasts a remarkable history, spanning reconnaissance, warfighting, combat operations and air power generation, both in Australia and overseas.

Originally a reserve squadron, it was transferred to CSG in 2010 and is now responsible for providing fixed-base support to RAAF Base Amberley, where it generates, delivers and sustains combat support to warfighters and first responders.

In addition to celebrating its 80th birthday this year, 23SQN was recognised as the most proficient unit in 2016, with the Hawker-Siddeley trophy taking pride of place in the headquarters.

Terms, conditions and acceptance criteria apply. Cover limits apply as set out in the policy wording. Before making a decision about your insurance needs, please refer to the Product Disclosure Statement. Insurance issued by QBE Insurance (Australia) Limited ABN 78 003 191 035 AFS Licence 239545. Defence Service Homes Insurance ABN 97 191 187 638 AR No. 269008 is an authorised representative of QBE.
The memories of the battles they fought in the skies over Germany during WWII are still vivid for the airmen of Bomber Command, as they gathered to commemorate an important anniversary.

**BRAVO, THE BOMBER BOYS**

FLGOFF Murray Maxton (retd) in the cockpit and the hallowed halls of the Bomber Command Memorial at the Australian War Memorial.

**My brother, my crew mate**

SGT Dave Morley

A

CHANCE meeting of two brothers in London in 1945 led them to fly 60 missions together for the sake of their mother before returning home to Western Australia.

FLGOFF Murray Maxton (retd) of Albany shared his story at the Australian War Memorial on June 2, during the 75th anniversary of Bomber Command’s first thousand bomber raid (May 31, 1942).

It was also a chance for him to return, albeit briefly, to the cockpit of the Lancaster bomber G for George.

He joined the Empire Air Training Scheme in 1940, just after the war started.

He then flew Airspeed Oxfords and Wellingtons.

Wellingtons.

In December 7, 1941.

And was called up for permanent service on

Scheme in 1940, just after the war started.

He joined the Empire Air Training Scheme in 1940, just after the war started.

He then flew Airspeed Oxfords and Wellingtons.

Wellingtons.

In December 7, 1941.

And was called up for permanent service on

Scheme in 1940, just after the war started.
More and more, people are choosing the salary packaging specialists at Smartsalary to help them make their pay packet go further, whether they’re spending a little or a lot.

That’s because Smartsalary does salary packaging differently: customers are at the centre of everything they do - and they have the awards to prove it - so when people choose Smartsalary, they stay.

- Making set-up and management of your benefits easy
- Mobile apps and online tools for easy claims on the go
- Fast payment with funds in your bank account within 48 hours
- Award-winning customer service when and where you need it
- Exclusive discounts across a range of national retailers

Talk to Smartsalary today and find out how much you could be saving every day.

1300 116 846 | airforceleasing.com.au

Save on more moments every day with Smartsalary
Well-oiled machine

SQNLDR Richard Curry

GREAT recovery skills and teamwork came to the fore after a 38SQN King Air B300 struck a foreign object on landing at Williamson Airfield in Queensland.

Aircraft A32-651 sustained considerable damage and needed substantial inspections, replacement of parts and certification to return to an airworthy state following the collision at the Shoal Water Bay Training Area.

It was unable to continue a planned flight to Townsville.

Neal Marks, of Hawker Pacific (HP), said great teamwork between 65SQN, 38SQN and Hawker Pacific was displayed during the recovery in early May.

“Communication, initiative and leadership skills shone and as a result a plaque was presented to 65SQN at RAAF Base Townsville on May 24,” he said.

“The combined effort of 65SQN, 38SQN and HP brought an exceptional amount of resources and expertise together, which was needed to undertake the recovery in a difficult location, environment and time frame.”

The maintenance workforce within 38SQN is a contracted solution, provided by HP’s licensed aircraft maintenance engineers.

SQNLDR Dave Teagle, of 38SQN, said this recovery highlighted the roles teamwork, communication, leadership and initiative play to get the job done effectively and safely.

He said the damage to the aircraft required the maintenance team to replace the propeller and engine in situ at Williamson.

XO 38SQN SQNLDR Matt Plenty said although the repairs presented many logistical issues to address, it also presented an opportunity to extend the interaction and relationships between HP, 38SQN and the wider Air Force.

As a result, HP and 38SQN engaged the support of 65SQN to enable the aircraft recovery effort.

The recovery team consisted of two licensed aircraft technicians from HP, Lee Baddeley and Steve Woods, and two 65SQN members, CPL Vogt and LAC Luke Highthorn.

An additional benefit to WH&S management was realised by utilising the skilled 65SQN workforce and having them undertake the transportation of aircraft components as well as assist with crane operations to remove the aircraft engine.

Given the location and technical complexities of the repair and recovery activities, risk assessments were performed to ensure all risks were eliminated or otherwise minimised so far as is reasonably practicable.

CO 38SQN WGCDR Michael Ward said this team effort had had a direct impact in minimising the repair time and reducing the cost associated with recovering this aircraft.

“38SQN and HP look forward to strengthening the King Air capability through greater interaction going forward; and are very appreciative of the support from 65SQN,” he said.
A matter of trust

CPL Bill Solomou

IN its 70th year of operation the Royal Australian Air Force Welfare Trust Fund (RWTF) will farewell one of its longest serving staff members, Russ Thomson, who devoted many decades to the fund and Air Force.

Mr Thomson, who served 23 years with Air Force as a clerk, assumed the role as the fund secretary upon retiring from service. He will hand over the reins to Keith Pepper on June 26 after more than 21 years in the role.

CAF AIRMSHL Leo Davies had the opportunity to personally thank Mr Thomson for his Air Force service and, in particular, as the RWTF secretary.

“You have done a fantastic job,” AIRMSHL Davies said.

“In total you have achieved a milestone of nearly 45 years of service to Air Force. This is an achievement in itself.”

Reflecting on his time as a young officer posted to RAAF Base Edinburgh and to RAAF Base Amberley, AIRMSHL Davies recalled the importance of the fund.

“It really was a part of everyone’s life on a base, everyone knew about it,” AIRMSHL Davies said.

“Everyone borrowed $1000 to do the thing that was important to them – to make a car payment, take a holiday, whatever they needed.”

“It still is an important part of what RAFAes need.”

On behalf of all Air Force personnel, AIRMSHL Davies presented Mr Thomson with a CAF coin.

“This is from the men and women of Air Force to you personally after 21.5 years as the secretary of the RWTF,” AIRMSHL Davies said.

“Seventy years of the trust fund just doesn’t happen on its own. It happens because of dedicated, professional personnel like you.”

Mr Thomson said he was sad on leaving the fund, especially bidding farewell to his dedicated staff.

“It is great to have the fund in new hands,” he said.

“I have no doubt that Keith will do a great job.”

Mr Thomson is looking forward to his retirement. He will move to the warmer weather in Queensland with his wife, Jude, and their two adult children.

CAF AIRMSHL Davies wished Mr Thomson all the best in his retirement, especially on improving his golf handicap.

Mr Thomson said he was sad on leaving the fund, especially bidding farewell to his dedicated staff.

“It is great to have the fund in new hands,” he said.

“I have no doubt that Keith will do a great job.”

Mr Thomson is looking forward to his retirement. He will move to the warmer weather in Queensland with his wife, Jude, and their two adult children.

CAF AIRMSHL Davies wished Mr Thomson all the best in his retirement, especially on improving his golf handicap.
A suite farewell

Mia Read-Jones

IT’S NO secret that Raelene Hards was the heart of the mess at RAAF Base Glenbrook after dedicating 33 years to the heritage-listed former Lapstone Hill Hotel.

Mrs Hards, who kept the mess functioning and had built great friendships in the Air Force community since 1983, retired on her 70th birthday on May 26 to focus on her family. Although Mrs Hards worked long days and nights, she said it never felt like she was working and she was always surrounded by amazing people she considered to be family.

“It’s like a family here. With all the live-ins away from their families at home, I feel as if I am their surrogate mother,” she said.

“The people that I work with and see throughout the day were the reason I got up in the morning.”

Her role as mess manager deemed her responsible for the internal maintenance, hospitality, catering and coordination of all mess events.

In her time at Glenbrook, Mrs Hards has seen 16 air commanders, organised up to four weddings a year, and managed about 40 mess balls.

At the newly appointed DCAF’s Farewell Dinner on May 8, DCAF AVM Gavin Turnbull presented Mrs Hards with a “Hards Suite” sign. VIP Suite number 4 at Glenbrook is now named in her honour.

This award is only normally available to officers with two stars or more but, given her dedication and significant impact on the people of Glenbrook, AVM Turnbull said she more than deserved it.

“Raelene isn’t just part of the staff here; she is part of the Glenbrook family,” AVM Turnbull said.

“The appointment of Raelene as a life-long honorary member of the Glenbrook Officers’ Mess could not be more deserved and I am thrilled to be the one to present her with this great honour.”

Mrs Hards was surprised and overwhelmed by the honorary membership.

“I was gobsmacked to tell you the truth, being a civilian I never expected to receive that sort of recognition,” she said.

Mrs Hards has previously received a Silver Commendation for her achievements.

Did you know that you can save thousands by salary packaging your next car?

Let the experts at Fleet Network take the hassle out of car buying - we’ll source your car, pass on national fleet discounts and package all your running costs, while you save on tax.

It’s worth a call – it’s your salary, after all.

Bonus!

Mention this advert when you enquire and get a BONUS Opia 2 Dash Cam or a Samsung 8” Tablet when your new vehicle is delivered!
A tasteful upgrade

AC Brendan McHugh

MAKE-your-own pizza and parmi nights are among the new offerings at the renovated RAAF Base Wagga airmen’s mess.

The mess has undergone major improvements over the past few months, including better meal quality and more options on the menu.

A regular at the mess, Wagga trainee AC Samuel Croke, said the upgrades were warmly welcomed.

“I was quite surprised when I first walked through the doors. I wasn’t expecting such a change,” he said.

The layout has been updated to give the mess a casual café look, making the dining experience more pleasant for guests.

The updated layout features new tables and chairs, tasteful decorations and new wallpaper.

During the working week, attendance at the mess is compulsory for No. 1 Recruit Training Unit trainees, but many also turn up on weekends, especially since the transformation.

The airmen’s mess employs a team of professional cooks, including one apprentice. On any weekday, they produce up to 1200 meals.

Due to the sheer volume, the meals need to be simple and budget-friendly but the cooks make a concerted effort to keep them varied and balanced.

Thanks to a new belt-style grill, the mess now hosts make-your-own pizza, parmagiana and burrito nights.
Above and beyond

Defence Reserves Support Council National Chair Jane McAloon at the Defence Reserves Support Council Employer Support Awards night held at the Australian War Memorial.

WINNERS

Small Business: Hackham Medical Centre
Medium Business: Executive Risk Solutions
Large Business: Commonwealth Bank
Public Sector: City of Ballarat
Not-For-Profit: Batchelor Institute of Indigenous Tertiary Education

FLTLT Nick O’Connor

SUPPORTIVE employers from across Australia were recognised at the Defence Reserves Support Council National Employer Support Awards at the Australian War Memorial in Canberra on May 23.

FLTLT Nick O’Connor

Defence Personnel Minister Dan Tehan outlined the importance of the awards during his keynote speech.

“This event highlights two things – first, the significant contribution of our reserve personnel to ADF capability and, second, the critical support provided to our reservists by their civilian employers’,” Mr Tehan said.

“Reservists contribute to ADF capability in many ways – locally, nationally and internationally.

“The men and women of our reserves are currently serving on operations in the Middle East and around the world, and have served in previous operations in Solomon Islands and Timor-Leste.

“For employers, accommodating reservist employees is not always easy – sometimes, considerable effort and sacrifice is required to release them for training and deployment commitments.”

He said the employers who did this were also serving the nation.

Defence Reserves Support Council National Chair Jane McAloon highlighted the raft of skills reservists brought to a civilian work environment.

“The employers and reservists we are acknowledging understand what it truly means to have a shared workforce,” Ms McAloon said.

“Both active and stand-by reservists bring essential and different skills and experience from civilian employment that build and expand the capability of the ADF.

“In return these same reservists bring to their civilian employment military discipline, problem solving skills, teamwork, leadership and, importantly, a sense of national contribution and identity.”

For more information, www.defencereserves-support.gov.au

Are you Ready...

Defence One is the new pay system for Defence that will mean that APS, Reserves and ADF members are all on the same HR & payroll system. The integration of HR and payroll data is a key element of the new system, and allows many allowances (both eligibility and payment rates) to be automated based on information from PMKeyS and inbound interface data from external parties.

Defence One will Go Live 7th August 2017!

How can you prepare? Take early action!

Self Service will be unavailable for approximately 10 days during the implementation of Defence One R1a. Members are to log into PMKeyS Self Service and ensure the following details are correct:

» Rank (ESS > My ADF Pay > Payslips ADF)
» Contact details (ESS > My Personal Details > Personal Data)
» Emergency contact details and next of kin (ESS > My Personal Details > Emergency Contacts)
» Dependant details (ESS > My Personal Details > Dependant/Beneficiary)
» Categorisation (ESS > My ADF Pay > Payslips ADF)
» Position details including location (ESS > My Personal Details > Personal Information Summary)
» Allowances (ESS > My ADF Pay > Payslips ADF)
» Leave data – including absence entitlement, outstanding absence applications and denied absence applications (ESS > My Leave)

Remember: You are responsible for your pay, allowances and deductions

For further information visit Defence One

Defence Home > Groups > CIOG > For CIOG Staff > CIOG Initiatives > Defence One

Please visit the Defence One Website regularly for further information and updates.

Defence Reserves Support Council

WINNERS

Small Business: Hackham Medical Centre
Medium Business: Executive Risk Solutions
Large Business: Commonwealth Bank
Public Sector: City of Ballarat
Not-For-Profit: Batchelor Institute of Indigenous Tertiary Education

Helping out families

Rachel Bowman

THE Partner Employment Assistance Program starts on July 1 and aims to help eligible ADF partners find jobs when posting to a new location.

Within 12 months of posting to a new location, recognised partners can apply for funding of up to $15,000 to assist with the immediate difficulties of finding employment.

Director General Defence Community Organisation Paul Way said the program could not guarantee employment, but it did provide ADF partners with professional advice and skills to give them the best opportunity to find employment in their new posting locality.

Each time they post to a new location, partners can apply for employment-related support services such as resume preparation, job search and job interview preparation, job search and job interview preparation, job search and job interview preparation, job search and job interview preparation, job search and job interview preparation.

To be eligible for the program, partners need to be recognised by Defence and posting with their ADF partner to a new area, making it an easily accessible program for most families.

Applications can be made following receipt of a posting order or within 12 months after the order’s effective date.

Funding may attract Fringe Benefits Tax for the ADF member. It is recommended that personnel seek independent financial advice about how this may affect tax and benefits, to determine whether these options are financially advantageous before committing to the program.


Members and their partners can also contact the all-hours Defence family Helpline on 1800 624 608 or email defencefamilyhelpline@defence.gov.au

Want pay? Accuracy counts

Tammy Meacham

DEFENCE One, the new pay system for ADF members, is scheduled to go live on August 7.

The new system will provide increased self-service functionality and automated payments.

To ensure that the cut-over to the new system is smooth and that payments are made in a timely manner, all data in the system must be as up to date as possible before cut-over begins on July 27.

Director General Personnel – Air Force, AIRCDRE Henrik Ehlers, said it was important Air Force members maintained accurate personal information in both PMKeyS and Defence One.

“Air Force members, including reserve members, are responsible for ensuring their details are correct to accurately reflect their personal circumstances,” AIRCDRE Ehlers said.

“Delaying the implementation of
At Defence Health, we’re all about taking care of those in the fold. That’s why we offer tailored health cover with higher benefits exclusively for ADF families. Our ADF Total Package gives you our best value protection with comprehensive hospital cover and access to an extensive range of extras treatments with generous annual limits.

Join the family. Call 1800 335 425 or visit defencehealth.com.au
Prepare your resume before you need it ...
See website for Recognition of Prior Learning Fees & Conditions

BSB80215 Graduate Diploma of Strategic Leadership
BSB61015 Advanced Diploma of Leadership and Management
BSB51915 Diploma of Leadership and Management
CPP50611 Diploma of Security and Risk Management
BSB51415 Diploma of Quality Auditing
BSB51615 Diploma of Work Health and Safety
BSB51315 Diploma of Quality Auditing
TAE40110 Certificate IV in Training and Assessment (superseded)

www.hamel.edu.au
1300 7 999 14
info@hamel.edu.au

WITH DHA YOUR RENT IS GUARANTEED 52 WEEKS-A-YEAR

Enjoy the peace of mind that comes with a DHA property investment. You’ll receive a long-term lease with guaranteed rent for up to 12 years’. And because our tenants are members of the Australian Defence Force, you can be confident that your property is in good hands.

Visit dha.gov.au/lookforward

Look forward
Attention: Investment is subject to DHA’s lease terms and conditions of sale. Investors retain some responsibilities and risks including property market fluctuations. Prospective investors should seek independent advice. 1 Rent may be subject to abatement in limited circumstances.
How to gain with no pain

If exercise is a sore point, recovery is the answer, WO2 Andrew Hetherington writes.

MOST of us would have completed a strenuous PT session with an enthusiastic physical training instructor or competitively in an arduous event in our own time, and pulled up sore and stiff the next day. Other than being mega-fit, you can use a number of easy methods to minimise the pain.

Army PTI CPL Jeff Langdon said a proper recovery routine was as important as the exercise itself.

“Recovery allows the body to go through its healing processes, since when we train we stimulate the body, tear muscle tissue, we stress our cardiovascular system, tendons and skeletal system, and can cause inflammation in joints,” he said.

Stretching and foam rollers help disspiate and flush out the by-products, such as lactic acid, in our muscle tissues and they reduce the feeling of fatigue.

“Stretching and foam rollers help disspiate and flush out the by-products, such as lactic acid, in our muscle tissues and they reduce the feeling of fatigue.”

A rest day at least once a week is also important.

“Often people overtrain and, for example, if you were to wake up to the morning and notice your resting heart rate is a few beats higher than normal, this would be an indicator your cardiovascular system needs more time to recover,” CPL Langdon said.

“It’s also important to remain hydrated or you will begin to feel tired and lethargic and your motivation to go out and exercise again will diminish.”

“Another innovation is a trigger-point ball, which is the size of between a golf and a hockey ball, is smooth or has soft spikes and is used in the same way as a foam roller.

“It can provide targeted muscle relief when you roll it onto specific areas such as pectoral muscles and the neck.”

A proper recovery routine can minimise the soreness after exercise. Photo: WO2 Andrew Hetherington

Posting soon or just posted to a new location? Is your partner looking for work? Help is available.

The Partner Employment Assistance Program starts 1 July 2017.

In each posting location, partners of ADF members can apply for up to $1,500 funding to contribute towards employment related initiatives such as resume preparation, job search and job interview techniques, as well as job placement advice. It also can assist with professional re-registration costs when moving from one state or territory to another.

Want more information?
Visit www.defence.gov.au/dco, Call 1800 624 608 or email defencefamilyhelpline@defence.gov.au

How to Stretching Yourself

- Stretch using traditional stretching techniques.
- Use a foam roller or a trigger-point ball to provide relief to muscles.
- Rehydrate and maintain hydration throughout the day, by drinking water and recovery drinks containing essential amino acids and salts.
- Steer clear of drinks containing caffeine. If you do drink one cup of coffee, tea or a caffeinated energy drink, follow it up with the equivalent volume in water.
- Exercise in water at a beach or pool.
- Take an ice bath or use ice on a specific area to reduce inflammation.
- Try to avoid overdoing it – mix up your training schedule, avoid consecutive intensive exercise sessions and build a rest day into your week.
- If you need advice on your training and recovery program see your local PTI.
Friendly rivals revive history

FLTTL Bettina Mears

RE-CREATING history, 81 Wing Combined Workshops and No. 381 Squadron personnel fought out a hotly contested Australian rules game at RAAF Base Williamtown on May 18.

The event, known as the Bofu Cup, marked the 71st anniversary of the original game between 381SQN and No. 481 (Maintenance) Squadron (now 81WG CWKS) in Bofoo, Japan, immediately after WWII.

No. 26 Squadron also took part in the rematch this year by joining forces with 381SQN.

The Bofu Cup was introduced as an annual event last year, aiming to promote teamwork and esprit de corps.

T/CO 81WG CWKS SQNLDR Michelle Oakden said the game has become a significant event in our unit calendar.

“It provides the opportunity for personnel to take time out of the operational tempo and come together to acknowledge this moment in Air Force history remembering those that have come before us and as an opportunity to celebrate the enduring spirit of mateship,” she said.

While historical reflection was the order of the day, the start of the game set in motion some friendly but competitive banter between the two squadrons.

The scene was set for a thrilling game in front of an enthusiastic gathering of supporters. 81WG CWKS took the honours 67-42, but the win was not without controversy however.

WOFF Colin Thacker was the winning coach this year for 81WG CWKS, which is his posted unit. However, it was jokingly suggested he “jumped ship” in search of a second win after leading 381SQN to victory last year.

The Air Force community activities during the AFL Sir Douglas Nicholls Indigenous Aussie Rules play varieties, with Indigenous football programing established a women’s Indigenous football program similar to the men’s and conducting a mentoring program for young Indigenous women.

For more information on ADF Indigenous Rules visit www.adfar.org

Engaging in rules of reconciliation

LEUT Ben Willee

A SMALL group of ADF Indigenous Aussie Rules players participated in the Bofo Cup to promote indigenous community activities during the AFL Sir Douglas Nicholls Indigenous Aussie Rules play varieties, with Indigenous football programing established a women’s Indigenous football program similar to the men’s and conducting a mentoring program for young Indigenous women.

Directorate of Indigenous Affairs, AFL Victoria and the Richmond Football Club. The ADF players took part in The Long Walk at the MCG and watched the Dreamtime game between Richmond and Essendon.

LAC Luke Reeves, of No. 65 Squadron, addressed Indigenous elders, and the members and support staff of the Fitzroy Stars, about his experience as an indigenous person serving in the Air Force and the opportunities service has given him.

The Fitzroy Stars club is based in the indigenous community of Melbourne’s inner northern suburbs.

“IT’s been great to play footy and celebrate my culture. I’m looking forward to getting involved in future activities and matches,” LAC Reeves said.

ADFAR Chairman MAJGEN Matthew Hall said the plan was to expand the program, including establishing a women’s Indigenous football program similar to the men’s and conducting a mentoring program for young Indigenous women.

For more information on ADF Aussie Rules visit www.adfar.org

Rep honours give gilt edge to bronze finish

CPL Bill Solomou

FLTTL Carrie Fettes has once again been selected in the Australian Country team after starring among the top seven female players – known as the Tournament Seven – at the Australian Country Water Polo Championships in Hobart, from May 17 to 20.

FLTTL Carrie Fettes will represent the ADF in the national country team for the ninth time when she plays in the 2017 Princess Chulabhorn Water Polo Cup in Thailand in November.

“This is a big honour for me as there were some amazing water polo players in the competition,” she said.

“I feel very privileged to be selected to play with some fantastic players.

“This year, the team will be coached by dual Olympian and Olympic gold medallist Jo Clark, which is very exciting, and we hope to retain the cup we won last year.”

The ADF women’s and men’s teams made a splash at the national championships.

The women’s team played off for the bronze medal against Victoria, while the men finished in sixth place.

The women trailed 5-2 at half time, but the players levelled the scores at three-quarter time and took the lead in the final quarter to win 10-9.

Tournament organiser and men’s coach LEUT Jason Battley said Army’s Kate Bertwistle stood out in the final, scoring seven of the 10 goals.

LEUT Battley said the men’s team was improving inexperience players.

“We are in the developing stage. It was a great opportunity to give them the exposure against highly competitive teams,” he said.

The ADF women’s water polo team celebrates its performance at the Australian Country Championships.

W02 Martin Fisher and SGT Dave Morley

SOME of the ADF’s best surfers defeated British Army and Royal Air Force (RAF) surfing teams at the inaugural International Surf Festival from May 1-15.

Some of the ADF’s best surfers defeated British Army and Royal Air Force (RAF) surfing teams at the inaugural International Surf Festival from May 1-15.

The ADF Surf Riders Association (ADFSRA) hosted the event, involving 26 Australian and 45 British competitors, on the NSW South Coast.

ADFSRA president MAJ Myles Conquest said the festival consisted of an orientation week for the international participants, followed by competition in shortboard, longboard, body board, men’s, women’s and team events.

“After an orientation week, travelling to well-known surf locations along the NSW coast, the British visitors familiarised themselves with Australia’s surf conditions and participated in cross training delivered by other experience Australian competitors,” he said.

He said the surfers “displayed extreme courage in six-foot surf, fighting against strong currents and challenging waves”.

With four-time (1979-82) Australian world champion surfer Mark Richards in attendance, and a cliff-top audience watching on for the final day of competition, the pressure was on at Supertubes on NSW’s South Coast.

MAJ Conquest said with a stellar day and 6ft waves, even the dolphins came out to play in the competition area.

The ADF women’s water polo team celebrates its performance at the Australian Country Championships.

LAC Joshua Poate carves up the waves during the International Surf Festival.

Photo: Jacqueline Llanos
Bofu Cup carries on a footy tradition
Page 23

FIELD OF FRIENDS

Assisting serving and ex-serving ADF members and their families in times of injury, illness and crisis.

rsldefencecare.org.au