

## Qld cadets on a learning curve



Cadets of TS *Moreton Bay* guard the Redcliffe memorial while Mr Peter Craig lays a wreath and remembers those who perished in HMAS *Sydney* during WW2

Story and pic by Graham Davis

If the Australian Navy Cadets of TS *Moreton Bay* did not have all the facts about the loss in WW2 of HMAS *Sydney* II, they certainly do now.

A group of the well turned out teenagers supported the veterans of the Australian Naval Association/Redcliffe at Redcliffe on November 19 when they remembered the loss of 645 sailors off the Western Australian coast on November 19, 1941.

A simple memorial service was held in Anzac Park on the shores of Moreton Bay and wreaths laid.

Sixty people attended and were led in prayer by CHAP Bill Pearson.

During the Redcliffe ceremony Mr Ron Kirkwood, the president of the Redcliffe Sub Branch of the Naval Association told of the fire-fight between *Sydney* and *Kormoran* and the loss of life.

The light cruiser had been torpedoed and shelled by the German raider *Kormoran*.

*Sydney's* final resting place remains a mystery although the retrieval of human remains from a cemetery on Christmas Island may see finality for one family if DNA testing brings results.

The body of a sailor was found on a drifting carley float long after *Sydney* disappeared and was buried on the island.

Later the cadets were able to brush up on their knowledge through a number of historical books brought for the occasion.

## Reservist accredited as master trainer



I. to r.: LCDR Trish Matthews (NHQ-SA), CMDR David West and LSCSO Tammy Booth (from JEWOSU) both NR members who received certificates for completing the ASIST 2-day workshop recently. Pic by CMDR Steve Dunning

By CMDR Steve Dunning

South Australian NR Nursing Officer CMDR David West has achieved a significant milestone as one of only a handful of ADF Mental Health professionals who have achieved master trainer status as accredited Suicide Prevention Program (SPP) facilitators.

To reach the status CMDR West was required to facilitate 12 Applied Suicide Intervention Skills Training (ASIST) two-day workshops following completion of his initial SPP training some four years ago. Having recently just completed his 14th ASIST workshop CMDR West has already begun planning for the 15th to be held early in the New Year at Keswick Barracks.

CMDR West said the intent of the ASIST course is to help increase people's ability to recognise when someone may be at risk of suicide and reach out in a supportive way that links them with further resources.

Over the past two years CMDR West has also assumed the key role for all SPP training in South Australia thus ensuring the critical delivery of one of the key initiatives of the ADF's Mental Health Strategy.

Senior Defence Psychologist PSS-A, Meredith Krust-McKay, said that without the support of a number of Reserve Mental Health professionals it would have been virtually impossible to consistently deliver SPP in SA.

"CMDR West is one of two Reserve SPP trainers that I have relied on over the past two years to provide this important program. Fortunately as they both work as mental health professionals in their civilian employment they are well credentialed to deliver SPP to ADF members," she said

"CMDR West has also taken over responsibility for coordination of SPP in SA which includes ASIST and the two-hour awareness program Keep Your Mate Safe (KYMS)."

# Introducing: Reserve Regional Pool – Vic - HMAS *Cerberus* Marty's '50 years and 120 months'

On November 1 the HMAS *Cerberus* Reserve team got together to celebrate the 60th birthday of the Assistant RRP Manager, WOWTR Marty Grogan.

The four Reserve members have a combined total service of 113 years ... but fear of reprisal from the female members prevents the full disclosure of ages.

Marty also denies being 60 and prefers for his age to be recorded as 50 years and 120 months.

WOWTR Marty GROGAN joined the RAN in November 1963 and paid off as a WOWTR in 1983. He then joined the RAFR and transferred to the then RANR at HMAS *Lonsdale* in 1988 joining the Naval Control of Shipping branch and remained with them until downsizing of the branch in 1996.

HMAS *Lonsdale* decommissioned in 1992 with NCS moving to Victoria Barracks and then to RAAF Base Laverton until the downsizing.

Marty then went to the Active Reserve and finally the Standby Reserve until July 1 this year when he returned to the Active Reserve and took up his current position as Assistant Reserve Regional Pool Manager - Vic at HMAS *Cerberus*.

LCDR Eric MUSHINS joined the RANR at HMAS *Lonsdale* in January 1965 as a recruit seaman and after a brief stint as an ABQMG was commissioned as a SBLT seaman officer in 1970.

He served in that capacity until transferring to Maritime Trade Operations (MTO) as a LEUT in 1974. He continued with MTO until 1995 when he paid off into the Standby Reserve.

During this 30-year period LCDR Mushins served in HMA Ships *Stalwart* and *Arrow* as well as vari-



The Reserve Regional Pool – Victoria team: (left to right): ABWTR Marcus Parkinson (the only full-time RAN member of the team), ABWTR Karen Nicholson – NRCEP Project, LSSTD Anita Walsh – three days per week, WOWTR Marty 'I'm 50 years and 120 months' Grogan – three days per week, and LCDR Eric Mushins – three days per week. Pic by ABPH Nina Nikolin

ous NR support craft. He also undertook MTO duties overseas in PNG and Singapore. LCDR Mushins has completed RANSAC and the Senior Officer Naval Control of Shipping Staff Course at HMS *Nelson* in the UK.

LCDR Mushins took over as the Reserve Regional Pool Manager – Victoria (RRPM-VIC) in August 2004 following more than three years as Staff Officer (Reserves Finance).

The majority of LCDR Mushins' civilian career was spent as a specialist in personnel and industrial relations

with the Victorian Government. During this period he completed a Bachelor of Business degree part-time. A significant part of his duties involved frequent visits to Victoria's prisons, youth training centres and psychiatric hospitals.

LCDR Mushins says that "While the degree subjects were useful, they certainly did not prepare me for what I saw during those visits."

LCDR Mushins was awarded the Public Service Medal (PSM) in the Queen's Birthday Honours of 2000

for his work associated with the Community Visitors Program.

For the past 13 years LCDR Mushins has worked for the Carlton (AFL) Football Club as a qualified sports trainer and masseur. Highlights during this period include two AFL grand finals (one successful) and two pre-season premierships.

LSSTD Anita WALSH joined the RANR at HMAS *Lonsdale* in 1991 as a Recruit completing initial entry training at *Lonsdale* before undertaking the initial stewards course at HMAS *Cerberus* in 1992. The next four years

(including 12 months CFTS) was spent at the HMAS *Cerberus* wardroom followed by two years as chaplain's yeoman, six months in the regulating office, Seamanship School, 2 years at PMCC as course co-ordinator before joining the RRP-Vic team in October.

She is fully qualified for petty officer. The highlight of her career was her attachment to the HMAS *Cerberus* Rifle Team where she represented the RAN at many interservice rifle shoots and also representing the Navy as a driver for the 2000 Olympics and Para Olympics.

ABWTR Karen NICHOLSON joined the RANR in Darwin in July, 1991 as part of the last intake to be called recruit WRAN writers. Had many postings from Naval Support in Sydney – working for Admirals Hunt and Holthouse and soon to be RADM (at that time) Forrest.

Then transferred to Cairns and worked there in many positions for two years. Then off to Sunny *Cerberus* in July 1995 working in the Chaplaincy Centre, Supply School and personnel office.

Joined the RAN in March 03 and worked at the Recruit School until July, 2006. Currently doing 40 days Project work for the NRCEP Project.

ABWTR Marcus PARKINSON joined the RAN from South Australia in Aug 2001 originally as an ET before seeing the light and transferring to become a writer.

Having taken posting to HQJLC - Victoria Barracks Melbourne, MPAC - Sydney and on board HMAS *Kanimbla* including service with OP Sumatra Assist I & II, before returning to HMAS *Cerberus* to get married and be relocated to the shopfront, before having a "quiet" move to the Reserve Cell.

Planning on discharging in Aug 07 to pursue a career in financial accounting as a tax consultant.