HUMBLE HERO

By WO2 Graham McBean

LIFE has changed for Australia’s first Victoria Cross winner in almost 40 years but reluctant hero Tpr Mark Donaldson just wants to return to his mates, his job and hopefully to Afghanistan.

Tpr Donaldson found himself at the centre of a national media frenzy when the full extent of his conspicuous bravery on patrol last September with Australian, US and Afghan soldiers became public knowledge.

A string of public appearances followed his investiture ceremony on January 16 – culminating in one further act of selflessness when Tpr Donaldson presented his VC to the Australian War Memorial on loan on January 22.

It is the first post imperial Victoria Cross for Australia and the first for an SASR soldier.

Tpr Donaldson is honoured by the award, honoured by Australia’s praise but resolutely unaffected by the fuss.

“It is a great honour,” Tpr Donaldson said. “But in the long run I just want to go back to being a soldier because that is what I joined the Army to do.”

Commando gave his best

By Cpl Andrew Hetherington

AN HONOUR guard of more than 200 mourners flanked the entrance to the Chevra Kadisha Cemetery in Lyndhurst Melbourne on January 11. They watched as the Australian flag-draped coffin of Pte Gregory Sher passed by aboard a gun carriage bound for more than 2000 people waiting to farewell him for the last time.

The mourners witnessed a traditional Jewish funeral service and heard tributes about a man who loved life and touched those who knew him.

The 30-year-old from 1 Cdo Regt was killed on January 4 by a Taliban rocket fired into a patrol base in Oruzgan province, Afghanistan.

Mourners at the two-hour service and burial ceremony included close family, friends and work mates. Dignitaries included Prime Minister Kevin Rudd, Deputy Prime Minister Julia Gillard, Defence Minister Joel Fitzgibbon, Opposition Leader Malcolm Turnbull, Acting CDF Lt-Gen David Hurley, CA Lt-Gen Ken Gillespie, Special Operations Commander Maj-Gen Tim McOwan and CO 1 Cdo Regt Lt-Col Vance Khan.
HAPPY New Year and welcome back to work for 2009. We face a challenging year ahead with the announcement of the Strategic Defence White Paper. While that is ahead of us, I would like to report to you on what the Army has achieved over the past six months, and how we are going to use this progress as a foundation for an exciting year ahead.

First, Australian soldiers continue to provide magnificent service in a variety of theatres overseas. In Afghanistan, the ongoing success of Op Slather and Div responsibilities have been tempered with the death of Pte Sher.工作的努力和成就

In Iraq, our soldiers now have access to a training field it felt like a light was turned on and you just wanted to make the world a better place.”

He described Pte Sher as a rare and inspiring soldier. “I know for me that whenever I walked in to a room or saw him on a training field it felt like a light was turned on and you just wanted to make the world a better place.”

Pte Sher is survived by his parents, two brothers and his partner.

A web site has been set up in Pte Gregory Sher’s honour at http://gshere.com.
Tpr Donaldson describes the action that earned him the VC

‘I just went to get him’

By WO2 Graham McBean

RETURNING to a forward operating base north east of Tarin Kowt, a joint Australian, US and Afghan patrol came under a ferocious Taliban attack in Afghanistan.

Tpr Mark Donaldson, who received the Victoria Cross for his deeds during the action on September 2 last year, said it was the most intense fighting he had ever seen.

“I guess it was just the volume of fire we could possibly get. I don’t know how many rounds it was,” Tpr Donaldson said.

Nine Australian soldiers fell wounded over the course of the contact.

From the north, the enemy held the extreme high ground in the rocky, mountainous terrain that dominated the landscape. To the south more Taliban were obscured in the forested terrain of the green belt that hugs the rivers of Oruzgan province.

Tpr Donaldson said the fighting was intense.

“We would be on one side of the car and we were getting targeted. The only cover was to move to the other side of the car and we would get shot at from there as well.”

History has shown that if you walk into a well-planned ambush then you’re not supposed to walk out.

“That the patrol responded and eventually extracted itself from the ambush without anyone being killed is remarkable,” said Tpr Donaldson.

Tpr Donaldson’s conspicuous bravery eclipsed even the growing SASR reputation in Afghanistan for courage on a daily basis. Moving between the only cover available, Tpr Donaldson returned fire with 66mm and 84mm anti-armour weapons and his M4 personal weapon.

Remarkably, mobile and returning fire, the patrol regained enough of the weapons and his M4 personal weapon. The Humvee driver was unaware of his actions.

“At times the Taliban closed to about 50m,” Tpr Donaldson said. “I started dragging him first, then got him to his feet, got my arm under him and back to the relative safety of the vehicle.”

Ironically, the media frenzy and public attention has left him a bit bewildered.

The reality is that Tpr Mark Donaldson, VC, will join those other 96 extraordinary stories of conspicuous courage and will take its place in history.

“The day before I went to get him and he was the heaviest parts it was like that,” Tpr Donaldson said. “I started dragging him first, then got him to his feet, got my arm under him and back to the relative safety of the vehicle.”

Why invest in Property?

• still the best and most secure investment
• loans for property attract the lowest interest rates in the market
• the best tax deductions

For your free Information booklet or to find out more call
GUY NEAVE mobile 0414 535 235

Call QPS today on freecall 1800 155 611.
email: qlfps@bigpond.com
www.qfpsales.com.au
You don’t have to be wealthy to invest...but you do have to invest to be wealthy!
He’ll always be their hero

By WO2 Graham McBean

WHILE Australia’s senior leaders have applauded the bravery of Tpr Mark Donaldson, VC, his wife, Emma, and two-year-old daughter, Kaylee, are still his biggest supporters.

As a former signals soldier of 14 years herself, Emma said she fully understood Mark’s commitment to the Army and his wish to continue serving with the SASR.

“He was in the Army when I met him so the Army came first,” she said.

Emma and Kaylee joined him in the week following his investiture at the numerous media events and public appearances.

If it wasn’t difficult enough being an SASR soldier’s wife then the media whirlwind that descend on the Donaldsons may well have been above the call of duty. But they haven’t been without their lighter moments.

When Mark presented his VC to the Australian War Memorial on loan, Kaylee exclaimed “Look, Daddy is getting another present.”

Emma replied: “No, Daddy is giving one away this time.”

Of course, Emma is proud of her reluctant hero’s exceptional bravery.

“Mark has always been Mark to me but I have always known he was special — and it really was an emotional thing. I couldn’t believe that it was my Mark and he is now Australia’s hero. It was just a weird thing for me,” she said.

She is adamant that she wants Mark to return to soldiering with the SASR as he had enlisted in the Army specifically to join the Perth-based regiment.

AUSTRALIAN leaders have praised the courage of Tpr Mark Donaldson, VC, 29, of the 1st Battalion, Royal Regiment of Australian Lawancers, for his “exceptional gallantry” in combat.

The citation for the Victoria Cross, awarded to Tpr Donaldson on October 19, 2007, is being claimed by the 29-year-old while his wife, Emma, wiped away tears and cradled daughter, Kaylee.

“We gather around you to distinguish your actions and to honour the individual they speak of, the person you are, your unconditionality, your way of living,” Ms Bryce said.

“We are here to dedicate your contribution, your unconditional surrender to duty and humanity, your abandonment of your own necessity so that others may be secured. By your doing and knowing you will shoulder more than most. You are the finest example and inspiration.”

Prime Minister Kevin Rudd said he had read and reread the actions of Tpr Donaldson, VC. “In our work-day lives, that is the stuff of legend,” Mr Rudd said.

“It is the spirit of Kokoda where nobody is left behind.”

CDF ACM Angus Houston saluted Tpr Donaldson, in keeping with the tradition that all ranks salute VC recipients as a mark of respect.

“It will be my great honour from this day forth to salute Tpr Mark Donaldson, VC,” ACM Houston said.

CA Lt-Gen Ken Gillespie said in accepting the award, Tpr Donaldson, VC, had shown tremendous bravery and had recognised his actions were undertaken as part of a team.

“All Australian soldiers should feel tremendously proud of the actions of Tpr Donaldson, and the recognition that the award of the Victoria Cross represents. His actions, and those of the other members of his patrol, are exemplars of the very best in Australian soldiering,” Lt-Gen Gillespie said.

“On behalf of all members of the Army, I congratulate Tpr Donaldson on his being awarded the Victoria Cross.”

Pre-eminent honour

THE Victoria Cross is the Commonwealth’s highest military honour.

The original Imperial award was instituted by Queen Victoria in 1856 and cast from the metal of guns captured at Sebastopol during the Crimean War 1854-56.

Tpr Mark Donaldson’s VC is the first Victoria Cross for Australia, created in 1945.

The Australian award is still hand fashioned by the original fabricators, Hancock Jewellers of London, and is still produced from the captured Sebastopol guns. It is formally recognised by the British but is considered the largest publicly held and two British) (including in the official numbers of British Victoria Cross recipients.

The Australian War Memorial now holds 62 VCs (60 Australian and two British) with the loan of Tpr Donaldson’s – the largest publicly held collection in the world.

The VC is designed in the form of the Maltese Cross featuring a lion guardant standing upon the Royal Crown. The words “For Valour” are inscribed below.

It is suspended from a bar by a crimson ribbon. On the reverse of the cross the date of the act of bravery is inscribed, along with the name, rank, and unit of the recipient.

THE CITATION

On September 2, 2008, during the conduct of a fighting patrol, Tpr Donaldson was travelling in a combined Afghan, US and Australian vehicle that was engaged by a numerically superior, entrenched and coordinated enemy ambush. The ambush was initiated by a high volume of sustained machine gun fire coupled with the effective use of rocket propelled grenades. Such was the effect of the initiative that the combined patrol suffered numerous casualties, completely lost the initiative and became immediately suppressed. It was over two hours before the convoy was able to establish a clean break and move to an area free of enemy fire.

In the early stages of the ambush, Tpr Donaldson reacted spontaneously to regain the initiative. He moved rapidly between alternate positions of cover engaging the enemy with 66mm and 84mm anti-armour weapons as well as his M4 rifle. During an early stage of the enemy ambush, he deliberately exposed himself to enemy fire in order to draw attention to himself and thus away from the wounded soldiers. This selfless act alone bought enough time for those wounded to be moved to relative safety.

The patrol was forced to conduct numerous vehicle manoeuvres, under the intense enemy fire, over a distance of approximately 4km to extract the convoy from the engagement area. Compounding the extraction was the fact that casualties had consumed all available space within the vehicles. Those who had not been wounded, including Tpr Donaldson, were left with no option but to run beside the vehicles throughout.

During the conduct of this vehicle movement to extract the convoy from the engagement area, a severely wounded coalition force interpreter was inadvertently left behind. Of his own volition displaying complete disregard for his own safety, Tpr Donaldson moved alone, on foot, across approximately 90 metres of exposed ground to recover the wounded interpreter. His movement, once identified by the enemy, drew intense and accurate machine gun fire from entrenched positions. Upon reaching the wounded coalition force interpreter, Tpr Donaldson picked him up and carried him back to the relative safety of the vehicles then provided immediate first aid before returning to the fight.

On subsequent occasions during the battle, Tpr Donaldson administered medical care to other wounded soldiers, whilst continually engaging the enemy. Tpr Donaldson’s acts of exceptional gallantry in the face of accurate and sustained enmity fire ultimately saved the life of a coalition force interpreter and ensured the safety of the other members of the combined Afghan, US and Australian force. Tpr Donaldson’s actions on this day displayed exceptional courage in circumstances of great peril.
Award marks courage

By CPL Andrew Hetherington

AUSTRALIA’S third highest award for bravery has been awarded to an SASR soldier who risked his life to save a mate during the same action that earned Tpr Mark Donaldson the Victoria Cross.

LCpl S – whose identity is protected – received the Medal for Gallantry in the Australia Day Honours for his heroism during a Taliban ambush in Oruzgan province, Afghanistan, on September 2, 2008.

The citation for his award said he selflessly exposed himself to sustained enemy fire to protect a severely wounded Australian soldier. “During this action he not only provided advanced first aid but continued to effectively engage the enemy. In doing so he almost certainly prevented the wounded soldier sustaining further injuries and ultimately saving his life,” the citation read.

Nine Australians were wounded in the ambush, the largest number of Australian soldiers wounded in a single action since the Vietnam War.

In a media briefing, Special Operations Commander Maj-Gen Tim McOwan said the joint patrol had killed 13 Taliban fighters the day before.

“We know the actions during the ambush itself would also have, conservatively, led to the death of many more Taliban,” Maj-Gen McOwan said.

Vic said a SNCO, Sgt H, manned a crew-served weapon on his vehicle when the operator was shot.

“From this position he continued to engage the enemy. Finally, after he had been shot in the leg and unable to remain standing, Sgt H continued to assist the wounded soldier,” he said.

Maj-Gen McOwan said the physical and moral courage displayed by the SOTG members in Afghanistan was “commonplace and not the exception.”

“I see and hear of their actions on a daily basis and after 28 years in Special Forces I am often still astounded by their actions and bravery,” he said.

“Those men continue to operate in extreme danger and in an extremely demanding physical environment and they continue to deliver the results expected of them.

“In fact, they frequently deliver results well beyond what is expected of them.”

SASR soldiers have operated outside their compound for more than 216 of the 520 days deployed to mid-December 2008. Commandos have spent more than 226 days outside, working in dangerous conditions under high levels of threat.

“In almost every patrol outside the wire both elements, whether Commando or SASR, have been involved in some form of contact or fire fight,” Maj-Gen McOwan said.

Maj-Gen McOwan highlighted that SOTG’s role in Afghanistan was different to that of conventional infantry.

“Our role in Afghanistan is to provide security for the population and to enhance security for the Mentoring and Reconstruction Task Force,” he said.

“We do this through indirect means by deliberately targeting the Taliban leadership and IED facilitators in Oruzgan province.”

Maj-Gen McOwan described the enemy as cunning and remorseless.

“Know this; we will find you, we will hunt you down,” he said. “Your time is limited, leave now and go back to a normal life without violence.”

He paid tribute to SOTG soldiers who had lost their lives in Afghanistan.

“I would like to take this opportunity to publicly honour those men whose lives have been lost,” he said. “Most come home safe, but some do not. In those instances I simply ask that you think of the families and the tragedy they have suffered.”

A full transcript of Maj-Gen Tim McOwan’s presentation can be found online at http://www.defence.gov.au/media/SpeechTpl.cfm?CurrentId=8602.

A full list of Australia Day Honours recipients can be found on page 18.
7RAR has achieved a major milestone, deploying on operations to the Middle East well ahead of schedule. Raised in January 2007, 7RAR was not expected to be operationally deployable as a general infantry battalion before 2010.

But 7RAR has sent its first combat team on operations in Iraq with Secdet and its HQ and a second company to Afghanistan as part of MRTF1. Defence Minister Joel Fitzgibbon said he was delighted with the swift progress of the battalion.

"7RAR was scheduled to be ‘operationally deployable’ as a general infantry battalion working in a battle group by 2010,” Mr Fitzgibbon said.

Like its sister 8/9RAR, 7RAR has been an integral part of the Army’s new Enhanced Land Force (ELF) initiative.

The battalion’s deployment is seen as another step towards achieving goals set out in ELF, a project the Defence Minister was quick to reiterate the importance of.

“ELF will provide increased strategic depth and concurrency to the ADF land forces, with two new battle groups created within the Army, along with appropriate joint enabling capabilities,” Mr Fitzgibbon said.

7RAR will relocate from Darwin to Adelaide in 2011 and continue to grow to a full mechanised battalion by 2010,” Mr Fitzgibbon said.

Mr Fitzgibbon further said 8/9RAR remained on schedule to be operationally deployable next year.

DARWIN-based Pte Matthew Pepi is recovering in Australia from wounds received in a fire fight with Taliban forces in Afghanistan.

Australian troops from MRTF1 were reinforcing Australian mentors working with Afghan Army soldiers in the Chora area north of Tarin Kowt.

Pte Pepi, 7RAR, was wounded during the early stages of the two-hour fire fight. He said he was keen to return and complete the deployment.

“I’ll take it step by step first,” Pte Pepi said. “I am hoping to get back by the spring for the last couple of months.

“There is no use quitting half way – what we are doing in Afghanistan is important.”

A mild winter in Afghanistan has enabled coalition forces to continue operations and maintain pressure on Taliban forces.

CO MRTF1 Lt-Col Shane Gabriel said the Australian combat team employed “all its skills and drills” to dominate the enemy and ensure a successful outcome.

“This was a very hard fight and our soldiers were conducting a close fight with the insurgents,” Lt-Col Gabriel said.

Pte Pepi was evacuated under fire while continuing to take the fight to the enemy.

Lt-Col Gabriel said the Australians were assisted by prompt and professional aero medical evacuation by US forces.


New Redi-Loan
For affordable repayments that won’t change

- easy application process
- quick turnaround with same day approval
- no monthly or annual fees
- no penalty for early payout
- convenient repayments straight from your pay
- a generous fee rebate scheme which rewards you for borrowing with ADCU

Apply Online at www.adcu.com.au - Phone-a-loan 1300 13 23 28 - Visit your local branch

Terms and conditions, fees and charges apply and are available on application. Australian Defence Credit Union Ltd ABN 48 087 649 741 AFSL 237 988.

**Skydive Courses for Military Personnel**

**SYDNEY SKYDIVERS**

**Learn to Skydive**

**Live in Courses, Weekend Courses, Mid Week Courses Available in both Sydney and North Queensland**

**3 jump mini packages $760**

**Full International “A” Lic $2495**

For more details: sydneyskydivers.com.au/military.htm 1800 805 997

**Key Taliban leader killed**

AUSTRALIAN forces in Afghanistan have killed a senior insurgent commander in the Oruzgan province.

Mullah Abdul Rasheed, identified as a primary EID facilitator and responsible for coordinating their placement in Oruzgan province, was killed by soldiers from SOTG during operations.

His death was announced on January 11.

Chief of Joint Operations Lt-Gen Mark Evans said that together with ISAF Forces and the Afghanistan government, SOTG had significantly disrupted insurgent activity in the region.

“The death of Rasheed will have an effect on the ability of the Taliban to conduct coherent operations in Oruzgan province,” he said.

The Taliban leader, who is also believed to have been behind the rocket attack that killed Pte Gregory Sher on January 4, was a senior commander in the Baluchi Valley and was responsible for operations in the area resulting in the deaths of coalition members and Afghan civilians in recent months.
Remains to go under microscope

PNG mystery to be solved

By Lt Kris Gardiner

The Defence Department is sending an investigation team to Papua New Guinea next month on a mission to identify possible WWII human remains.

The remains, discovered in two graves in Buna and Esologo and others held at the Australian High Commission in Port Moresby, are believed to possibly belong to Australian servicemen.

The investigation team, comprising a forensic anthropologist, archaeologist and several forensic odontologists, will thoroughly examine all the remains, taking samples and looking for clues before re-interring them with dignity.

Among other matters, he is concerned about the remains of Australian soldiers.

The villagers have always believed them to be Australian – The Buna grave is clearly marked with white rocks around it and a cross, it’s been attended by a local man for many years. Villagers and locals to tell Australian tourists what they know and seeing the repatriation works from Vietnam and France in the media, these people are now coming forward with information they’ve been given,” Mr Manns said.

Concern has been raised over the length of time that remains at the High Commission have been held in storage.

The remains, discovered in two graves in Buna and Esologo and others held at the Australian High Commission in Port Moresby, are believed to possibly belong to Australian servicemen.

Deputy Head of the Army History Unit Brian Manns, who led the preliminary team, believes that both graves are likely to contain the remains of Australian soldiers.

Mr Manns believes that more remains will come to light over the coming years as tourism continues to increase along the Kokoda track and into the old battle grounds.

“There is a greater opportunity for locals to tell Australian tourists what they know and seeing the repatriation works from Vietnam and France in the media, these people are now coming forward with information they’ve been given,” Mr Manns said.

Concern has been raised over the length of time that remains at the High Commission have been held in storage. CA Lt-Gen Ken Gillespie has ordered an inquiry into the precise circumstances of how the remains were recovered and handed into the High Commission.

Among other matters, he is concerned to ensure that all future remains are re-interred in a timely manner.

Once the investigation team has finished their work on these current remains, any identified as Australian will be interred at the war cemetery in Bomana, with the remainder being handed to the appropriate authorities.

By Lt Kris Gardiner

RIFLEMAN Stuart Nash, the Australian-born British soldier killed in Afghanistan, has been laid to rest by family, friends and colleagues after his body was repatriated from the United Kingdom.

“His enthusiasm and approach to training were reflective of his desire to become an outstanding field soldier and to support his friends and colleagues,” Maj Connoll said.

The service later moved to the Windsor Commonwealth War Cemetery where the service continued.

Rifleman Nash’s parents were presented both flags from the casket by Australian and British Army representatives before a firing party comprising Australian soldiers from HQ 8 Bde, 8CSSB, 2/17RNSWR and SUR, saluted the soldier.

He spoke on behalf of Rifleman Nash’s mates, praising the soldier for his incredible bravery under fire, summing up the thoughts of those who knew him.

“He was a professional and a soldier in the best traditions of Australia and Britain.”

6 GOOD REASONS TO TALK TO PRIME

- Cash flow positive investments
- Rental guarantee and secured tenant
- Strong anticipated capital growth
- Existing relationships with the defence community
- Low risk trouble free passive investment
- Buy direct from the developers, great value for money

4.5 STAR apartments, residence and commercial premises situated in resource rich regions destined to be property hotspots

RSL-We Serve You

If you think good service from the RSL is an ice-cold beer and a ramp steak, prepare to be surprised. The Queensland RSL provides real support, assistance and advice to all current and ex-serving men, women and their families.

Member benefits include:
- Free welfare and advocacy advice and support
- Injury assistance and rehabilitation services
- Advice and assistance on gaining compensation benefits and entitlements
- Care for your family while you are deployed
- Member discounts across a wide range of services
- Free quarterly RSL news magazine

RSL... share the spirit of mateship. Join now.
Call 134 RSL (134 775)
www.RSLQLD.org

Enquiries: 1300 723 630 - 0416075826
sales@primeinvestment.com.au - www.primeinvestment.com.au
Conference examines health care

By Sgt Brian Hartigan

MILITARY and civilian health-care professionals met in Canberra in November to keep abreast of changes in a challenging medical workforce.

About 130 ADF nursing officers, civilian counterparts and medical assistants convened for the 2008 ADF Nursing Officer Conference.

The 2008 theme, Growth through diversity, the journey continues, emphasised development of ADF nursing with contemporary practices and workforce trends.

ADF Nursing Director Gp-Capt Michael Paterson said the theme reflected the important role Defence nurses played in delivering health care.

"Aside from our clinical roles, nursing officers are involved in instructional, staff and command roles, and the conference explored how these roles may expand in the future, and what we need to do to meet this potential requirement," Gp-Capt Paterson said.

"Aside from the widely reported national nursing shortage, initiatives such as proposed national registration for nurses in 2010 and the increased role of role nurse practitioners, in meeting increasing demand for health services within Australia, were examples of current developments that are of direct relevance for ADF nursing officers.

"The conference also benefited from presentations by a number of eminent civilian nursing leaders including Rosemary Bryant, the Commonwealth’s chief nurse, senior state nurses and prominent academic nurses. The presentations ensured that one of the main conference aims was met."

Gp-Capt Paterson said the conference also highlighted opportunities for Defence to show leadership in some areas of nursing within Australia.

"In terms of alignment between ADF nursing officers and our civilian peers, for example, I can see a lot of similarity between rural and remote nursing and the work that we are called on to do on occasion.

"I always had a sense of that, but the conference, particularly a presentation from a leader in that field, really identified some very tangible similarities that could open up real opportunities for both sides."

"For us, learning to work in a culture that isn’t typical of capital-city experience could be very valuable."

He said it was invaluable for him to meet with colleagues away from the work environment, which allowed nurses to focus on broader strategic issues.

"The presentations and subsequent conversations helped me to further appreciate the real depth of talent Defence has in its full-time and reserve nursing workforce."

He said he was very grateful to all COs and supervisors who released staff to attend the conference, and was grateful to his own leadership for allowing him to bring an important conference like this together.

"I think it reflects the importance that health leadership places on strengthening the engagement between the top levels of Joint Health Command and the health providers at unit level.

"The ADF conference is a biennial event, supplemented in the alternate year by a wider joint medical conference."

The ADF conference is a biennial event, supplemented in the alternate year by a wider joint medical conference.

The ADF conference is a biennial event, supplemented in the alternate year by a wider joint medical conference.

The ADF conference is a biennial event, supplemented in the alternate year by a wider joint medical conference.

The ADF conference is a biennial event, supplemented in the alternate year by a wider joint medical conference.

The ADF conference is a biennial event, supplemented in the alternate year by a wider joint medical conference.

The ADF conference is a biennial event, supplemented in the alternate year by a wider joint medical conference.

The ADF conference is a biennial event, supplemented in the alternate year by a wider joint medical conference.

"My vision for RMC Association is an alumni of all Australian Army officers, regardless of the source of their commission, to preserve the heritage of officer training, advance the welfare of current cadets and staff, and focus on leadership issues,

Brig Mark Bornholt said he saw the college and the association eventually hosting a visitor’s centre, museum and a research centre, which will be open to the public.

"Every cadet file for regular officers from 1911 onwards is retained here, as are files for reservists from the early 1990s onwards. These form a valuable part of the nation’s fabric."

He said with the centenary of RMC-A as a catalyst, the association had already embarked on a drive to raise awareness, gain members and increase revenue.

The association will be funded through investments, bequests and the sale of memorabilia – including a recently commissioned 1/6th-scale figurine of a contemporary staff cadet in summer-graduation uniform – an ideal gift for graduating cadets.

"The recently issued staff cadet figurine is available for $170."

To purchase a figurine ($170) or to find out more about association membership, write to RMC-A, Patterson Hall, Day, RMC-A, Duntrone, ACT 2600 or go to www.defence.gov.au/army/adc/Memorabilia.asp.

Full details of centenary events will be available early in 2009.
Thumbs up for all new pucka base

By Cpl Andrew Hetherington

SOLDIERS who train, work and worship at Puckapunyal after 2010 will gain a major boost to their work and religious life.

Parliamentary approval was given late last year to invest $41.65 million worth of improvements to the base.

The Puckapunyal Redevelopment Project, which began in 2006, involves the improvement of training and base-support facilities for the Puckapunyal Military Area.

The Infrastructure Asset Development’s Project Director for the project, Lt-Col Matt Thomson said the project’s scope included a number of essential new and redeveloped facilities.

“We are a number of elements to the project, with the largest being the construction of a new Road Transport Wing for the Army School of Transport,” Lt-Col Thomson said.

Where new working accommodation for the headquarters, the training staff and new instructional facilities will be built, as well as new classroom facilities based on the old 26 Transport Squadron workshop structures site.

“To complete the works, there will also be an extension of the safe-driving training area by 2.2 km.”

Lt-Col Thomson said the other main aspect of the project was the construction of new buildings at the School of Armour.

“A new state-of-the-art facility will be created for the combat officers advanced course capable of seating up to 120 trainees and staff, with syndicate rooms,” he said.

The Land Warfare Development Centre would also benefit from the funding.

“The centre will receive increased battle lab simulation capacity, with the renovation of existing battle laboratories and construction of additional labs and office accommodation.”

Lt-Col Thomson said a new multi-denominational chapel would also be built, replacing the current three dilapidated chapels located at the base.

“It’s a really cool building actually. It has some really good design values in it and we are hopeful it will improve the life of the base significantly,” he said.

“We hope people will be happy to get married and have their children christened in it,” he said.

In addition to the major building works a new base entrance will also be constructed replacing the current entrance, which was constructed after September 11, 2001.

Construction is due to begin in mid-2009 and Infrastructure Asset Development is in the process of engaging a head contractor to deliver the works.

“An invitation is currently out in the market, after which we will then assess prospective contractors who have registered interest capability and capability to deliver the works,” Lt-Col Thomson said.

“We will short list companies and we will then request them to provide a tender. We are likely to engage a head contractor in May.”

The project is expected to be completed by late 2010.

THE BIG BUCKS

$13.8m for Road Transport Wing for the Army School of Transport.

$5.2m for extension to safe driving training area.

$7.3m for School of Armour combat officers advanced course.

$2.3m for increased battle simulation laboratories and offices.

$4.1m construction of multi-denominational chapel.

$1.7m for construction of new entrance precinct.

$1.9m replacement of temporary accommodation at HQ Combined Arms Training Centre.

$1.5m for the refurbishment and new facilities at range control, including a briefing room.

With a rate this low, you can afford a few optional extras

With one of the lowest car loan interest rates available of just 9.56% p.a. and no ongoing fees, you can own the car you want sooner and save thousands of dollars.

For fast pre-approval, visit your local branch or call 1800 033 139.

[Defcredit Logo]
Case Study - When rent money is not dead money

Bill is considering buying a property. He has 2 options – buying his own home or purchasing an investment property and renting a place to live. Bill consulted with Spectrum who provided him with the 2 scenarios outlined below.

So by investing and continuing to pay rent Bill would be $250 per week better off!

Other advantages of Bill continuing to rent are:
• He can rent a nicer home than he can afford to buy.
• His investment property can be purchased in a good capital growth area and not tied to a location close to work.
• Not having to continually buy and sell as he is posted around the country.

Spectrum also considered what benefits DHOAS could provide to Bill and when he should take advantage of this offer.

The figures above are based on a number of assumptions and will vary on a case by case basis. This case study is for illustrative purposes only and not to be construed as financial advice. You need to consider your own personal circumstances and seek professional advice when making an investment decision.

Spectrum’s wealth creation strategies consider:
• Property Investments
• Tax Planning
• Loan Structures
• Defence Entitlements
• Shares & Superannuation

For a FREE financial fitness assessment, Call 1300 784 246 or visit www.spect.com.au

Get financially fit. For life.
The New Year - A great time to start!

Imagine having enough assets to create income for life… that’s financial fitness.

Well oiled: Members from the Maintenance Advisory Service along with personnel deployed to the RAEME workshop in Tarin Kowt, above left, and, above, Electrical Engineer, Lt Luke de Jager (left) and Electrical Technician, WO2 Craig Webb, pause for a photo in Afghanistan. Photo by LAC Guy Young

Team maintains standards

Well oiled: Members from the Maintenance Advisory Service along with personnel deployed to the RAEME workshop in Tarin Kowt, above left, and, above, Electrical Engineer, Lt Luke de Jager (left) and Electrical Technician, WO2 Craig Webb, pause for a photo in Afghanistan. Photo by LAC Guy Young

Team maintains standards

Well oiled: Members from the Maintenance Advisory Service along with personnel deployed to the RAEME workshop in Tarin Kowt, above left, and, above, Electrical Engineer, Lt Luke de Jager (left) and Electrical Technician, WO2 Craig Webb, pause for a photo in Afghanistan. Photo by LAC Guy Young

Well oiled: Members from the Maintenance Advisory Service along with personnel deployed to the RAEME workshop in Tarin Kowt, above left, and, above, Electrical Engineer, Lt Luke de Jager (left) and Electrical Technician, WO2 Craig Webb, pause for a photo in Afghanistan.

Photo by LAC Guy Young
Your best defence against high rental prices

USE YOUR DEFENCE HOME OWNERSHIP ASSISTANCE SCHEME SUBSIDY

$437,500*  
ASHGROVE – Auburn

$330,000*  
EDGEOOD – Woodcroft

$335,000*  
AYRE – Spring Farm

$355,000*  
PANORAMA – Glenfield

$365,000*  
SADDLERS RIDGE – Gillieston Heights

Mirvac have brand new, ready to move into homes, in estates right across Sydney and Newcastle. And with your Defence Home Ownership Assistance Scheme subsidy, it’s cheaper to buy than rent. Take advantage of the current ‘buyers market’ to obtain a quality Mirvac home in one of their Award Winning master planned estates. All estates feature residents private amenities like; a swimming pool, BBQ facilities, tennis courts, club house and cycleways all in parkland surrounds close to local transport and shopping.

*Images are indicative only. Price is subject to change without notification. Retail price shown. Contact a Mirvac representative for terms and conditions. Mirvac adopts the margin scheme for GST purposes. Builders Lic. 10738C, MP17784, MP1957-25

Sales offices open 7 days, 11am to 4pm. For more information visit mirvac.com.au
Travelling VIPs visit the troops

TROOPS experienced an invasion of VIPs with the Governor-General and Prime Minister making surprise appearances in Afghanistan and East Timor.

Prime Minister Kevin Rudd and CDF ACM Angus Houston visited troops in Afghanistan prior to Christmas last year, while Governor-General Quentin Bryce spent two days in Tarin Kowt in January.

During her stay the Governor-General spent time with the soldiers, before visiting the camp hospital and meeting the Governor of Oruzgan province.

The Governor-General also had a tour of the joint Dutch/Australian base chauffeured in Australian Bushmasters.

This surprise visit followed her recent trip to East Timor in December, where she brought some early Christmas cheer to ISF personnel.

At the invitation of President Jose Ramos Horta, the Governor-General took the opportunity to visit the Dili-based soldiers, enjoying a special dinner at the HPOD base.

The Governor-General shared a meal with soldiers then addressed the mess, thanking all soldiers deployed on Op Astute for their dedication.

“In Australia we hear about the work you’re doing in East Timor, but I am pleased to experience it in person,” Ms Bryce said.

Prime Minister Rudd and the CDF traveller spent time in Tarin Kowt where the Prime Minister paid tribute to the troops over a barbecue lunch.

“You’re out there pushing the enemy back, step by step, mountain ridge by mountain ridge and that’s progress.”

While in Tarin Kowt, the Prime Minister visited the Trade Training School and assisted in the launch of a UAV before viewing a firepower display by the SOTG.

Surprise visit: Governor-General Quentin Bryce talks with soldiers atop an ASLAV at Tarin Kowt (above). Photo by Capt Lachlan Simond

Paying tribute: Members of MRTF 1 talk with Prime Minister Kevin Rudd during his visit to Afghanistan (right). Photo by LAC Guy Young

Timor-bound: Lt Nicholas Perriman introduces Governor-General Quentin Bryce to soldiers from East Timor Battle Group 5. Photo by Sgt Katrina Johnson

TROOPS experienced an invasion of VIPs with the Governor-General and Prime Minister making surprise appearances in Afghanistan and East Timor.
Ringing in the changes

ADF operations in the Middle East and East Timor have started the new year with the appointment of new commanders.

Maj-Gen Mike Hindmarsh handed over command of JTF 633 to Maj-Gen Mark Kelly on January 12, and Brig Bill Sowry has taken command of the ISF in East Timor, replacing Brig Mark Holmes.

Staff at HQ JTF 633 farewelled Maj-Gen Hindmarsh at the official handover ceremony, offering him their best wishes.

Maj-Gen Hindmarsh addressed them for the last time before the Australian flag, flown during his time as commander, was lowered.

He then signed over authority to the new commander.

Maj-Gen Kelly acknowledged the great work of his predecessor, congratulating him on his achievements, which saw the drawdown of the battle group in Iraq and the continued success of the ADF operations in Afghanistan.

He also wished Maj-Gen Hindmarsh all the best in the future as he left the ADF.

Change of command: ISF commander Brig Bill Sowry addresses Australian and New Zealand soldiers in East Timor.

Photo by Sgt Katrina Johnson

Across the globe, Brig Mark Holmes farewelled his command on January 16 with a parade attended by members of ISF, East Timor Battle Group 5, Australian Head of Mission and other guests.

ISF personnel presented the outgoing commander an East Timoresee flag in appreciation of his work, before welcoming Brig Bill Sowry.

CDF ACM Angus Houston said he was encouraged by the improvements in the security situation in East Timor during Brig Holmes’ command and wished Brig Sowry continued success during his deployment.

“The progress being made in East Timor is impressive. I am confident that under Brig Sowry’s leadership, the cooperative effort between the local security forces and the Australian and New Zealand troops will continue to bring stability to the people of that young nation,” ACM Houston said.

He also wished Maj-Gen Hindmarsh all the best in the future as he left the headquarters for the final time. “I wish him a safe trip back home to Australia, a happy reunion with his family and a well deserved rest,” Maj-Gen Kelly said.

Across the globe, Brig Mark Holmes farewelled his command on January 16 with a parade attended by members of ISF, East Timor Battle Group 5, Australian Head of Mission and other guests.

ISF personnel presented the outgoing commander an East Timoresee flag in appreciation of his work, before welcoming Brig Bill Sowry.

CDF ACM Angus Houston said he was encouraged by the improvements in the security situation in East Timor during Brig Holmes’ command and wished Brig Sowry continued success during his deployment.

“The progress being made in East Timor is impressive. I am confident that under Brig Sowry’s leadership, the cooperative effort between the local security forces and the Australian and New Zealand troops will continue to bring stability to the people of that young nation,” ACM Houston said.

By Capt Simone Heyer

SRAR has started the year roaring, with the battalion having a change of command.

Lt-Col Darren Huxley became the newest big cat to lead “Tiger Battalion” and East Timor Battle Group 5 during a small ceremony in Dili on January 6.

The former Deputy Director Military Strategic Commitments Branch replaces Lt-Col Jake Ellwood, who has been CO SRAR since December 2006 and was the initial commander of East Timor Battle Group 5.

“It’s a job he’s very happy to take on.

“To command SRAR is the greatest honour that I could have hoped for,” Lt-Col Huxley said.

“It is a Battalion with a proud history – we have a great heritage to uphold. With successive deployments in Iraq and East Timor, I can say that the current generation of Tigers is doing a fantastic job.”

Members of the battle group paraded for the official handover ceremony, which included the exchanging of the battalion’s CO sword.

Taking command of a battalion on operations is a challenge for any officer, but it’s one that Lt-Col Huxley is relishing. “Any commander worth his salt should jump at the opportunity to lead soldiers on operations and I am humbled that I have been given this responsibility.”

With elements of SRAR deployed on three different operations, Lt-Col Huxley is looking forward to tapping into the diverse operational experiences of his soldiers and using it to build upon the proud history of the battalion.

“It will be our task to harness this wide variety of experience and re-establish our core warfighting skills once we all return to Darwin.”

All eyes on new top Tiger

Ditch the points and save money every month instead

Why reward yourself with points that amount to very little? A True Blue Credit Card offers what you really need - a super-low introductory rate and low ongoing rate for all transactions including balance transfers and cash advances.

**Reward yourself every month with:**

- A low start rate of 4.99%*p.a. for 6 months
- Low ongoing rate*
- Up to 55 days interest free
- Low annual fee of $36

**Apply online at www.defcredit.com.au visit your local branch, or call 1800 033 139.**

*Terms and conditions, fees and charges apply and are available on application. Offer not available to existing True Blue Credit Card holders. Subject to credit assessment. Rates subject to change at any time. For details please check with your nearest branch or telephone 1800 033 139. * True Blue Credit Card only. For current interest rate log onto www.defcredit.com.au

Ditch the points and save money every month instead

**More affordable than you think**

ICE Designer Jewellery specialises in the design and manufacture of quality **handmade** jewellery. Our Craftsmen have a combined total of over 50 years experience in jewellery manufacturing. From our Sydney CBD workshop you deal directly with the designer/manufacturer who can custom make your desired piece of Jewellery.

**Services Include:**
- Stainless Steel Rings
- 9ct Solid Gold Rings
- Engagement Rings
- Wedding Bands
- Earrings
- Pendants
- Broken - Repairs
- Remake - Remodelling Old Jewellery

**“FIT FOR LIFE”** Comprehensive re-sizing of rings
- FREE annual clean and inspection of all items purchased from ICE Designer Jewellery
- Lifetime repairs
- Limited offers

**Appointment Only**

Ph: 02 8212 9552
Mob: 0436 590 4618
Email: info@icedesignerjewellery.com.au
Website: icedesignerjewellery.com.au

**DefCredit**

Defence Forces Credit Union Limited
ABN 57 087 305 385 AFSL 234582
**Certainly no honeymoon**

By LAC Aaron Curran

WHILE deployment on Op Anode was a relatively straightforward affair for Shanan Kinniburgh, it was not so for his brother Aaron. It took a lot of courage to tell his new wife he was to be deployed just four days after being married.

The two brothers – both privates with 11/28RW AR – arrived in Solomon Islands with CTF635 last November.

“She wasn’t initially too happy,” Aaron said of his wife’s reaction to his four-month tour. “Although she did know it was coming for a while beforehand, that didn’t make things easier as the honeymoon, which most people get to enjoy, was cancelled.”

Shanan has been a rifleman in B Coy 11/28RWAR for seven years, while Aaron has been serving for three years.

Even though there is a four-year difference between the brothers, joining the Army was something they both wanted to do for a long time.

“It was something that we both were driven to do,” Aaron said. “It was always a career goal of mine to join the military and originally I was going to go in the regular Army, but then decided that I would test the water first with the reserves.”

Their depot is at Rockingham, south of Perth and close to where they both live.

“It’s pretty good that we are in the same unit together,” he said. “We are two different types of soldiers but I do think we complement each other pretty well.”

He said it was tough at first to break into his new unit, as the core members had been there at least five years before he joined. But all of that soon sorted itself out and he and Shanan eventually found themselves on the list for the Solomons.

“We thought that we were all going to be here together as one separate WA platoon,” Aaron said.

“But all the WA guys got split up over here and even Shanan and I do not serve in the same platoon, but it does not worry me.”

The soldiers have been mixed into one cohesive unit in an effort to reflect the true Anzac make-up of World War I with teams made up of members from every state.

The operational experience they are receiving is the most important facet of the deployment, Aaron said.

“It is really good to be finally implementing the training we learnt over the years,” he said.

One thing just as important is their relationships back home.

“When I get home I will beg for forgiveness and hopefully have a few weeks overseas with my wife after that,” he said with a smile.
One big happy unit

Clear the decks: Sgt Darrel Jack surveys the situation on Solomon Islands.

By LAC Aaron Curran

IT’S A case of many different people from many different places taking on the job in Solomon Islands.

On November 25, 2008, Rotation 17 began to arrive on Operation Anode, with up to 140 personnel sourced from various states in Australia.

“Nearly all the participating troops on Rotation 17 are reservists from Tasmania, South Australia and Western Australia,” CO CTF635 Lt- Col Russ Lowes said.

“Most come from 9 and 13 Bdes of 2 Div, with a few people from every other brigade in 2 Div represented as well.

“Some are also from outside of the division, including personnel from as far away as Thursday Island and Darwin.”

Lt-Col Lowes said bringing together such a variety of personnel made for an interesting challenge.

“It was one of the most significant challenges we had, but in the end we have come together as a pretty cohesive organisation,” he said.

Lt-Col Lowes, who handed over his role as CO 12/40RTR on September 30, took the reins of CTF635 on December 3 and with it, the responsibility associated with the Regional Assistance Mission to Solomon Islands.

He said Rotation 16 left the mission in good shape and the current rotation could only hope to do as well as they did. With the deployment going well, they hope to learn more about their job and even more about the environment they are in.

“Our goal is to continue the improvement of the RAMSI mission from a military perspective and to do what we can to help the mission to eventual success,” he said.

“RAMSI is a fluid and complicated beast made up of many moving parts and we only see the three big ones – the RAMSI office of the special coordinator, the Participating Police Force (PPF) and the CTF. Within each of those there are many parts but they are all inextricably linked.”

Lt-Col Lowes said it was a continuous process of refining procedures to come up with solutions when the need arose.

What the soldiers of Rotation 17 hope they will get out of the deployment is the feeling of having done well, having served their country and served people in a less fortunate position than themselves.

Lt-Col Lowes said the soldiers’ expectations included “gaining some of life’s experiences, mixing with people they’ve never met, living in proximity to other personnel, dealing with things that they would never have thought possible, seeing people who are less fortunate than ourselves and, as a result of that, gaining an appreciation of just how lucky we are in Australia”.

CTF635 shares a positive and strong relationship with the PPF that has been brought about through the hard work of previous commanders, their staffs and soldiers.

As it stands CTF635 is there to support RAMSI and to also work with the PPF. It is their needs that drive the contingent’s actions.

“We have the ability to get people from one end of the archipelago to another if RAMSI needs us to,” Lt-Col Lowes said.

“Much of the operation is now about the maintenance of law and order, but it is still a very busy time for us.”

Clear the decks: Sgt Darrel Jack surveys the situation on Solomon Islands.

Having served in the Defence Force for six years I know how much of a benefit it can be to Salary Package your next vehicle.

Give me a call today and I can show you how you can save.

Melton, Fleet Network
**HEAT KILLS**

**Prevention Works**
- Always drink when you are thirsty
- Refill your water bottles at every opportunity
- If your urine is dark or if you have not urinated drink more water
- Eat regular meals containing salt
- Too much water and not enough salt can make you sick

**How to Spot Trouble**
Look after your mates and yourself. Keep an eye out for those with:
- Dizziness
- Feeling sick or have vomited
- Suffering from a fever
- If you see your mate acting strangely or looking confused and disorientated begin first aid

**Urine Chart**
The clearer the colour the better hydrated you are. You should aim to produce urine no darker than the third colour (from left to right) along the chart.

**Spot the hazard**
**Assess the risk**
**Fix the problem**
**Evaluate the results**

**Look after your mate**

**HOT WEATHER CASUALTIES AND INJURIES CHART II**

Remember the acronym H-E-A-T when training in hot weather:
- H heat category
- E exertion level
- A acclimatisation
- T time of heat exposure and recovery time

**Heat Exhaustion**

**Cause**
- Heart working too hard to pump blood to the skin for cooling
- Inadequate acclimatisation increases your risk
- Low blood pressure leads to faint/exhaustion
- Dehydration increases risk

**Prevention**
- Allow for acclimatisation
- Get physically fit before going into the field - fitter soldiers handle the heat better
- Monitor Wet Bulb Globe Temperature (WBGT)
- Keep soldiers in shade wherever possible
- Observe work-rest cycles
- Identify high-risk individuals
- Look out for your mates
- Eat all meals in barracks and the field
- Teach early recognition of signs and symptoms
- Re-evaluate training if several heat casualties occur

**Symptoms and signs**
- Dizziness
- Fatigue
- Weakness
- Headache, nausea
- Pain or collapse
- Rapid pulse
- Alert and orientated

**First-Aid**
- Start cooling by best means available
- Move to shade and remove shirt and trousers
- Lay casualty flat and raise feet
- Spray/pour water on soldier and fan for cooling effect
- Monitor soldier with NCO or instructor
- Assess soldier’s mental status every few minutes
- Have a soldier drink one litre (water bottle) of cool water every 30 minutes up to two litres
- Casualties who recover within 60 minutes should be assessed by an advanced medic or RMO before returning to work
- If not improved in 60 minutes, EVACUATE as a PRI 1 casualty while continuing to cool

**Heat Stroke**

**Cause**
- Inability of body to cool down leading to progressive rise in body temperature to above 40.5C
- The increased body temperature causes damage to body tissues, particularly the brain, liver and gut.
- Intense exercise like running, obstacle courses or fire and movement creates the greatest risk.
- The combination of high external temperatures and intense physical activity can be deadly.

**Prevention**
- Measure the heat threat (WBGT)
- Follow work-rest tables in SAFETYMAN (Chap.25)
- Plan medical support for high heat injury risk activities operations
- Ensure appropriate evacuation capabilities available
- Don’t wear T-shirts underneath OCPU when doing fire and movement or any heavy work in the heat

**Symptoms and signs**
- Altered mental status, agitation, confusion, delirium or disorientation.
- Any soldier who is confused or acting strangely in a hot environment has heatstroke until proven otherwise
- Elevated core temperature >40°C
- Can progress to loss of consciousness, collapse, coma and seizures

**First-Aid**
- This is a medical emergency! 20% die and 20% will be permanently impaired!
- Evacuate soldier to the nearest medical facility immediately!
- Begin cooling aggressively. Move to a shaded area, strip clothing to underwear. Pour water over body, especially the head, and fan vigorously
- Assess soldier’s mental state every few minutes
- Do not give water to unconscious soldier
- Advanced medics must measure core body temperature
- Monitor airway and breathing
- If breathing stops, begin CPR
- Evacuate in an open-sided vehicle to allow airflow to assist in cooling the casualty, while continuing to pour water over them.

On Australia Day, 51 of Army’s best joined the nation in congratulating all recipients.

**OIFFICER (AO) IN THE BREVITARY DIVISION OF THE ORDER OF AUSTRALIA**

Maj-Gen Ian Bruce FLAWITH
For distinguished service to the Australian Army in the fields of training and personnel, particularly as Commander 11 Bde, Assistant Commander of 1 Div and as Commander of 2 Div.

Maj-Gen Richard Gary WILSON
For distinguished service to the Australian Army in the fields of force structure, personnel training and operations, particularly as Commander TC-A and Commander 1 Div.

**MEMBER (AM) IN THE MILITARY DIVISION OF THE ORDER OF AUSTRALIA**

Brig Nicholas Anthony THWAIGHTE
For meritorious service as the Senior Staff Officer and Deputy Commander within SOCOMD.

Brig David Henry SAUL
For exceptional service as Commander 17 CSS Bde, Director Operations HQ JLC and CO 3CSSB.

Brig Andrew James SMITH
For exceptional service as the Commander 7 Bde, JTF 636 supporting the Melbourne 2006 Commonwealth Games and JTF 634 supporting the 2007 Asia Pacific Economic Conference.

Col Paul Edwin STRAUGHRAIL
For exceptional service as Director Network Centric Warfare – Army, Signals Head of Corps and Commander of the Defence Force School of Forces.

**MEDAL (OAM) OF THE ORDER OF AUSTRALIA IN THE MILITARY DIVISION**

Cpl Scott Graeme CRUTCHETT
For meritorious service on Operations Talilat and Astute between 2004 and 2008.

WO1 David Anthony HATTON
For meritorious service as the RSM of the Combat Training Centre (Live) and 2RAR.

WO1 Robert PONTIFEX
For meritorious service in the fields of material maintenance and Army career management.

Capt Brenton Luke WHITE
For meritorious service as the SSM of 21 Const Sqn, Staff Officer Grade Three and Commander Engineers, and Operations Officer at the Army Explosive Hazards Centre.

**DISTINGUISHED SERVICE CROSS (DSC)**

Lt-Col Justin Frederick ELLWOOD
For distinguished command and leadership in action as the Commander of the OBG (W) - 3rd Operation Catalyist.

Lt-Col David John WAINWRIGHT
For distinguished command and leadership in action as the CO RTF 3 on Operation Slipper.

**DISTINGUISHED SERVICE MEDAL (DSM)**

Maj Michael Brodie BASSING-THWAIGHTE
For distinguished leadership in action as the OC Security Task Group and Combat Team Spear of RTF 3 on Operation Slipper.

**COMMISSIONED FOR DISTINGUISHED SERVICE**

Maj Piers Anthony THOMAS
For distinguished performance of duties in warlike operations as the Executive Officer of the RTF 3, Operation Slipper in Oruzgan Province, Afghanistan.

Col Kenneth Royston MARTIN
For distinguished performance of duties in warlike operations as the Executive Officer of the RTF 3, Operation Slipper on Operation Slipper.

**CONSPICUOUS SERVICE CROSS (CSC)**

Col Stephen Anthony COGGIN
For outstanding achievement as the Commander of Combined Task Force 635 rotation 14.

Maj Leon HELMIRICH
For outstanding achievement in the development of small-arms training, weapon safety and policy in the ADF.

Lt-Col Stephanie Elizabeth HODSON
For outstanding achievement as the CO 1st Psych Unit.

WO1 Wally Jon JENSEN
For outstanding achievement as Army’s Soldier Recruit Induction Manager.

Brig Patrick Pezzutti
For outstanding achievement as a specialist anaesthetist and adviser to the Defence Health Services Division.

Col Janet Fiona SCOTT
For outstanding achievement as the CO 3HSB and as the senior Dental Officer in South Australia.

Col Wesley David VOLANT
For outstanding achievement as the Commander Combat Training Centre from 2006 to 2008 and CO/Chief Instructor of Combat Training Centre (Live) from 2005 to 2006.

Col Anthony George WALLACE
For outstanding achievement as the Director Workforce Modelling, Forecasting and Analysis within the People Strategies and Policy Group.

**CONSPICUOUS SERVICE MEDAL (CSM)**

WO2 Glenn David ARMSTRONG
For meritorious achievement as SSM at ADFA.

Capt Michael Robert BLAZELY
For meritorious achievement as the Logistics Officer, Combined Task Force 635 rotation 12, Solomon Islands, between April and August 2007.

WO1 David Graeme BROWN
For meritorious achievement as the Chief Clerk of HQ 3 Bde in support of operational readiness for deployment to East Timor in 2006.

WO2 Joanne Pamela CRIPPS
For meritorious achievement as the CSM, Admin Coy, 7CSSB.

WO2 Donald Edward GILSON
For devotion to duty as WO Operations for Joint Operations Support Staff, NSW.

Sgt Elliot Barlow KRUGER
For meritorious achievement as Interface Sgf and Manager of Telecommunications Systems within the Defence Communications Station Melbourne.

Maj Ronaldo Zalama MANAHAN
For devotion to duty as a Staff Officer Grade 2 Training Plans at HQ TC-A.

WO2 David Charles OLIVER
For meritorious achievement as the All Source Intelligence Facility Commander, RTF 3 on Operation Slipper.

Pte Michael Anthony RAYNER
For devotion to duty as the CO of the 110 AD Coy, 16 AD Regt.

WO2 Dale Bradley WALLACE
For devotion to duty as the TG WO, 1/15RNSWL.

A further 11 members with protected identities have been recognised for outstanding service.
Celebration of a nation

A TOUCH of Down Under took hold around the globe on January 26 as Australian soldiers celebrated the national day in true Aussie style.

Football, roast dinners, meat pies and more sport brought a little piece of home closer to the daily routine for more than 3650 ADF personnel on operations.

At home, Defence personnel took centre stage in Royal Guards of Honour and 21-gun salutes to mark traditional celebrations in capital cities. Sport and Aussie tucker were the perfect way for soldiers serving overseas to join in the celebrations. Soldiers from MRTF1 celebrated with a roast-lamb lunch and a game of football. Closer to home, Dili-based soldiers in East Timor started the day with a tug-of-war competition hosted by the Australian Embassy. Soldiers in the Solomon Islands operated at a reduced tempo to fit in games of soccer, netball, volleyball and gumboot throwing against the Australian Federal Police.

Formal celebrations marked ceremonies in Australian capitals with Defence providing the necessary expertise in formal guards, gun salutes, flyovers and protocols. LBdr Shane Fender, 7 Fd Regt, has been involved in the Australia Day salute for the past 11 years. “The ceremonial duties are part and parcel of being in artillery, they keep the Anzac spirit alive and it’s an honour to take part,” LBdr Fender said.

ADF Transition Seminar Calendar 2009

ADF Transition Seminars have been designed to assist with preparing your transition to civilian employment, by providing information and directing you to additional sources of information. The following topics are addressed during the seminars:

- Your Career and You
- Your Money and You
- Transition Support Benefits
- Transition Support and Administration
- Reserve Service
- Superannuation
- Health Insurance
- Department of Veterans’ Affairs
- Veterans and Veterans’ Family Counselling Services

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 March</td>
<td>Townsville</td>
</tr>
<tr>
<td>16-19 March</td>
<td>Perth</td>
</tr>
<tr>
<td>25-26 March</td>
<td>Sydney</td>
</tr>
<tr>
<td>1-2 April</td>
<td>Canberra</td>
</tr>
<tr>
<td>8-9 April</td>
<td>Brisbane</td>
</tr>
<tr>
<td>21-22 April</td>
<td>Adelaide</td>
</tr>
<tr>
<td>7-8 May</td>
<td>Darwin</td>
</tr>
<tr>
<td>20-21 May</td>
<td>Melbourne</td>
</tr>
<tr>
<td>27-28 May</td>
<td>Penrith</td>
</tr>
<tr>
<td>3-4 June</td>
<td>Newcastle</td>
</tr>
<tr>
<td>17-18 June</td>
<td>Cairns</td>
</tr>
<tr>
<td>28-19 June</td>
<td>Townsville</td>
</tr>
<tr>
<td>1-2 July</td>
<td>Brisbane</td>
</tr>
<tr>
<td>15-16 July</td>
<td>Canberra</td>
</tr>
<tr>
<td>22-23 July</td>
<td>Perth</td>
</tr>
<tr>
<td>5-6 August</td>
<td>Liverpool</td>
</tr>
<tr>
<td>18-19 August</td>
<td>Hobart</td>
</tr>
<tr>
<td>25-26 August</td>
<td>Bankstown</td>
</tr>
<tr>
<td>9-10 September</td>
<td>Nowra</td>
</tr>
<tr>
<td>16-17 September</td>
<td>Newcastle</td>
</tr>
<tr>
<td>22-23 September</td>
<td>Adelaide</td>
</tr>
<tr>
<td>30 Sept – 1 Oct</td>
<td>Brisbane</td>
</tr>
<tr>
<td>21-22 October</td>
<td>Canberra</td>
</tr>
<tr>
<td>27-28 October</td>
<td>Melbourne</td>
</tr>
<tr>
<td>5-6 November</td>
<td>Darwin</td>
</tr>
<tr>
<td>11-12 November</td>
<td>Townsville</td>
</tr>
<tr>
<td>18-19 November</td>
<td>Perth</td>
</tr>
<tr>
<td>25-26 November</td>
<td>Sydney</td>
</tr>
</tbody>
</table>

PHAT returns

Looking for a Defence Force tax return specialist?

- Defence Force tax specialists: We have extensive experience across all ranks and specialties, including:
  - Members who have served overseas
  - Members with investments, properties, etc.

- Maximum return: We know all the specific deductions, so you get a great tax return every year!

- Phone consultations: All tax returns are completed over the phone, so you don’t have to leave your base or assignment.

- One tax agent: We are not limited by locally so you and your family don’t have to look for another tax agent again.

It’s not too late to get your tax return done!

Call 1300 76 35 75 24/7, or visit us online at www.phatreturns.com.au
When Jacob's Dad passed away after returning from East Timor, he and his family were devastated.

That's when Legacy stepped in to offer practical help like education assistance, financial hardship relief, health and ageing needs, and a lifetime of social and emotional support. To make sure we're here if your family needs us, please consider how you can help Legacy.

• Volunteer for Legacy events
• Become a Legatee
• Be an advocate for Legacy among friends and family
• Create a fundraising project for Legacy

To donate, phone 1800 LEGACY (534 229) or visit www.legacy.com.au

Property Investment
Will Secure Your Future

Deal direct with the builder
Save thousands by not dealing with the middle man

Home/Land packages available from only
$289,800

“in selected areas throughout South-East Queensland”

All properties include:
✓ Minimum 4 Bedrooms & 2 Bathrooms ✓ Air Conditioning
✓ Fully Turfed & Fenced ✓ Carpets & Ceramic Floor Tiles
✓ Quality Stainless Steel Appliances & Much More

Full depreciation schedule supplied with every package sold.

Special Offer to Service Personnel

Call us now for further information or check out our website
www.aushomes.com.au

Phone TODAY 07 38095915 or call Jeff on 0408 154 009

The right direction

By Capt Simone Heyer
CHARLIE Coy soldiers from East Timor Battle Group 5 have finished a combined skills sharing activity with members of the East Timor Defence Force (F-FDTL) east of Dili.

In a rural area near Viqueque, the soldiers from 1st Forward Operating Base Baucau met with F-FDTL soldiers to practise skills commonly used by soldiers for peacekeeping.

Capt Peter Dale, East Timor Battle Group 5, said it was a great activity for his soldiers since the F-FDTL brought valuable experience Australian soldiers don’t necessarily have. "Those engagement activities are based around patrolling in rural environments and sharing experiences," Capt Dale said.

Lt Rui do Rosario, 1 Bn Baucau, said it was important to have cooperation with the Australians and he hoped it would continue.

Capt Dale said the activity included an obstacle crossing drill, commonly used on peacekeeping missions overseas.
EXPLOIT YOUR ENEMY

Once the shooting stops the battlespace becomes a giant crime scene.

Aust Int Corps personnel are trained to enable rapid tactical exploitation of this material to support current and future operations.

This is just one of the roles we are trained for...

Could your input make the difference?

Australian Intelligence Corps

FOREWARNED FOREARMED
Blowing whistle on umps

By Cpl Zenith King

WHEN most people think of umpires they picture someone waving white flags between goal posts. Not adults crawling through the bush simulating battle conditions and telling soldiers they have just been shot.

Exercise umpires are an essential component of any large-scale field exercise. They provide safety oversight, resolve combat engagements and evaluate and report on unit performance. They aid in creating an atmosphere of realism.

Maj John Blylevens umpired on Exercise Talisman Sabre 07 when it rained non-stop. One of his most memorable moments was a beach landing at the Shoalwater Bay Training Area.

“We were on the beach, there was a LARC landing coming in, the air gunners jumped out when the guy piloting stopped it a bit early,” he said.

“When the guys jumped out they disappeared [under the water], I will always remember that.”

Maj Blylevens admitted that although umpires do not always get it right but when a decision has been made it’s final. “There are no disagreements, participants can express their concerns but the adjudication stands,” he said.

Col Phil Harris, Chief Umpire of Exercise Talisman Sabre 09, said historically umpiring had never been a well coordinated function. Before Exercise Crocodile 03, umpires were hard to find and were generally sourced at short notice with little time to prepare.

“They were rounded up each time there was an exercise, issued with the manual and the day before the exercise they would try to get organised,” he said.

“Although it’s a lot of work at the end of the day we have a team of well trained, very capable people, who really are a key element in the smooth conduct of very large exercises.”

To prepare them for specific exercise requirements, umpires participate in a five-day training program. The course is attended by all umpires, including visiting coalition forces.

HOW TO SIGN UP

► Any Defence member ranked WO2 or above can become an umpire. Extensive military background is a must. POC Lt-Col Wayne Higgins email wayne.higgins@defence.gov.au


Before Exercise Swift Eagle 08, umpires were hard to find and were generally sourced at short notice with little time to prepare.

“They were rounded up each time there was an exercise, issued with the manual and the day before the exercise they would try to get organised,” he said.

“Although it’s a lot of work at the end of the day we have a team of well trained, very capable people, who really are a key element in the smooth conduct of very large exercises.”

To prepare them for specific exercise requirements, umpires participate in a five-day training program.

The course is attended by all umpires, including visiting coalition forces.

Calling all Defence Force Personnel

If you are based at Amberley or being transferred to Amberley you need to escape to the leafy surrounds of...

Hatton Green

“The Lockyers Premier Acreage Estate”

25 mins from Amberley Underground services
Friendly covenant
Limited number
Town water

Priced from

$130,950

4000m²

TOOWOOMBA

HATTONVALE

BRISBANE

AMBERLEY

CANUNGRA

GOLD COAST

FUNK RD

ZISCHKE RD

RUSTYS CAFE

GATTON

WARREGO HWY

IPSWICH

MARKETED BY

Washington
DEVELOPMENTS PTY. LTD.

1800 WASHOS

CALLING ALL DEFENCE FORCE PERSONNEL

IF YOU ARE BASED AT AMBERLEY OR BEING TRANSFERRED TO AMBERLEY YOU NEED TO ESCAPE TO THE LEAFY SURROUNDS OF...

Hatton Green

“The Lockyers Premier Acreage Estate”

25 mins from Amberley Underground services
Friendly covenant
Limited number
Town water

Priced from

$130,950

4000m²

TOOWOOMBA

HATTONVALE

BRISBANE

AMBERLEY

CANUNGRA

GOLD COAST

FUNK RD

ZISCHKE RD

RUSTYS CAFE

GATTON

WARREGO HWY

IPSWICH

MARKETED BY

Washington
DEVELOPMENTS PTY. LTD.

1800 WASHOS

CALLING ALL DEFENCE FORCE PERSONNEL

IF YOU ARE BASED AT AMBERLEY OR BEING TRANSFERRED TO AMBERLEY YOU NEED TO ESCAPE TO THE LEAFY SURROUNDS OF...

Hatton Green

“The Lockyers Premier Acreage Estate”

25 mins from Amberley Underground services
Friendly covenant
Limited number
Town water

Priced from

$130,950

4000m²

TOOWOOMBA

HATTONVALE

BRISBANE

AMBERLEY

CANUNGRA

GOLD COAST

FUNK RD

ZISCHKE RD

RUSTYS CAFE

GATTON

WARREGO HWY

IPSWICH

MARKETED BY

Washington
DEVELOPMENTS PTY. LTD.

1800 WASHOS
ENGINEERS aren’t the only ones who build bridges!

Would you like to be able to:

• develop a range of effective interpersonal communication skills
• build your knowledge of own and others’ behavioural styles and impacts
• gain a greater understanding of yourself and your reaction to conflict
• constructively manage conflict
• be skilled in negotiating with different people

Are you interested in becoming a Defence accredited mediator or conflict coach?

✓ Professional training provided
✓ National accreditation
✓ Ongoing professional development opportunities
✓ Excellent skills development for deployment

Volunteer ADF & APS mediators and conflict coaches work closely with Defence Dispute Resolution Practitioners in each State and Territory to restore relationships in conflicted workplaces.

Cornering the road to safety

By WO2 Graham McBean

MAJ-GEN John Cantwell has joined the ranks of more than 2400 ADF personnel to take up the offer of free Defence-funded motor cycle training.

On January 17, Army’s head of the Defence White Paper Structure Review became the most senior military member to attend one of five free courses available under the Defence Motorcyle Safety Awareness Project.

He said the lure of two-wheel motoring had always appealed but he had baulked at the number of motorcycle accidents.

He said he had only recently received his licence and decided that honing fundamental road skills was a priority.

“I recognised my own limitations, which is probably the most important step in safe motorcycle riding,” Maj-Gen Cantwell said.

He said the $1.9 million, three-year project – scheduled to end in June – “was just fantastic”.

“Sadly, I think I have buried at least one solider as a result of motorcycle accidents in every level of command during my military career,” he said.

“I have also visited too many spinal wards to see soldiers badly injured in bike crashes.”

Super changes for couples in same-sex relationships

ADF members in recognised same-sex relationships will benefit from changes to Commonwealth laws aimed at removing discrimination.

The changes impact military superannuation and death benefits.

From January 1, changes made by the Same-Sex Relationships (Equal Treatment in Commonwealth Laws – Superannuation) Act 2008 ensure that same-sex couples are no longer denied the payment of death benefits from superannuation schemes, or the tax concessions on death benefits, made available to opposite-sex couples.

Minister for Defence Science and Personnel Warren Snowdon welcomed the amendments.

“The changes have been a long time coming and further reinforce the ADF’s commitment to recognition of same-sex relationships,” Mr Snowdon said.

Further information and application forms are available at http://ohsc.defence.gov.au/Programs/MotorcycleSafety.

FLIGHT TEST SYMPOSIUM

The Flight Test Society of Australia will hold its annual Symposium at the Australian International Airshow & Aerospace and Defence Exposition - Avalon 2009. Members of the Society provide Australia’s research, development, testing, evaluation and associated engineering in the civil and military aerospace industry.

This Symposium (along with the Society) provides opportunities for:

• operational, regulatory and policy networking,
• professional development, and
• awareness of current experimental, developmental and operational testing.

The Symposium will be held at the Expo Conference Centre on Thursday 12th March 2009.

Who should attend:


Details are available from the Society at:

randall.mccutcheon@defence.gov.au or markboast@msn.com

www.ftsa.org.au

New issue of belts

MEMBERS promoted to WO1 or commissioned as an officer on or after November 29, 2007, are entitled to an initial free issue of a Sam Browne belt.

Entitled members should report to their Q-store, which will raise an authority to issue. The authority to issue should contain the member’s surname, PMKeyS number and date of promotion.

The member will be measured by the local clothing store and a requisition will be raised.

All clothing stores, remote unit Q-stores and central issue points can raise requisitions.

Members promoted before November 29, 2007, currently have no entitlement to an initial free issue of a Sam Browne belt. Until stocks of belts can be purchased to satisfy new entitlements, issues to entitled members will be restricted.

Questions related to clothing entitlements, clothing prices or availability of clothing should contact Sgt Anthony Romkes at the Army Clothing Hotline ph 03 9282 6602 or email anthony.romkes@defence.gov.au

From ‘Boy to Soldier’

‘A View of the Army Apprentice Scheme 1948 -1998’

Limited Edition - Hard Cover

178 Pages printed in colour

Great Gift Idea

$50.00 plus postage and handling

Available from:-

Army Museum Bandiana -02 6055 2525

email bandiana.museum@defence.gov.au

OR

Direct from the distributor - Freecall

1800 244 566

sales@malbargroup.com.au

Don’t miss out on your copy of ‘FROM BOY TO SOLDIER’

‘A View of the Army Apprentice Scheme 1948 -1998’

Limited Edition - Hard Cover

178 Pages printed in colour

Great Gift Idea

$50.00 plus postage and handling

Available from:-

Army Museum Bandiana -02 6055 2525

email bandiana.museum@defence.gov.au

OR

Direct from the distributor - Freecall

1800 244 566

sales@malbargroup.com.au

After 24 years: The Army Apprentice Scheme

The story of the Apprentice Scheme 1948 - 1998

S H Chessman AM JP
Special Forces

If you don’t submit your application
You will never be selected

For further information contact:    Contact Special Forces Training Centre

Email: sftc.selection@defence.gov.au

Phone: 02 6570 3190

Website: http://intranet.defence.gov.au/armyweb/Sites/SFTC/

NB: The SFTC website details all dates for upcoming presentations, applications and courses.
Hat tricks: Cpl Westley Syme, MRTF1’s postman replaced his uniform for an evening of green, gold and meat pies to mark the celebrations for Australia Day in southern Afghanistan.

Photo by Capt Lachlan Simond

One hump or two: The Khartoum-based Australian contingent takes time out from work to tour Sudan’s Royal cemeteries at Meroe on camel back: from left, Sgt Kim Booth, Sgt Darryl Dimech, Maj Peter Sheldon, Li-Col Peter Fleming, Leut-Cmdr Andy Barnes, Sgn-Ldr Chris Robson, Sgt Nicole Oldfield and Sgn-Ldr Murray Johnson.

Follow your nose: Explosive detection dog Storm and his handler, Cpl John Cannon, go underground as they search a cave located close to MRTF1 construction sites in southern Afghanistan.

Photo by Capt Lachlan Simond

Hat tricks: Cpl Westley Syme, MRTF1’s postman replaced his uniform for an evening of green, gold and meat pies to mark the celebrations for Australia Day in southern Afghanistan.

Photo by Capt Lachlan Simond

One hump or two: The Khartoum-based Australian contingent takes time out from work to tour Sudan’s Royal cemeteries at Meroe on camel back: from left, Sgt Kim Booth, Sgt Darryl Dimech, Maj Peter Sheldon, Li-Col Peter Fleming, Leut-Cmdr Andy Barnes, Sgn-Ldr Chris Robson, Sgt Nicole Oldfield and Sgn-Ldr Murray Johnson.

Follow your nose: Explosive detection dog Storm and his handler, Cpl John Cannon, go underground as they search a cave located close to MRTF1 construction sites in southern Afghanistan.

Photo by Capt Lachlan Simond

Hat tricks: Cpl Westley Syme, MRTF1’s postman replaced his uniform for an evening of green, gold and meat pies to mark the celebrations for Australia Day in southern Afghanistan.

Photo by Capt Lachlan Simond

One hump or two: The Khartoum-based Australian contingent takes time out from work to tour Sudan’s Royal cemeteries at Meroe on camel back: from left, Sgt Kim Booth, Sgt Darryl Dimech, Maj Peter Sheldon, Li-Col Peter Fleming, Leut-Cmdr Andy Barnes, Sgn-Ldr Chris Robson, Sgt Nicole Oldfield and Sgn-Ldr Murray Johnson.

Follow your nose: Explosive detection dog Storm and his handler, Cpl John Cannon, go underground as they search a cave located close to MRTF1 construction sites in southern Afghanistan.

Photo by Capt Lachlan Simond

One hump or two: The Khartoum-based Australian contingent takes time out from work to tour Sudan’s Royal cemeteries at Meroe on camel back: from left, Sgt Kim Booth, Sgt Darryl Dimech, Maj Peter Sheldon, Li-Col Peter Fleming, Leut-Cmdr Andy Barnes, Sgn-Ldr Chris Robson, Sgt Nicole Oldfield and Sgn-Ldr Murray Johnson.

Follow your nose: Explosive detection dog Storm and his handler, Cpl John Cannon, go underground as they search a cave located close to MRTF1 construction sites in southern Afghanistan.

Photo by Capt Lachlan Simond
Tax-free fuel

SmartSalary Car Leasing customers get:
• Tax-free fuel
• Tax-free car maintenance
• Tax-free registration & insurance

Start your savings now.
Call us now on 1300 767 144
Visit www.smartsalary.com.au
V-series ute extra tough

By Cpl Andrew Hetherington

WHEN I was handed the keys from a well-dressed, slightly anxious Holden salesman, I began to wonder what effect a 6000cc 270kW V8 engine would have on a ute and its driver. My first thought was "lunacy".

I slid into the grey leather driver’s seat of the SS V-series ute, visualising what grip it would give me on tight corners. I hoped it would hug me a bit harder and longer than your lavender-scented grandma would after thanking you for your present of bath bombs on Christmas day. I turned the key and the deep, throaty roar of the 8V shook me from my backside to my brain. The glorious engine note was piped through four exhaust openings, each resembling a Carl Gustav 84mm anti-tank weapon.

The devil lived in Australia, I’m sure this would be his vehicle of choice. He’d have number plates that read ‘666 666’ and would attend a Kylie Minogue concert on a ute and its driver. My first thought was “lunacy”.

Externally and internally it’s quite similar to the VE SS (purple) ute I drove in June last year, with the difference being the lockable hard cover, the 19-inch alloy wheels and the leather seats.

As a friend commented: “The normal SS ute looks tough, but this one looks the duck’s guts!” I guess that should say it all, but unfortunately it doesn’t. In these times of fluctuating fuel prices, which could see the price of fuel rise faster than a 15-year-old boy’s blood pressure at a Kylie Minogue concert, the 6-litre engine has not been trained to sip. It drinks in mouthfuls with a combined average on test at 14.1 litres per 100 km. But it wasn’t as thirsty as I thought it would be and I was also impressed it would also accept cheaper E10 (part ethanol) fuel.

The aspect of it that didn’t match its SS pedigree was the automatic transmission used in active select mode. After going to the trouble of shifting the lever to manually shift gears and expecting exhilarating and fast gear changing, I was met with nearly a whole second of pause before the transmission caught up. A little disappointing, although when left to its own automatic transmission performance when used in active select mode.

Against: Thirsty and automatic transmission performance when used in active select mode.

The SS V-series ute is an essential piece of hardware for someone who doesn’t think the regular SS ute looks tough enough.

For: Acceleration, power, handling, load capacity, reliability and tougher looking than normal SS ute.

Rating: ★★★★✩

**FAST FACTS**

<table>
<thead>
<tr>
<th>Holden SS V-series ute with six-speed active select automatic transmission</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Price:</strong> $47,490 plus on-road costs</td>
</tr>
<tr>
<td><strong>Power:</strong> 270kW of power and 530Nm of torque (when using RON 98 PUL petrol) from a 6-litre V8 engine. 0-100km/h: 5.8 seconds (claimed)</td>
</tr>
<tr>
<td><strong>Fuel consumption and type:</strong> UNLD RON 91 and E10 (part ethanol), 14.1L/100km (combined), 73L fuel tank.</td>
</tr>
<tr>
<td><strong>Co2 emissions:</strong> 339 grams/km (combined)</td>
</tr>
<tr>
<td><strong>Safety:</strong> Anti-lock brakes (ABS), electronic brake force distribution, traction control, electronic stability program, dual-stage front airbags and seatbelts with load limiters and seatbelt pre-tensioners.</td>
</tr>
<tr>
<td><strong>Acceleration, power, handling, load capacity, reliability and tougher looking than normal SS ute.</strong></td>
</tr>
</tbody>
</table>

Call of Duty winners

THE Call of Duty winners from the competition in the December 11 edition were: Cpl Daryn Grace, 2OCU; WO1 David Jachne, AMTDS; AB William Patton, Aast Fours; Sgt Robert Satt, 325CSS; PO Neil Thatcher, HMAS Stirling; Damian Cavanagh, JLU-Puckapunyal; LCdr Robert Mayes, JEWOSU; and Sgt Dean Walton, W12 Mdm Regt.
On your bike

Stationary bicycles provide a convenient and low-impact cardiovascular workout. Lt Rob Orr explains how you can get the most out of using upright and recumbent cycles.

Before delving into the correct exercise techniques for cardio theatre bikes it’s important to understand the differences between recumbent and upright cycles.

The recumbent cycle has a back rest to support the upper body with the feet out in front of the body. The upright bicycle is the more familiar style of cycle. The lower limbs are below the hips and the body is either seated upright or inclined forward towards the handlebars.

Most upright cycles allow the rider to free-wheel or stop pedalling while the wheel continues to spin. Some of the spin-type cycles have a dependent action where the pedals are forced to rotate with the wheel and only stop when the wheel stops. For efficiency, injury prevention and greater training benefit, a prescribed saddle height and distance is required. A recommended position for the upright cycle is where the lower leg is slightly bent at the bottom of the stroke and for the recumbent cycle at the furthest point in the pedal rotation.

Rounded back

Due to the flexed hip position on the recumbent cycle, many riders tend to round their lower back and have their hips curl away from the support when fatigued. This may increase lower back stress.

The upper back also may be subjected to a poor postural position when you reach down for the handles at the side of the seat or reach for the control panel.

On the upright bicycle, the back and abdominal muscles must work to maintain a natural spine position. If these muscles fatigue, gravity causes the posture to slump and the upper and lower back to round. Even when leaning forward and using profile bars to support the upper body, the upper back and neck can round if proper posture is not maintained.

Solution

You should focus on the correct back and neck posture and conduct a posture check at the start of the session.

To check your posture, start from your head and work down to your lower back. If you are unsure of the correct posture consult your PTI or physiotherapist.

High or locked knees

If the seat is too low on the upright bicycle or too close on the recumbent bicycle, the degree of knee bend is increased. This produces greater forces through the knee joint, especially when the bend passes 90 degrees, which increases the chance of injury.

If the seat is too high on the upright bicycle or too far away on the recumbent bicycle, you have to over-extend at the furthest point in the pedal’s revolution. This can lead to jarring the knee joint as it locks out and can also increase the load through the hip joint.

Solution

Check the seat height and distance before training on the cycle.

Knees in / out

A common technique flaw is when the knees are facing inwards or outwards at some point in the revolution.

This is often caused by poor seat position, the resistance on the cycle being too high, or the incorrect position of the foot on the pedal.

Solution

Check the seat height and distance before training. Select a resistance that allows correct technique and every few minutes conduct a foot check by glancing down at your feet and ensuring they are facing forward in line with the rotation of the pedal.

Finally, it is generally accepted that optimal pedal revolutions per minute are at a cadence of around 70-110 rpm for recreational cyclists. Too high or low a pedal cadence can cause additional stress on the joints.

THE BEST LIFE FOR YOUR FAMILY IN JERVIS BAY

- Brand new residential community, in the coastal bushland of Vincentia on Jervis Bay
- Bushwalking, picnics, leisure centre, cafes, restaurants, shops, golf club
- Close to local schools, 2 mins drive to beach, 10 mins to work
- House & land packages from $280,000*
- ADF employees may be eligible for the Defence HomeOwner subsidy

Call 13 LAND (13 5263) or visit stockland.com.au/bayswood
Pocket Rocket fires

CFN Terry O'Donnell won his section of the 25th Anniversary Gallangowan Rally on the forestry roads North of Jimna in Queensland in December.

Cfn O’Donnell, a vehicle mechanic with 21 Const Sqn and driver, Justin Sinclair, ran their Hyundai Excel known as Tweety on this event as the final round of both the Queensland Excel Series and the Pocket Rocket Rally Series.

Cfn O’Donnell and Sinclair were pleased with the performance of Tweety as the car ploughed through the rally without incident to take the honours as first-placed Pocket Rocket.

The morning began with a 9.24km prologue to determine the starting order for the event proper.

“We performed fairly well in the prologue and it was enough to move us up one starting position,” Cfn O’Donnell said.

The first stage was cancelled because of an accident and the field had to wait until the ambulance returned before the event could restart. Organisers kept both drivers and navigators busy with a twisty and crest-filled course.

“Some of these stages are more than 25km long and the calls are very close together,” Cfn O’Donnell said.

“There are a lot of cautions and double cautions with tight bends and blind crests. We were both working flat out.”

As the field was negotiating the third stage, storms rolled in and changed the character of the roads dramatically.

At the end of the fourth stage, the rest of the event was abandoned and a finish declared.

“We’re really glad they called the event off after that stage,” Cfn O’Donnell said.

“There were bogged cars everywhere.

“It was bloody hard work because it was so slippery.

“I think the only time we were on the road was when we were crossing it.”

With a two-month break before the rest of the event was abandoned and a finish declared.

“Some of these stages are more than 25km long and the calls are very close together,” Cfn O’Donnell said.

“There are a lot of cautions and double cautions with tight bends and blind crests. We were both working flat out.”

As the field was negotiating the third stage, storms rolled in and changed the character of the roads dramatically.

At the end of the fourth stage, the rest of the event was abandoned and a finish declared.

“We’re really glad they called the event off after that stage,” Cfn O’Donnell said.

“There were bogged cars everywhere.

“It was bloody hard work because it was so slippery.

“I think the only time we were on the road was when we were crossing it.”

With a two-month break before any other events, Tweety will have some minor servicing and refurbishment and a good wash.

ENDURA Gel
Instant and Sustained Energy Source

New 500 mL Bottle Now Available
Never Run Out of Energy Again

Energy To Burn
Immediate impact carbs combined with slow release for long-term benefit. 26 g of carbohydrates per 35 g serve. Contains no sucrose.

Available in selected Pharmacies, Health Food stores and Sports Specialty stores.

www.endura.com.au

Smokin’ Tweety in action in the Gallangowan Rally

All on the boards for Arafura

ADF BASKETBALL selected two strong national teams for 2009 at the end of its Combined Services Championships for the Laverton late last year.

The teams will now compete in the Arafura Games in Darwin from May 9-17.

Cpl Heather-Ann Marsh (RAAF) won the women’s Players’ Player award. Capt Andrew Olechowski, Vic Barracks, won the men’s.

The first stage was cancelled due to an accident, and the rest of the event was abandoned and a finish declared.

“The final was close and challenging. Some quick breaks assisted but mainly we had to shut down their inside play.”

Women’s national team: Cpl Kylie Guarino, Cpl Joska Matthews (Army), Lt-Lt Fiona Harris, Cfn Heather-Ann Marsh, ACW Karen Herbert, AB Sarah Legge, Ms Mahtia Jackson, Pte-Off Dannii Stane, Sim Ally Hurley, Pte Kelly Osborne; coach, Cpl Dean Burnie (Air Force); assistant coach, Pte-Lt Janeter Turnbull; manager, Sgt Gillian Rutledge (Air Force).

Men’s national team: Capt Andrew Olechowski, Pte Dimitrios Papas, Pte-Off Dannii Stane, Pte-Off Janeter Turnbull, Pte Kylie Guarino, Cfn Heather-Ann Marsh (RAAF) won the women’s Players’ Player award.

The women’s match was much closer, with NT leading 11-8 at quarter-time and Victoria edging ahead 21-19 after a decisive second quarter. The score was 29-26 going into a tight final quarter.

Cpl Heather-Ann Marsh (RAAF) won the women’s Players’ Player award. Capt Andrew Olechowski, Vic Barracks, won the men’s.

The first stage was cancelled due to an accident, and the rest of the event was abandoned and a finish declared.

“The final was close and challenging. Some quick breaks assisted but mainly we had to shut down their inside play.”

Women’s national team: Cpl Kylie Guarino, Cpl Joska Matthews (Army), Lt-Lt Fiona Harris, Cfn Heather-Ann Marsh, ACW Karen Herbert, AB Sarah Legge, Ms Mahtia Jackson, Pte-Off Dannii Stane, Sim Ally Hurley, Pte Kelly Osborne; coach, Cpl Dean Burnie (Air Force); assistant coach, Pte-Lt Janeter Turnbull; manager, Sgt Gillian Rutledge (Air Force).

Men’s national team: Capt Andrew Olechowski, Pte Dimitrios Papas, Pte-Off Dannii Stane, Pte-Off Janeter Turnbull, Pte Kylie Guarino, Cfn Heather-Ann Marsh (RAAF) won the women’s Players’ Player award.

The women’s match was much closer, with NT leading 11-8 at quarter-time and Victoria edging ahead 21-19 after a decisive second quarter. The score was 29-26 going into a tight final quarter.

Cpl Heather-Ann Marsh (RAAF) won the women’s Players’ Player award. Capt Andrew Olechowski, Vic Barracks, won the men’s.

The first stage was cancelled due to an accident, and the rest of the event was abandoned and a finish declared.

“The final was close and challenging. Some quick breaks assisted but mainly we had to shut down their inside play.”

Women’s national team: Cpl Kylie Guarino, Cpl Joska Matthews (Army), Lt-Lt Fiona Harris, Cfn Heather-Ann Marsh, ACW Karen Herbert, AB Sarah Legge, Ms Mahtia Jackson, Pte-Off Dannii Stane, Sim Ally Hurley, Pte Kelly Osborne; coach, Cpl Dean Burnie (Air Force); assistant coach, Pte-Lt Janeter Turnbull; manager, Sgt Gillian Rutledge (Air Force).

Men’s national team: Capt Andrew Olechowski, Pte Dimitrios Papas, Pte-Off Dannii Stane, Pte-Off Janeter Turnbull, Pte Kylie Guarino, Cfn Heather-Ann Marsh (RAAF) won the women’s Players’ Player award.

The women’s match was much closer, with NT leading 11-8 at quarter-time and Victoria edging ahead 21-19 after a decisive second quarter. The score was 29-26 going into a tight final quarter.

Cpl Heather-Ann Marsh (RAAF) won the women’s Players’ Player award. Capt Andrew Olechowski, Vic Barracks, won the men’s.

The first stage was cancelled due to an accident, and the rest of the event was abandoned and a finish declared.

“The final was close and challenging. Some quick breaks assisted but mainly we had to shut down their inside play.”

Women’s national team: Cpl Kylie Guarino, Cpl Joska Matthews (Army), Lt-Lt Fiona Harris, Cfn Heather-Ann Marsh, ACW Karen Herbert, AB Sarah Legge, Ms Mahtia Jackson, Pte-Off Dannii Stane, Sim Ally Hurley, Pte Kelly Osborne; coach, Cpl Dean Burnie (Air Force); assistant coach, Pte-Lt Janeter Turnbull; manager, Sgt Gillian Rutledge (Air Force).

Men’s national team: Capt Andrew Olechowski, Pte Dimitrios Papas, Pte-Off Dannii Stane, Pte-Off Janeter Turnbull, Pte Kylie Guarino, Cfn Heather-Ann Marsh (RAAF) won the women’s Players’ Player award.

The women’s match was much closer, with NT leading 11-8 at quarter-time and Victoria edging ahead 21-19 after a decisive second quarter. The score was 29-26 going into a tight final quarter.

Cpl Heather-Ann Marsh (RAAF) won the women’s Players’ Player award. Capt Andrew Olechowski, Vic Barracks, won the men’s.

The first stage was cancelled due to an accident, and the rest of the event was abandoned and a finish declared.

“The final was close and challenging. Some quick breaks assisted but mainly we had to shut down their inside play.”

Women’s national team: Cpl Kylie Guarino, Cpl Joska Matthews (Army), Lt-Lt Fiona Harris, Cfn Heather-Ann Marsh, ACW Karen Herbert, AB Sarah Legge, Ms Mahtia Jackson, Pte-Off Dannii Stane, Sim Ally Hurley, Pte Kelly Osborne; coach, Cpl Dean Burnie (Air Force); assistant coach, Pte-Lt Janeter Turnbull; manager, Sgt Gillian Rutledge (Air Force).

Men’s national team: Capt Andrew Olechowski, Pte Dimitrios Papas, Pte-Off Dannii Stane, Pte-Off Janeter Turnbull, Pte Kylie Guarino, Cfn Heather-Ann Marsh (RAAF) won the women’s Players’ Player award.

The women’s match was much closer, with NT leading 11-8 at quarter-time and Victoria edging ahead 21-19 after a decisive second quarter. The score was 29-26 going into a tight final quarter.

Cpl Heather-Ann Marsh (RAAF) won the women’s Players’ Player award. Capt Andrew Olechowski, Vic Barracks, won the men’s.

The first stage was cancelled due to an accident, and the rest of the event was abandoned and a finish declared.
Life’s a big ball

By Cpl Jane Ashby-Cliffe

SADDLES were fastened and helmets tightened as Norforce’s H Troop tackled the NT Mounted Police in a game of horse soccer. Held at the NT Police, Fire and Emergency Services Centre in Berrimah on December 11, Norforce’s H Troop was beaten 3-1. Their only goal was scored by team captain Cpl Jane McIntosh on horse, Lucky Phil, with strong performances by Cpl Jackie McLaughlan and Sgt Colleen Barrett on horses, Digger and Derek. Cpl McIntosh said Digger and Derek had never played the game before, but Cpl McLaughlan and Sgt Barrett demonstrated a spectacular display of horsemanship.

“It was a fun first comp filled with good humour and friendly rivalry and, despite the loss, we all eagerly await round two,” Cpl McIntosh said.

“What started off as a physical activity to help desensitise the horses has resulted in an exciting competition.”

With three aside and reserves eager to play on the sidelines, both teams played hard and fast for two 10-minute halves with the aim of defending their goal line while attempting to gain control of the giant soccer ball to score a goal.

The one-metre-high ball is a great training aid and assists in developing the horse’s concentration, obedience and reaction time – fundamentals Military Working Horses require to undertake safe patrolling duties.

The ball can also be used as a de-spothing aid and trains the horse to control its natural flight instinct.

H Troop members are using this training method to remove unpredictable responses and ensure the safety of horse and rider.

Getting ahead: Sgt Pete Lacey, left, and NT mounted police officer Tim Wethers fight for control of the ball during a game of horse soccer.

Photo by Gary Shannon Joyce

Ready to hook in to season 2009

AFTER a positive end to 2008, in which the ADF’s representative teams both won their Test series in New Zealand, players are looking forward to 2009.

The Australian Defence Hockey Championships will be held from May 10-16 in Sydney for the first time.

At the end of the championships, the Defence representative teams will be selected for the Australian Country Ties in Tamworth from August 1-8.

The ADF men’s and women’s hockey teams made it three out of three when they toured New Zealand in November – though you’d have to have a long memo to realise it. The last matches between the two were in 1991 and 1994.

This time the ADF won the Westgate Trophy for the third successive time by winning both the women’s and men’s series. Both teams played two tests; the men winning 4-3 and 1-0 and the women drawing the first 0-0 and winning the second 1-0.

Army players won a swag of personal awards. Cpl Alison Rolles won the MVP award. Cpl Rolles is one of the newer members of the national squad and really stepped up to the challenges at the representative level.

Pte Shayne Fowler and Pte Gareth Hoddinott tied for the men’s Players’ Player award. Pte Fowler’s pace and close work around the attacking circle bamboozled the Kiwis while Pte Hoddinott was in a class of his own on pitch at times with vision and skills that are not normally associated with someone on one their first tours away.

Pte Hoddinott won the Men’s MVP of the series award, which was judged by a panel of coaches in Auckland for the NZ National Hockey League. The panel was astounded when told that Pte Hoddinott was only 18.

Capt Anna Reinhardt won the women’s MVP of the series award. She controlled the midfield and dominated her opponents. Her vision and distribution was on many occasions the reason the defence team was able to penetrate deep into the NZ area.

At the end of the championships, the ADF’s representative teams were in a class of their own on pitch at times with vision and skills that are not normally associated with someone on one their first tours away.

By Cpl Paul Firth

Photo by Cpl Paul Firth

Defcredit

Kapooka Sports Series

All ADF teams welcome

Proudly Sponsored By

Kapooka 12s AFL
W01 Ian Marston - 02 6933 8247
ian.marston@defence.gov.au
W52 Gary Fairbank - 02 6933 8139
gary.fairbank@defence.gov.au

Kapooka 7s Netball
Capt Rebecca Polonski
02 6933 8363
artc.ops@defence.gov.au

Kapooka 10s Rugby
LT Paul Sylvester
0402 808 571
paul.sylvester@defence.gov.au

Or ARTC Ops Cell
02 6933 8363

Accommodation

Limited accommodation available at the RAAF Base
wag.accommodation@defence.gov.au

or

Camping accommodation available at Kapooka.

Prizes

Thousands of dollars prize money trophies and gifts, post carnival functions with free buses into town.

Tewantin-Noosa Council

Skip Hopper Field 25m by 60m minimum.
Goals 3m wide, no net.
No charging.
Goals 3m wide, no net.
Field 25m by 60m minimum.

THE GAME

Two mounts only on the ball at one time.
Mounts kick/push ball.
Ball can be taken from mount while in play.
No charging.
Goals 3m wide, no net.
Field 25m by 60m minimum.

Horses require to undertake safe
fundamentals Military Working
Horses require to undertake safe
controlled the midfield and dominated her opponents. Her vision and distribution was on many occasions the reason the defence team was able to penetrate deep into the NZ area.

Pte Hoddinott won the Men’s MVP of the series award, which was judged by a panel of coaches in Auckland for the NZ National Hockey League. The panel was astounded when told that Pte Hoddinott was only 18.

Capt Anna Reinhardt won the women’s MVP of the series award. She controlled the midfield and dominated her opponents. Her vision and distribution was on many occasions the reason the defence team was able to penetrate deep into the NZ area.

The ball can also be used as a de-spothing aid and trains the horse to control its natural flight instinct.

H Troop members are using this training method to remove unpredictable responses and ensure the safety of horse and rider.
Set for action: Cpl Jane McIntosh, left, and Tim Wethers, right, steer their horses in the direction of the giant soccer ball during a game of horse soccer. Life’s a ball for these gifted equines as they take on the sport of soccer. This exhibition match was played between the Northern Territory Mounted Police and Norforce’s H Troop at the NT Police, Fire and Emergency Services Centre in Berrimah. The NT Mounted Police won by a nose. Story – Page 31