Hats off to Forces Command

NEW FORCE

END OF 4RAR ERA

MRTF 1 BACK HOME

ISLAND PATROLS
Adaptive Army.

the planning and implementation of the Adaptive Army initiative with the various streams of Adaptive Army.

Combining the best elements of the former Land and Training Commands, Forces Command will unify Army's individual and collective training with its operational deployment program. It will allow for the better sharing of lessons and information, and more rapid institutional learning. This will see the Army become an even more robust and adaptive organisation.

I am confident that through the ongoing implementation of the different streams of the Adaptive Army initiative, Army will continue to build on its ongoing contribution to Australia's national security.

To those who have worked hard in the planning for this day — well done!

I look forward to building a close working relationship with the Army into the future.

CA Lt-Gen Ken Gillespie
Order of the Day, July 1, 2009

ON JULY 8 last year, I issued an Order of the Day that described how I had commissioned a review of Army structures. The outcome of this has been the Adaptive Army initiative, launched in August 2008. Since that time, across Army there have been many of our officers and soldiers involved in the planning and implementation of the various streams of Adaptive Army.

One element of the Adaptive Army initiative has been the review and rationalisation of our command and control, and structures, in order to ensure our force generation, preparation and certification procedures are efficient and highly adaptive.

Today, I am happy to announce the raising of Forces Command. It is a key outcome of our work to ensure Army is better postured to train and educate our people for the demands of contemporary, and future, conflict. It combines the strengths of the previous Land and Training Commands and, in turn, enables the implementation of the new Army Training Continuum. This provides for vastly improved unity of effort in our individual and collective training and will ensure our officers and soldiers remain at the forefront of the world's best trained and prepared armies.

The creation of Forces Command, and implementation of the new Army Training Continuum, is a step in Army's continuous modernisation. More importantly, it is an important part of our inculcation of a more adaptive culture within the Army,“Lt-Gen Gillespie said.

He said the creation of Forces Command was also another step towards Army's continuous modernisation.

“More importantly, it is an important part of our inculcation of a more adaptive culture within the Army,” Lt-Gen Gillespie said.

The role headquarters Forces Command will play in training and equipping conventional land forces will ensure the continued success of our soldiers in the service of our nation.

 Forces Command, which will come under the direction of Maj Gen David Morrison, is designed to ensure the future of our army, from individual soldiers to larger force elements, is able to deploy successfully on operations across the spectrum of conflict.

 Forces Command will also incorporate the Combat Support and Intelligence, Surveillance, Target Acquisition and Reconnaissance Group (CS and ISTAR Gp).

This is a new formation consisting of 11 units which for the first time combines some of the most effective and capable elements of the Army into a command structure that will allow more effective force generation, operational support and capability advocacy.

The CS and ISTAR Gp HQ will be located at Victoria Barracks, Sydney, and commanded by Brig Jeff Segelman.

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By Michael Brooke

AN IMPORTANT milestone in the development of the Army’s Special Operations capability was reached as 4RAR (Cdo) was de-activated and 2 Cdo Regt was raised in a ceremony at Holsworthy Barracks on June 19.

Past and present members of 4RAR and 4RAR (Cdo) joined with members of the commando associations to mark the event, which recognised the significance of 2 Cdo Regt reaching maturity as a special forces unit.

The ceremony at Tobruk Lines saw the march-off of the 4RAR colours and the unfurling of the new 2 Cdo Regt flag.

2 Cdo Regt joins 1 Cdo Regt, the SASR, IRR, 1 Cdo Regt, the SFTC and the Special Operations Logistics Squadron as part of Army’s SOCOMD.

The ceremony was attended by CA Lt-General Ken Gillespie in his capacity as the reviewing officer.

The CA said the name 2 Cdo Regt was chosen as it logically complemented the existing 1 Cdo Regt and also reflected the unit’s historical links to the Australian independent commando companies that operated in the Southwest Pacific in World War II.

He said raising a new unit was an important occasion for the Army.

“IT’S a cause for celebration for those who would serve in the new unit and who, through their actions, would bring honour to their unit and our Army,” Lt-General Gillespie said.

“But it’s also a time to pause and to remember those who have gone before us and whose service has enabled us to reach the point where we can raise 2 Cdo Regt with much pride and expectation.”

He said 4RAR would remain on Army’s ORBAT with its history, colours and traditions preserved for future service when required by the Government.

“So too will the battalion’s service and the sacrifice of those who served under its colours continue to be celebrated,” he said.

The 4RAR history room and memorial rock will remain at Tobruk Lines until 4RAR is re-raised.

CO 2 Cdo Regt Lt-Col Paul Kenny said the new name, badge and motto ‘Without Warning’ more accurately reflected the unit’s commando roles and capabilities as well as its command structure.

“The soldiers are very proud of the new name because it recognises our maturity as a special forces unit and our historical links to the commando companies in WWII,” Lt-Col Kenny said.

Lt-Col Kenny said members of the SOTG at Tarin Kowt in Afghanistan also conducted a ceremony on June 19 to mark the name change.

The ceremony at Holsworthy provided a timely opportunity to farewell soldiers who were deploying to Afghanistan.

In Afghanistan, as part of the wider NATO force, 2 Cdo Regt soldiers will provide security to terrorised and disrupted communities through a variety of counter-leadership operations and activities to support the MRTF and its task of indigenous capacity building.

If you’re interested in a career as a commando email sftc.selection@defence.gov.au.”

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**On lookout:** Pte Kye Hall from TSE 53 on watch.

A MIXTURE of regular and reserve soldiers has completed an eventful three months of “sea duty” with two Armidale class patrol boats.

The deployment from March was a part of Transit Security Element (TSE) 53. TSE 53 was assigned to Operation Resolve operating out of HMAS Coonawarra and supporting the Navy by securing apprehended illegal foreign fishing and people-smuggling vessels.

TSE 53 provided escort parties for more than 250 asylum seekers and participated in more than six boardings.

17 Bde provided personnel from many units, including 9 and 10FSB, 3HSB and 3 MP Bn. A wide variety of trades were represented, with air dispatchers, combat engineers and clerks all gaining their sea legs. A wide range of skills were brought together and more were learnt as TSE personnel were involved in boarding and steering parties and keeping watches at sea.

Far from her job as a fourth-year apprentice plumber in Adelaide, Pte Kye Hall, 3HSB, enjoyed the unusual challenge of undertaking Army Reserve service with the Navy. “Transporting potential illegal immigrants from their vessel to HMAS Toobruk at night was a little scary, but a great thrill,” Pte Hall said.

Members of TSE 53 spoke highly of the Navy crews and said the Navy lingo was a little hard to learn, but they were soon speaking like sailors and would recommend the experience.

Each TSE is formed for a period of three months. The current Army contingent, TSE 54, deployed on June 1.

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The Defence Force Welfare Association was formed in 1959 to represent the interests of serving and former members of the Australia Defence Force. To mark its 50th Anniversary, the Association invites you to participate in a National Forum to be held on 22 October 2009 at the Royal Military College – Australia, Dunrobin.

The theme of the Forum is the Australian Defence Force, the Australian Community and the Unique Nature of Military Service.

**Invitation to Present**

The Association invites proposals for presentations of papers at the Forum. Should you wish to present a paper at the Forum, please contact the National Secretary at the National Office to receive an information pack and to discuss further details.

**Dates**

Submission of proposals for Presentation of Papers 10 August 2009

Confirmation of Presenters 20 August 2009

Submission of Papers to be presented 30 September 2009

Close of Registrations 30 September 2009

**Cost**

Participants are asked to pay a contribution of $50 to cover morning and afternoon teas, lunch and conference papers. Speakers and invited guests will not be asked to contribute.

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**A thank you from General Petraeus**

CDF ACM Angus Houston has received a personal letter of thanks from US General David Petraeus for Australia’s service in Iraq.

The ADF’s military commitment to the rehabilitation of Iraq will end on July 31, bringing to a close a mission that began on March 20, 2003.

“I want to thank you for the long-standing and superb efforts of the ADF in support of Operation Iraqi Freedom,” Gen Petraeus stated.

“The ADF has, as always, performed admirably and achieved tremendous success. Since March 2003, Aussie professionals have contributed significantly to the progress in Iraq by providing a Quick Reaction Force to Al Muthanna province and by assuming operational watch over Dhu Qar province.”

He was “comforted by the knowledge that our Australian allies will continue to serve as valued partners” in Afghanistan.

About 45 Australian personnel in non-combat roles within coalition headquarters will be withdrawn after July 31.

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Changes affect DHOAS

A BILL designed to address unintended outcomes in the Defence Home Ownership Assistance Scheme will take effect from July 22.

The Defence Legislation Amendment Bill (No.1) 2009 includes changes that will mainly affect members who had a break in Defence service before July 1, 2008, and those members buying their first home who wish to access the subsidy as a lump sum.

The Director of Housing and Removals Policy, Robert McKellar, said after the scheme had been operating for a while it was noticed some members who had a break in service before July 1, 2008, of up to five years had the potential to receive an unintended windfall.

“These amendments will rectify the anomalies,” Mr McKellar said.

Under the amendments, some reservists who had a two- to five-year gap in effective service will now receive a shorter period of subsidy assistance.

The amendments also make clear the previous service of members who rejoin the ADF after a greater than five-year break will not attract a home-loan subsidy entitlement.

Also under the amendments, the option of a lump-sum payment will only be available to serving members who are purchasing their first home.

Members who have owned a residential property they have never occupied will not be able to use the lump-sum option of the subsidy.

Subsidies may be paid monthly or as a combination of a lump-sum payment and an ongoing monthly payment. However, members who elect to take the lump-sum payment option are required to retain sufficient service credit to support ongoing monthly subsidies.

The amendments also clarify and simplify the administration of subsidy for partners who jointly purchase a home with a diseased borrower who has purchased a home with a partner.

Under the amendments, some reservists who had a five-year break in service after July 1, 2008, and those members buying their first home who wish to access the subsidy as a lump sum, will not affect entitlements where a subsidy certificate has already been issued.

WHO IT WILL AFFECT

Amendments may affect members who:

- had a break in service before July 1, 2008,
- wish to access a lump sum,
- apply jointly with another member, and
- purchase a home with someone other than their partner.

By Capt Lachlan Simond

OVER the last month Darwin Airport was the scene of many emotional homecomings as the soldiers of MRTF 1 returned from their week-month deployment in Oruzgan province, southern Afghanistan.

The soldiers predominantly drawn from Darwin’s 1 Bde experienced the most intense operational deployment Australian forces have encountered in support of the NATO-led International Security Assistance Force.

MRTF 1 continued rebuilding the war-ravaged country and were the first Australians responsible for mentoring the Afghan National Army, a mission where the soldiers conduct daily patrols next to their Afghan counterparts.

“These soldiers have been fighting to make a better future for Afghanistan,” 1 Bde Commander Brig Michael Krause said.

“These men and women have represented Australia and 1 Bde with distinction in some incredibly dangerous and difficult situations.”

As the soldiers made their way into the waiting crowd, children threw themselves into their father’s and mother’s arms.

Kisses and tears were in abundance as the soldiers, the first to undertake an eight-month deployment in the MEAO, arrived back to the tropical heat of the Northern Territory.

MRTF was led by 7RAR and officially handed authority to MRTF 2, led by the 1RAR, on June 15.

“It’s important to remember that a number of soldiers have already returned home, having been injured in the course of their duties and to especially remember Cpl Mathew Hopkins, who lost his life during the MRTF mission,” Brig Krause said.

“Now it is time for these soldiers to enjoy a well-earned leave and to be with their families, who deserve as much respect for their efforts.

“The families have made their own contribution to the mission and we should not forget that.”

The soldiers from MRTF 1 and the other soldiers from 1 Bde who served in Iraq and East Timor will be officially welcomed home with a parade in Darwin in August.
GORPS is go for reservists

IMPLEMENTATION of GORPS for all reservists other than those on CFTS will occur on August 28.

SO1 Military Pers Admin Lt-Col Dennis Littame said this followed the successful roll-out of the ARA and CFTS reservist GORPS implementation on June 11.

“GORPS is the culmination of five years’ work in ADF remuneration reform and represents a significant outcome enabling Army to better reward the skills and responsibility of soldiers,” he said.

“It constitutes a significant change to the OR pay structure for regular and reserve soldiers, aimed at putting in place a framework which will be flexible and enable responsive pay placement, as part of workforce attraction and retention.”

Soldiers to the rank of WO2 will move from their current 16 pay grade structure to a 10 pay grade structure and WOs will move from their current eight pay grade structure to a new 10 pay grade structure. This provides a more logical transition path for promotion as well as consolidating pay increments.

It aligns with the same pay grades as that applied for the ARA structure and no member will be disadvantaged by the implementation.

Lt-Col Littame said even though considerable planning and mitigation has already taken place, due to the complexity of the GORPS implementation process and the volume of records involved, Army has always understood and informed members accordingly, that unforeseen issues may arise.

“Army has the resources, processes and procedures in place to provide a speedy resolution to these issues,” he said.

Reservist ORs should use the chain of command to raise any questions they may have in relation to GORPS. The chain of command is also to be used to identify and progress any issues to resolution.

More details on GORPS rollout for reservists other than those on CFTS will be provided in following editions of NEWS to identify and progress any issues to resolution.

Call for 2 Div units to play it safe

COMMANDER 2 Div has sought to engage all brigades in the pursuit of safety excellence.

In a recent directive to all 2 Div formations, Maj-Gen Craig Williams directed the brigades to submit nominations for the 2010 ArmySAFE Awards.

This is to encourage the continued development of a safety-conscious culture within the division.

The initiative follows the recognition of Sgt Trevor Arthur, 10/27RSAR, as the runner-up in the individual contribution category of the 2009 awards.

2 Div Safety Manager Capt Errol Christian reminded units that information on the ArmySAFE Awards is available through CA Directive 13/06 ArmySAFE Awards Scheme and said he was able to provide guidance to 2 Div units.

Director of Army Safety Assurance Col Philip Langworthy noted that most 2009 ArmySAFE Awards went to Training Command units.

“There is enormous scope within the regular and reserve brigades to champion new and innovative approaches to safety,” he said.

The new 2 Div approach will ensure all the safety management work being pursued by units within the division is recognised and personnel are inspired to document and formalise their ideas and risk-management solutions.

Maj-Gen Williams said his civilian career as a construction engineer refined and shaped his passion for workplace safety.

“One of the sources of my energy in pursuing safety excellence is the cultural settings which have become part of me through my civilian experience in the construction, rail and mining sectors,” he said.

The winner of the best individual contribution to OH&S each year is eligible for consideration for a CA’s commendation.

AACAP finds its measure

By Cpl Andrew Hetherington

SOLDIERS from Army Aboriginal Community Assistance Program 16 (AACAP) are hammering away at local construction projects in the Mapoon Aboriginal community.

The 183-strong contingent is drawn from a variety of units with Const Sqn, with additional elements from seven other units.

OC 17 Const Sqn Maj Paul Wright said the soldiers had started all the allotted major construction tasks since arriving on May 21.

“We have begun the construction of 6km of road and building of three three-bedroom houses,” he said.

“In addition, we have started some septic system maintenance in the township and conducted a number of tasks of opportunity at the request of the community.”

Construction is not the only goal for the soldiers. The health and welfare of the local population is also a major feature of the deployment.

“The health team has provided specialist medical and dental treatment, as well as physical fitness programs with the kids, lessons in nutrition and general health support,” Maj Wright said.

The training team has also started a 12-week employability skills program with TAFE Queensland to provide a Certificate 1 in engineering to eight local trainees.

Maj Wright said the contingent was living in a camp constructed on a green field site near the Royal Flying Doctor Service airfield in Mapoon.

“It’s wonderful to see the level of engagement from the ARA and CFTS reservist GORPS implementation on June 11.”

Lt-Col Littame said this followed the successful roll-out of AACAP finds

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Tiger trial a success

By Steve Ridgway

A TIGER Armed Reconnaissance Helicopter (ARH) has been successfully trial-loaded onto a C-17 Globemaster aircraft at RAF Base Amberley.

The next phase is to assess whether the C-17 is capable of air-lifting two Tigers, Maj Ware said. "Integrating the Tiger into the C-17 certified load list would provide Defence with a global ARH force projection capability."

Battle of Coral features on DVD

Sgt Dave Morley

ASK diggers what the Australian Army’s most famous battle in Vietnam was and they will tell you it was Long Tan.

The less-known Battle of Fire Support Base (FSB) Coral was much bigger. It lasted 26 days, involved 56 contacts and resulted in 26 Australian KIAs with more than 100 wounded.

At the time it was the first and only Australian brigade action since World War II.

CLOTHING UPDATE

Sweater khaki

There is stock of sweater khaki in Clothing Stores. The alternative is the Garrison Jacket.

Poly rank, garrison jacket

Poly rank for the garrison jacket is available from clothing stores for purchase.

Tracksuit, small

Stocks have been delivered to clothing stores.

Defective clothing

To report a defect against a clothing item, a RODUM is to be submitted in addition to any unit promulgated instructions. A web user guide can be accessed at http://vbmweb.sor.defence.gov.au/rodom/Documents/RODUM%20Web%20User%20Guide.pdf

Your questions

If you have questions related to clothing entitlements, prices or availability, please contact the Army Clothing Hotline – Sgt Anthony Romkes, Tel: 03 9282 6650 or email anthony.romkes@defence.gov.au.

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Auction to aid a mate

By Steve Ridgway

FOUR months after the Victorian fires an Army unit is continuing to look after one of its former soldiers.

Ex-corporal Darrin Gibson discharged from ALTC and moved to Kinglake eight months before the fires ravaged the town.

Darrin lost his wife, Lesley, their three young children and the family home — but his former colleagues have not forgotten him.

CO 17 Sig Regt Lt-Col Susan Coyle said the support for Darrin had been overwhelming.

“Darrin and Lesley were forced to flee their burning property with their children — but their former colleagues have rallied behind Darrin and are providing further assistance in the form of a trust fund.”

An interview with Darrin aired on 60 Minutes can be found at http://sixtyminutes.gibson.com. An interview with Darrin aired on August 30,” Lt-Col Coyle said.

Collingwood,” Lt-Col Coyle said.

Darrin and Lesley were forced to flee their burning property with their children and headed for the safety of a nearby dam.

Lesley, carrying their eldest daughter, Kiona, 4, was overcome by smoke and heat 20m from the dam.

Darrin ran back to the others and found that his wife and daughter Kiona had died, but could find no sign of Jye.

Darrin returned to the dam and lay in the water with young Ava until a neighbour found them. Ava died three days later.

Darrin was so severely burnt that he was kept in a medically-induced coma for a month.

“Our fundraising goal is to provide Darrin with a brand new Toyota Hilux ute — his dream car,” Lt-Col Coyle said.

The unit has decided an on-line auction, also open to the public, would be the best way to raise funds.

“Darrin was so severely burnt that he was kept in a medically-induced coma for a month.”

Donated auction items include dinner with Miss Australia, a mentoring session with Phil Kearns and sporting memorabilia. “The unit will be presenting the car to Darrin at the Regt’s birthday on August 30,” Lt-Col Coyle said.

We have been a supplier to the Northern Territory, Defence Establishment Berrimah, Robertson Barracks and RAAF Base Darwin combined as Defence NT to take out the title of raising the most funds of any public sector team in the World’s Greatest Shave Australia.

They were also named the highest fund-raising team in NT and South Australia and 14th highest team nationally.

Robertson Barracks raised more than $20,000 and took out the honours of top fund-raising team for the NT.

ADF in NT tear hair out to raise $40k

By Leut Brooke Olds

ADF Personnel in the Northern Territory shaved their winter hair growth by raising over $40,000 for the Leukaemia Foundation.

Personnel from Larrakia Barracks, HMAS Coonawarra, Defence Establishment Berrimah, Robertson Barracks and RAAF Base Darwin combined as Defence NT to take out the title of raising the most funds of any public sector team in the World’s Greatest Shave Australia.

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Touch of spice at RMC

By Sgt Dave Morley

THE Golden Pappadam award was hotly contested at RMC’s inaugural Curry Cook Off on June 20, but some say divine intervention could have played a hand in the result.

RMC chaplain John Lim took out the award from a field of 18 contestants.

Chap Lim said he was surprised to win from such strong competition.

“It definitely came as a complete surprise because I had tasted the others and thought we were absolutely superb,” he said.

“Maybe it was because it was the only fish curry on offer.”

Chap Lim said his mother used to chase him out of the kitchen when he was young because he was more trouble than help.

“But my wife taught me to cook so we could share the workload around the house,” he said.

Cdr James Unkles, who organized the event, said he thought one of the things that bound people together in the workplace was cooking.

“I believe you can break down a lot of barriers by sharing a common focus and the common focus here is curry and chilli and a few beers,” he said.

Canberra Times food writer Bryan Martin judged the event and said all curries were of a high standard.

“The fish curry won for its subtle blend of spice and fragrances forming gentle oriental flavours and aromas,” he said.

Mr Martin said he was impressed by the freshness of ingredients and the chefs’ efforts to create dedicated dishes.

Cdr Unkles said the Golden Pappadam Award was a sought-after prize.

“Every one has given out a couple of them before,” he said.

“You never know, the United Nations might get interested in something like this to settle disputes – give people a round of curry and a beer.”

Donations can be made to the ADF charity initiative at www.lakeattack.com. Donations over $2 are tax deductible.
ARMY will play a leading role among ADF personnel who will establish a beachhead to improve health and infrastructure in the South Pacific as part of Pacific Partnership (PP09).

PP09 involves 53 ADF personnel, including 24 Army engineers, Navy medical and civilian-military construction officers, and 26 crew members for two LCHs – HMAS Shropshire and Wewak.

Pacific Partnership is an annual US Pacific Fleet-sponsored training and readiness mission to perform humanitarian civic assistance in the US Pacific Command area of responsibility.

The ADF team will be divided into two phases, with engineering personnel rotating half-way through the mission.

Lt Mick Collaros, 3CER, will lead the ADF team as contingent commander for the first half of the mission.

He said the personnel were looking forward to making a difference by supporting the South Pacific communities.

“The ADF team is eager and ready to embark on the journey of a lifetime,” Lt Collaros said.

“We’re glad to help out and are looking forward to getting stuck into the task at hand. We heard from members of last year’s Pacific Partnership that the Aussies were appreciated as they hit the ground running.”

He said it would also be a great cultural experience, with participants and host nations sharing knowledge and exchanging expertise.

The team is a part of the US-led contingent that will spend three months delivering medical, dental and engineering projects to South Pacific communities.

Visits will be made to Samoa, Tonga, Solomon Islands, Kiribati and the Republic of the Marshall Islands.

The contingent will spend about two weeks in each of the five nations, working on three to four projects in each one.

The campaign works with and through a wide range of nations, non-governmental organisations and government agencies.

The Australian contribution recognises the importance of helping people in our immediate region.

This year’s mission will last until September 18.

The enabling platform for the deployment is the 23,852t US Navy vessel USNS Richard E. Byrd, a Lewis and Clark-class dry cargo ship, which will efficiently move people, gear and supplies around.

The partnership evolved from the international disaster response for countries devastated during the 2004 Asian tsunami.

The ADF has contributed enthusiastically since 2006.
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by capt lachlan simond

while media reports on the australian efforts in southern afghanistan have centered on the mentoring and reconstruction missions, one group of soldiers has worked tirelessly in the background to ensure the “sexier” elements of mrtf 1 could achieve their important missions.

these are the men and women of the combat services support team (cstt), a diverse organisation that includes medical staff, raeme specialists, q-store personnel and caterers.

oc cstt capt peter mckenzie, a catering corps officer, is justifiably proud of the work done by his small and dedicated team.

“no mission in the last eight months in afghanistan has been delayed due to logistical problems, our team has time and time again achieved all that has been asked of it and more,” he said.

“all the members of the csta can leave afghanistan with the satisfaction of a job well done. the great success of the 7rar battle group is in no small part due to the efforts of a group of committed, professional logisticsians, who have kept the battle group rolling out the gate for every mission.”

the sheer logistics of supporting a battle group spread throughout their area of operations at five patrol bases and a forward operating base meant the team moved 100,000lt of fuel and up to 12 shipping containers of equipment at every base a month.

“this is no mean feat when you consider the conditions of the roads in ouruzgan province and the constant threat to our logistic convoys, which is quite substantial,” capt mckenzie said.

to achieve this support, along with the maintenance of vehicles in the harsh physical environment, csta members worked day and night.

“we are certainly not the sexy part of the war zone.

“but we were here and we always got the job done with a sense of purpose and a flexibility to meet each mission.”

construction continues

with mrtf 1 completing its work as mentors for the afghan national army, the engineers of 1 fd sqn have been continuing the mission to facilitate the reconstruction of ouruzgan province.

as its tour came to a close, mrtf 1 moved from its main base in tarin kowt to the village of sorkh morgab to open a new basic health centre, designed, funded and managed by the australian engineers and built by a local construction company.

the facility is the latest to be opened in the area, following the opening of a new market, also developed as an australian-led reconstruction project.

a school and mosque will eventually complement the basic health centre and the market, providing a new water source for the locals as they enjoy their new civic and cultural hub.

as these projects were nearing completion, the engineers continued to move further from the provincial capital and conduct reconnaissance on projects required in areas now experiencing the peace the australian mission is bringing to this corner of afghanistan.

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save thousands by not dealing with the middle man

by capt lachlan simond

while media reports on the australian efforts in southern afghanistan have centered on the mentoring and reconstruction missions, one group of soldiers has worked tirelessly in the background to ensure the “sexier” elements of mrtf 1 could achieve their important missions.

these are the men and women of the combat services support team (cstt), a diverse organisation that includes medical staff, raeme specialists, q-store personnel and caterers.

oc cstt capt peter mckenzie, a catering corps officer, is justifiably proud of the work done by his small and dedicated team.

“no mission in the last eight months in afghanistan has been delayed due to logistical problems, our team has time and time again achieved all that has been asked of it and more,” he said.

“all the members of the csta can leave afghanistan with the satisfaction of a job well done. the great success of the 7rar battle group is in no small part due to the efforts of a group of committed, professional logisticsians, who have kept the battle group rolling out the gate for every mission.”

the sheer logistics of supporting a battle group spread throughout their area of operations at five patrol bases and a forward operating base meant the team moved 100,000lt of fuel and up to 12 shipping containers of equipment at every base a month.

“this is no mean feat when you consider the conditions of the roads in ouruzgan province and the constant threat to our logistic convoys, which is quite substantial,” capt mckenzie said.

to achieve this support, along with the maintenance of vehicles in the harsh physical environment, csta members worked day and night.

“we are certainly not the sexy part of the war zone.

“but we were here and we always got the job done with a sense of purpose and a flexibility to meet each mission.”

construction continues

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Helping refuge

By WO2 Graham McBean

RESERVISTS on Rotation 18 (R18) of Operation Anode put their skills from civilian life to good use during a civilian-military liaison (CML) task near Honiara.

The soldiers volunteered their downtime to assist Tenaru Women’s Refuge with its ongoing maintenance effort.

It was a joint effort by Australian Cpl Craig Peet and NZ Pte Byron Glover, both cabinet makers, ably supported by Kiwi handyman Sgt Brian King.

Cpl Peet, R18 transport supervisor, said the refuge was a church-run organisation staffed by Christian sisters and all for a good cause.

“Money is fairly scarce here and building products costs money,” Cpl Peet said.

“It only costs us our time and we’ve already got the materials – so why not.”

The trio replaced more than 12 steps and porch boards on an external staircase which termites and the weather had made unusable.

Cpl Peet said it was an ongoing problem in Solomon Islands where lack of money for maintenance and a shortage of trade skills added to the burden on infrastructure.

“I am pleased to be able to do something and this is important and we can do it ourselves,” he said.

The assistance to the refuge is part of the CML effort provided to the Regional Assistance Mission to Solomon Islands (RAMSI) from the Anode rotations.

2IC CML Team WO2 Marina Cox said the liaison program was an important part of getting the right information to the local people on what RAMSI was about.

“It is very confronting to work in this environment. So much money is needed to fix things up,” WO2 Cox said.

Strong bonds: Sisters from the Teniru Women’s Shelter Mary Lulo (left) and Daisy Gooka talk with WO2 Marina Cox. Photo by Cpl Guy Young

Solomon Islands face the music

By WO2 Graham McBean

ROTATION 18 of Op Anode relaxed for two nights in Solomon Islands as the Forces Entertainment Tour brought a little piece of home to Honiara.

The Victorian-based contingent has completed about two thirds of its deployment and welcomed the Aussie entertainers for two concerts on June 23 and 25.

Doug Williams and his band The Mix headlined the concerts supported by his daughter, Tiaan, with comedian Clint Paddison and singer Chantelle Delaney completing the bill.

Pte Kevin Churches, 56VR, said it was a welcome distraction from the long days on deployment.

“It’s good for the morale of the soldiers, especially after a couple of months on deployment,” Pte Churches said.

“It’s great to have a break from what we do from day-to-day.”

The appreciation also worked in reverse. Chicago-born Doug Williams said Australia had welcomed him 30 years ago and the tour was a chance to give something back to his adopted country.

“Australia has blessed me all the way – I just thought it was stupid if I didn’t come,” Mr Williams said.

It was the second entertainment tour for Clint Paddison who said he couldn’t wait to get back for another forces event.

“We did 13 shows in 16 days in Iraq and we had such an enormously fun time and it was a life-changing experience,” Mr Paddison said.

Out and about: Tiaan Williams talks to troops at Forward Operating Base Maritime during the Forces Entertainment Tour to Solomon Islands. Photo by Cpl Guy Young

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Patrol helps to find missing girl

By WO2 Graham McBean

A ROUTINE patrol in support of the Royal Solomon Island Police on June 25 turned into a search for a missing girl from a small village about 30km east of Honiara.

LCpl Sean Fitton and his section were tasked to provide support to Tetere Community Police Station for what was, at first, thought to be a routine visit to community areas at nearby palm plantations.

The patrol was diverted on arrival at Tetere station to assist in the search for missing 13-year-old Keiko Tahi who was believed to have left with her boyfriend.

OIC Tetere station SSgt Francis Sale said enlisting Australian assistance for grass-roots community policing such as this had been a big factor in the re-emergence of credibility for the local force. SSgt Sale said most minor policing issues were now resolved quickly because the local population realised that with finding Keiko as well. The patrol moved to Komukama village with Coast Lake Sale where a search team from the local school quickly located the missing girl.

As stability continues to grow, the sense of achievement of the deployment is increasing. “Mostly we can handle the normal reports that come across the desk because we have the backing of the Army,” said LCpl Fitton.

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Directions: LCpl Sean Fitton liaises with Royal Solomon Island Police Sgt Wesly Youza.

local law enforcement was operating and effective.

“We are seeing things progressing,” SSgt Sale said. “Mostly we can handle the normal reports that come across the desk because we have the backing of the Army.”

That also proved to be the case with finding Keiko as well. The patrol moved to Komukama village with Coast Lake Sale where a search team from the local school quickly located the missing girl.

As stability continues to grow in Solomon Islands, LCpl Fitton said it was one of the more exciting moments they had encountered.

Prison in sight

By WO2 Graham McBean

IT ISN’T the most glamorous job in Honiara, but manning the observation post (OP) above Solomon Islands’ Rove prison has its benefits.

To begin with, says Pte Lawrence Lockwood, the coastal breezes provide a chance to escape the ever-present tropical humidity and 30°C temperatures.

However the OP is an important part of the Ope Anode mission and the support provided to the Participating Police Forces and RAMSI.

With the situation stabilising in Solomon Islands and most of the offenders largely accommodated in the prison, Pte Lockwood says there isn’t much to report – but that’s a good thing.

“I saw someone sleeping under the ping-pong table but that’s about all the excitement there is these days,” Pte Lockwood says.

A section of soldiers man the OP 24/7 from the heights above the prison and have communications to the prison guards below and can report any offences immediately. The prison’s proximity to surrounding civilian areas make it vulnerable to people throwing contraband items over the wire prison fences.

Apart from sea breezes, it also allows the section to work autonomously as a team for the week-long rotation.

Pte Travis Lia said it was another one of the important tasks that had added to the sense of achievement of the deployment.
The regiment kicked up a gear as it prepared for a busy period of training and celebrations.

**REGIMENT’S BOND TO WOODSIDE**

At the completion of the mission in Malaysia, 110 Bty returned to Woodside in May 1989.

With both batteries located at Woodside, the decision was made to provide a headquarters battery and create a new regiment 16 LAA Regt, raised on June 2, 1989.

**Artillery Association reunion was held and attended by about 150 former and current members of the regiment.**

**Homecoming**

Members of 110 AD Bty returned from eight months of service in East Timor on May 28.

Performing an intimate red carpet, the diggers of 16 AD Regt painted the women’s district in Dili.

Platoon commander Lt Christopher Price and his platoon spent a month in Malaysia, before flying into Dili and two months in Dili. He was pleased with the performance of the soldiers during the deployment.

“My diggers were excellent. I was very happy with the way they worked,” Lt Price said.

“An exceptional response to any situation if it opened and did not sort of prioritize to identify any friction points.”

He said he had found the deployment interesting and full of challenges.

“We were involved with missions ranging from apprehension operations with the East Timorese police through to securing East Timorese police in the control of our navigation,” he said.

“They were very enthusiastic and worked really well with the Australian soldiers.”

**On parade: RSM WO1 Glynn Potter at the freedom of entry parade in Woodside during the regiment’s 40th birthday celebrations.**

**Photo by Jel Gabrielle Turner**

**Show time: Jacqueline Kilian and Lt Jeremy Satchell inspect an old Rapier Tracking unit on display.**

**Photo by Jel Gabrielle Turner**
CONGRATULATIONS to Maj Adam Dunbar for his excellent cricket analogy (“Reservists hit for six,” Army, June 25). Just in time for Reserve Forces Day too.

I was surprised, however, to read of his disappointment after his request for inclusion in the Australian cricket team was rejected. Unfortunately he seems to have imagined the Australian Cricket Board (ACB) reasoning that only “full-time professionals” should represent their country. After all, the greatest cricketer that ever lived, Sir Donald Bradman, was a cut-lunch cricketer, fitting his extremely busy part-time career (not hobby) of representing his nation on the cricket pitch around his well-documented civic work commitments.

What assured that weekend warrior a position in the team, and in history, was his ability with the bat. Under ACB policy, players are selected on team requirements, ability and availability. Perhaps the author could try spending more time in the nets and less time sledging the selectors.

Maj Jake Baker
HQ 1 Div
Brisbane

I SHARE Maj Dunbar’s disappointment that he was so unfairly overlooked by the ACB despite demonstrating a sense of humour equal to the great Doug Walters.

I am sure though, he will be pleased to know that a significant number of his “part-time brothers” have been selected to join the deployed international teams and, according to reports from their professional captains, have performed as well as many others in the team. Given they only practised on Tuesday night, and for 10 or so weekends a year, one can only wonder of their true potential if, like Maj Dunbar, they did nothing else but play the game full-time.

Maj Craig Gillett
OIC WLC Canungra

AS a mental health provider, I compliment Maj Dunbar on utilising an effective venting strategy and I hope he feels better for it.

The reality is that the Australian cricket XI has limited places and an abundance of professionals ready to step in at short notice to fill any vacancy. The ACB does not have this luxury and must rely on its reservists to fill vacancies where they exist.

As for holding competencies vs being competent – surely this difference is down to effective training of reserve members? I know that my unit’s reservists are well trained in their field and are competent in the capacities they hold.

Maj Michael Read
1 Psych Unit
Randwick Barracks

THE Australian cricket team frequently relies on the “part-time” batsmen of the lower order, after the “professional” batsmen have been found unequal to the task.

Maj Dunbar might like to reflect that were it not for reserve medical specialists, the ACB would have no capacity to perform, to acceptable Australian standards, surgery under general anaesthesia. There are no regular Army positions for procedural medical specialists. I’m sure many reservists who contribute their civilian expertise to the ADF could offer similar examples.

Maj Michael Read
OC Victorian Specialist Advisory Group
100B, Victoria Company

Game on: Troops playing cricket while deployed to Afghanistan.

MY colleagues and I are committed to spending many hours over and above our daily jobs and family commitments to attend training. I am not suggesting that as a reservist I am at the same level of competency as an ARA member, but I have the capacity to achieve training parity with my ARA colleagues within a short period and thus make a valuable contribution to the Army as part of a cohesive unit whenever it may be required of me.

The recently released Defence White Paper is giving reservists the opportunity to step up and I believe this initiative will be met with a positive and professional response.

Rather than vacuously day-dreaming of Lords, Maj Dunbar should conduct some research. He will, to his undoubted astonishment, find that many reservists have been deployed on a number of operations around the world in the last few years, and with great success.

I respectfully suggest that he might need to spend more hours at indoor cricket – perhaps a similar amount of time that reservists devote to Army training – if he wants to turn his hobby into a chance to represent the nation.

Spr David Kelly-Grims  
ACP  
Ringwood, Victoria

RESERVE soldiers will often spend many years to complete their trade training and promotion to squad rank.

Reservists must also juggle a civilian career with conflicting priorities around their family life and military career. I have often seen harboured reservists soldiers come into reserve units last and a year or so before discharging, citing how hard it is to maintain the commitment.

So when a reservist puts up their hand for operations, know that there will be a soldier with the skills and damaged civilian careers to support and serve the Army on operations.

Please refrain from printing this sort of tripes.

Maj Graham ToddKiln
Army Personnel Agency
Victoria Barracks, Brisbane

I AM disappointed in the publication of the letter by Maj Adam Dunbar in Army. I do not believe the letter is derogatory in nature and I support reservists who contribute their civilian expertise to the ADF.

I AM writing in regards to the front page story and picture (Army, June 25).

As an ex-274 operator specialist, I know from 85 Tpt Tp, 26 Tpt Sqn, I – as well as many other ex-274 operators – would like someone to explain how the F-111 happened to be transported by a civvy contractor, when not more than 5km away from its loading, is located a heavy transport squadron, 85 Tpt Tp.

I know for a fact that at the time there were located in the unit compound five Haulmark 60-tonne tank transport trailers, and at least 15 Freihauf 12.5m cargo trailers, as well as operators who would have no doubt be more than willing to move this aircraft.

As such, the shame of a perfect ADF recruitment opportunity has been wasted. Especially since in December 2008 the 274 Tp was listed as a critical trade within the RACT. It was good to see some ADF involvement, provided by “Ute Troop” 86 Tpt Hq, though the recruitment opportunity as well as the obvious expense incurred by the “headshunt” is disappointing.

For too many years the 274 operator has sat by and watched in amazement as other trades and more ADF loads have gone to civvies, at astronomical expense.

In 1997, the now disbanded 158 Tpt Tp moved the fuselage of a Hercules C-130 from RAAF Richmond to Point Cook in 1992 and members of South Queensland Logistic Group moving a Meteor jet fighter from Caloundra to Amberley in 1996, and so most recently Army heavy-lift assets moved equipment returned from OBG/R from Townsville to Sydney and Bandiana rather than utilising civilian contractors, primarily due to the training value of the task.

I would note that if 36 Tpt Sqn moved another C-130 fuselage in 1997, as Cpl Kelly has indicated, it would more than likely have been a more cost effective solution.

I understand Cpl Kelly’s desire and that of many other 274 operators to attaining their professional skills where possible. I can only assure him that the procedures used to determine the use of “full-time” and “part-time” personnel, and the needs of the service to maintain a skills base, are some of the factors that any other member of Defence to pass on any data they may have that identifies deficiencies in current or former army training for future consideration.

Lt-Col Craig Donohue
SOG Chief
JLU-SQ

When determining if a load will be carried by military or civilian contractors, a detailed cost analysis is conducted to ascertain costs, such as equipment availability (does the trade fit) training value and, as Cpl Kelly points out, public relations value.

In the past Army has conducted many of these types of tasks with 153 Tpt moving a C-130 fuselage from RAAF Richmond to Point Cook in 1992 and members of South Queensland Logistic Group moving a Meteor jet fighter from Caloundra to Amberley in 1996, and so most recently Army heavy-lift assets moved equipment returned from OBG/R from Townsville to Sydney and Bandiana rather than utilising civilian contractors, primarily due to the training value of the task.

Road trip: The F-111 on its journey.
Assessment of adaptive traits

SENIOR officers and warrant officers will come under review in a proposed assessment of their adaptive traits.

CA Lt-Gen Ken Gillespie has directed that a supplementary report be introduced for appraisal of all officers from lieutenant colonel and above and for all WO1s serving in Army and in the Non-Army Group.

AD973 Supplementary Report – Adaptive Army

Trends will enable comment on senior officers’ and senior warrant officers’ performance in the implementation of Adaptive Army and their contribution to the Strategic Reform Program.

The current PAR does not adequately address many of the attributes required of a senior officer or WO1 the Reform Program.

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By Capt Alastair McPherson

UNDER a blanket of mist and heavy monsoonal rain, Delta Company, 6RAR, held its ground during the Vietnam War with heroism and grim determination against a three-sided attack from a regiment-size enemy.

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Off to church: Soldiers from RNSWR march through The Rocks in Sydney on the way to the annual church parade at Millers Point. Photo by Cpl Chris Moore

A cut above: WO2 Cassandra Jones, 7 Sig Regt, loses her locks after raising $10,500 for cancer charity Relay for Life while in Afghanistan. Photo by Cpl Ricky Fuller

Cam camp: Ptes Jarod Thomson and Damon Breaden, on Op Resolute, after painting the face of Mitchell Hutchins-Norton, 8, at a Camp Quality event in Darwin. Photo by LS Helen Frank

Grinning gunslinger: Bdr Rodney Greenwood, 8/12 Mdm Regt, stands in front of two 155mm howitzers at the entrance to the Hidden Valley race track in Darwin during a V8 Supercars event. Photo by Sgnt Pete Gammie
Self defence develops force

By Capt Mick Spruce

RESERVES in Townsville hit the gym mats as trainees on a military self defence (MSD) exponents course from June 8-12.

The course was sponsored by 3CSSB and comprised instructors and students from 11 and 3 Bdes.

Pte Sam Watene, 31/42RQR, said the course was extremely demanding physically coupled with the requirement to study and practise different techniques and holds.

“It’s certainly a course I’d recommend that other soldiers complete,” Pte Watene said.

Senior instructor WO2 Steven Gibbs said the aim of the course was to provide trainees with an opportunity to increase their confidence and fighting skills.

Trainees were exposed to situations where they had to disarm opponents carrying bladed weapons or firearms and prevent themselves from being disarmed by an opponent.

For the reservists who attended, the MSD course was also a requirement as part of their Ready Reaction Force training. 11 Bde maintains a company-size group of RRF soldiers. The course qualified 20 soldiers as MSD exponents.

Tough stuff: Cpl Scott Thureson (left) and Pte Matthew Jewell, 31/42RQR, practise weapon retention drills. Photo by Capt Mick Spruce

What a blast: Gnr Chris Steele, 16 Fd Bty, Gnr Thomas Mamsner and Gnr Peter Grzelak, 2/10 Fd Regt, participate in a section fire mission as part of the live fire phase. Photo by Maj Ian Toohill

Gunners converted

By Maj Ian Toohill

PUCKAPUNYAL range echoed to the sound of mortar fire as 2 Div artillery soldiers wrapped up a 16-day basic mortar course from May 9-24.

The course was the initial part of the conversion of 2 Div RAA units to 81mm mortars and followed a successful trial period of about 18 months by 2/10 Fd Regt.

Training officer 7 Fd Bty Capt Joe Wheatley said the conversion to mortars was a good professional move for the reservists.

“Mortars are very flexible and build the small teams needed to support junior leaders and indirect fire training in 2 Div,” Capt Wheatley said.

Student of merit Gnr Chris Steele, 16 Fd Bty, said the course was excellent and staff had helped achieve a high level of proficiency.

“It has been tough, real training with a steep learning curve,” Gnr Steele said.

“I think it’s the best way for gunners to maintain their skill set in 2 Div,” Gnr Steele said.

CO 2/10 Fd Regt Lt Col Rob Crawford said the conversion course was a great opportunity for 2 Div gunners to maintain their indirect fire support skills.

“It was particularly important for the training of six-man joint-fire teams as a requirement of the HRR,” Lt-Col Crawford said.

“Afwr being involved in the mortar trial, I am pleased to see this course was such a success.”

The training team that conducted the course is working closely with HQ CATC to develop training packages that are suited to the availability of ARes soldiers.

Conversion of the Army Reserve gunners to mortars is expected to take about two years and will coincide with the withdrawal of the current generation of 105mm field guns from service but will ensure the maintenance of indirect fire support skill sets. The course was highly successful with soldiers from 2/10 and 23 Fd Regts and 7, 16, and 48 Fd Btys qualifying.

The course involved training in the handling of the 81mm mortar system, conducting fire missions and duties in the command post.

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Exercise builds on medical skills

By LCpl Daniel Hodgson

PERSONNEL from 2HSB have sharpened their skills during Exercise Medusa from June 8-16.

During the exercise at Gallipoli Barracks, the battalion deployed to a level-three combat medical facility.

Exercise Medusa was conducted in four phases with pre-deployment, preparation and deployment of medical facilities such as X-ray, pathology, psychology, initial wound and damage control surgery operated by 110 personnel.

2HSB OPSO Major David Bullock said the exercise allowed staff to practice their skills with realistic scenarios involving patients from the base hospital. “The scenarios and patients gave the staff hands-on training and allowed personnel.

involving patients from the base hospital to sharpen their skills with realistic scenarios said the exercise allowed staff to practice hands-on training and allowed personnel.

JUNIOR leaders from 1 Sig Regt were recently challenged with an introduction to dragon boat racing. By LCpl Daniel Hodgson

JUNIOR leaders from 1 Sig Regt were recently challenged with an introduction to dragon boat racing and participated in an exercise where soldiers visited military sites.

The dragon boat race was held with Brisbane Dragon Boat Club at Bulimba on the Brisbane River. The soldiers joked that there was more water in the boats than in the river.

OIC of the activity Lt Freya Doney said it was a good chance for the members to build on the essential team skills of trust, communication and cooperation.

As part of Exercise White Knuckles, junior leaders visited Army training establishments including Kapooka and also had a tour of the Australian War Memorial. Throughout the tour the junior leaders delivered speeches on military history and personalities.

FULL-time service on operations is reaping big training and skills dividends for Victorian-based soldiers on Rotation 18 (R18) of Operation Anode.

An ongoing training and live-firing program has enabled the reservists to advance well beyond the normal mandatory requirements possible on a part-time basis.

Commander 3 P1 Lt Paul O’Donnell said the purpose was to lift the professional mastery of the contingent’s military skills before returning to their units in Victoria.

He said qualifying the soldiers would most likely have taken three years at depots in Victoria. “There is only so much that can be achieved by practising the minimum mandatory training with blank firing,” Lt O’Donnell said.

“When you are conducting live-fire ambushes, the soldiers give it the seriousness it deserves and they can prove to themselves that they can do it.”

Training includes the suite of infantry weapons and soldiers are tutored in instructional techniques to increase their own potential within home units.

Lt O’Donnell said the gradual increase in training complexity had compelled better situational awareness from soldiers and much better decision making while maintaining the correct drills and accuracy in firing.

“The field-firing training we have been doing at section and platoon level has included attacks and withdrawals and casualty recovery drills,” he said.

S1 R18 Capt John Pearse said “the depth of change was incredible.”

He said one of the highlights of the deployment was witnessing the development of the soldiers.

“When the guys leave here a number of them are going across to the ARA,” Capt Pearse said.

1 Sig Regt junior leaders venture

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Army
July 9, 2009

Search for missing soldiers in Borneo

Two SASR soldiers were swept away crossing a river and were presumed drowned in Borneo in 1966. Maj Jack Thurgar discusses the complex mission to find the missing soldiers and the quest to bring them home.

WO special forces officers watched the silent but swift flowing Sekayam River with hesitation. Both were aware of its dark history. One entered the neck-high water and made his way cautiously across the rapids flowing at an angle away from him, all the time trying to keep his footing and not go under, while the second officer observed.

The SASR officer in the river was retracing the exact crossing where, at 0300 on March 21, 1966, Lt Ken ‘Rock’ Hudson and Pte Bob Moncrieff were swept off their feet and drowned.

But this time the SASR officer had a safety buddy from the Indonesian Army Special Forces. The two men were part of a joint TNI and ADF research team in West Kalimantan. Their task was to assist in gathering information to help determine the fate and, hopefully, the final resting place of the two lost 2 Sqn SASR soldiers from 1966.

In January this year, the Indonesian Armed Forces Commander indicated to the CDF his support for ADF efforts to locate and recover the remains of Lt Hudson and Pte Moncrieff and an invitation was issued to the Australian research team to visit West Kalimantan in Indonesia.

Before deploying, the joint research team had undertaken considerable research, examination of documents, and interviews in their respective countries to reach this point in the meticulous four-phased process of accounting for Army’s war dead. Many Dayak witnesses including a Ketua Adat – the keeper of the culture and history of the tribe – were found by the TNI officers and interviewed by the team. All the witnesses had participated on the TNI side during the Confrontation.

These days they still live along the river bank and try to preserve their unique way of life and language. There are no roads in the remote border region. Transport to all sites was either by foot or canoe. Life is simple and uncomplicated along the river. Many difficult questions were asked of the witnesses and the responses took time because of the cultural sensitivities, age, local custom and language.

All the men who participated in the program were senior and highly respected figures within their clans. Therefore they had to be interviewed and treated accordingly. The information they gave to the team appeared to be honest and straightforward.

They told what they saw and heard from other parties. In particular, they confirmed the details the team had collected on the Indonesian ORBAT from 1966 and provided additional names of key personnel who might have been involved with the missing Aussies at the time.

As a result of the research, it is anticipated that the team will return to the area to complete its mission before the end of the year.
ACKLING the physical demands of the Kokoda Track proved the perfect challenge to chart a personal journey as WO2 Mel Bellinger retraced her grandfather’s World War II footsteps.

WO2 Bellinger, 10FSB, was one of 10 women chosen from thousands to trace their own internal journeys amid the rain, heat and mud of the iconic 93km track.

Each individual experience along the way was captured as part of a documentary Women on the March expected to be released later this year.

For WO2 Bellinger the 10-hour days from March 17-27 were initially filled with equal portions of doubt and excitement for the challenges ahead.

When the party reached the Australian Rising Sun memorial atop Imita Ridge on day three, she looked back over the rugged terrain of the ‘Golden Staircase’ and a personal sense of achievement began to grow.

Regardless, her infectious sense of humour never deserted her. “I discovered I could be stubborn and possibly intolerant,” WO2 Bellinger laughs.

“But I did discover a mental robustness and stamina that was greater than what I thought.”

“I found I could put my own personal hardship behind me and get through each situation.”

It was a personal goal for WO2 Bellinger to walk the track and the opportunity presented itself when a news story in Army sought volunteers for the documentary.

Her grandfather served with the 39th Bn in New Guinea and her connection to the military fired her ambition to take part.

What she didn’t anticipate was just how challenging and rewarding the experience would be. “It was amazing – if I could share the experience with people I would take them all on the same journey,” WO2 Bellinger says.

“You go into it pretty nervous because you always have doubts whether you can complete it and do the job well.”

“And then the days go, you think you can get there, but you never let yourself get too confident until you get over the line.”

Confronted with the physical challenges of swollen streams, washed-out bridges and almost constant rain, the group of 10 with camera crew in tow, marched until they reached Laura’s Memorial.

WO2 Bellinger sees the physical challenges of the trek were eased by the ‘leg-ends’ – the PNG assistants for the trek, who are direct descendants of the fuzzy wuzzy angels.

Looking back over the terrain they had crossed, the relief was palpable among the women, along with the sense of achievement.

“I look back at my photos now and I can’t believe what we went through.”

Retracing steps over Kokoda

A dedicated group of women has tackled the arduous 93km track for a television documentary. WO2 Graham McBean talks to WO2 Mel Bellinger about her experience conquering the challenge and retracing her family footsteps.
LIFESTYLE

July 9, 2009

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By Michael Brooke

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Workout flaws

Many different theories exist on techniques to get fit and lose weight. Lt Rob Orr describes some of the common mistakes that people make when training for better health.

THE quest for fitness, people can make minor mistakes that can negatively impact on their training goal or their general health. Most people aren’t aware of the damage they could be doing as they crank up their workout to push themselves to the next level or return to their old routine after an extended break.

This article describes a few of the common mistakes that people may make during their training sessions, and provides advice on how to avoid injury.

Go hard or go home

Training does not have to be hard. You have not wasted your session if you fail to make your nose bleed after weight training, or cough up a lung after a run. Continual hard-training sessions may be more detrimental to your long-term health and fitness than lighter sessions.

Solution: Incorporate light, medium and moderate intensity sessions in your program with harder sessions on the days you prefer to work out and easier sessions on the days you don’t want to train.

Quick-fix ideas

After several weeks, months or years of neglect, it is unrealistic to expect your body to suddenly change shape after one session or even in one week. A quick-fix approach has more chance of destroying your gains in one day through injury than making a sudden miraculous change.

Solution: Be realistic about the gains you expect and realise it will take time and effort.

Weight training

There are more muscles in your body than those you see in the mirror.

The most important muscles for health, fitness and even performance are those that are deep and cannot be seen. Your muscles need more than just weights for good health; they need good flexibility, they need to be anchored to a healthy bone, they need to be supplied by a healthy cardiovascular system and much more.

Solution: See your PTI and discuss the full spectrum of training needs for a healthy active body. Avoid skipping part of your workout like stretches during a cool down.

Technique

It is important, if you are considering doing complex exercises, that your training focuses on technique, not weight or speed. Avoid training to impress; gains will come using the correct loads and the chances of injury and embarrassment will be reduced.

Solution: Train to improve, not to impress. Ensure your technique is perfect and avoid changing your loads or speeds to match others.

One session each day

There are many who believe that one training session each day during the week is all they will need to make gains and be healthy. Not so.

Look at it from this aspect: there are 168 hours in a week and five one-hour workouts equates to just three per cent of the week. Depending on the job you are in, it could mean that 97 per cent of the time you will not be physically active.

Solution: Be more active during the day. Take the stairs, walk to the park, remove the batteries from your remote controls and eat healthy meals. These are some of the ways to increase your daily activity.

Magazine workouts

Copying Arnold’s arm-busting session or Angelina’s bun-tightening exercises is more likely to give you minimal gains or even worse, cause an injury.

Every person is different and has different training backgrounds, injury histories and body shapes.

Solution: See your PTI for advice on a training program or contact details of coaches for your specific sport.

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Half a billion awaits claims

There is $564 million of unclaimed money in Australia and some of it might be yours. Times are tough so ASIC Chairman Tony D’Aloisio says there’s never been a better time to check.

The money could be in forgotten bank accounts, mislaid shares or the unclaimed life insurance of distant relatives.

Have you ever wondered what happened to that bank account you used to have?
Do you remember getting a letter from a company you owned shares in but can’t recall what happened to them?
Or have you been thinking about what happened to your aunt’s life insurance when she died a few years ago?

Since July 2008, Australians have claimed more than $40 million of unclaimed money. But there are still more than 645,000 parcels of money waiting to be claimed.

The highest individual unclaimed amount is $990,000. The largest amount already claimed this financial year was more than $3.1 million from a deceased estate.

How money gets lost

Unclaimed money can be found from banks, credit unions, building societies, life insurance companies, friendly societies, share holdings and company takeovers. Money in bank accounts and life policies becomes unclaimed when there has been no activity over a specified time—seven years in most cases.

After this, the Federal Government acts as custodian of the funds until they can be returned to the rightful owner.

Searching is free

Searching costs nothing. You only need to provide proof that the money is yours or you are the beneficiary.

If you want to search online for unclaimed money go to www.fido.gov.au/unclaimedmoney and follow the links.

While you’re there, try searching for your friends, family and neighbours as well. It only takes a few seconds to type in a name. You might even be able to find some money that belongs to your commanding officer!

One of ASIC’s staff did a search for all his cricket teammates and found more than $600 for one of them. After the beers to celebrate all the rest is going on the mortgage.

If you don’t have any luck online, you can ring ASIC’s Infoline and speak to one of our customer-service consultants. They will be able to conduct a comprehensive search.

I encourage anyone who thinks they might be entitled to unclaimed money to contact our Infoline directly on 1300 300 630 or email infoline@asic.gov.au during business hours.

Lost super

Unless you keep your super funds up to date with your address, they might also consider you a lost member. The sooner you recover any lost super, the less hassles and paperwork.

To check, visit the Tax Office’s website at www.ato.gov.au/supersseeker. All you need is your name, date of birth and tax file number.

The States and territories also have their own lost money services for a variety of other funds including dividends, refunds, deposits and wages. Contact details for these services are on the FIDO website.

Ask FIDO

For more information on unclaimed money, visit www.fido.gov.au or call 1300 300 630.

Take a look at www.adfconsumer.gov.au
Toning the Crows

By Barry Rollings

IN FOOTBALL matters, a Crow-at-heart is a Crow at home. So says Kurralta Park-born Cpl Josh D’Addino.

Now on CFTS with 9CSSB after leaving the ARA, Cpl D’Addino has served his beloved AFL team, the Adelaide Crows, since 2007 both in Melbourne and Adelaide.

He began working with the Crows as a Victorian-based trainer in 2007 while living in Melbourne. There he worked as a personal trainer and paraded as a reservist with 2 Cdo Coy.

He enjoyed the opportunity to support the Crows when their away games brought them to play at the MCG, Telstra Dome and Skilled Stadium.

“I became involved through my friend Vince Del Bono who has been working with the Crows for about 15 years,” Cpl D’Addino said. “I did all the away games that they played in Melbourne that year – about eight.

“When Vince became the head trainer, he offered me the position when he restructured.”

Cpl D’Addino believes he has finally found the perfect balance between his military and civilian worlds. He no longer has any difficulties juggling his two weekly training sessions, along with all the Crows home and away and premiership season matches, with his full-time military commitments.

“I enjoy the buzz of being associated with a professional footy club. It is fascinating to see the everyday trials and tribulations of the players and what they endure just to get a run at AFL level. You realise that even though these boys have amazing football talents, they are all just average blokes away from the spotlight,” he said.

“With the reserves’ day-to-day structure, when we work Tuesday nights we get Wednesday afternoons off. It usually balances out so I can do massage work with the Crows.

“I can also get in Saturday morning training sessions with the Crows and, when not working, I am able to travel with the team to weekend away games. Though I sometimes do strapping and taping before the game, or run as a trainer, I also do massage before and after the game. I am more involved in massage than I am in training and strapping.”

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Gaelic football isn’t usually associated with the hot and humid conditions of East Timor but that is what greatest Aussie players when they took to Dili Stadium.

Members of the International Stabilisation Force (ISF) fought it out on a Sunday morning in Dili in a scratch match of the other round-ball game. Teams comprised personnel from East Timor Battle Group 5’s Spat and Log Coys.

In what was a hard-fought and hot game in its own right, the eventual winners were Spat Company with a final score of 33-5.

CO ETBG 5 Lt-Col Darren Huxley was joined by Commander ISF Brig Bill Story to watch the teams compete.

The game was enjoyed by fellow members of the battle group as well as a few local East Timorese who wandered into the stadium to see what all the noise was about.

Pte Kober from Support Company was man of the match.

Mixed results in half marathon

HONOURS were shared around the three services in the Defence State Teams Half-Marathon which was run in conjunction with the Canberra Half Marathon on a pristine autumn morning around Lake Burley Griffin in Canberra on May 17.

A strong run from Sgt-Ldr Craig Benson coming off the back of the recent Canberra Marathon resulted in him easily winning the race in 1hr 18min 54sec.

Second was Navy’s veteran athlete Cmdr Andy Clowes in 1:22.49 sec, followed closely by the fast-paced Pte Brenton Goulding, RMIC, in 1:24.51 sec.

Navy’s LS Dionette Daly won her debut half marathon and two balling balls, some An Connaut (The Defender, Irish Defence Forces magazines), a Gaelic life newspaper and a County Monaghan GAA jersey, plus a New York GAA jersey for the troops to ruffle off, if they wish, for a local charity of their choice.

“I have been assured by Maj Sandra Turner that Gaelic matches are a regular occurrence between the bat-and-ball games of Ireland and Australia.

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The next series of pistol competitions sponsored by the Australian Army Sports Pistol Association are:

- October 3-5, SISC, NSW Championships – ISSF,
- October 10-11, Blacktown, CMPC Championships, service and ISP 25,
- October 12-16, SISC, World Masters Games, ISSF (age 30+ as at December 31),
- October 16-17, Holams, Australian Police and Service national competition.

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D STIMULUS PACKAGE

By Barry Rollings

FOR Liam Stirrat of County Monaghan in Ireland, it would never, never do.

But deep down, Liam thought it was all fine and dandy Australian troops in East Timor were playing Gaelic football (Peil Ghaelach) but when closer inspection of the website revealed a soccer ball was being used, something had to be done.

“Travesty,” Liam thought. Why it was equivalent to playing hurling (a traditional Irish sport) with a hockey stick instead of a hurley.

Liam promptly sent off some Gaelic footballs and other Gaelic paraphernalia to Maj Sandra Turner serving with Operation Astute.

“Looking on the ADF website for information about Tasmanian Army Reserve units [with a view to perhaps joining when he arrives there to settle with his fiancé], I came across an article about members of the Australian Army serving in East Timor playing the sister game of Aussie football, namely Gaelic football,” Liam said.

“Studying the photographs closely, I noticed that Aussie ingenuity was at play and observed the use of a soccer ball as a Gaelic football.”

“It was then, I felt the urge to rectify this and immediately contacted the webmaster to offer a Gaelic footy or two to those hard-working men and women of the Australian East Timor Battle Group.”

Liam says from an early age he was instilled with a passion for Gaelic football and the fast-paced, hot game in its own right, although technically still teenagers, Irish boys and for years afterwards if we ever wanted to play a rough version of GAA, the sleeves and socks were rolled up (or down) and the Aussie commentary and many a bloody nose came out.

Included in his parcel to the troops in East Timor were a match ball and two training balls, some An Connaut (The Defender, Irish Defence Forces magazines), a Gaelic life newspaper and a County Monaghan GAA jersey, plus a New York GAA jersey for the troops to ruffle off, if they wish, for a local charity of their choice.

“I have been assured by Maj Sandra Turner that Gaelic matches are a regular occurrence between the bat-and-ball games of Ireland and Australia.

Liam is a former member of the Irish Defence Forces and served for 7½ years as an infantry soldier and driver.

“I served along the border with Northern Ireland and three times with the United Nations, twice to Lebanon with UNIFIL and again with UNIFIL II and a tour with UNMIL to Liberia and Sierra Leone,” he said.

“I am hoping to start a nursing degree course next February with the University of Tasmania and then settle on the beautiful North West Coast of Tasmania.

“Yes I think I’d get a response from the ADF when I sent my initial email off and had visions that it would be viewed with scepticism.

“This has been a very pleasant surprise.

“Thank you very much for taking the time to email me, it is extremely delightful to see how well the ADF values its people.”

By Barry Rollings

GAELIC ADDS SPICE

GAELIC football isn’t usually associated with the hot and humid conditions of East Timor but that is what greatest Aussie players when they took to Dili Stadium.

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Pte Kober from Support Company was man of the match.
TONE THE CROWS

Cpl Josh D’Addino’s massage for the AFL