INSIDE: 50th anniversary liftout looks at the 1980s
THE Army is to acquire 35 M777A2 155mm lightweight towed howitzers as the next generation system for the RAA.

Four batteries of the guns are to be provided under the first phase of the Land 17 project, the Artillery Replacement Project.

Defence Minister Sen John Faulkner announced the second-pass approval for the $493 million project on October 20.

“The lightweight towed howitzer is the most advanced towed artillery system available in the world,” Senator Faulkner said.

“It is air-portable under CH-47 Chinook helicopters and can provide a weight of fire not previously available to rapidly deployed forces.”

Senator Faulkner said the second phase of the artillery enhancement would include the procurement of a self-propelled artillery system, which will be capable of providing fire support to highly mobile mechanised forces.

The British designed artillery system will be further enhanced through the future acquisition of a digital terminal control system for the tactical control of artillery, naval and close-air support fires by forward observers and joint terminal attack controllers.

“This element of the project will be considered by Government in the second half of 2010,” Senator Faulkner said.

He said these were high priority acquisitions which would provide improved protection and precision firepower to Australian soldiers, allowing missions to be carried out more efficiently, safely and effectively.

Fire for effect: A British variant of the M777A2 155mm lightweight towed howitzer in action. Photo courtesy BAE
Troops united in grief

By WO2 Graham McBean

The members of 2 Cdo Regt are unit- ed in grief but are resolved to continue their training for Afghanistan after the tragic death of LCpl Mason Edwards on October 20.

LCpl Mason died after being shot dur- ing live-fire close-quarter mission-spe- cific training at Cultana exercise area near Port Augusta in SA about 9.30pm. A second soldier from the IRR received small-arms shrapnel wounds to his arm.

Lt-Gen Gillespie said LCpl Edwards was killed while training and that the accident was a reminder of the dangerous job undertaken by service personnel.

"We have a soldier who is deceased, so clearly something went wrong. The aim of the South Australian Police inves- tigation and the ADFIS investigation will be to tell me what went wrong and what I need to do to fix it," he said.

A critical support team, including psy- chological support, deployed to Cultana to support the soldiers.

Lt-Gen Gillespie said LCpl Edwards had been preparing for his third opera- tional deployment and his death was a devastating blow. "I know for a fact that Mason was a committed and determined soldier, he was tremendously proud of his service and in his mates with whom he served," he said.

He said live-fire mission rehearsal exercises such as the one in which LCpl Edwards was killed were essential for their training for Afghanistan after the tragic death of LCpl Edwards and his loved ones.

The accidental death of LCpl Mason Edwards is a terrible tragedy and 2 Cdo Regt is united in grief, however, the train- ing at Cultana will continue to ensure that Alpha Cdo Coy is fully prepared for their next deployment to Afghanistan," Lt-Col Kenny said.

"Our thoughts and prayers are with his parents, Julie and Kerrin, his siblings, Katie, Rennie and Jared, his nephew, Henry, and his beloved partner, Cassie."

Happy couple: LCpl Mason Edwards and his partner Cassie. The soldier had a great love for Cassie, his family, friends and nation.
MORE than 100 reservists have received official thanks for their outstanding efforts during the Victorian bushfire emergency early this year.

Parliamentary Secretary for Defence Support Mike Kelly hosted a function at Maygar Barracks, Melbourne, on October 12. Codenamed Vic Fires Assist, the operation was commanded by Commander 4 Bde Brig Michael Arnold and consisted of 70 per cent reservists, mainly from 4 Bde.

At the height of the operation, nearly 800 reservists were deployed. More than 1300 were employed at some time during the seven weeks of the operation.

Dr Kelly said the reservists had shown “great skill and flexibility during the operation”. “While the employment of ADF personnel to assist the Australian community in times of natural disaster is not uncommon, this operation was unique in that the task was given primarily to reservists,” he said.

More than 100 reservists from 4 Bde attended the function, along with representatives of the Defence Support Council, head of the Cadet Reserve and Employer Support Division Maj-Gen Greg Melick, and federal politician Maria Vamvakacos.

Dr Kelly highlighted the importance of employer and community support to Defence capability.

By Maj Ian Toohill

Stories from the fire front: Dr Mike Kelly chats to Spr Darren Carney, 22 Const Regt, about his role in the Victorian bushfires operation.

It was thanks to supportive bosses that reservists could help their fellow citizens during natural disasters such as the bushfires. “We need employers of reservists to continue offering their support.” Dr Kelly said.

The reservists at the function, many of whom worked on the front line during the fire emergency, appreciated the gesture of thanks. Spr Darren Carney, 22 Const Regt, said he was glad of the opportunity to talk to Dr Kelly and “explain my role and the great sense of satisfaction I felt in being able to assist the Victorian emergency services, during the bushfires”.

22 Const Regt personnel were among the first to be sent in to cut vital fire breaks with their bulldozers and graders.

Dr Kelly also presented two Commanders Bronze Citations and one Silver Citation to members of the reserve for exemplary performance of their duties during the operation.

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Hat bands

DEFENCE clothing stores have been restocked with puggarees in sizes 57 and 58. Size 55 will be available at the end of October.

For queries about clothing entitlements, prices or availability, contact WO2 Anthony Romkes at the Army Clothing Hotline, on (03) 9282 6602 or email anthony.romkes@defence.gov.au.

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Chopper changes cut back

DEFENCE will save $50 million after a decision to scale back modifications to the Black Hawk fleet, under Project Echidna’s AIR 5416 Phase 2.

Defence will modify 12 Black Hawks with a basic level of electronic warfare self-protection but discontinue work on a more advanced suite, including the Australian-developed ALR-2002 radar warning receiver.

Defence Personnel, Materiel and Science Minister Greg Combet announced the update on September 18 after recommendations from Defence.

He said Defence had advised the return on investment for completing, installing and sustaining the advanced electronic warfare suite would not be justified given the remaining life of the Black Hawk fleet.

“Defence has reassessed the operational requirement and has determined the fitting of additional electronic warfare self-protection capabilities would have an adverse effect on aircraft availability,” he said.

“Black Hawk helicopters are currently being utilised for a wide variety of roles for the ADF and it is vital they continue to be available to fulfil these roles.”

Mr. Combet said Project Echidna had already enhanced the survivability and protection of the Australian Chinook fleet for operations in Afghanistan.

This included warning systems coupled to flare dispensers to counter heat-seeking missiles and ballistic protection against direct-fire weapons.

“The 12 Black Hawks fitted will have similar levels of electronic warfare self-protection and ballistic protection to that fitted to the Chinooks,” Mr. Combet said.

Five Black Hawks had been modified and the remaining seven would be updated by mid next year.

Project Echidna has also included the modification of all 12 C-130H aircraft to provide a missile warning, radar warning and counter-measures dispense capability.

Mr. Combet said Project Echidna had increased knowledge and capability in aircraft electronic warfare self-protection.

Career path: Gnr Scott Perry shows career advisers how an obstacle course is negotiated at Woodside Barracks.

By Sara Tennant

THANKS to a joint venture with Defence Force Recruiting (DFR), numbers at 16 AD Regt are swelling.

Career advisors from around Adelaide were invited to Woodside Barracks recently to check out the facilities and equipment, and talk to the soldiers about the unit and the Army in general.

Jason Wright, DFR, said the aim was to give advisers an insight into the unit and the Army. “We want them to present the Army as a great career option.”

As part of a year-long campaign with DFR, 16AD Regt has set up a website and hands out cards to candidates, who now contact the unit directly and speak to the soldiers. They can tour the unit and test their skills on the RBS70 simulator.

The enquiry rate in South Australia in the past financial year was 65, up from 13 the year before.

Jayne Shortt, a career advisor at Kildare College, appreciated the close-up view of the unit. “It’s very difficult to talk to students about jobs when you have no operational knowledge of them … [this] is so much better than talking from a pamphlet.”

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Hurry in for your choice of these 30 new easy to build on blocks just released in the Pacific Dunes Hillside precinct. Take advantage of Pacific Dunes 5% rebate exclusively for Uniformed Defence Force Personnel (including reserves) on any land purchase at Pacific Dunes. With 900m² blocks available from just $195,000 and delayed settlement until April 2010 you can afford your piece of Port Stephens lifestyle. All residents enjoy the Pacific Dunes Club House, swimming pool, tennis courts, summer house, bushland parks and a great sense of community.

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THE ADF Family Health Trial has expanded into its second stage, meaning about a quarter of Defence families may now receive free basic medical and dental care locally.

"CDP Lt-Gen David Hurley, who recently announced the start of stage two at Puckapunyal, said a further 13,300 ADF dependants were eligible to register for the trial. "This is an important step in honouring the Government's commitment to progressively extend the provision of free basic medical and dental care to more ADF families," he said.

The new trial locations are Darwin, Alice Springs and Nhulunbuy in the Northern Territory, Brome and Kununurra in Western Australia, Townsville and Talleys in Queensland, and Puckapunyal in Victoria.

Defence Personnel, Materiel and Science Minister Greg Combet said nearly 100 doctors in the new trial areas had registered for the scheme.

"Under the trial, dependants visiting these doctors will be bulk-billed for eligible medical treatments such as general-practice consultations, diabetes, asthma and mental-health care, health assessments and cervical smear testing and obstetric care," he said.

He said registered dependants could also claim $300 a year for non-cosmetic treatment provided by dentists anywhere in Australia.

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A VACCINE against the H1N1 influenza, widely known as swine flu, is now available to ADF members. Panvax has been assessed as being safe and effective and is registered in Australia by the Therapeutic Goods Administration.

Senior medical adviser Military Population Health (Joint Health Command) Dr Victoria Ross said the strain of influenza was still dominant in the northern hemisphere, where the flu season had picked up earlier than usual.

She said although flu levels were back to normal in Australia, "we don’t know how the virus will behave in the future or when and how it will mutate, so vaccination is encouraged as this is a new strain people don’t have immunity to.”

Dr Ross said influenza viruses mutate regularly, which was why a new vaccine was produced every year.

Joint Health Command is urging people who are most susceptible, including pregnant women and people with chronic diseases such as asthma or diabetes, to be vaccinated.

Vaccination is also recommended for ADF health-care workers with direct patient contact, recruits entering training establishments, members living in close quarters and those headed for the northern hemisphere. Joint Operations Command is working out details for vaccinating personnel presently deployed.

Apart from priority groups, any ADF member can be vaccinated. The vaccine is supplied in multi-dose packs, so enough people have to be available for vaccination before a pack is opened.

Members should contact their ADF health facility to find out what the local arrangements are.


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Deadline nears for petitions

By WO2 Graham McBean

CURRENT and former Defence personnel convicted of a service offence during the life of the Australian Military Court (AMC) have until November 23 to submit a petition against that offence.

This follows the High Court decision on August 26 that rendered the AMC invalid.

Legislation rushed through parliament reinstated the former system of courts martial and Defence Force Magistrates – which also reinstates the former systems of petitions and reviews for all service tribunals.

CDF Directive No 23/2009 provides that the full military discipline system has been reinstated and includes information on the provisions for members convicted and punished under the previous system of military discipline.

The directive further notes that detailed guidance on the process for submitting a petition for a punishment review will be provided by Defence Legal Division through the single-service chains of command.

“If in doubt, members and commanders should consult their legal officers for specific guidance on these matters,” ACM Houston said.

The AMC was established on October 1, 2007, to try serious service offences involving ADF personnel.

The August 26 High Court decision, however, declared the provisions of the Defence Force Discipline Act 1982 (DFDA) establishing the AMC were invalid.

The High Court’s decision removed the AMC from the military discipline structure.

The High Court ruled that all convictions recorded by the AMC between October 1, 2007, and August 26, 2009, were invalid.

This means that any ADF member who was convicted by the AMC during this period does not have a conviction nor do such persons have a criminal record.

However, the legislation that came into effect on September 22 gives effect to the punishments imposed (except imprisonment) and orders made by the AMC.

Additionally, all members who were convicted and punished by the AMC or, in some cases, a summary authority, such as a commanding officer, will have their punishment reviewed automatically or have a right to submit a petition for a punishment review where applicable.

Meanwhile, options for a permanent replacement for the AMC are still being considered.

Further information is available at www.defence.gov.au/mjs; by contacting unit or base DF legal officers; or Defence Counsel Services on (02) 6127 4099 or email to ddcs@defence.gov.au.

Deadline for petitions for former and current ADF personnel.

Parade for Chinese general

Grand show: Capt Mark Cole, Operations Officer Australia’s Federation Guard (left), and CDF ACM Angus Houston (obscured) escort Gen Chen Bingde, Chief of General Staff People’s Liberation Army. Gen Bingde visited Canberra on October 15 for Australia and China’s annual Defence Strategic Dialogue.

Photo by Kevin Piggott

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Top shot: Spr Paul Havey and Cpl Daniel Silvester are pistol training on the quarterdeck of HMAS Armidale while being filmed by Channel Seven's Border Security.

Complaints process easier

CDF ACM Angus Houston has encouraged commanders to use the new complaints and grievance management system, ComTrack Self Service, to resolve issues early and at the lowest possible level.

“Nothing is more important to me than the health and wellbeing of the men and women of Defence,” ACM Houston said.

“...encouraged commanders to use the new ComTrack Self Service. I particularly encourage people to try and make sure they resolve all unacceptable behaviour in a timely manner.”

ComTrack Self Service brings a number of processes and procedures into one common online system that makes it easier and quicker for commanders to monitor complaints and grievances.

“Performance can be tracked to ensure complaints and grievances are managed in an appropriate and timely manner,” ACM Houston said.

The new ComTrack Self Service can be accessed through the PMKeyS Self Service Portal link on the Defweb Homepage.

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ComTrack Self Service makes it easier and quicker for commanders to use the new complaints and grievance management system. The system ensures complaints and grievances are managed in an appropriate and timely manner, making it easier for the Navy.”

Cpl Silvester said they proved to be compliant boardings and all vessels acted within legal boundaries but an additional two vessels boarded that evening ensured all on board slept well when the job was done.

“The [crew] thought they’d had a busy day, but things were about to get a lot busier,” he said.

During the week-long patrol, HMAS Armidale boarded almost 50 foreign vessels.

“The following day was a repeat of the first. All the while the Channel 7 film crew accompanied the boarding party, both on and off the fishing vessels.”

Photographs and footage were filed as well as sound and voice recordings taken from microphones attached to various sailors – though the soldiers did not escape the film crew either. Normally TSE members aren’t involved with basic, compliant FFV boardings but the sheer volume of FFVs ensured TSE 54 members appeared on camera. The episode will screen at a later date.
Lessons to digest

By WO2 Graham McBean

CA LT-GEN Ken Gillespie has launched an updated version of Adaptive Campaigning: Future Land Operating Concept (AC-FLOC).

AC-FLOC was unclassified and available for broad distribution.

Col Chris Field, Director Future Land Warfare and Strategy, said it provided an up-to-date explanation of adaptive campaigning aligned with the 2009 Defence White Paper and Defence Capability Plan.

“AC-FLOC is deliberately unclassified so we can share it, not only throughout the ADF but with the Australian community and worldwide,” Col Field said.

“We have a national and worldwide collaboration with coalition partners, government agencies, and other elements of the ADF,” Col Field said.

“The idea is that AC-FLOC provides a single document where our soldiers can go to understand how Army may learn and adapt.”

The book details the conceptual, doctrinal and force modernisation direction planned for the Army to ensure it remains postured to meet the demands of future operating environments.

Col Field said work on AC-FLOC began 18 months ago and it was a collaborative effort where “many hands have come across the document”.

He said the book incorporated lessons learned from current operations and highlighted the important role of the soldier to adaptive campaigning.

“It is easy to be attracted to the capabilities of our various bits of kit,” Col Field said.

“But adaptive campaigning tries to show that success in combat is about the centrality of soldiers’ learning, education, understanding and improving – and not being afraid of making mistakes.”

Col Field said AC-FLOC noted that it is fine for our people to make a mistake providing that we learn and adapt.

“Our operating environment, now and in the future, is highly competitive, and while we adapt, we also face an enemy that is adapting.

“Continuous learning and improvement in our tactics, techniques, and procedures will assist us to maintain the edge on our enemies.”

CA LT-GEN Ken Gillespie launches the Army’s latest publication of Adaptive Campaigning. Photo by WO2 Graham McBean.

To all Defence Employees

SmartSalary launches Purple meets Green – our new carbon offset program

Who is SmartSalary?

SmartSalary is the approved salary packaging provider for the Department of Defence – currently over 12,000 Defence staff salary package with us.

Introducing Purple meets Green

SmartSalary is pleased to announce the launch of our new environmental program – Purple meets Green – offering our customers the opportunity to reduce the environmental impact of their car travel.

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We aim to encourage our customers who finance a novated car lease through SmartSalary Car Leasing to participate in this program by making a pre-tax donation to Greenfleet. Greenfleet will plant 21 native trees for each annual donation which will be used to plant forests that soak up carbon dioxide from the atmosphere.

These forests are made up of Australian native trees and will not only absorb greenhouse gases, they also create vital habitat for native wildlife and improve water quality in rivers and streams.

Why we believe it’s a good idea?

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Yours Sincerely,

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A bandie on his last post

By WO2 Graham McBean

SSGT Hamish Haugh is marching to the beat of another drum after 42 years of making music with 4/19 Prince of Wales’s Light Horse Regt and 68VR (now 5/68VR) bands.

The long-serving bandie joined on July 13, 1967, as a 19-year-old and had his swan song performance at St Georges Church in St Kilda on August 23, aged 62.

He was one of only four bandmasters of the 50-year-old 4/19PWLHR Band.

SSgt Haugh said he left with the satisfaction of 42 years of music; first with 6VR from 1967-69 and 40 years with 4/19PWLHR.

“We did a concert at the Melbourne Conservatorium of Music five years ago that was artistically reviewed in The Age newspaper,” SSgt Haugh said.

“The sort of critique is unusual for a military band but it shows the standard of performance of our band.”

He said there were many memories and highlights during a 40-year career.

He was proud of the band when it was called on to support the farewell for Overwatch Battle Group (West) 4 when it went to Iraq.

“They were deploying and there was no other band available at the time. For a reserve band to front up and do that at short notice was memorable and showed our commitment and professionalism,” he said.

SSgt Haugh’s first retirement project is to build a miniature steam locomotive, which has been on hold for some time.

Fun day for the family

BRISBANE families are invited to the 2009 Gallipoli Barracks Family Fun Day on November 1.

The free family day for all ADF personnel will be conducted on Duncan Oval from 2-5pm.

Lt Naomi Deignan, DCO-Brisbane, said more than 1500 people from the Defence community were expected to attend.

“We will have the units there with their military equipment so there will be ASLAVs and Bushmasters,” Lt Deignan said. “There will be jumping castles, a giant worm, pony rides and a local library will conduct a story time.”

A citizen of the force

By Tpr Michael Franchi

A BRISBANE soldier can now officially call Australia home after being made a citizen 20 years after arriving from PNG.

2CER Spr Dylan Leahy was presented his citizenship at the Department of Immigration on September 3 after taking the oath.

Spr Leahy said that becoming an Australian was a terrific honour and he felt very proud to do so.

“My parents are proud of me. Mum said ‘about time’ and my old man is just proud of me becoming an Australian and joining the Army,” Spr Leahy said.

Spr Leahy was born in PNG in 1987 and his parents came to Australia in 1989 to provide their children with a better education.

“I’ve still got my family ties where I come from – where I was born – and I’m still a strong believer in that, but just the fact Australia has accepted me as one of its own is great,” he said.

Overall, it took Spr Leahy three weeks to complete his citizenship once he started the process online.

He was well prepared for the test using his own initiative to research and study for the citizenship test.

OC 7 Combat Engineer Sqn Maj Matthew Prior and 14 Tp Commander Lt Matthew Middleton also assisted Spr Leahy with completing the required paperwork.

Spr Leahy said he joined the Army for the privilege to serve and becoming an engineer appealed to him.

“Previously, I did a lot of labouring jobs and thought the Army was a good way to go in my life, so I chose to do it,” he said.

A bandie on his last post

Good times: SSGT Hamish Haugh. Photo by Cpl Sarah Gill

A bandie on his last post

Fun day for the family

A bandie on his last post

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Fun day for the family

A bandie on his last post
AUSTRALIAN soldiers, working with Afghan National Security Forces and other coalition troops, have discovered and destroyed two Taliban weapon caches in Oruzgan province in recent weeks.

The munitions included weapons, ammunition, IED-making components, explosives and forged identity cards.

The daylight raids seized assault rifles, a machine gun, an RPG launcher and RPGs, rocket and recoilless rifle warheads, mortar rounds, hand grenades and nearly 1000 rounds of small-arms ammunition.

Some items were kept for analysis while most were destroyed.

The operation also seized about 300kg of opium resin.

CJOPS Lt-Gen Mark Evans said the raids had further disrupted the manufacture of IEDs and use of weapon systems across the central and northern parts of the province.

It is a significant volume of material to be found in one area and its discovery and destruction will continue to disrupt the Taliban extremists’ networks,” he said.

The combined ANSF and coalition operation to clear the compounds took a day.

“In their sights: SOTG soldiers scope the surrounding mountains during an operation in southern Afghanistan, and explosive ordnance seized during the raids (inset). Main photo by Capt Stu Wood

The munitions included weapons, ammunition, IED-making components, explosives and forged identity cards.
The first class of Afghan policemen who will work alongside Australian forces has graduated in Oruzgan province. The graduates form the basis of the new Oruzgan Provincial Police Reserve Company and have recently completed three months of mentoring by Special Operations Task Group (SOTG) soldiers.

At a ceremony held near the Australian base at Tarin Kowt, the SOTG CO told the new policemen they could be proud of their achievements.

“Your effort, hard work and dedication is recognised today as you graduate as Afghan policemen,” he said.

“It is a solemn responsibility that you have chosen to accept and one that you must faithfully undertake to discharge fairly, honestly and with courage. You owe this to your people and they should expect nothing less.”

Provincial Police Reserve units have recently been formed in all provinces across Afghanistan and draw their members from local towns and villages rather than a national recruiting base. The SOTG CO said the men came from the same communities they would serve.

“They understand the local issues and the bond with their local communities is very important,” he said. “Being a policeman in Afghanistan is not easy. They risk their lives every day.”

Australian special forces have been involved at every stage in the evolution of the Oruzgan force. The mentors have worked with Afghan trainers and interpreters to raise the unit.

The mentoring and training included classroom lessons and joint operations with the SOTG among the local population.

“Training them to be Afghan police officers is only part of the work. The key is in training them so they, in time, can assume the responsibility for training later courses,” the CO said.

“The objective is a self-sustaining unit – one that’s able to recruit, train and operate without the need for outside support. With the commitment these officers have demonstrated, we’ll achieve it.”

The final few weeks of the course were a challenge for the new graduates, taking place over the Muslim holy month of Ramadan, which forbids eating and drinking during the day.

“These men continued training throughout Ramadan, going without food and drink during some extremely hot days for over 20 days. It’s been a fantastic effort,” the CO said.

By Sgt Andrew Hetherington

KANDAHAR-based Force Communications Unit 2 (FCU 2) has achieved a number of milestones since arriving in Afghanistan in recent months.

FCU 2 nodal commander Lt Jessica Adams said her unit provided assistance throughout Kandahar.

“Our role is to provide communications and DRN, DSN network support to the Rotary Wing Group, Force Support Unit, the RAP at Kandahar airfield and a few embeds in other locations,” she said.

“We’ve increased the speed of the welfare wireless internet service for members in Kandahar and established a welfare room with six internet terminals. Personnel from the unit also get room lessons and joint operations with the Australian special forces have been involved at every stage in the evolution of the Oruzgan force.”

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The unit comprises communications personnel from Army and Air Force. “We have 11 personnel split into two sections: a technical detachment and an information systems (IS) detachment,” Lt Adams said.

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Wired: Cpl Dean Gebert inspects cables while on duty for FCU 2. Photo by Sgt Andrew Hetherington

Keeping up the contact

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Wired: Cpl Dean Gebert inspects cables while on duty for FCU 2. Photo by Sgt Andrew Hetherington
**By Maj Sandra Turner**

The heat of the midday sun in Dili, East Timor, did not deter more than 50 firefighting recruits as they were taken through some of the finer points of road-accident rescue by ISF members. An opportunity to work with the recruits allowed soldiers from the Emergency Response Section (ERS), part of Timor-Leste Aviation Group 11 (TLAG 11) to display their skills while helping the recruits to improve their firefighting and rescue capacity.

The Bombeiros, as the local firefighting members are known, recently inducted the recruits, who have appreciated the support from ISF soldiers.

Sgt Eron Sage and Spr Matthew Clyne spent time with recruits at the Bombeiros’ headquarters in Dili, guiding them through the how-to of vehicle rescue.

Areas covered included initial accident response, identification of hazards, vehicle stability, glass management and methods of extraction. Sgt Sage, ERS detachment commander, enjoyed showing the new firefighters how to use the specialised equipment.

“We covered practical lessons that included the use of Oxy-Viva breathing equipment, the Kendrick extraction device and the Holmatro rescue and salvage equipment, such as the cutters, spreaders and reciprocating saw,” he said.

Sgt Sage said the recruits were willing learners. The language differences had caused few problems, since most of the activities were easy to demonstrate.

“The training was a successful introduction for the new Bombeiros in the use of road-accident rescue tools and we also had the chance to broaden the knowledge of some of the more experienced firefighters,” Sgt Sage said.

“They performed well and were keen to learn, and also keen to operate the tools.

“With more exposure to these skills they will be able to confidently apply the knowledge they gained from us.”

He said the ERS had maintained a close relationship with their “fellow fireies” and would continue to assist where they could.

Members from the detachment also helped train the Bombeiros in the use of knots and lines.

They provided instruction on tying knots for rescue ropes, securing equipment, anchor points and hauling.

The rescue course scored highly overall, and this was no doubt attributed to the time and effort the members contributed to the recruits’ training,” Sgt Sage said.

“We have also been working with them during their physical training activity for a number of weeks now, and have watched them improve their level of fitness as the level of difficulty of the training also increases.”

National Training Centre Chief Instructor Alpio Joso Vieira, who attended the training with the recruits, thanked the ISF for its support.

“The Australians have been helping the Bombeiros in different ways since 2001,” he said.

“Specifically, their security support during the crisis of 2006 and 2007 was of great help, as well as the specific assistance to the Bombeiros at that time. As a bonus, the ISF also provided support while assisting in the physical training, which was run every day.

“The Bombeiros are a great group of people to work with, and we hope to be able to continue our association with them during future TLAG rotations,” Sgt Sage said.

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SOLDIERS from Timor-Leste Battle Group 6 take up position around a disused correctional facility outside Dili as part of a recent training exercise. Troops from the East Timorese Defence Force joined the Australian forces in the exercise, which was designed to test their operational capacity in complex urban environments.

By Maj Sandra Turner
ENGINEERS with Timor-Leste Battle Group 6 (TLBG 6) have made further improvements to the Metinaro Range outside of Dili, building on upgrades completed by the previous rotation.

TLBG 6 soldiers completed further work on the facilities to enable East Timor defence force personnel to train in an all-weather environment.

With the wet season fast approaching, a troop of engineers, assisted by an engineer from the New Zealand Kiwi Company and several Seabees-US Navy Construction Battalion engineers – worked for three weeks on the upgrade.

The works included car-parking facilities, covered weapon pits and a roof to protect shooters from the elements.

WO2 Bill Van Etten, ISF Contract Management Cell, provided on-site supervision and co-ordination of plant equipment.

Capt Josh Neldner, engineering liaison officer, said the work on the 300m mound would enable East Timor and ISF soldiers to conduct small-arms training from under-cover weapon pits.

“Completing the works enables the facilities at the range to be more useable in the long term, and especially during the wet season,” Capt Neldner said.

“It’s also a benefit for the ISF soldiers as they have to maintain their skills while they are over here on deployment.”

The upgraded facilities were “christened” with a shooting demonstration.

On hand to see the finished product were the Chief of the East Timor Defence Force, Brig-Gen Taur Matan Ruak, ISF Commander Brig Bill Sowry and TLBG 6 CO Lt-Col Dave Smith.

Brig-Gen Ruak said the Australians had built more than 80 per cent of the training facilities at the Nicolai Lobato Training Centre at Metinaro and he thanked them for doing so.

A small group of Australian and New Zealand soldiers were eager to try out the new pits, shooting in the welcome shade of the new cover.

Pit stop: An Australian soldier tests out the upgraded shooting facilities at Metinaro.

Photo by LAC Christopher Dickson

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Welcome cover for shooters

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Full swing in earthquake-ravaged Sumatra

**IN NEED OF FRIENDS**

The Australian Joint Task Force engineer advisors, Maj Brent Maddock, said the building had been designed for maximum flexibility.

The building will have an open floor plan and moveable partition internal walls to enable the facility to be tailored to the specific needs.

The facility will provide ongoing health care until the town's health centre, which was destroyed by the earthquake, can be rebuilt.

"The building will have an open floor plan and moveable partition internal walls to enable the facility to be tailored to the specific needs," Maddock said.

Eager to begin work, the engineers began digging holes for foundations and footings while their associated equipment was unloaded as a nearby beach from Kanimbla.

Once the town's regular health care facility is rebuilt, the interim facility will remain for use by the community.

The outreach medical staff are seeing illnesses and diseases that they have only ever seen in industrialised countries. Others are very severe.

"The lessons we learnt from Pakistan have been invaluable in areas that have been put in place and we are having a great impact on the local communities," Lt-Col Sinclair said.

"The outreach clinics will continue to operate along with the PHCF until the interim health centre is established in Seigeringging.\n
Meanwhile, Army civil engineers and construction specialists from 1CER have been assessing buildings that can be adapted in Padang to cater for the needs of the local population and we are having a great impact on the local communities," Lt-Col Sinclair said.

"The outreach clinics will continue to operate along with the PHCF until the interim health centre is established in Seigeringging.\n
Meanwhile, Army civil engineers and construction specialists from 1CER have been assessing buildings that can be adapted in Padang to cater for the needs of the local population and we are having a great impact on the local communities," Lt-Col Sinclair said.
1 READ with amazement that Armygeddon is being replaced with the Project Digger vehicle (Army, October 15).

In the current environment of the Strategic Reform Program, alcohol problems (see the letter in the same edition) and road safety being identified as the key threat within Army to personnel being unnecessarily injured or killed (COFS HQ 1 Div.

Maj Peter Scott
OPS1 Sgt Regt
Galpin barracks
Lt-Col Tom Regenre, Director Projects Cassavoy/Digger, responds: IT is always good to get feedback and to have the opportunity to define the benefits of this innovative form of recruiting.

To be transparent, the operating budget for Armygeddon or Project Digger has been provided at $120,000 a year. We limit the exposure to major events to maximise the return on cost. Armygeddon has been presented to the Australian motorists public over the past five years and has been reviewed by an estimated 6 million enthusiasts. Motorsport is the third most popular watched sport in Australia behind cricket and AFL. The opportunity to brand the Army in this environment and present a professional image is invaluable.

Moreover, the opportunity to showcase technical trades available in Army has produced positive outcomes. The target audience and appeal ranges far greater than 18-25. An example is a trainee who has completed the vehicle mechanical course aged 49. The current technical trade courses on offer are directed at the more mature soldier.

A statistical analysis of trainees undergoing motor mechanic training at the Army School of Electrical and Mechanical Engineering in 2008 highlighted that 49 per cent were aware of Armygeddon before joining and 19 per cent stated that it had a direct bearing on their choice to join the Army.

To clarify any misconception, Armygeddon (as with Project Digger) has been designed to do high-performance, low-speed presentations. This was a conscious decision by project staff to ensure that trainees were operating in the safest environment possible.

Maj Scott’s perspective that the everytrainee (including already serving and alcohol misuse) is ill informed. Team Army and indeed V8 Supercars actively seek an environment that supports a common interest and enthusiasm for automotive technology at its finest. Importantly, the conduct of Team Army at such events continually attracts high praise for the professionalism of the Australian Army and its tradesmen and women.

Maj Scott’s concerns about the Strategic Reform Program and the value of continuing with a vehicle are loud and clear. It is, however, important that the Australian Army remain engaged with the Australian community in a cost-effective manner. Over the past 12 months Project Digger has received exposure through the media at a very inexpensive cost when associated with recruitment activities such as TV advertising and RAFAF aerial displays. Their operating budgets are in many cases 10 times that of Team Army.

Costs are kept to a minimum through effective use of sponsorship and assets. The majority of funds are spent supporting the team in attendance and providing the accommodation. This maintains, tyres and fuel associated with operating a high-performance vehicle. The labour associated with maintenance of Armygeddon is by trainees, receiving considerable training value weekly on Wednesday nights and at events.

Maj Scott says Army should be branding itself at these events using ASLAV, PMV or ARH. While this is commendable, the cost of fielding some of these assets is substantial and potentially detracts from training and operational time. That said, Armygeddon in the motorsport environment tends to enhance the in-service vehicles where these are deployed.

I fully agree with Maj Scott’s remarks on widening the targeted use of the vehicle and can confirm that DFR have requested that Project Digger support the careers expo at the Melbourne Exhibition Building in April 2010 where I am confident this vehicle will add considerable value to the Defence stand. Importantly, the development of Project Digger has identified the wider use of the vehicle for such activities.

From a strategic perspective, the 2009 Defence White Paper identified attracting technical trades as a high priority. This year the Defence Minister presented $3m from the Defence budget for technical scholarships to Year 11 and 12 students, and the Government re-directed $100m to further stimulate apprenticeship training.

It would be reasonable to conclude that the CA’s intent of supporting technical training in Army through Armygeddon/Project Digger aligns comfortably with the strategic direction taken by Government.

Sand advice is in the bag

I AM currently an IET instructor at the School of Military Engineering and it has been brought to my attention that there have been different teachings regarding the filling of sandbags.

Accordingly while some members have been instructed to turn the sandbag inside-out and also some members who have corps transferred have also been instructed that sandbags cannot be stitched. However, if you look at this it is an apparent contradiction.

So I have taken time to find the proper way that this should be done by tracking down the importer (because they are not made in Australia) and they have assured me that this is correct.

Now apparently there was a teaching well over a decade ago that this was to be done as the sandbag was not made in Australia (and they have assured me that this is correct.

As engineers, and especially combat engineers, this is a skill that we uphold and consider ourselves subject matter experts and so wish to spread this advice.

Cpl Roy Litzow
CIV SME
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Tradies go old school

By Cpl Corinne Boer

TRADESMEN from the Army School of Electrical and Mechanical Engineering (ASEME) downed tools and picked up rifles during Exercise Broad Horizons held from September 28 to October 9.

The exercise was held at Majura Training Area in Canberra where 425 trainees were involved in section-level offensive operations training with a focus on field craft.

Observer Trainer WO2 Jake Donnelly said the exercise was important because the school was focusing on the all-corps soldier training continuum. ASEME concentrated on training for ‘a war’ not ‘the war’.

“It honed the basic soldier skills and emphasised the importance of being a soldier first and tradesmen second,” WO2 Donnelly said.

The trainees patrolled over a variety of terrain where they were exposed to Canberra’s variable weather patterns.

WO2 Donnelly said the soldiers performed well given their minimal lead-up training due to the demands of technical training.

“We humped approximately 60km through the mountains in four days,” WO2 Donnelly said.

“They had blisters on their feet and sore ankles and knees but their will to finish the exercise was a great testament to their endurance and also their mindset.”

Trainee Cfn Robert Miller was a gunner for his section during the exercise. It was his first exercise since Kapooka and he said the experience was good for team building and fitness.

“The exercise also expanded on my section-attack skills including flanking attacks and things that aren’t covered at Kapooka. We also did a platoon harbour so I learned more about platoon formations,” Cfn Miller said.

The soldiers enhanced their team building skills in unfamiliar and challenging environments including the leadership reaction course and ADFA tunnel system. Their physical and mental abilities were also challenged during the bayonet assault course and the ADFA over pool obstacle course.

Previous exercises had a training focus on current operations like East Timor or the Middle East while this year’s exercise focused on foundation soldier skills.

CO ASEME Lt-Col Todd Ashurst said technical training can take between 12-26 months so it was essential that tradesmen maintain their soldier skills.

“Due to operating tempo it is likely that soldier tradesmen may deploy upon completing their on-the-job training, so their basic skills must be honed,” Lt-Col Ashurst said.

“Exercise Broad Horizons has also fostered character development training through exposure to individual decision making, perceived risk and team-building activities.”

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DEAFENING shock waves rocked the Bushmasters and APCs as high-explosive 155mm artillery rounds hit the ground near their dug-in positions. Despite the proximity, forward observers seated in the armoured vehicles adjusted the incoming rounds progressively closer.

The fire support landing in the Mt Bundey Training Area was from 8/12 Mdm Regt as part of the second phase of Exercise Predator’s Gallop.

It was an opportunity for the regiment to practise and experience danger-close fire missions along with a variety of other regimental fire missions, procedures and effects coordination.

The exercise provided the building blocks the regiment will build and consolidate next year ahead of deployments to Afghanistan as part of the mentoring task force.

Commander 101 Mdm Bty Maj Piero Bertocchi said the accuracy of artillery on the battlefield was paramount to the support of friendly forces on the ground, so practising such engagements was vital to the operational effectiveness.

“The danger-close fire missions conducted during the exercise have involved the forward observers mounted in Bushmasters, allowing us to call in fire missions as close as 175m from our position,” Maj Bertocchi said.

The procedure involved the observers walking rounds up to an operationally safe distance and then requesting authority from the manoeuvre commander to drop rounds within that designated distance.

“Danger-close procedures are quite important as most engagements on operations occur in proximity to friendlies and in that case we need to have the experience of calling in close fire that is safe, on time and on target,” he said.

On the gun line, the gun numbers reacted with speed and precision to the fire orders relayed from the observers.

The opportunity for operational deployments available to gunners in their primary role has changed vastly in recent years.

The regiment’s gunners have been manning British guns as part of Operation Herrick and joint-fire teams have been in high demand on operations abroad along with artillery command post operators and signallers.

With this wealth of operational experience through the ranks of the regiment and the successful completion of live-fire exercises, the unit has proven it is operationally ready to support the other arms and services on the battlefield when called on.

When push comes to shove: A detachment relocates a gun.
A SECTION-BASED competition designed to test and reinforce the basic infantry-tactic skills of 3CSSB soldiers was held at High Range Training Area, Townsville, from October 5-9.

Exercise Battle Week comprised nine tactical scenarios that encouraged the competitive spirit of individuals and tested all-corps field knowledge and mental agility of JNCOs and soldiers in an environment of uncertainty and adversity.

Cpl Daniel Groves, 3CSSB, was a section commander for the duration of the exercise.

"Being a section commander on [Exercise] Battle Week was a challenge, but by utilising the vast experiences of my section members, I was able to make quick decisions and react to the scenarios with confidence," Cpl Groves said.

"Everyone that participated improved noticeably. They were keen to learn and took the initiative as they began to adapt to the tactical environment."

Designed to enhance leadership and improve section dynamics, the exercise gave command back to the JNCOs of the battalion, requiring them to assess threat and respond effectively and appropriately while adhering to the principles of war.

Each section deployed independently into the tactical area of responsibility, which allowed them to practice individual battle skills through to section-level operations including contact drills and section SOPs.

Directing staff accompanied sections into the area of operations to ensure safety throughout the exercise.

For many of the junior soldiers it was their first real exposure to operating in a tropical climate. Exercise Battle Week provided soldiers with an opportunity to gain an appreciation and enhance their basic soldier skills.

If your unit is running a military skills competition, course or exercise and you would like coverage please email armynews@defencenews.gov.au.
Foundation of change

By Barry Rollings

DEFENCE Secretary Dr Ian Watt has a succinct but compelling message for the naysayers who question the department’s ability to change to meet Government expectations – it can do it, it will do it and it has to do it.

In his first interview with Army, Dr Watt took issue with recent media analysis that pondered whether, in all the talk and planning, anything really would change in the face of the Government’s requirements for reform, budget cuts and implementing the White Paper.

“The media is asking the wrong question,” Dr Watt said.

“The question that should be asked is: ‘Can Defence deliver the White Paper and the Strategic Reform Program without changing?’”

The answer is that it cannot.

“Defence has to change. I know many people will say ‘it has been said often before and Defence hasn’t changed’ but I see a Defence organisation that has already changed a great deal.”

He said when he became Secretary of the Finance Department more than 7½ years ago, it seemed that Defence “struggled to do many things”.

“Defence delivered on its operations well, but in other things – such as projects and personnel – it often struggled in the things that had an administrative catch to it,” he said.

Dr Watt said Defence had changed greatly since then, and more significantly, almost universally for the better.

“It has to keep doing that. No organisation stands still; organisations change or die,” he said.

“Defence is core government business. We can get out of a lot of things that governments do, should we choose to, but we can never get out of Defence.”

“The Government has given Defence a very consistent message: implement the White Paper, implement the Strategic Reform Program, we have given you a budget, what we regard as a very generous budget, and Defence has to live within that budget.”

Although he was initially reluctant to depart Finance, he believed strongly that the current Defence Ministerial team would make a big difference to the organisation.

While he saw no ‘magic formula’ for Defence reform, Dr Watt said it was paramount that the organisation and its people desired change, “or at least a very significant proportion of the leaders in an organisation have to change and bring the organisation and the people in it with them”.

“Defence had a terrific chance to “build the organisation it wants to be”, Dr Watt said.

“Very few organisations have the opportunity to do something that this Government has handed to Defence. In setting the White Paper, a 20-year budget and Strategic Reform Program, the Government has given Defence the tools to change itself and I think that’s great,” he said.

Dr Watt’s work philosophy will be one of engagement. “... I intend to meet as many Defence people as I can over a reasonable time period,” he said.

“I hope Defence will be very much and very actively engaged. The new Ministerial team has great promise to build on those foundations and I thought that I could help in the change process.”

The answer is that it cannot.

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Distinguished career

Dr Ian Watt joined the APS in 1971 with Victoria Telecommunications Division of the Postmaster-General’s Department.

In 1973 he became Secretary of the Finance Department more than 7½ years ago, it seemed that Defence “struggled to do many things”.

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Determined:
Defence Secretary Dr Ian Watt believes Defence has made significant changes but will need to maintain that process to meet its objectives.

Photo by Cpl Ricky Fuller

Supported by the Chiefs of Navy, Army and Air Force, and endorsed by Frontline Defence Services and the RANCCF.
The future in action

IT COULD have been any gathering of 12- to 18-year-olds at the Murray Bridge training area recently, as 400 kids spent a week doing what kids love to do – kicking up dirt, swinging on bars and ... er, firing weapons. These were Australian Army Cadets, from across South Australia and up to Broken Hill, and they were serious about working on their field craft, survival, leadership and teamwork skills. Gnr Michael Gilles, 16 AD Regt, helped Cdt Alex Broadbent with his leopard crawl (above), while Gnr Scott Clarke, 16 AD Regt, assisted Cdt Cpl Carmel Johnson on the firing range (left), and cadets took on the obstacle course (right).

Photos by Lcpl Glenn Power

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A smooth transition

Services available to help with separation

PROPER planning will assist Army personnel in their transition to civilian life and some form of employment, whether it is weeks, months or years away, according to DGPers-A.

“When the time comes, it is important that you have planned and are aware of where and how to access the information and services to ensure a successful transition,” DGPers-A Brig Gerard Fogarty said.

“You don’t have to have submitted your application to start planning and accessing some of the services available.

“The transition processes and procedures are necessary to ensure you are administratively prepared and also equipped with the skills, knowledge and support necessary to successfully separate from Defence or transition to another part of the department or to another service.”

The 18 ADF Transition Centres nationally can guide and support personnel through the transition process.

The centres provide a range of information on the separation process, financial services and other government agencies that might be accessible to members and their families.

Dedicated ADF transition officers can provide more detailed information and assist with transition management.

Visiting an ADF Transition Centre will ensure members do not miss out on important benefits or services that may assist in making you an effective member of the Army,” Brig Fogarty said.

“To help facilitate the transfer of the skills you would have gained through your ADF service, you may be eligible to access the Career Transition Assistance Scheme.”

The scheme can provide: curriculum vitae coaching, career transition training, career transition management training, approved absence and financial counselling.

To access these benefits, soldiers need to have submitted their separation application and have attended an ADF Transition Centre.

Veterans and Veterans’ Families Counselling Service (VVCS) also offers a two-day Stepping Out Program to assist in gaining the psycho-social skills to assist with transition.

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The ADF Transition Handbook is also a practical guide when planning for or beginning the separation process. It details the important aspects of transition and highlights key areas to take into consideration.

Topics covered include: civil accreditation, the Career Transition Assistance Scheme, housing and relocations, future employment and career preparation, financial education, reserve service, and government agencies such as the Veterans Affairs Department and ComSuper.

Attendance at multiple seminars is allowed and personnel will be considered ‘on-duty’ for the duration. Attendees are encouraged to bring partners.

“Throughout your career you would have undertaken a variety of courses to assist in making you an effective member of the Army,” Brig Fogarty said.

“The transition processes and procedures are necessary to ensure you are administratively prepared and also equipped with the skills, knowledge and support necessary to successfully separate from Defence or transition to another part of the department or to another service.”

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Travel system revamp

AN ENHANCED travel planning and budgeting system known as iTavel will be rolled out from early next year for Defence members.

iTravel is a next generation budget calculator and its web-based user interface is intuitive to use, according to Director Integrated Travel Solutions Brad Osborn.

“iTravel has been designed and developed in collaboration with major stakeholders across Defence and will streamline current processes, particularly for our military training movements,” Mr Osborn said. “iTravel should be available from early next year, but will operate side by side with current processes for some months while travellers get used to the new system.”

Each year Defence personnel make some 300,000 domestic trips and more than 40,000 overseas trips.
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Email it to armynews@defencenews.gov.au as a high resolution JPEG. Make sure you include the full details of who is in the photo and an explanation of what the photo shows. Please also include your contact details in the email.

Uplifting role: Pte Tahnee Barnes, a cargo specialist with the ISF in East Timor, in front of one of the tools of her trade – an eight-tonne Manitou forklift. Photo by LCpl Glenn Power

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AUSTRALIAN INVESTMENTS & ACCOUNTING

In her stride: Pte Veronica Hardy, 9CSSB, enjoys a Sunday run, competing as one of more than 150 members of Adelaide’s 9 Bde who participated in the City to the Bay 12km fun run (left). Photo by LCpl Glenn Power

Hey there: Cpl Jacob Holl, MRTF 2, gives his best cheesy grin before being interviewed by Daryl Somers during a live cross from Camp Holland in Afghanistan for the second Hey Hey It’s Saturday reunion special (right). Photo by Cpl Rachel Ingram

Meritorious moment: WO1 Michael Kerr pauses to take in his latest achievement of receiving the Order of Australia for meritorious service as RSM of 2CER and 6ESR.

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Intelligent investing

A little investigation goes a long way, says Australian Securities and Investments Commission chairman Tony D’Aloisio.

ASIC has recommended some benchmark disclosure principles specifically for some investments. Investment issuers must explain why they have not met particular benchmarks.

They also need to tell you if there are changes to the information provided in accordance with the benchmarks.

When to use the intel

You might want to use the continuous disclosure information:

- before you make an investment in unlisted shares, unlisted debentures, unlisted managed investment schemes or products quoted on the ASX-AQUA (a platform tailored for managed funds, exchange-traded funds, exchange-traded commodities and structured products);
- once you have made one of these types of investments, to keep track of how your investment is going;
- when you are thinking about withdrawing your investments; and
- when you are thinking about making additional investments.

Where to find the intel

The investment product issuer can decide how they want to provide you with the information, either:

- by making the information available on its website; or
- by lodging the information with ASIC.

Some investment issuers post the information on their websites. Others supply it via email.

If the business lodges the information with ASIC, you have to pay a fee to obtain the information. However, check the information is not available on the issuer’s website first.

Visit ASIC’s consumer and investor website, FIDO at www.fido.gov.au or call 1300 300 630. Email ASIC with topics that interest you to ADFcolumn@asic.gov.au.
When the heat is on, it is important to drink up and to keep those electrolytes balanced. As Lt Rob Orr writes, your performance and health depend on it.

As the weather warms up, it is timely to talk about the dangers of dehydration and heat illness. Failing to recognise, or ignoring, your thirst can lead to reduced performance and serious health consequences.

Water is necessary for energy production, the removal of waste products and, importantly, internal temperature control.

Adults need 2.5 to three litres of water a day. You need to drink 60 per cent of this. The rest occurs from food and metabolic processes.

You also need to consider you can lose two to three litres of water for every hour of exercise. Sweating in the heat increases your fluid loss.

If you are dehydrated, your body does not have enough water to function efficiently. Symptoms can include moderate to severe thirst, a dry mouth, nausea, light-headedness, confusion and disorientation. Dehydration can be exacerbated by:

- Diuretics – alcohol and caffeine cause you to urinate and lose water.
- Humidity – sweat evaporating off the skin is the body’s main way of cooling down during exercise, but higher humidity means less evaporation and a less effective cooling mechanism.
- Clothing – ensure you allow for sufficient heat loss and air circulation.

Salt – salted foods or strong doses of some sports drinks can “soak up” fluid.

The type of exercise – when you cycle, for instance, the breeze dries the sweat that is supposed to be cooling you down. When you swim, the water impedes sweat conduction.

Another important factor in minimising heat illness is maintaining your electrolyte balance. Electrolytes are vital for muscle function and the nervous system’s control of the body. Electrolytes are lost through sweat, so factors affecting hydration also affect your electrolyte balance.

If you replace only water, your electrolyte concentrations will be diluted. This imbalance, referred to as “electrolyte wash-out”, can lead to a potentially fatal condition known as hyponatraemia.

You can maintain your electrolyte balance by:

- Drinking water, but not too much.
- Not skipping meals.
- Using an electrolyte replacement solution after prolonged exercise or when excessive sweating occurs.
- Monitoring your urine output – urine should be straw-yellow to clear.

In general, you can guard against dehydration and heat illness by monitoring the amount of physical exercise you do, acclimatising to new environments, watching for signs of dehydration in your mates and reviewing heat policies before exercising in hot and humid weather.

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Raw ranks on the rinks

By Scotty Tobias

WITH key players missing, Army failed in its quest to stop Navy winning its first national bowling title at the recent championships in Brisbane.

It might have taken a quarter of a century, but Navy finally broke through, as its five-year development plan, instituted in 2004, bore fruit.

Army would not have been surprised, having experienced its first loss at Navy’s hands, at last year’s titles. Navy had picked up even more young talent since.

Army, on the other hand, found itself short of experience for the second year running and looking in need of recruits.

While the burgeoning Navy team was something of an unknown quantity for Army at the start of the tournament, the certainty was that Navy’s confidence would be high, given Navy players were the core of the winning NSW side in the state competition earlier in the week.

Navy quickly established a 15-shot buffer and ingrained itself to run away with its first-round match against Army, but Army battled admirably to keep the margin on the same.

The highlight for Army was a win by WO1 Steve Sobolewski’s team of WO2 Darren Peak, Pte Vince Muller and WO2 Shae McManus, which overcame a five-shots deficit to win 25-12.

In round two, Army went down 70-82 to Air Force after again managing one win across four rinks.

It was a bitter loss for the Army bowlers because it put them out of the running for the title.

Still, they were confident going into their final match against APS, who were thrashed 102-49 by Navy in the previous round.

The result was the same as the first two rounds – one rink win and an obvious lack of key players.

Lapping up a lasting legacy

IN 2006, two ALTC soldiers ran 100km in a working day to raise money for Legacy.

In just three years, this fundraising activity added and it raised an impressive $7000.

One of the competitors, WO2 Peter Lee, credited the participants, especially those who completed it on their own. “This is one of the toughest challenges I have been involved with,” he said.

The ALTC Legacy Event is held at South Bandiana during Legacy week on the first Friday in September and is open to all ADF members.

The category winners were: Individual male runner – Cpl Brett Elleman; individual female runner – LCpl Laura Fitzgerald; team mountain biking – Sgt Luke Woodland; individual female mountain biking – Laura Fitzgerald; team mountain biking – Smashed together; team runners – Over-it; team mountain biking – Capt Michelle Sheather; team mountain biking – Peta McManus; team runners – Capt Michelle Sheather; team mountain biking – WO1 Steve Sobolewski; team mountain biking – Roger and Sharon Frew.

Roughing it: Capt Michelle Sheather on her way to victory in the Legacy Individual mountain biking.

BIASED: Cpl Dale Reeves sends one down against APS in the Defence national championships in Brisbane.
AATC/AATW/ATW
20 Year Reunion
5 Dec 09 at ATW, ARTC Kapooka.

ATW and its forebears were raised 20 years ago. This important milestone will be celebrated at ATW Kapooka over the weekend of 5-6 December 09. All interested personnel who have had a role to play to date in Adventurous Training or the training of Adventurous Training Leaders are welcome to attend.

Optional activities will include canoe polo, bouldering and use of the roping tower. All equipment other than swimmers and sticky shoes will be provided.

Limited accommodation is available for current serving members call 2IC ATW for details on 02 6933 8229.

Indicate your attendance before 20 Nov 09 by emailing 2IC ATW at matthew.clinch@defence.gov.au.

“While I was in rehab, I watched the Paralympics and saw the wheelchair basketball and rugby, which spurred me to investigate if there were any wheelchair sports in Townsville in which I could compete,” he said.

“I contacted the Sporting Wheelies and Disabled Association in early January and began to train with the Townsville Cyclones’ Sporting Wheelies basketball team.” He is also hoping it will be made an ADF-approved sport.

Further procedures to aid his prostheses fittings have limited his training in recent months, but they did not stop him from briefly training with the Townsville Cyclones and attending the recent Sporting Wheelies and Disabled Association’s Basketball Northern Challenge in Mackay.

The annual challenge attracted teams from Cairns, Mackay, Townsville, Central Queensland and Rockhampton, and a North Queensland junior side. The Cyclones lost the final 12-17 to the Mackay Machines.

WO2 Ramsay was selected in the North Queensland All-Star Five, which beat Central Queensland in a challenge game. Capt Matthew Weldon, OPSO AST-MW, said WO2 Ramsay and his family had the support of DCO and the Army in his rehabilitation and further ambitions.

“[He] is now well enough to walk again, a feat he was told would not be possible for at least another year,” he said.

Rolling with the punches

By Barry Rollings

“When the going gets tough, the tough get going.” It’s a widely used sports truism and it sits well with WO2 Dennis Ramsay, who has fought back from a life-threatening illness that claimed both his legs below the knees.

Back at work as an instructor with the Army School of Transport’s Maritime Wing (AST-MW) in Townsville, and soon to post out to ALTC at Bandiana, WO2 Ramsay recently realised his ambition to play wheelchair basketball.

This was only 18 months after he arrived at Lavarrack Barracks Medical Centre feeling ill, wound up in Townsville Hospital that night and was put into an induced coma with a blood infection caused by Streptococcus Type A (which has a survival rate of less than 15 per cent).

As further medical complications arose, his family was called in when it was thought he might not survive. The amputations followed and it looked for a while as if his hands might have to go as well.

WO2 Ramsay remained in the induced coma for about five weeks before recovering enough to begin rehabilitation. This included renal treatment for up to five hours three to four times a week.

Weighing 115kg before his illness, he was under 60kg the first time he graced the scales after his legs were amputated.

“No not a good weight-loss program for anyone,” he observed dryly.

“The punches will be made an ADF-approved sport. Further procedures to aid his prostheses fittings have limited his training in recent months, but they did not stop him from briefly training with the Townsville Cyclones and attending the recent Sporting Wheelies and Disabled Association’s Basketball Northern Challenge in Mackay.

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“[He] is now well enough to walk again, a feat he was told would not be possible for at least another year,” he said.

Teeing off

THE 25th ADF National Golf Championships will be held at Federal Golf Club in Canberra from December 7-11. An entry package is available from www.adfga.com, on the DRN golf folder, from regional representatives or by emailing adfga@optusnet.com.au. Entries close on November 2 and further inquiries can be directed to Wg-Cmdr Trevor Owens on (07) 5461 4502.

For more information, go to http://www.coolrunning.com.au/users/calendar/5 Dec 09 at ATW, ARTC Kapooka.

To redeem your discount on any of the above offers;

1. Go to www.blackheart.com.au
2. Register as a member with your PROMOTION CODE
3. Shop online and receive your discount

BlackHeart Performance

SPORT 35
ON THE REBOUND

The courage of a WO2 on wheels

See P35
On exercise: Cpl Sean Venning protects the flank of his 6RAR assault section during an amphibious landing on Exercise Caltrop Force in California in 1989. He was one of 400 Australian soldiers and US marines taking part in the landing.
The 1980s were a period of relative calm for the Australian Army between the Vietnam era of the 1970s and a return to high operational tempo in the 1990s. But it was also a period of change that laid the foundation for the modern Army. New weapon replaced World War II-era guns, women joined male recruits at Kapooka, the complex British discipline system was replaced with the Defence Force Discipline Act and the Army took its first digital steps.

THE STEYR AUG-A1, the Austrian weapon designed by Eric Combe, was one of three men who became the first servicemen to enlist at the 2nd Army Recruiting Unit. The platoon of 15 recruits were about to be deployed to the newspaper in Afghanistan. Eric arrived at the newspaper in 1983, its office contained second-hand furniture and second-hand typewriters.

W HILE some building reporters have struggled long and hard to secure a posting to a newspaper, one soldier was considerably better placed.

Sgt Davey Galagher, Cpl Dip Myhan, Capt Brian Smith, (front left), Maj Richard Crothers and WO2 Eric Combe. }

WALKED into his newspaper in January 1983 as a new sub-editor, Galagher had no idea what a newspaper for soldiers should be like.

Army Newspaper Unit was located at Noondah House in Caffyns and was set up in such a way that little had changed in its working procedures since it had been established by its first editor, Maj Brian Mainly.

This was a time of change. It was the dawn of the age of the desktop computer and computer changes happened at a rate of "mind-bending speed.”

In early 1980 the Defence Department rapidly began to replace typewriters with DDCS devices.

Writers and editors were jarred when they were suddenly confronted with an entirely new way of working.

The newspaper received several hybrid typewriter/computer systems from which data was stored in large floppy disks.

This meant that copy could be altered and altered several times before the disk was struck to record the edited copy to the computer.

The cost of two-speed writing on one machine became mandatory, but the key-board was not designed to be used with the new type of equipment and the editing was done on the word processor side, the keys were made so different they were effectively unreadable in the newspaper.

May: Our new chapter...Short stories and photographs for an outstanding publication.

MAY

Naval/First RSM appointed

Army corps have a Corps RSM, first since 1942, to assist with basic training. The 1983 RSM, AWM, was entered in 1965 and worked with the Corps and the Australian Amputee Sports Association. The Corps RSM is appointed by the Army’s top nurse.

MAY

Lucky landing after 20m fall

ARMY first RSM selected 2006, 6RAR Diggers revert to the normal infantry role. 3RAR assumes the parachute role for the Army and the SASR to become the counter-terrorist field has increased the need for parachute-trained personnels. So soldiers may now join the SASR and into the counter-terrorist field has increased the need for some grade-three and grade-four vehicles. The Datsun 140B-312" and 412" vehicles will remain.

MARCH

New recruits for ARA

All ARA recruits are now being assessed for the ARA's Forces and are now being assessed for the ARA's Forces and are now being assessed for the ARA's Forces. ARA recruits are now being assessed for the ARA's Forces.

A new chapter to the Manual of Army Training, Responsibility for maintaining a minimum standard of individual fitness is a core requirement.

MARCH

Soldier photographs

Soldiers in three sizes will be pushed into the job. The 45-inch, 300-pound, 250-inch soldier is available for sale at the public.

MAY

Valuable and civilian soldier

ODS workers are not Australian citizens and are not prevented from marrying within the ADF. ODS workers are not prevented from marrying within the ADF. ODS workers are not prevented from marrying within the ADF.

JUNE

New Zealand law

Army has issued an order to all Armed Forces personnel to stop professional training aids and other materials concerning the same topic.

JUNE

Reserve female qualified to skipper landing craft, tugs and water transport

Water Transport TPS, the first Army Reserve female qualified to skipper landing craft, tugs and water transport TPS, at Woolwich, recently became the first Army Reserve female qualified to skipper landing craft, tugs and water transport TPS.

JUNE

Warrant Officer 1st of the RSP

Warrant Officer 1st of the RSP, the new security force for the Australian Army, has been established by the new security force for the Australian Army, has been established by the new security force for the Australian Army.

JUNE

Call for calm on ARes pay

THE Army is to get a new level of security for the Australian Army, has been established by the new security force for the Australian Army, has been established by the new security force for the Australian Army.

JUNE

Vietnam baton honours

Sgt Frank Crossan was awarded the Star for his service in Vietnam. He was one of three who were awarded the Star for their service in Vietnam.

JUNE

New anti-tank guided missile

THE Army is to get a new anti-tank guided missile system. The new anti-tank guided missile system is a joint venture of the United States and the Federal Republic of Germany.

JUNE

New rhymes on keeping fit

The 1983 RSM selected 2006, 6RAR Diggers revert to the normal infantry role. 3RAR assumes the parachute role for the Army and the SASR to become the counter-terrorist field has increased the need for parachute-trained personnels. So soldiers may now join the SASR and into the counter-terrorist field has increased the need for some grade-three and grade-four vehicles. The Datsun 140B-312" and 412" vehicles will remain.

JUNE

Cash in an envelope

Soldiers will now have the knowledge of the envelope to the taxpayers, the time saving system of cashmodifiers is the top priority of an individual pay is now in operation throughout the Army.

JUNE

Naval Reserve Officer

Naval Reserve Officer has been assessed for the ARA's Forces and is now being assessed for the ARA's Forces. ARA Reserve Officer is now being assessed for the ARA's Forces.

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Newly appointed for ARA

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October
Reserve call-out
LEGISLATION is to be introduced to allow Australia’s Defence Reserve forces to be called out in service situations short of a full-scale war or Defence emergency. The changes in legislation will allow reserves to play the fullest possible role in the defence of Australia by enabling them to be used in the sort of low-level threat which could emerge with relatively little warning.

November
Army to fly battlefield helicopters
The Army is to control, operate and man battlefield helicopters. Army will fly all battlefield helicopters except Chinooks. From next year, all battlefield helicopters including the Sikorsky Black Hawk would be progressively transformed over a period of five years to the Army.

December
Wally Thompson a soldier’s soldier
After 36 years of Army service, RSM-A WO1 Wally Thompson is preparing for retirement. Although he is not leaving the Army until May next year, WO1 Thompson leaves his appointment as the Army’s senior soldier next week. WO1 Thompson’s ARA career began in 1954, following four years in the Merchant Navy. During the next 28 years he served in a variety of postings, gaining skills and experience that made him the ideal choice as first RSM-A.

October
Mammoth amphibian
DURING Exercise Volland Usher, one sight not to be missed was the mammoth Landing Craft Air Cushion. Built at $25 million each, the vessels work out of the USS Germantown, a ship built specially to carry the monsters. Three LCAC were employed in a ship-to-shore resupply role.

January
Lefty legend new RSM-A
WO1 Kevin “Lefty” Wendl assumed position as the second RSM-A. He succeeded WO1 Wally Thompson, who held the position from its establishment in 1983. WO1 Wendl, who joined the Army in 1962, had served with 2RAR, 3RAR, 6RAR, 8RAR and 9RAR.

May
Drugs policy clear
ARRESTS for drug offences at Holsworthy highlighted the Army’s strict no-drugs policy. Twenty-two soldiers were charged under the Defence Force Discipline Act while a further four were to be dealt with by civil courts.

August
Open-ended engagement
NEW open-ended engagements would dramatically improve the personnel management of soldiers, it was predicted. The system of three- and six-year engagements was to be replaced on July 1, 1988, by an open-ended system with a minimum four-year initial-service period.

October
Military Bicentennial celebrations
ARDY’S heavy involvement in Australia’s 200th birthday began on January 1. Apart from the Army’s Bicentennial Military Tattoo, units throughout the country were committed to activities designed to help celebrate the notable birthday. The 2nd Military District band played at a number of events including the opening of Bicentennial Park at Homebush and the Bicentennial Service at St Andrew’s Cathedral. Soldiers from 2 Div helped dedicate the Governor Phillip lookout and Army helped service in the opening of the new Parliament House in Canberra.

February
Corporate’s wild ride
A TOWNSVILLE soldier risked serious injury when he tried to stop the theft of an APC from Lavarrack Barracks. LCpl Martin Clarke, Cpl 8th Cav Regt, jumped on to and rode the APC while the thief crashed the vehicle through gates, under trees and through fences. LCpl Clarke’s action in saving the APC, his unit and the future of the Army’s new low-level air defence missile system, the RBS70. During a five-living exercise at Port Wakefield, the gunners scored three direct hits from four shots at targets towed behind a Learjet.

May
No danger to Aussie observers
AUSTRALIA has sent a contingent of soldiers to Namibia in south-west Africa as part of the United Nations Transitional Assistance Group for an initial 12 months, with engineers from Holsworthy-based 17 Conct Sqn serving a six-month tour of duty.

March
Court rules on Discipline Act
A CHALLENGE to the constitutional validity of the Defence Force Discipline Act was rejected by the High Court. The High Court decided on February 10 that a military jurisdiction to maintain discipline by trial and punishment existed in the defence power of the Commonwealth and that this authority stood outside of the Commonwealth.

November
Missiles on target
AIR gunners from the Woodside-based 16 AD Regt scored a bulls-eye when they fired the Army’s new Air gun at Canberra. A 50 YEARS OF SERVICE

October
Defestation greets UN observer teams
This picture along the Iran-Iraq ceasefire line was one of devastation with the hulks of burnt-out tanks, APCs, trucks and bodies. In an Army article, WO2 Eric Combe spoke to the commander of the Australian contingent serving with the UN Iran-Iraq Military Observer Group, Lt-Col Kerry Gallagher, who described the scene in Teheran as being “almost overpowering”.

October
Nobel Prize shared in peace
The 1988 Nobel Peace Prize was awarded to United Nations peacemaking forces, which included Australian soldiers and police. Soldiers serving with the UN in 1988 were deployed to Iran, Iraq, Northern Ireland, the Golan Heights, Cairo and Jerusalem.

December
Army too 88
ARMY Tattoo 88 was the greatest peacetime operation undertaken by the Australian Army and the largest travelling show in the nation’s history. The show premiered in Sydney on August 20 and ended in Canberra on December 5, performing 65 times in nine cities. More than 1000 performers took part and they were supported by a crew of 200 soldiers. In 108 days, the tour travelled more than 12,000km on the road, sailed nearly 16,000 miles and flew 11,000 km.