High intensity
Intensive rehabilitation teams aim to get wounded, injured and ill soldiers back to full strength

New trucks
Rheinmetall MAN to supply new fleet of high-tech medium and heavy vehicles

SABER RATTLING
Australian and US troops join forces at Shoalwater Bay for Australia’s biggest biennial military exercise

Joint forces: Australian Lt Jonathon Lawson, of 76 CCB, and US Marine Cpl Tyler Grycowski, of 2nd Bn, 24th Marines Weapons Company, bond over a 40mm grenade launcher during the Ex Talisman Saber open day at Rockhampton Showgrounds.

Photo by Cpl Bill Solomou
Specialists improve recovery chances

PERSONNEL with complex rehabilitation needs are receiving individually tailored rehabilitation from intensive rehabilitation teams (IRTs) in a pilot program under way in Sydney and Townsville.

The multidisciplinary team of medical professionals makes the pilot program unique and optimises recovery to enable wounded, injured or ill personnel to return to work.

Each team includes an experienced medical practitioner, specialist physiotherapists, occupational therapist, exercise physiologist, mental health clinician, rehabilitation consultant and health clerk.

IRT therapies allow members to live satisfactorily and meaningfully as they embark on their recovery.

The IRT pilot program, which started in February, was officially launched by Defence Science and Personnel Minister Warren Snowdon at Sydney’s Holsworthy Barracks in June.

It will operate at Holsworthy Health Centre and Lavarack and Townsville Western Clinic until June 2014.

Mr Snowdon said the program delivered a multidisciplinary team approach to the clinical rehabilitation of members in an outpatient setting.

This multidisciplinary team collaborates to deliver a comprehensive range of rehabilitation services to meet a member’s physical, mental health and psychosocial needs, he said.

The focus of the pilot program is to maximise a member’s convalescence leave.

IRTs have worked with 68 AdP personnel and their families, whose feedback will help shape the development of the program.

The program acknowledges the crucial support provided to a member’s rehabilitation by those close to him or her during recovery, by involving them in rehabilitation planning.

The program is single-handedly committed to the recovery of our wounded, ill or injured personnel, and we are building infrastructure and delivering services to support their recovery,” Mr Snowdon said.

He said the evaluation of the program will inform the next stage of the IRT after next July.

LCpl Gary Wilson, of 2 Cdo Regt, is slowly getting his life on track after he sustained serious injuries in a helicopter crash in Afghanistan that left him in a coma for two months.

The helicopter crash in June 2010 killed three special forces soldiers and seriously wounded several others, including LCpl Wilson.

LCpl Wilson and the other wounded soldiers have shown great determination with their treatment, he said.

LCpl Wilson has made some modest improvements with his walking and running, as well as his speech since joining the IRT program earlier this year.

LCpl Wilson demonstrated his progress by running at 12km/h on a special anti-gravity treadmill that was set to reduce his bodyweight by 30 per cent.

LCpl Wilson said he enjoys the program given to him by the IRT specialists at Holsworthy.

“I get the treatment that I need here at the IRT, because there are many specialists to help me in different ways,” he said.

LCpl Wilson lives near Holsworthy and commutes each day to the facility for a range of treatments by therapists and physicians.

IRT Occupational Therapist, Katrina Leithbridge, said LCpl Wilson “is an amazing soldier and a credit to the ADF.”

“LCpl Wilson is highly motivated and dedicated to his treatment,” she said.

“He is always looking for ways to improve his outcomes.”

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WHAT IS THE IRT?

The IRT pilot program forms part of the Simpson Assistance Program (SAP) and is intended to fill a void between the specialist rehabilitation services available through public and private partners and the general restorative therapies available through garrison health service.

Joint Health Command has committed $1.7 million of SAP funding to the implementation of the IRT and employed 14 APS clinicians.

The objectives of the IRT include:

- Achieving intensive, comprehensive, tailored and coordinated clinical rehabilitation programs for complex cases in the garrison health outpatient setting.

- Providing a rehabilitation capability targeted for and prioritised towards complex cases.

- Collaborating with command to achieve comprehensive and coherent management of complex cases and to achieve the meaningful engagement of complex cases during recovery.

The program is designed to provide an intensive clinical rehabilitation capability for members with complex rehabilitation needs in a health region to optimise recovery.

It aims to achieve early intervention in complex cases, following a period of intensive treatment, will transition cases to standard occupational rehabilitation services within the regional health service.

The program will be given to personnel who will benefit most from the involvement of a multidisciplinary team during their clinical rehabilitation.

A key consideration in the type of service provided by the IRT will be the geographic location of the member.

Where necessary, the option of providing recommendations to respective IRT rehabilita-

tion through relocating the member to Lavarack Health Centre or Holsworthy Health Centre may be considered.

The IRT will become involved in a member’s career as early as possible after a garrison health medical officer identifies a member has complex healthcare needs. This may be as early as the admission of a member to a tertiary healthcare facility.
Start the Saber rattling

Thousands converge for Talisman Saber 13

MORE than 28,000 soldiers, sailors, airmen and women have taken to the sea, land and sky in northern Australia as part of Exercise Talisman Saber 2013.

The biennial training activity is jointly sponsored by Joint Operations Command and the US Pacific Command to train the US 7th Fleet and Australian Deployable Joint HQ as a designated combined task force.

Australian exercise spokesman Brig Bob Brown said the training activity involved US and Australian forces mobilising to react to a fictional regional crisis.

“The scenario is a peace enforcement mission that sets the conditions for the task force to hand over to a UN peacekeeping force,” Brig Brown said.

“The forces are operating in military training areas in central and south-east Queensland, the Northern Territory and the Coral, Timor and Arafura seas. Shoalwater Bay Training Area will be used predominantly, with a large staging area at Defence Base Rockhampton.

This year Talisman Saber sees further practice and progression of Defence’s emerging amphibious capability. The exercise will be the third block of training for 2RAR’s Amphibious Ready Element landing force.

“Talisman Saber is a unique and invaluable opportunity to exercise combined and joint Defence capability between Australia and the US.

“As with the previous Talisman Saber exercises, this activity is a major undertaking reflecting the Australian and US alliance and the strength of the military-to-military relationship.

About 21,000 US and 7000 Australian military personnel are involved in the exercise, along with other Australian Government agencies including the Department of Foreign Affairs and Trade, AusAID, Australian Federal Police and Australian Civil-Military Centre.

Talisman Saber 2013 started on July 15 and was due to finish on August 6.

Maj Mitchell said the hospital also had more specialists here than at Rockhampton.

For 2RAR’s Amphibious Ready Element landing force.

Stitched up: Surgeons at the role 2E hospital in the Shoalwater Bay Training Area conduct a practice casualty scenario during the early stages of Ex Talisman Saber 13. Photo by Cpl Max Bree

Health battalion brings latest medical facilities

Cpl Max Bree

IT looks like the inside of a space-ship, but 2GHB’s giant field hospital has brought the latest medical technology to the Shoalwater Bay Training Area during Exercise Talisman Saber 2013.

The 5600sqm hospital boasts two operating theatres, an x-ray department, trauma wards and four intensive care beds.

1 Surgical Coy OC Maj Paul Mitchell said the hospital also boasted a swag of highly skilled specialists.

“The majority of our specialists are reservists,” he said. “But we have more specialists here than at Rockhampton base hospital”.

Working in one operating theatre is Maj Christian Kenfield, a surgeon from Melbourne specialising in liver and trauma cases.

“There are enough facilities here that if there were a real disaster we would send the patients here rather than send them to Rockhampton,” he said.

“We can treat the same life threatening conditions that can be treated in centres like Rockhampton.”

And Maj Kenfield is totally prepared to back the team.

“There are enough facilities here that if there were a real disaster we would send the patients here rather than send them to Rockhampton,” he said.

“It can operate with enough staff to be running both operating theatres simultaneously and having a surgeon assisting in resuscitation.”

When inspectors placed Agar plates in the operating theatres to check for bacteria, one had nothing on it and the other grew just one germ colony.

Those results are unheard of in the civilian medical world, according to Maj Mitchell.

Apart from the intensive care beds, the hospital has 45 ward beds along with about 220 medical and support personnel.

“To deploy, we’d probably need a couple of aircraft or a ship to transport us,” Maj Mitchell said. “But we can scale up or down to meet the requirements.”

Once the battalion arrived in location, Maj Mitchell said it wasn’t long before they could have serious cases through the door.

“When we start building, within 48 hours we can receive the first case that requires resuscitation,” he said.

The hospital underwent certification by an independent team during its time in the field.

“We’ve had some trial cases over the last four to five days,” Maj Kenfield said. “From minor cases to life threatening cases.

“We know ourselves that this facility is very good but by having an external team certify us to Australian standards just proves that this is a very good hospital.”

IN THE PHARMACY

THE “coolest” place to hang out in 2GHB’s massive field hospital is the pharmacy store room.

Lt Nicole Such is one of three pharmacists staffing the battalion pharmacy that is constantly maintained at below 25 degrees.

“We’re involved with re-supply and logistics, but we also go on rounds and give medication to patients,” she said.

“I like the interaction with all the departments; they’re very grateful.”

The pharmacy stocks 380 lines of medical consumables along with 330 lines of pharmaceuticals. Lt Such said they recently found a Sydney-based supplier that would deliver to Shoalwater Bay.

“They have said that within five days we should be able to get re-supply out here,” she said. “A lot of stores have to be stored below 25 degrees and have to come in air-conditioned trucks.”

Apart from not having to deal with geriatric or paediatric patients like she would in the civilian world, Lt Such also gets a taste of life in the field.

“I’ like doing real Army stuff,” she said.

“It’s a good opportunity to experience what the Army’s about.

“If the power goes down, what do you do? You have to think and use your resources and contacts to keep everything active.”

Supplies: Pharmacists Lts Mariam Hamimi and Nicole Such check stores in the pharmacy.

Pharmacy was grateful.

“Before we go home, I say thanks to everyone in the pharmacy,” she said.
How does it peel? Cpl’s blues

Cook paying off State of Origin bet

 NSW state pride wasn’t the only thing peeled away after the State of Origin rugby league decider on July 17. The next day Cpl Jayson Taws, a reserve cook from the Tasmanian Army Cadets, found himself peeling 1000kg of potatoes after losing a bet at Camp Rocky.

“I thought I was playing the odds game,” he said. “After seven years it was about our turn I thought.” The idea came from Queensland supporter, WO2 Gerry Green of HQ 11 Bde.

“I wrote up on the board yesterday and put the call out,” he said. “I thought I’ve got 50 bags of potatoes, loser peels them all.” “Nobody throughout the day would take it.” Cpl Taws took up the challenge just before the big game kicked off.

“I was very confident,” WO2 Green said. “We couldn’t let NSW get away with taking the trophy away from us.” Queensland won the game 12-10, leaving Cpl Taws a mountain of potatoes to peel, but he didn’t think their peeling machine was going to make things easier.

“It rolls the potatoes around and there’s an abrasive that takes skin off but you need to cut the eyes out afterwards,” he said. “I reckon it’s probably quicker doing it with a good sharp peeling knife.”

WO2 Green believed it would take Cpl Green about two days to get through them. “The other day we did 25 bags [500kg] in about five hours,” he said.

And Cpl Taws was sure to set the terms of the bet before taking it. “I clarified what constitutes a peeled potato before the bet and that meant peeled with no eyes,” he said. “And he’s going to keep watching me to make sure.”

WO2 Green was always likely to get the better side of the bet. “That’s the beauty of it,” he said. “I would have had to peel those potatoes anyway; I’m in charge of the veggies section.”

Cpl Taws said he was certain to bet on NSW again. “It’s in the blood,” he said. “I love the Blues. I had a lot of people around supporting me last night but I don’t see any of them here today. “Queensland are just too good, they’re a much better team.”

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KANGAROOS greeted US paratroopers on Kapyong drop zone as the soldiers descended from C-17s and into battle during Exercise Talisman Saber 2013 on July 20.

Watching the drop of almost 400 US troops was Sgt Robert Deal, part of the US Army’s standby surgical team.

“It was great, we had a guy jump out there today and a kangaroo started going towards him [as he was falling],” Sgt Deal said. “And then the kangaroo went, ‘oh!’ and started bouncing away.”

Soldiers from the US 4th Bde, 25th Infantry Division endured a long ride in the back of five C-17s before reaching Australia.

Lt Jonathan Faubel, a US airborne intelligence officer, was on the direct flight from his unit’s base in Alaska.

“Things were pretty good; it was about 15 hours in the back of the bird,” he said. “We just tried to sleep; they gave us time and they turned off the lights.

“Then we rigged-up, about three hours to go till the drop.”

Long lines of American parachutes started unfurling over the drop zone at 8am as the US soldiers executed a “tactical” jump.

“It felt pretty quick,” Lt Faubel said. “It wasn’t too bad a landing for me at least.”

The soldiers hit the ground, quickly packed their chutes, left them in place for the support company to collect and moved off into the scrub.

“This is a new experience for pretty much everyone here,” Lt Faubel said. “It’s always exciting to work with our partners.”

The soldiers were due to take part in Ex Talisman Saber 2013 for nine days after their insertion.

Unmistakable taste of Australia for US troops

Cpl Max Bree

SPECIAL agents from the FBI flew from California to Rockhampton last week to join other US government employees taking part in Exercise Talisman Saber 2013.

The Los Angeles-based Evidence Response Team are on call to provide US assistance across the Asia-Pacific region and took part in the exercise scenario by responding to a military request to investigate evidence linked to a possible “terrorist cell”.

Ex Talisman Saber provided a unique opportunity for the FBI to work with Australian and US military personnel, build relationships with the Australian Federal Police and Queensland Police Service and share knowledge.

More than 60 personnel from Australian and US government agencies were taking part in the exercise to enhance civil-military-police collaboration and further strengthen preparedness for comprehensive emergency relief and stabilisation missions.

Forensics: FBI special agents from the Los Angeles Evidence Response Team investigate a “crime scene” at Camp Rocky.

All clear: A US Army paratrooper secures DZ Kapyong after jumping in.

Move out: US Army Maj Mark Wade and Capt Chris Franco account for their men after jumping into the Shoalwater Bay Training Area.

A unique opportunity to work with FBI investigators

Capt Darren Elder

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More than 60 personnel from Australian and US government agencies were taking part in the exercise to enhance civil-military-police collaboration and further strengthen preparedness for comprehensive emergency relief and stabilisation missions.
NOMINATIONS are now open for next year’s CA’s “I’m an Australian Soldier” Scholarship.

Scholarship recipients will undertake study tours to significant sites where Australian soldiers have fought and memorials from the Korean War.

Soldiers can submit nomination forms through their chain of command. COs who receive a nomination form need to provide a supplementary report and forward the documentation to CA Scholarship coordinator Maj Ian Finlayson at ian.finlayson@defence.gov.au

Download nomination and CO report forms from the Army intranet site by following the links “organisation”, “CA home page”, “links of interest” and “I’m an Australian Soldier Scholarship”. Nominations close November 1.

Townsville-based brigade rolls out to meet the community

Cpl Max Bree

A NEW program of community engagement is helping 3 Bde raise its profile in Townsville.

Known as the Enhanced Community Profile Line of Operation, the program is designed to showcase 3 Bde to the Townsville community through young leadership activities at Lavarack and meeting the public outside the Barracks.

Cpt Danielle Izo, the program’s lead planner, said with soldiers making up a considerable part of the Townsville community, it was important the community knew what they did.

It’s about being able to show the local community who we are and what we do, so they have a better idea of what goes on here at Lavarack Barracks,” she said. “The best part is seeing the kids’ faces when we roll in with some Bushmasters.”

The brigade recently showed off some of its soldiers and gear during an event called Camo Kids at the Museum of Tropical Queensland during the school holidays from June 22 to July 7.

“We had infantry units out there with all their different weapon systems and some signallers so the kids could talk to each other with radios,” Capt Izo said.

“They could put cams on and sit behind the gun and get photos.”

Cpt Izo believed the program was the only one of its kind operating in Australia.

“The brigade commander really wanted to focus on supporting the community because no one is doing anything like this anywhere in Australia,” she said. “He wanted to support the community because if we support them, they support us.”

Unit commanders were also getting on board with the new community engagement initiative, according to Capt Izod.

“It’s slowly getting easier,” she said. “COs understand the importance of the program so they support where they can and how they can.”

“It’s very rare that a unit will say ‘no we can’t do it’ and when they do it’s for a legitimate reason.”

The soldiers enjoy getting out and meeting the kids. “They are actually having a really good time,” Capt Izod said. “They weren’t sure what to expect, but they have really jumped into it.”

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Personnel can now purchase rec leave

ADF members are now able to purchase recreation leave.

The new provision, which came into effect on July 26, is in addition to the recreation leave benefits currently available and allows ADF members to apply for the purchase of up to 20 extra days of recreation leave.

Director General Cultural Reviews Response Air-Cdre Henrik Ehlers said the change would help support Defence personnel’s needs to balance their family, work and life commitments.

“These new provisions also allow personnel to spread the cost of purchased leave across the year,” he said.

“This initiative is consistent with the cultural reform strategies outlined in the Pathway to Change and reinforces our commitment to being an employer of choice across the Navy, Army and Air Force,” he said.

Full details of the initiative are available at http://www.defence.gov.au/dpe/pac/NEWS

Nominations open for CA Scholarship

People focus: Capt Danielle Izod leads 3 Bde’s community engagement efforts organising school and community group visits to units at Lavarack Barracks as well as Army support to activities in Townsville.
A NEW approach for responding to and supporting those who have been affected by sexual misconduct in the ADF was launched by Defence Minister Stephen Smith, CDF Gen David Hurley and Australian Sex Discrimination Commissioner Elizabeth Broderick on July 23.

The new Sexual Misconduct Prevention and Response Office (SeMPRO) has been established to coordinate timely responses, support for victims, education policy, practice and reporting for any misconduct of a sexual nature.

Minister Smith said the formation of SeMPRO was a “deeply significant milestone” in the continuing work of the ADF’s leadership to ensure a zero tolerance to inappropriate conduct in Defence.

“SeMPRO will allow for the restricted and confidential reporting of allegations of sexual misconduct or inappropriate sexual behaviour to be made by Defence Force personnel outside the chain of command,” Mr Smith said.

“This is to ensure every man and woman in the Australian Defence Force can feel confident, comfortable and safe in making complaints of sexual misconduct or sexual mistreatment.”

SeMPRO will focus on those affected by sexual misconduct and Gen Hurley said there were two primary reasons for taking this approach.

“First we know that a significant number of incidents go unreported, which means there are a significant number of people who have been subjected to sexual misconduct, but are not receiving any assistance,” Gen Hurley said.

The health and welfare of our people is my highest priority and I want to establish a safe and confidential means for people who have experienced sexual misconduct, to seek support and advice.

“Second, I want our people to feel empowered and confident that they are in control. Unlike our previous approach, the victim, not the system, will decide if and when to report a matter for investigation.”

Ms Broderick said the establishment of SeMPRO was one of the most significant recommendations to come out of her review into the treatment of women in the ADF.

“During the review’s interviews and focus groups last year with over 2000 members of the Australian Defence Force, both here and in deployed environments, it became apparent to me and my team that victims of sexual assault and sexual misconduct were not reporting incidents and as such were not receiving the support they needed,” Ms Broderick said.

“SeMPRO will empower those who have felt powerless, it will restore resilience and it will give confidence to those who have suffered trauma, often alone.”

During the launch, Ms Broderick’s audit report on the implementation of her review into the treatment of women at ADFA was made public. Its findings said the Academy had made significant progress in implementing recommendations of her review.

“There is clear evidence ADFA is working to improve its culture and build a more inclusive organisation for all its members, including women,” Ms Broderick said.

The ADFA Residential Support Officer (RSO) program is one example of progress. The RSO program provides better support and supervision of particularly first year midshipmen and cadets.

ADFA has also expanded its equity and diversity network and implemented a sexual offence support person network.

However, Ms Broderick said there were areas in ADFA which still needed attention and improvement.

“In particular, ADFA needs to continue to develop and implement with an expert provider, an evidence-based sexual ethics program,” she said.

Interactive, sexual ethics training is regarded as an effective prevention tool against inappropriate behaviour.

Ms Broderick said she believed ADFA would continue to make progress on implementing the review’s recommendations.

“ADFA’s senior leadership and the senior leadership of the ADF recognise that this progress must be consistent and sustainable, so cultural change becomes embedded in the core values and operations of ADFA for the long term.”

Learning by rope on Ex Gemas 13

Field skills work results in improved facilities at Majura

Capt Lily Mulholland

SAPPERS from 5CER braved the chilling conditions of mid-year Canberra at the Majura Field Firing Range, working on their core field skills during Exercise Gemas 13.

The skills and tasks included a number from the regiment’s mission essential task list, which OC 5CER Sqn Maj Attila Ovari said would further develop and reinforce the Canberra-based squadron’s capability in combat engineer operations.

“Key tasks were for the squadron to build an aerial ropeway and to work with the plant troop to reinforce existing infrastructure,” Maj Ovari said.

“This included a hesco security wall around a forward operating base,” Ex Gemas 13 had a specific focus on mobility and survivability operations.

While their field skills took priority, the sappers found time to help range control in improving facilities, including a structure that functions as a FOB for other training activities on the range.

“Being in a field environment means we can not only test our readiness to undertake a number of core combat engineer tasks, but it means that we can demonstrate our capacity as engineers,” Maj Ovari said.

Troop Commander Lt Tristam Conlin said the weather had been below freezing most nights.

“Before the sun came up each day the place was covered in a thick coating of frost,” Lt Conlin said.

The time in the field allowed the squadron to construct a ropeway, which was the first of its kind for the unit for a number of years.

“I’m proud of the team – they worked really hard to win the materials from the pine forest, build the spars and get the ropeway up over a ravine that turned out to be set on a challenging angle.”

5CER will be amalgamated with 21 Const Regt by the end of this year which was the first of its kind for the squadron to construct a ropeway, 27th Brigade of the 8th Division.

Uplifting: A spar is erected at one end of a ropeway on Ex Gemas 13.

BATTLE SCENE

The Battle of Gemas took place during the Japanese Invasion of Malaya in the Pacific Campaign of World War II.

On January 14, 1942, at the Gemenchih Bridge near Gemas, about 1000 troops of the Japanese 5th Division were killed or wounded in an ambush by Australian soldiers from 2/30th Battalion, assigned to the 27th Brigade of the 8th Division.

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High gear: V8 Supercar driver Rick Kelly takes on Pte Tom Roderick on the Lavarack Barracks obstacle course.

Photo by Cpl Max Bree
Trio tackles tough test

Running men: From left, Pte Rohan Lowe, Maj Greg Colton and Capt Dominic Lopez, of 3RAR, collect their awards after completing the Three Marathons in Three Days competition in Cairns. Insert, Maj Lopez keeps his spirits up on the run.

A three-man team from 3RAR has run three marathons in three days to raise more than $10,000 for the RAR Foundation.

They were joined by 40 other runners in the Three Marathons in Three Days competition in Cairns from June 28-30, pushing their physical and mental limits as they completed 126.6 kilometres through the challenging trails of the Atherton Tablelands.

The demanding course began in Kuranda but very quickly left the village behind for the jungle trails, steep ridgelines, creeks and fire trails of the Atherton Tablelands.

Cairns was the finish line at the end of the three-day event.

The battalion entered a team to raise money for the RAR Foundation; a charitable organisation that supports soldiers and families in need from the regiment.

Supported by all the infantry battalions, as well as Defence Bank, the team had no trouble meeting their goal of raising more than $10,000 for the Foundation.

Team member Capt Dominic Lopez said the event was both physically and mentally demanding for the three participants.

“This event really tested my physical and mental endurance,” he said.

“On day one, due to some missing markers, the team, as well as a quarter of the other competitors, completed only 35km of the 42.2km stage, so we had this shortfall hanging over our heads for the next two days.

“So on day three the team decided to complete an ultra marathon of almost 50km to make up the kilometres we’d missed during day one.

“I’ll never forget those last seven kilometres on day three. It was the most pain I’ve ever been in.

“However, knowing that we were fulfilling our end of the bargain and that it was for a worthy cause, motivated the team to the finish line.”

Running men: From left, Pte Rohan Lowe, Maj Greg Colton and Capt Dominic Lopez, of 3RAR, collect their awards after completing the Three Marathons in Three Days competition in Cairns. Insert, Maj Lopez keeps his spirits up on the run.

Donations to the RAR Foundation are still being accepted online using the following details:

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Veteran nurse shares her WWII experiences

Cpl Max Bree

CELEBRATING the Nursing Corps birthday at Government House was WWII veteran Meg Ewart, who joined the Army as a nurse in 1941 and lived through the bombing of Darwin, treated soldiers during the Kokoda Campaign and POWs in Borneo.

Her service career started in Bathurst where she was assembling to go overseas.

“We were called into the matron’s office thinking we were going overseas,” she said. “But instead the matron told us we were going to Darwin.”

“Very stiff,” she said. “We thought they were American Liberators or Fortresses.”

“It was so disappointed because we had been teasing some of the boys … we were calling them ‘chocos.’”

Ms Ewart was posted to 2/9 Australian General Hospital in late 1942, but she wasn’t going anywhere in a hurry.

“They were set to go to Morotai but they said it wasn’t safe for the sisters to go because there had been some bombing,” she said. “They went up in July ‘42 and after a few months the doctors had just about had it.”

There were a lot of things the doctors and orderlies couldn’t do, so they said most of the sisters could go.

After arriving in December 1942, Ms Ewart treated soldiers from the Kokoda Campaign. At any time there were about 2000 patients crammed into the hospital, many of them having to be treated on stretchers under other patients’ beds.

The wards were busy attending to surgical wounds, malaria, scrub typhus, pneumonia and dysentery.

Ms Ewart spent the last months of the war on Morotai Island looking after soldiers from the Borneo Campaign and received some of the first soldiers released from POW camps. She knew some of the men from her time in Bathurst.

“I couldn’t recognise the boys,” she said. “Their transport officer was a sergeant, a big fella, a racing car driver, very fit. They had to point him out to me; I couldn’t believe you could get that skinny.”

“But you know the first thing they asked for? Bread, butter, jam and a cup of tea.”

Ms Ewart was discharged from the Army in July 1946, having reached the rank of captain.

Medics celebrate 110th birthday

Governor-General hosts event at Government House

Cpl Max Bree

MORE than 80 current and former military personnel attended the 110th birthday of the Royal Australian Army Medical Corps and the Royal Australian Army Nursing Corps at Government House in Canberra on June 29.

The Governor-General and Colonel in Chief of the Medical Corps, Quentin Bryce, hosted the event and also represented Her Majesty The Queen, Colonel in Chief of the Nursing Corps.

When my sisters and I were growing up in Western Queensland, the matron and nurses at our little hospital were our role models – they were much loved leaders in rural communities,” Ms Bryce said.

“Across the years I have observed the development of the nursing profession as it has moved into specialisations, research, collaboration and greater opportunities for advanced study.

“But nursing has never lost its practical commitment, confidence and competence.”

The Governor-General spoke of the corps’ impressive work since starting in the late 19th century.

“Members of the Nursing Corps are able to look back at a fine history of service since the start of Australian Military Nursing in Sydney in 1898,” she said.

“In those days it was just one Lady Superintendent and 24 nurses. Today you are an impressive Corps of 355 officers providing expert care at home and overseas.”

The Governor-General also talked about the heroism of corps members over the years, including WWII nurse Sister Ellen Savage.

“With broken bones and a perforated ear drum following the sinking of the Hospital Ship Centaur, [she] still managed to administer medical care to those around her on a make-shift raft,” Ms Bryce said.

“Sister Ellen stands as a shining light, like the lamp of your badge, revealing what is possible in seemingly impossible conditions.”

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TWELVE Army and Air Force personnel have been working with 48 members of the Indonesian National Defence Forces (TNI) to better understand peacekeeping missions during the inaugural bilateral exercise Garuda Kookaburra 2013 in Sentul, Indonesia.

The level of peacekeeping activities around the world has never been higher, with 106 countries currently contributing up to 100,000 military personnel to UN-mandated peacekeeping missions.

CO Peace Operations Training Centre (POTC) Lt-Col Fleur Froggatt said the purpose of the inaugural exercise, which was hosted by Indonesia, was to build participants’ understanding of the complex peacekeeping environment and enhance relationship building with the TNI.

Exercise Garuda Kookaburra provides training to officers with future operational deployment prospects to improve their understanding of the strategic and operational planning considerations for participating in complex and multi-dimensional peace operations,” Lt-Col Froggatt said.

The exercise consisted of theory, syndicate and practical activities to establish and build enduring relationships centred on the shared central theme of peacekeeping.

Indonesia currently commits about 1900 personnel to peacekeeping missions around the world and is seeking to increase that commitment over the coming years. To help achieve this, in December 2011 Indonesia established a TNI Peacekeeping Centre in Sentul, 70km south of Jakarta.

The advanced training facility will prepare the TNI for current and future peacekeeping missions. TNI and the ADF are learning from each other’s training methods and our respective operational experiences,” Lt-Col Froggatt said.

We are fortunate to be able to stage this exercise in a custom-built peace operations facility and draw on the extensive practical experience of the TNI peacekeeping staff.

The theory and field work presented exercise participants with problems faced by a military observer within a complex peace operation.

Participants practised applying their legal and moral responsibilities whilst exercising their role within a UN mission.

Divided into mixed TNI and ADF syndicates, participants were mentored by TNI and ADF exercise staff members, including Flg-Off Katilyn O’Brien, of the Air Force’s 26 Sqn.

“Being the most junior officer on the exercise, I have learnt so much in such a short time, and I’m extremely fortunate to have had this valuable career opportunity,” Flg-Off O’Brien said.

Australians involved in the exercise also participated in a weekend cultural program – arranged by their TNI hosts – that included visiting the Pancasila Palace and Military Museum.

The experience provided the ADF participants with a greater understanding and appreciation for the rich history of Indonesia and its journey from early civilisation and colonisation to independence and post-1998 democratic reform.

The next Exercise Garuda Kookaburra will take place in 2015.

The ADF POTC delivers UN-mandated training to prepare ADF and other international military officers for deployment on UN missions.

For more information on gaining peace operations qualifications or attending courses, such as the UN Military Observers Course in September or the International Peace Operations Seminar in November, go to http://www.defence.gov.au/adfwc/peacekeeping/operations.html.
Extraction effort well under way

Force Extraction Team breaks down accommodation blocks

Cpl Mark Doran

PLANS to drawdown troops and equipment from Tarin Kot are well under way.

From early February the Force Extraction Unit (FEU) has been undertaking tasks to remove infrastructure, including Drehtainer armoured accommodation modules, as Australia prepares for the end of its mission in Uruzgan.

Of about 1300 modules owned by Australia at Multinational Base Tarin Kot, almost 430 have been recovered and by 2010 there were more than 1000 Australian personnel on the base, with a further 2500 coalition forces also in the location at that time.

As the troop numbers increased, so did the infrastructure to protect against insurgent rocket attacks.

Lt-Col Wright said the FEU extraction in Uruzgan.

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Dangerous driving

It takes skill, precision and confidence to negotiate Kabul’s busy streets

Capt Sean Childs

THE daily risk of negotiating Kabul’s busy city roads falls to drivers from the Australian Force Support Unit.

Skilled in offensive and defensive tactics, they drive armoured four-wheel-drive sports utility vehicles.

Four specially trained drivers from 26 Tpt Sqn transport Australian personnel on tasks throughout the city, moving between International Security Assistance Force (ISAF) camps, ISAF HQ and the Australian Embassy.

Pte Jackson Brown said the training was important preparation before the practical experience.

“The pre-deployment driving training we did was a basic up-armoured course in Australia, different turns, roundabouts, different drills and actions-on drills,” Pte Brown said.

Kabul’s population has ballooned since ISAF started security and stabilisation operations in support of the Afghan Government.

Conservative estimates now put the population of Kabul at more than 4.5 million, more than double that of the Taliban era.

And the driving conditions reflect this: commuters now flood the streets, buses ferry students to school and commerce thrives.

Transport commander Cpl Matthew Allen described his team’s role while driving as a demanding one, that required constant threat assessment and situational awareness.

Resolute Support, the new NATO-led mission from next year, will train, advise and assist the Afghan National Security Forces (ANSF). With Australia’s mission in Uruzgan to be completed in December, in part, the focus will turn to Kabul.

Remaining committed to the ISAF strategy for Afghanistan’s nationwide security transition through next year, Australia will continue advising the ANSF as they develop their command and logistics capabilities, while providing institutional training.

Australia expects to continue to make a contribution to the mission, including at the Afghan National Army Officer Academy in Kabul and the continued presence of ISAF HQ embedded personnel.

On the road: FSU 8 drivers, from left, Cpl Matthew Allen, LCpl Jesse Newton, Pte Jackson Brown and Pte Radnar Brewer prepare to leave on a driving task in Kabul. Inset, Cpl Allen and Pte Brown transport ISAF personnel through the city.

Photos by PO Phil Cullinan

FBT not as easy as ABC

(more so if you’re in the ADF)
Brush up: Cpl S, of SASR, works on his latest artwork, Five Eyes, during down time at Camp Russell in Afghanistan.

THE war in Afghanistan has not only produced a new generation of veterans, but a new wave of cultural references and a new canvas for artistic expression.

Conflicts have provided such canvases throughout history, but they have not always included the opportunity for the public to see a special forces soldier’s unique and personal interpretation of his experiences.

Cpl S, a serving member of the SASR, began painting 12 months ago and in that time has produced several artworks inspired by his mates and experiences on operations.

As a patrol 2IC deployed with the SOTG, Cpl S has continued to paint in his down time while in Afghanistan.

His major artwork for the deployment is a 1m by 1.2m canvas painting titled Five Eyes, which depicts Australian, US, Canadian, UK and New Zealand soldiers poring over a map by light of a headlamp.

“I’ve had the idea for this painting for some time. I wanted to create something that reflected the positive aspects of this operation,” Cpl S said.

“For me, a positive I will take away from here is the friendships I have made with the special forces blokes from all the other nations. This painting is to remind the lads that we are in it together.”

Cpl S had always shown an aptitude for art but until recently had never received any formal training.

“I was always drawing in a notebook, mostly cartoons though. If one of the boys would do something funny during a job, I would draw it on the whiteboard, kind of like a caricature.”

A chance meeting with renowned military artist Ian Coate provided the opportunity to develop his skills and techniques.

“Ian was showing some of his work at Campbell Barracks. It was then that I actually thought seriously about painting,” Cpl S said.

“I showed him some of my sketches and he offered some lessons in painting and techniques.”

The budding artist has a number of his original works of art displayed on his website, www.353art.com, with each piece accompanied by a description of the event or inspiration for the painting.

“When I was developing the website, I thought about what I wanted to create and what I wanted my art to mean,” Cpl S said.

“It was important to me that it was accessible to current and former soldiers, their families and friends.”

“I wanted people to look at my paintings and get a glimpse through the eyes of a soldier, and see something that couldn’t be captured with the eyes of a camera. I also hoped that my art would encourage other serving members’ creativity and provide an outlet for that.”

The wartime art has generated interest in Western Australia, with a local businessman buying an original portrait of a SASR veteran for $6000.

Cpl S has been invited to host a gallery to display his SAS artwork generated over the past 50 years.

“The war in Afghanistan has not only produced a new generation of veterans, but a new wave of cultural references and a new canvas for artistic expression.

Conflicts have provided such canvases throughout history, but they have not always included the opportunity for the public to see a special forces soldier’s unique and personal interpretation of his experiences.”

A passion for the art of war

Special forces soldier captures modern ops on canvas

Capt Lacey Western

The money raised was donated to the SAS Regimental Trust, which is a perpetual trust that provides relief to the families of current and former serving members of the SASR who have been killed or disabled as a result of operational service or training.

Cpl S also plans to donate three other canvases to auction, with all proceeds going to Wandering Warriors, an organisation that raises funds for injured and wounded SASR veterans and their families.

Cpl S plans to continue painting when he returns home from his latest deployment. The Five Eyes canvas will be held by the SAS Historical Collection to be put on display.

For the SASR’s 50th birthday in September next year, Cpl S will loan his artwork to the WA Museum, which will host a gallery to display SASR artwork generated over the past 50 years.

If you have an interesting story to tell, get in touch with Army and get it in print.

Contact the editorial team by email to armynews@defencenews.gov.au
Next Project Land 121 phase introduces new medium and heavy trucks and trailers
A new generation of medium and heavy vehicles will be transporting soldiers and stores from 2017.

**NEW TRUCKS, TRAILERS AND CAPABILITIES**

- **Vehicles**
  - Integrated armoured cab
  - Increased protected cargo space
  - Electronic Stability Control
  - Air-conditioning
  - Exhaust Valve Brakes
  - Common rail diesel engines
  - Suspension
    - Multi-spring
    - Heavy duty
    - Air
  - Pneumatic brakes
  - Airbags
  - Ring-mount attachments for weapon mounts
  - Fitted for Land 200 digital communications suite

- **Trailers**
  - Heavy ILH trailer
  - Heavy duty trailer
  - Heavy duty wear plate trailer
  - Heavy ILH trailer
  - Heavy duty wear plate trailer

**TIMELINE FOR DELIVERY**

- **2013** - Contract signed
- **2013-2016** - Design and verification
  - Integration of Land 200 digital communications equipment
  - Land 121 training team
  - Trailers and module combinations

- **2016** - Training development and introduction to service training pilot courses

**Digging deep:** DMO tests, incorporating feedback, for enhanced performance.

**Transformer:** A Rheinmetall MAN truck demonstrates the off-road capability during Australian trials.

**Climbmen:** An eight-wheeled Rheinmetall MAN truck in the off-road capability during Australian trials.

**PROTECTION ON THE MOVE**

**EW lightweight, medium and heavy vehicles, many with self-loading technology, are on the way after a new contract was signed on July 23 under the Land 121 Program.**

The Army’s fleet of Unimogs, Mack Trucks and S-10s will be progressively replaced with new vehicles, trailers and modules under Phase III of the Land 121 program, which also recently began introducing G-Wagens.

The new trucks, provided by Rheinmetall, will have improved performance and a continuous focus on driver training. Electronic stability control will feature on all vehicles along with air conditioning, automatic transmissions and all-wheel drive.

Many of the vehicles will have integrated armour offering occupant protection from small-arms fire and mine blasts. Weapon systems can be networked to improve their versatility on the battlefield.

New capabilities include self-loading trucks with a system to provide the driver with a visual and audible indicator if the load is too heavy or unevenly distributed.

Cpl Tim Conquest, from the Land 121 Training Team, believes the RMMV A heavy vehicles are a “space age” leap forward from the current models.

“The configuration of the vehicle, being an APC, gives it the ability to carry more crew,” he said.

“The self-loading system will improve the capability of transport operators, particularly when operating in areas of high threat.

“The armoured variants will also result in a rethink of the way the Transport Corps operates as it will provide a higher level of protection,” he said.

The armoured variants will result in a rethink of the way the Transport Corps operates as it will provide a higher level of protection.

“The RMMV A vehicles were relatively simple to maintain and a very production model which would allow the vehicles to be fitted with communications and weapons systems,” he said.

The commonality between the medium and heavy variants will enable a smooth training transition.

“The increased payload and addition of the integrated load handling system will provide Army with an increased capability and, from a battlefield operations perspective, the military vehicle will provide a higher level of protection as well,” he said.

The armoured variants will result in a rethink of the way the Transport Corps operates as it will provide a higher level of protection.

“Our new trucks will be manufactured in South East Queensland and will be fitted to provide the driver with a visual and audible indicator if the load is too heavy or unevenly distributed,” he said.

**Trailers**

- Heavy duty trailer
- Heavy duty wear plate trailer
- Heavy ILH trailer
- Heavy duty wear plate trailer

**Modules**

- Range of module types for transporting bulk liquids and other heavy loads
- Range of module types for transporting bulk liquids and other heavy loads

**Safety features**

- Electronic Stability Control
- Air-conditioning
- Exhaust Valve Brakes
- Common rail diesel engines
- Suspension
  - Multi-spring
  - Heavy duty
  - Air
- Pneumatic brakes
- Airbags
- Ring-mount attachments for weapon mounts
- Fitted for Land 200 digital communications suite

**Timeline**

- 2016 for the first operators and conversion pilot courses
- 2017 for the first new modules issued
- 2018 for the first new modules issued
- 2020 for the first new modules issued
- 2023 for the first new modules issued

**Vehicle**

- Integrated armoured cab
- Increased protected cargo space
- Electronic Stability Control
- Air-conditioning
- Exhaust Valve Brakes
- Common rail diesel engines
- Suspension
  - Multi-spring
  - Heavy duty
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- Range of module types for transporting bulk liquids and other heavy loads
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In a ceremonial return to Duntroon where he graduated, the Anglican Bishop of the ADF is commissioned, Sgt Dave Morley reports.

A DUNOTROON graduate who left the RMC as a Royal Australian Corps of Transport lieutenant in 1976 returned to the college on July 5 to be commissioned as the new Anglican Bishop of the ADF.

Bishop Ian Lambert received the appointment at the Anzac Memorial Chapel of St Paul after two decades in the Army and two with the Anglican Church.

He said he was excited about the appointment.

“I can see, with 20-20 hindsight, how God has been moving in and through my life and I can see how this is the right time and the right appointment for me,” Bishop Lambert said.

“I trust I can serve the Defence community well.”

Bishop Lambert said while he came into the job with excitement, he also came in with a lack of knowledge.

“Things have changed so much since I left the Army,” he said. “I understand the culture but not the mechanisms within, so I’ve got a fairly steep learning curve there.”

His first posting from Duntroon was at the Bandiana Transport Unit with subsequent postings including 5 Tpt Sqn, Enoggera, HQ Log Comd, Kelvin Grove ARes HQ, and back to Duntroon as SO2 Logistics.

“I did Exercise Long Look with the British Army of the Rhine,” he said. “But I think the highlight of my career was the posting to Puckapunyal. I became a Christian there and had the pleasure of integrating my faith with my life and my work.”

Bishop Lambert said he became an authorised lay minister at Puckapunyal.

“We ran a youth group ministry there for all of the teenage kids,” he said. “We called it TOPS – Teenagers of Pucka.

“We provided them with entertainment and fun and shared the gospel with them.”

Bishop Lambert said he was putting together a visits schedule to all the bases and chaplains around Australia.

“Hopefully I’ll get to see most of them by the end of the year,” he said. “I would also like to go to Afghanistan before the troops withdraw.”

As the new chief minister and pastor within the Defence community, his role is to guard the faith, promote unity, discipline and the mission of the church in all Defence units and communities, at home and overseas.

Bishop Lambert was previously the regional bishop for the South Coast, Southern Monaro and Snowy as well as rector of the Anglican parish of Batemans Bay.

Appointment: Right Reverend Ian Lambert is commissioned as the Anglican Bishop to the Australian Defence Force.

Formalities: Reverend Ian Lambert receives a Pectoral Cross from Archdeacon Kevin Russell, top, a Bible from Archdeacon Eric Burton, centre, and kneels before the Primate, Archbishop Phillip Aspinall, above, as he is to commissioned as the Anglican Bishop to the ADF.

Appointment: Right Reverend Ian Lambert is commissioned as the Anglican Bishop to the Australian Defence Force. Photos by LS Helen Frank

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An exercise with USMC was an invaluable opportunity for troopers from 1 Armd Regt, Maj John McPherson reports.

A CONTINGENT of 80 men from 1 Armd Regt has returned from the month-long first phase of a reciprocal exchange program with their US Marine Corps equivalents.

Ex Gold Eagle was designed to enhance the cooperation between 1 Armd Regt and 1st Tank Bn, USMC, by focusing on combined arms training, developments in technology and integration of capabilities.

Contingent Commander and OC B Sqn, 1 Armd Regt, Maj Tim Tiller, said familiarisation with an amphibious capability was invaluable.

“Not only can the USMC’s amphibious capability operate in a variety of sea states but it also has the capacity to contribute to a far broader scale of operations than we’re likely to see in the Australian context,” Maj Tiller said.

“The opportunity to deploy on a training exercise alongside USMC elements with similar requirements and challenges was unique and instructive, yet not totally unfamiliar.

“Working first-hand with our USMC counterparts had a number of interesting facets, the most prominent being that regardless of the unit or country, tank soldiering was just that.”

The contingent spent five days at the Marine Corps Air Ground Combat Centre (MCAGCC), Twentynine Palms, California, five days at Camp Pendleton, California, and 21 days back at MCAGCC.

The second phase of the exchange will be conducted from September 1-29, with USMC’s A Coy, 1st Tank Bn deploying to Darwin to partner with B Sqn, 1 Armd Regt.

“The objectives of this component of the exercise are to build on the relationship developed during the US experience,” Maj Tiller said.

“It will also expose the USMC tankers to Australian training methods and systems and provide them with an opportunity to operate beside their Australian counterparts in terrain not available to them in US training areas.”

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Walk with paws for causes
A wounded soldier and his companion take on a fundraiser, Sgt Dave Morley reports

A 6RAR digger blinded by an IED in Iraq will walk from Sydney to Canberra next month to raise the public's awareness of wounded soldiers.

Pte Liam Haven will be accompanied on the walk by his guide dog Omen and a small support team.

Guide Dogs Victoria matched Omen with Pte Haven two years ago and the two have been inseparable ever since.

Pte Haven said he hoped to raise $100,000, which would be split 50-50 between Soldier On and Guide Dogs Victoria.

"The money I hope to raise is for a good cause, but I also want to make the Australian public more aware of our wounded soldiers," he said.

"I want the public to be openly supportive of our troops like they are in America."

Pte Haven's support team includes his father, a mate and his father as well as a few volunteers from Soldier On and Guide Dogs Victoria.

"I hope to cover about 50km a day and do the walk over 10 days," he said.

"Omen can only do two kilometres at a time, so we'll spread that out through the day.

"We're expecting people will join us along the way and we'll be contacting Rotary Clubs, RSLs and schools." 

Pte Haven said he hoped to start the walk at the front gate of Holsworthy Barracks and finish at the Australian War Memorial.

Permanent & Reserve members – Help the ADF and Yourself!

The purpose of Civil Skills Data (CSD) is to improve visibility of the full range of member skills and experience, so as to increase opportunities for both the ADF and the individual.

- CSD reporting now extended to all uniformed members - permanent and reserve. (CDF Directive 18/2012 provides policy guidance re use of CSD).
- Use the relevant webform via your Orderly Room/Corporate Service Centres to record or update your CSD.
- The new aspect of CSD is that ‘self-claimed’ skills and experience can be recorded (ie not only formal qualifications) so your hobbies/skills or language skills can now be included (if potentially of use to the ADF eg carpentry).
- CSD includes:
  - Self-claimed skills (a wide range of skills are listed from which to choose)
  - Self-claimed language skills (languages acquired without examinations)
  - Professional Registrations and Licences
  - Membership of Professional Organisations
  - Civil Education Qualifications
  - Civilian Employment Details/History (reservists and regulars)
- Keep your Personal Data, CSD and contact data on PMKeyS up to date!

For more information: go to DGRES-AF website, CSD section.
For questions or help: email the CSD helpline (include your PMKeyS number): ADO.CivilSkillsData@defence.gov.au

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UNNERS from 8/12 Regt RAA showed what they were made of during Exercise Thunder Run 2 at the Mt Bundy Training Area recently.

The unit deployed for a live fire exercise to train joint fires teams and gun troops up to danger-close practices.

Over two weeks the unit was put through the full range of conventional war fighting activities it could reasonably be expected to conduct in combat.

We brought the rounds into 175m from 5RAR’s forming up point. The infantry boys weathered it really well ...

– Bdr Chris Saetta, 8/12 Regt RAA

Lt-Col Julian West said one of the highlights of the exercise was firing danger close missions at night in support of dug-in infantry with 155mm HE rounds impacting 175m from his own troops.

“Two weeks isn’t a long time in the field, but under the leadership of hardworking junior NCOs, the regiment successfully conducted realistic and high-tempo joint fires coordination and execution by day and night,” he said.

Lt-Col West was also happy with the performance of the M777-A2 howitzer.

“The M777 is an excellent gun; it has a good rate of sustained fire providing consistent and accurate indirect fire support,” he said.

Detachment commander Bdr Adrian Broadhead said the unit had an active enemy probing and ambushing the gunners constantly.

“We had to pay attention, we had to make ourselves a hard target and know our drills and procedures,” he said.

Lt Nathan Small, 103 Bty command post officer, said the post-battle procedure immediately after an intense contact with the enemy was an eye opener.

“We trained a lot to conduct our correct processes during a quick attack, but dealing with casualties and handling back-loading and resupply, while still providing indirect fire support, was difficult at first,” he said.

“However, due to our robust training and operating procedures we quickly learnt to plan for this, execute and move on.”

Bdr Chris Saetta said the live fire and movement ended with danger close missions in support of 5RAR’s final activity, a clearance of an enemy main defensive position.

“We brought the rounds into 175m from 5RAR’s forming up point,” he said.

“The infantry boys weathered it really well – it created a lot of energy for the attack.”

Air support: A Tiger helicopter drops flares after conducting a strafing run in support of the gun line.

Bomb up: Gnr Tomas Taylor unloads 155mm prac rounds during a resupply.

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In the fight: Gnr Samuel McKay, of 8/12 Regt RAA, defends the gun line against an enemy attack.

In the fight: Gnr Samuel McKay, of 8/12 Regt RAA, defends the gun line against an enemy attack.

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In the fight: Gnr Samuel McKay, of 8/12 Regt RAA, defends the gun line against an enemy attack.
Hats off to veteran’s long wait

A priceless replacement has been presented to its rightful owner, 65 years later.

THE Army has presented World War II veteran Keith Williams, 89, with a new slouch hat, 65 years after his own hat was stolen.

When neighbour Scott Nichols learnt of the loss of Mr Williams’s hat, he began the quest to find a replacement when nearby unit 9FSB stepped up to make it happen.

Mr Williams, who lives in Newtown, Ipswich, was presented with his slouch hat at RAAF Base Amberley by 9FSB CO Lt-Col Mark Stone.

Mr Williams was a corporal with the 2/11th Australian Army Troops Corps Royal Australian Engineers.

“She was responsible for the maintenance of the water supply and all of the shipping in and out of the island of Morotai,” Mr Williams said.

Mr Williams spoke at length with warmth and affection for his time in the Army, recounting with fondness the lifelong friends made through serving the nation.

One such story that typifies the spirit of mateship and brotherhood was of when he was training at Kapooka and his platoon was qualifying on the range.

“To get qualified, shooting was one of the stipulations,” Mr Williams said.

“I was a fitter and turner apprentice at the time and cancelled my apprenticeship to join the Army at 19.

“One of my good mates Reg was a bit ahead of me but we both joined the Army together – but he couldn’t shoot for nuts!

“We were laying on the range together – boom, boom, boom – and I knew that I had shot well enough to qualify, so I decided to help Reg out and banged a few through his target as well.

“The sergeant in charge soon cottoned on to what was happening, so I simply explained that I was cross-eyed and they let Reg pass.”

9FSB RSM WO1 Doug Wigg said being able to present the slouch hat to Mr Williams had lifted the spirits of everyone in the battalion.

“It’s a great story,” WO1 Wigg said.

“Once you are a soldier, you are always a soldier and Keith is no different.”

The pride and privilege with which Mr Williams held the presentation of his new hat was best summed up by the veteran himself. “It’s just a brown slouch hat with the side turned up, but it means the absolute world to me,” Mr Williams said.

A priceless replacement has been presented to its rightful owner, 65 years later.
WITH reference to the letter (Army, June 20), Times have changed for bar hours on the subject of bar hours reducing and the cost of alcohol likely to increase.

Firstly, I agree with the reduction in hours to reduce cost and I feel that there is no need to have boozers/messes open every day or until 10-11pm every evening.

What I don’t agree with is the thinking that reducing the price of alcohol will reduce the overall amount of alcohol consumed.

While the article refers to a report by Prof Hamilton dated August 2011, there were no figures or stats given, nor did the letter say that this was focused on alcohol consumed in unit messes or boozers within the barracks environment, or in pubs, or even at home while having a barbecue.

We have a very good mechanism in place for messes and boozers to stop incidents occurring or escalating. This is by having qualified and experienced staff in place and duty staff on call and conducting checks during the operating periods.

We cannot control the amount of alcohol consumed when soldiers are out on the town but only hope soldiers will look after their mates.

If the price of a beer was doubled for tripled in officers and sergeants messes or boozers (to align with clubs/pubs), most people are likely to buy less, hence consume less, in the mess.

The problem arising of alcohol-related incidents is not occurring on barracks or from the cost of a beer in the boozers, but in clubs, pubs and night club strips such as Finders St in Townsville, which soldiers frequent every weekend.

Many a soldier lives off barracks close and long hours or mates around before they hit the town.

They buy their drink in bulk from the local battle shop to keep costs down and then head out late in the evening until the small hours of the morning.

This is when most incidents occur, not on barracks. They still buy their drinks at $5-$8 a beer or $8-$12 for spirits and spend a fortune during the night.

The problem at hand is not the price of drinks available on barracks; the problem covers the attitudes regarding alcohol in the community.

We are but a small part of that community but we have a much bigger profile when incidents occur and as such reported in the media.

If we stopped selling alcohol altogether on barracks, would incidents still occur? Of course they would.

Soldiers would continue to do what they already do, barbecues and pre-night-out drinks at home or at their mates’ house.

WO2 Alan Tarr
ALTC

Barred: Some personnel believe increasing the cost of alcohol in the ADF could result in more incidents of alcohol-related unacceptable behaviour.

Soldiers respond to earlier letters on changes to bar hours

AFTER World War I thousands of servicemen returned home suffering from what they called shell shock. So many that it overwhelmed the mental health professionals of the time.

With a shortage of psychotherapists they turned to hypnosis for a fast method of therapy and found it was a success.

At the end of WWII not much had changed and the same thing happened. Here we are again in 2013 with men returning from overseas.

Some problem different name.

Hypnosis or hypnotherapy was the answer for many diggers’ PTSD in the past.

I am not a hypnotherapist, nor do I know one. I can’t tell you how much a therapy session for a hypnotherapist would cost. I haven’t any idea.

But I do know it worked before for PTSD and it is worth giving it a go.

If you’re suffering at home and having trouble coping, it is worth giving it a go.

Like most things I am sure there are some great hypnotherapists out there and some dodgy ones. You will have to do your research. If you find a good one and the treatment works, it will be worth the effort not only for you, but for your family and a better brighter future.

If it does work, spread the word, tell your mates, write to Army. We need people to give it a go and let the others know. I understand there is some professional snobbery between psychotherapists and hypnotherapists so don’t be put off from having a go if you come up against this.

We can beat these things if we all stick together and give each other a hand.

After all we don’t leave our mates behind and we are not going to do it now.

Paul Shilcock (Ex-RAAF sergeant)
Tasmania

Thanks for the support in a difficult time

I WOULD like to take this opportunity on behalf of my mother Sharon, sisters Samantha, Cassandra and Rebecca and myself to thank the following for their support and letters of sympathy after the passing of my father WO1 A.L Reid OAM (retd).

Samantha, Cassandra and Kaye Selmes, and the surrounding family of close friends such as Chris Jobson for taking the reins and having Dad home while having a barbecue.

The best evidenced-based treatment for PTSD is either trauma-focused cognitive behavioural therapy (CBT) or eye movement desensitisation and reprocessing (EMDR) therapy. It is important that soldiers with PTSD are referred to appropriate clinicians with skills in these therapies. There is no evidence that hypnotherapy alone is effective in the treatment of PTSD and it may be harmful if it delays the soldier accessing the more effective treatments.

There may however be a role for hypnosis in some soldiers to assist with addressing traumatic memories and improving control of hyperarousal symptoms, when used in conjunction with trauma focused CBT or EMDR.

The symptoms of PTSD and associated treatments are very demanding and distressing for soldiers and their families.

Soldiers are encouraged to engage with their health care providers to discuss and tailor their treatment and not to seek alternative or complimentary treatments without first discussing it with their health care provider.

Take the doctor’s advice on PTSD

21


Tell your mates, write to

Army

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Paul Shilcock (Ex-RAAF sergeant)

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Army

August 1, 2013


Letters

Trouble in bars

Soldiers respond to earlier letters on changes to bar hours

Ask: Soldiers are encouraged to seek professional advice before engaging alternative therapies.

Director Army Health, Col Len Brennan, rpmnds:
PTSD is now a well-recognised consequence of war for some personnel.

Defence Health Services are well placed to support soldiers with PTSD.

The best evidenced-based treatment for PTSD is either trauma-focused cognitive behavioural therapy (CBT) or eye movement desensitisation and reprocessing (EMDR) therapy. It is important that soldiers with PTSD are referred to appropriate clinicians with skills in these therapies.

There is no evidence that hypnotherapy alone is effective in the treatment of PTSD and it may be harmful if it delays the soldier accessing the more effective treatments.

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Soldiers are encouraged to engage with their health care providers to discuss and tailor their treatment and not to seek alternative or complimentary treatments without first discussing it with their health care provider.

Take the doctor’s advice on PTSD

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Renowned as part of the joint ADF/DVA Support for Wounded, Injured or Ill Program in October (DV A), the Department of Veterans’ Affairs has seen advisers who can work through the process being made easier by on-base TRANSITIONING from the ADF to the ADF, but there are benefits of lodging claims early. For soldiers injured or who fall ill as a result of their service, a claim should be lodged with DVA as close to the event as possible. This will result in the claim being processed more quickly.

For more information go to www.dva.gov.au/obas.htm or call 133 254, or 1800 555 254 (regional callers).

“AAFCANS disburses 75 per cent of all profits from its vending machines to base SADPOs and Air Force welfare groups to be spent on local Defence initiatives,” he said.

“As a result of our recent customer survey, which attracted the input of over 13,800 personnel, we’re making efforts to reduce queuing times and make AAFCANS a convenient place to shop. We will be installing modern tills, payWave systems and state-of-the-art self-service cabinets in most outlets.”

Mr McGrow said AAFCANS’ purpose was to make life on base better for Defence members and their families. “Our team is working hard to make this a reality,” he said.

For more information on AAFCANS go to www.aafcans.com.au

Mr McGrow said because AAFCANS was a Defence-owned resource it was committed to reinvesting funds back into the Army and Air Force.

Good advice: Lodge DVA claims early

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Poll gives polyester the thumbs up

More than 7000 soldiers and officers have expressed their concerns and preferences for Army’s polyester uniforms in a survey for the Army clothing review.

RSM-A WO Dave Ashley said the feedback provided a valuable insight, contributing to an amendment of the Army Dress Manual.

“The aim was to have at least 20 per cent of Army engaged through the non-combat clothing review survey,” he said.

“Amy is currently progressing a replacement parade boot and the size range for polyesters has been increased,” WO Ashley said. “As a result of the current stock levels of parade uniform it was decided to proceed with the polyesters for the future, including 1567 privates, 890 warrant officer class 2s, 783 majors and five major generals.

“The results indicate that Army members are reasonably satisfied with the polyester uniforms, contributing to the determination that a design change is not required. Therefore the earlier plan to create exemplar uniforms and conduct a road show is no longer required,” he said.

“A number of improvements to the general duty dress uniform were proposed by the survey respondents including: the need for a cold weather option; an increase in the size range and comfort of the shirt and skirt; a change to the parade boots, which were deemed unacceptable by many; the proposed WO2 rank was not preferred over the current design; rank insignia for other ranks should remain on the sleeve.

“Army officers are reasonably satisfied with the polyester uniforms, contributing to the determination that a design change is not required. Therefore the earlier plan to create exemplar uniforms and conduct a road show is no longer required,” he said.

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“Army is currently progressing a replacement parade boot and the size range for polyesters has been increased,” WO Ashley said.

As a result of the current stock levels of polyester rank for WO2, the proposed design will not be pursued and the rank will remain on the sleeve.

“Any future uniforms or items must meet three criteria. The item must work and be fit for purpose, we must be able to afford it and the item must meet the appearance expectations of our people. In regard to enhanced corps identity, Comfortable: A survey suggests Army members are reasonably satisfied with the polyester uniforms. RSM-A said, “Chief of Army respects your views and as a result he has decided that from August 1 our corps shoulder flashes will again be worn on appropriate items of dress.”
Norforce’s birthday bash

Sgt Dave Morley

NORFORCE celebrated its 32nd birthday with a series of events last month.
Fifteen Norforce diggers were awarded the Operational Service Medal – Border Protection, becoming the first large Army group to receive the decoration.
The medals were presented by CO Norforce Lt-Col Paul O’Donnell with Defence Science and Personnel Minister Warren Snowdon and the unit’s Honorary Colonel, Northern Territory Administrator Sally Thomas.
Lt-Col O’Donnell said he was proud Norforce soldiers were among the first Army personnel to receive the medal.
“The key to Norforce’s success is the bond between its soldiers and the people of the Northern Territory and the Kimberley region of Western Australia,” Lt-Col O’Donnell said.
“Hundreds of our soldiers live in remote communities and our patrols rely heavily on their local knowledge and contacts as they move about our area of operations.”
Norforce diggers have taken part in Operation Resolute since 2006, conducting long-range patrols across the unit’s area of operations.
A soldiers’ dinner, where soldiers were served their meals by officers, was held on July 5, followed by a football match and barbecue the next day.
A Norforce Land Rover was also donated to the Darwin Military Museum. Not just any Land Rover, but 48-001, the first of 2500 110 Perenties bought by the Army, which became famous when used by Maj Les Hiddins in his Bush Tucker Man TV series.
Norforce’s acting transport supervisor, Cpl Charles Sapi, drove the vehicle for the final time to deliver it to the museum.
“Yes, it will be strange to see that the old boy is no longer parked at his usual parking spot; we wish him all the best,” Cpl Sapi said.

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The Last of Us

Platform: PS3
Developer: Naughty Dog
RRP: $79
Reviewer: John Wilfave

The latest action adventure game from Uncharted developer Naughty Dog is one of the best examples of quality story telling ever seen in a video game. The Last of Us is set 20 years after a highly contagious fungus infection has spread throughout the globe, causing anyone infected to turn mindlessly violent.

Players take charge of Joel, a cunning survivor and petty criminal who finds himself escorting teenage girl Ellie through the post-apocalyptic US.

Joel’s hand-to-hand fighting style is much more brutal and also more desperate – he’s not a martial artist; he’s just a person trying to survive. Despite the strict control, players never really feel boxed in and the gameplay allows for some freedom in terms of how the player overcomes most of the challenges presented.

Zack Stark

Strong character lead memorable game

The game shepherds players through its scenarios, carefully managing their experience as they negotiate obstacles and face opponents. Despite the similarities, this is not Uncharted.

For starters, Joel is not the action hero Uncharted’s Nathan Drake is; he’s older, heavier and not capable of the same death-defying leaps and high-rise stunts.

Joel’s hand-to-hand fighting style is much more brutal and also more desperate – he’s not a martial artist; he’s just a person trying to survive. These limitations, combined with scarce resources of weapons, ammunition and medical supplies, add to the intensity of The Last of Us as players feel genuinely threatened when they’re faced with two or three opponents.

This is not just another one of those mindlessly violent invasion stories. The Last of Us is an intense, story-driven gameplay experience that only puts you down the controller when you’ve put down the controller.

Unfortunately no one had told the Iraqis they were expected to surrender.

For a start, it’s about M Sqn, SBS (with a few SAS embeds), which conducted a vehicle-borne operation into Baghdad on March 21, 2003, involving battle with hundreds of Land Cruiser-borne Fedayeen fanatics, motorised Iraqi infantry and Lion of Babylon T-72 tanks.

The author, Damien Lewis has written the book through the eyes of those involved were wrongly denied permission to see lining bookshelves everywhere.

Cover plus benefits

The game is set in a time when the US Army has lost control of Iraq, and there are many more soldiers in danger than when the story takes place.

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BY THE NAVY

SAY AGAIN, OVER

If you can think of a clever caption for the picture at left, email captioncomp@defencenews.gov.au with “caption comp August 1” as the subject. Keep entries under 25 words and include your name, rank and unit.

Last edition’s winning entry

“We’ll catch it this time, boys.”
Cpl Jordan Blain
513ACU
We also liked
“This isn’t where I parked my car.”
Sig Matthew Periera
3CSR

A tightly written tale of survival in the Iraq war

The game is set 100,000 strong Iraqi Army 5th Corps and accepting their surrender.

Unlike zero Six Bravo

Zero Six Bravo
By Damien Lewis
Publisher: Quercus
RRP: $29.99
Reviewer: Sgt Dave Morley

This is not just another one of those Gulf War British SAS books that you see lining bookshelves everywhere.

For a start, it’s about M Sqn, SBS (with a few SAS embeds), which conducted a vehicle-borne operation 1000km into northern Iraq in the days leading up to the March 2003 invasion.

Mary Slob and Linda Frew

The 60-man squadron was tasked with the Iraqis. The 60-man squadron was tasked with approaching the 100,000 strong Iraqi Army 5th Corps and accepting their surrender.

This book not only puts the story right but goes on to explain why the operation is now seen to be one of the most desperate battles fought by special forces behind enemy lines since WWII.

Once you’ve read this book, you’ll want to pass the rest of Damien Lewis’ military books.

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Once you’ve read this book, you’ll want to read the rest of Damien Lewis’ military books.
Compounding the benefits

You can increase your savings significantly over time with one strategy, Greg Medcraft writes.

CASE STUDY: NICKY v ADAM

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<td>TOTAL</td>
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The figures above show that she ends up with $33,644 after 10 years. Adam decides to put off his savings for five years but then saves $100 a week in a high interest savings account for five years at 5 per cent interest, compounded monthly. His balance ends up being only $29,469. Nicky started her saving earlier so she got the benefit of compound interest for the first five years. This made a big difference to her final balance.

In many cases, even if you double your deposits at a later date, you may never catch up to people who started saving earlier.

Use the compound interest calculator at www.moneysmart.gov.au to see how you can grow your savings faster.

UNDERSTANDING how compound interest works will help you make better decisions when choosing an account or investment that pays interest.

What is compound interest?
Compound interest is like double chocolate topping for your savings. You earn interest on the money you deposit, and on the interest you have already earned — so you earn interest on interest.

The compounding effect
If you invested $10,000 in a term deposit at 5 per cent per year, you would earn $2500 in simple interest after five years — $500 for each year. This would give you a total of $12,500 after five years.

If you invested $10,000 in a savings account at 5 per cent with interest compounded monthly, you would earn $2834 in compound interest after five years, giving you a total of $12,834. This is because every month the interest is added to your account and you will earn interest on the interest. The tables above right show how we got these figures.

Case study: Nicky and Adam compare their savings
Starting small and saving regularly, while using the power of compound interest can put you ahead.

Nicky decides to save $50 a week for 10 years and puts her money into a high interest savings account at 5 per cent interest, compounded monthly.

Do you know:
- Positively geared property is better than negatively geared
- What deposit level you need?
- What the weekly cost will be?
- What the difference between an Offset and Redraw Account is and how to use them for tax minimisation?
- Whether you should buy land and build, or buy something already built?
- Whether you should buy to live in or as an investment, and if you should access DHOA’s or RA/MQ?

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Careful what you take

WHEN you are preparing to work out, the right supplementation can take a good session and make it an amazing workout. If you are really serious about getting results, then you have to approach every session with the mindset that it is going to be the best workout you have ever had.

An effective pre-workout supplement can help by increasing your strength, endurance, focus and energy. But many pre-workout products are really just glorified energy drinks. They are heavily advertised and poorly designed, and often loaded with cheap stimulants like low-grade caffeine to trick you into thinking you feel something.

Australian Institute of Sports Dietitian Greg Shaw said if a person required chemical stimuli, there was usually something causing the need.

“I warn people against the use of these stimulants in the afternoons as it has a large impact on sleep quality,” he said.

People don’t realise that sleep is extremely important in muscle tissue growth and development. If you are using a pre-workout [supplement] for a kick in the butt after a hard day at work, then they are more than likely sleeping poorly and not getting the full recovery benefits of sleep: requiring further stimulation to get them through the next day.

Although pre-workout supplements contain other chemicals that claim to enhance training performance, most of the ingredients that may work are supplements such as createine, which require constant use to be effective.

“The stimulant is the main thing people are looking for. This is why companies are looking for stimulants other than purely caffeine,” he said.

This is where the trouble begins as over the last five or six years, there have been three or four chemical stimulants banned for inclusion in these supplements.

With each banned ingredient comes a new one with similar effects to the one banned,” he said.

The ADF mirrors its list of prohibited substances to that of the World Anti-Doping Agency, which means that when you choose your supplementation you must make sure it does not contain any banned substances.

In August 2012, the Therapeutic Goods Administration deemed the use of the chemical dimethylamylamine (DMAA) illegal. This chemical was first created as a nasal decongestant, but its fat-burning potential was discovered and soon found its way into supplements.

Many brands have now changed their ingredients for the Australian market but ADF members need to be very vigilant on what their supplements contain.

Supplements should always be purchased from a reputable outlet, not online. Some supplements from overseas suppliers can be contaminated with low levels of stimulants, steroids and other banned substances.

Next edition: the use of supplements in the ADF.
Home court hinders Army

RANDWICK Barracks provided a home-court advantage, but it didn’t help the Army players at the NSW basketball titles held there from July 5-7.

Army lost a close tussle for third place in a play-off with RAAF Base Richmond 76-70. The men’s title was won by RAAF Base Williamstown which beat Navy in the final.

Army formed a composite team with Navy and Australian Public Service against Air Force in the women’s competition. They played a best-of-three series. The first game was a 35-35 tie, Army/Navy/APS team won the second game by two points, 30-28, and Air Force won the last 39-26 to take the title.

Next on the agenda for Army’s players and their NSW Air Force and Navy colleagues are the national combined services basketball championships, also at Randwick Barracks, in November. The NSW teams are yet to be picked but training is already under way.

The ADF Basketball Association will also host a formal 50th anniversary ball and presentation function on November 23 at the conclusion of the Combined Services Championships.

All past and present association members are invited to celebrate the history of the organisation.

Officer cadets to take on local teams for charity

THE ADFA/RMC Rams Australian Rules Football Club is holding a fundraising event for Soldier4Gaza.

All three Rams teams will be playing local teams at the RMC AFL oval throughout the day.

The women’s team will take on Quanbayan from 10am, the seconds will play the ANU seconds team from 12pm and the firsts will play the ANU firsts from 2.15pm.

A football-themed “lucky door prize” will be held, with spectators able to purchase chaff mini footballs marked with unique numbers for $20 each. First prize is $5000 cash, with other cash prizes and minor prizes also up for grabs.

The footballs can be purchased online via the Tickets in the Bowl website for $6.

For more information contact O/Clt Kieren Reynolds on kieren.reynolds@student.adfa.edu.au

Trials to select our finest footballers

The Australian Army Football Association will conduct trials and a training camp to prepare the best squads to compete against Navy, Air Force and the best squads to compete against Navy, Air Force and the national combined services. The combined services’ champions, also at Randwick Barracks, in November. The NSW teams are yet to be picked but training is already under way.

The ADF Basketball Association will also host a formal 50th anniversary ball and presentation function on November 23 at the conclusion of the Combined Services Championships.

All past and present association members are invited to celebrate the history of the organisation.

Michael Weaver

FOUR Army rugby league players gained the ultimate honour of being named in a World Dream Team after the Combined Australian Services Rugby League (CASRL) side’s victory in the Armed Forces’ World Cup at Melville Barracks, Colchester, UK, from June 30 to July 14.

Sgt Danny Tavita was selected as prop forward, Tpr Jack Blaine at lock and Pte Mahn Darley (fullback) and Keith Eshman (five-eighth), along with player of the tournament LS Daniel Capilli (second row) and Navy counterpart Alb Venasi Turuva (centre).

Pte Darley claimed a personal haul of 52 points, with four tries and 18 conversions in Australia’s opening game against Serbia that ended with a lop-sided 112-0 score. He also scored a further 42 points with three tries and 15 conversions in the 110-0 semi-final win, also against Serbia. Five-eighth Pte Zelman was a stand-out in the final against New Zealand, where he scored a hat-trick of tries and was a constant threat with the ball in hand.

Prop forward Sgt Tavita gave nothing away in defence, with a bustling tackle on his Kiwi opponent leading to Australia’s opening try in the final.

Tpr Blaine scored the crucial opening try in Australia’s pool match against New Zealand and also scored in the final.

The Armed Forces’ World Cup was one part of the Festival of World Cups, where Australia was also victorious in the women’s, police and students’ finals. Australia also contested the wheelchair rugby league tournament, but was beaten in the semi-finals.

The NRL provided jerseys and funding for the teams.

The CASRL side remained undefeated in the four-team competition and held on for a 32-22 win against New Zealand in the final.

The Australians also had early round wins against New Zealand 112-0 and defending champion Great Britain (20-16), who made a shock exit in the semi-finals at the hands of Serbia.

In the final against New Zealand on July 13, CASRL dominated the proceedings for 40 minutes to establish a lead which their opponents were never able to bridge.

Dumb 20-16 at halftime, New Zealand clawed its way back into the match to get within four points of the Aussies after just 12 minutes of the second half. However, CASRL responded with two converted tries to shut the gate on the Kiwis and push the score out to 32-16.

New Zealand again kept itself in the game with a converted try to close the margin back to 10 points, however, CASRL stood firm during the final 10 minutes to seal the championship.

Coach and former captain of the CASRL 2003 side WO2 Brian Jones said the entire squad performed beyond expectations, which made for some very hard decisions when it came to selecting the strongest team for the final.

“It really was bittersweet picking the final team due to the quality of players I had to reserve,” WO2 Jones said.

“The way the players trained for their set plays and then executed them almost to perfection on the field was very rare to see.”

“I’ve seen very few teams train towards a game plan and execute it so closely.”

Tour Manager Maj Al Lynch said with a proposed CASRL tour of Papua New Guinea next year and the next Armed Forces’ World Cup being played in Australia in 2017, the value of this performance could not be understated.

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Dream run: One of four Army players selected in a World Dream Team, Tpr Jack Blaine is pictured here putting a dent in the New Zealand defence during the final of the Armed Forces' World Cup in England. The Aussies amassed some big results against highly fancied opposition.

Photo provided by SBSphotos.co.uk