THANK YOU FOR YOUR SERVICE

CDF and Prime Minister attend recognition ceremony in Tarin Kot

png exercise
Troops from 3 Bde deploy to Papua New Guinea to train its defence force

CENTREPIECE

Troops awarded
Top achievers receive Soldiers’ Medallions for exemplary service

PAGE 3
Prime Minister Tony Abbott delivers artefacts to the Australian War Memorial

TWO soldiers had the honour of accepting a treasured artefact from Multinational Base Tarin Kot Memorial in Canberra on October 30.

Prime Minister Tony Abbott handed the bell made from a discarded artillery shell, which had hung outside the Ghan Chapel at Tarin Kot to Sgt Glen Reid and Cpl Sean Remynse.

It was one of two notable reminders of Australia’s contribution to Uruzgan brought back by Mr Reid and Abbott, who left Tarin Kot on October 27.

Col Nick Wiseman, defending the bell made from a discarded artillery shell, which had hung outside the Ghan Chapel at Tarin Kot to Sgt Glen Reid and Cpl Sean Remynse.

Mr Abbott also mentioned the significance of the exhibition and the addition of the two artefacts.

Memorial director Brendan Nelson said objects such as the latest additions were “a vital part of ensuring the memorial continues to uphold its commitment to telling the story of those Australians involved in fighting the war in Afghanistan”.

“They are important symbols of what Australians have endured and achieved,” he said.

Afghanistan artefacts: Prime Minister Abbott presents the bell from the Tarin Kot Chapel to Sgt Glen Reid and Cpl Sean Remynse.
Prime Minister Tony Abbott and CDF Gen David Hurley say thank you to personnel at ceremony in Tarin Kot

CDF Gen David Hurley has formally recommended more than 26,500 personnel for their efforts in operations in the Middle East at a recognition ceremony in Tarin Kot.

The event, on October 28, marked the approaching end of Australia’s mission in Uruzgan Province.

Over the next 10 weeks the ADF will complete its mission in Uruzgan and the majority of our people will begin to return to Australia,” Gen Hurley said.

He thanked all Australians involved with operations in the Middle East, over the past decade.

“I am immensely proud of the work our Defence personnel have done to counter the insurgency and what we have achieved for the people of Afghanistan,” Gen Hurley said.

During the ceremony Prime Minister Tony Abbott described the ending of Australia’s involvement as “bittersweet.”

“Sweet because hundreds of soldiers will be home by Christmas; bitter because not all Australian families have had their sons, fathers and partners returned,” he said. “Sweet because our soldiers have given a magnificent account of themselves; bitter because Afghanistan remains a dangerous place despite all that has been done.

“Australia’s longest war is ending, not with victory, not with defeat, but with we hope an Afghanistan that’s better for our presence here.”

Australians have worked with Afghans since 2005 to degrade the insurgency while training and mentoring allowed the Afghan security forces to develop their capability to accept responsibility for Uruzgan’s security, according to the CDF.

The Afghan people have shown strong support for their own security forces and our Defence forces and growing confidence that the Afghan National Security Forces can confront and defeat the insurgents,” he said.

The CDF said Defence and civilian partners made a last contribution to enhance the quality of life in Uruzgan province.

“A succession of Australian reconstruction teams have built or redeveloped hospitals and medical centres, schools and more than 200km of roads and bridges to enhance health and education and to improve vital infrastructure,” he said.

Efforts of the international community allowed the fielding of the Afghan National Security Forces and established institutional building blocks for the Afghan people to determine their own future, according to the CDF.

“This is the legacy of those military personnel and civilians killed or wounded in the conflict, including more than 260 Australians who were wounded, and the 40 Australian soldiers who were killed in action,” he said. “We will remember them.”

Cleaning up before the storm

Darryl Johnston

Darwin’s Defence community has prepared for the cyclone season as the Bureau of Meteorology predicted up to three cyclones could form off the Northern Territory coast during the period.

The City of Darwin joined forces with Darwin City Council to remove and collect debris from neighbourhoods and visitors to last at least three days.

The ADF joined forces with Darwin City Council to remove and collect debris from neighbourhoods and visitors to last at least three days.

In a cyclone a lot of loose material can become airborne and cause serious damage and injury,” he said.

“The Defence community and general population is safer if debris can be removed ahead of serious weather events.”

Northern Territory’s Emergency Services reminded residents to be cyclone prepared with a household emergency services plan and to put together an emergency kit, which includes items such as a torch, batteries, a first aid kit and enough provisions to last at least three days.

Recognised Personnel take part in a recognition ceremony at MultiNational Base Tarin Kot. Inset above, Prime Minister Tony Abbott greets Uruzgan’s Provincial Governor Amir Mohammad Aghunzdada. Inset left, CDF Gen David Hurley meets Commander Regional Command South Maj.Gen Paul LaCamera at MultiNational Base Tarin Kot.

Photos by Cpl Mark Doran

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Troops who have provided exemplary service have been awarded soldiers’ medallions for their hard work and dedication to duty.
Brave actions save a walker

Cpl Melissa Kennedy, of 3CSSB, was attacked by dogs in her fight to rescue a man and his canine friend.

Cpl Max Bree

As she drove through Wagga Wagga in NSW on Christmas Eve 2011, Cpl Melissa Kennedy thought two dogs in a yard were barking at a dog being walked.

"Then I realised the dogs were attacking the man and not just barking at his dog," she said. "And I thought 'that's not right', I just got barking at his dog," she said. "And I attacking the man and not just barking at a dog being walked.

"I probably didn't think that through, she said. "Just running out of a car with nothing and going in to a dog fight wasn't really a great idea I guess.

"But that's a situation that would have been worse if you took your time reacting to it."

Cpl Kennedy said the man's family were very appreciative of what she did.

"The poor guy, it was the first time he had walked the dog because it belonged to his wife and daughter," she said.

"His family were really grateful – they all wanted to take me out to dinner."

While Cpl Kennedy was proud to get the award, she wasn't sure her actions warranted it.

"I learned to stop screaming and making noise because the dogs were enjoying that."

"I managed to get in the car but one of the dogs pulled me out before I could close the door."

"I've seen dogs attack and I like to work with animals but I never thought they'd enjoy the attack as much as they did."

The dogs ran off down the street and later dragged a woman off a motorcycle before her son intervened, subduing one of the animals, Cpl Kennedy said.

Police restrained the other dog before it was destroyed. Wearing just shorts, a t-shirt and seeing no sticks or rocks, Cpl Kennedy wished she'd had a weapon to defend herself.

I probably didn't think that they all wanted to take me out to dinner.

Helping hand: Workshop clerk Cpl Melissa Kennedy has been awarded a bronze medal for bravery by the Royal Humane Society of NSW. Photo by Cpl Max Bree.

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Capt Jay Ellul

SOLDIERS from 3 Bde are now the on-line formation for all contingencies requiring Army commitment outside of special operations roles.

Taking over from 1 Bde, the troops based at Lavarack Barracks, assumed ready status on November 1.

Commander 3 Bde Brig Shane Caughey said it was the Forcexd-designed Road to Ready program that assured 3 Bde’s ability to assume the ready mantle, which 1 Bde had ably held for 12 months.

“It was the steady force generation of all brigade units and battlespace operating systems during the Silicon Brolga command post exercise, combined arms training activity, and Talisman Saber and Hamel exercises, that enabled 3 Bde to be well postured to assume ready,” Brig Caughey said.

“The Road to Ready program was validated this year and we are now able to lead or operate within a joint interagency task force operating in the most austere of environments against a near-peer threat.”

The brigade’s exposure to the multi-role combat brigade and 1 Armd Regt during its force generation this year has enabled it to be better placed to react to a broader range of contingencies.

The addition of armour to the traditionally light 3 Bde has added significant firepower and reinforces the potency and versatility of the multi-role combat brigade.

The brigade made significant investment in individual skills development this year to provide it with greater agility, flexibility, responsiveness and resilience for when it is deployed.

Developments included the qualification of more than 250 personnel from all units in helicopter insertion and extraction techniques, rebuilding the infantry battalion assault pioneer capability and qualifying personnel to combat team level on the battle group intelligence course.

The success of the amphibious land force trial this year, based on 2RAR, has effectively added an additional contingency force option.

The skills 3 Bde is qualifying its people with allow the formation to better tailor a specific force that can provide assistance in any contingency.

Brig Caughey said 3 Bde’s Road to Ready was enabled by an army of supporting agencies and headquarters.

“Acknowledgements must be made to the Combat Training Centre, specialists from the enabling aviation, CS and ISTAR and CSS brigades within Forcexd, Joint Logistics Unit – North Queensland and many of the defence civilians and contractors who support the training and readying,” he said.

“If it was not for the support provided by the enabling organisations and their staff we would not be as ready as we are, and we appreciate their support.”

The brigade will remain Army’s ready formation for 20 months and during this time it will embark on the road to Hamel 14 with 6 Bde and the other enabling contingents.

Ready was enabled by an army of supporting agencies and headquarters.

“We are able to lead in a joint interagency task force operating in the most austere of environments against a near-peer threat.”

– Brig Shane Caughey, Commander 3 Bde
Range set for action

Explosive hazard training area complete

Cpl Max Bree

Sappers will soon hone their search techniques on purpose-built roads after the completion of an explosive hazard training area at Townsville Field Training Area on October 17.

The training area features more than 3km of road with drainage ditches, culverts, bridges and buildings creating a system of vulnerable points for soldiers to practise mounted and dismounted engineer searches.

The facilities will also be used by Combat Training Centre to validate and train deploying units in a variety of scenarios.

Work supervisor WO2 Daryl Coady, of 19 Chief Engineer Works, said the new facility would allow 3 Bde to conduct more realistic engineer search and explosives hazard training.

He said the area could also be used in conjunction with the nearby Urban Ops Training Facility and mock-up forward operating base.

“It can be combined into a number of complex urban training scenarios, from high-risk search, military operations on urban terrain, MRE, or certification exercises,” WO2 Coady said.

“IT was all designed to better prepare our soldiers for operations by giving them a much more realistic environment for search and explosive hazard training activities.

With the drawdown of forces in Afghanistan, WO2 Coady said the area could be used to train for future operations with minimal adjustments.

“IEDs are the weapon of choice for terrorists at the moment,” he said.

“The roads are designed to naturally deteriorate, allowing for the placement of simulated roadside IEDs and, in some cases, special cavities have been included within the infrastructure to conceal training IEDs.”

“Also, the buildings have been designed using fibreglass reinforcement to simulate mud brick construction with low metal content, which allows the detection of wall-emplaced IEDs.”

The area features sealed roads as well as high, medium and low-quality sections of unsealed tracks to vary the search parameters.

“If an IED has been dug into good-quality road it’s a lot easier to see than if it is dug into a poor-quality road,” WO2 Coady said.

WO2 Adam Keys, 3CER’s explosive ordnance disposal manager, said the new facility helped reflect the evolving conditions in Afghanistan.

“It will be a good help because the environment over there is changing,” he said. “In the early days it was all dirt roads, now there’s sealed roads running across most of the country.

“I know some of the guys had to adapt to [sealed roads] while they were over there.”

Soldiers from 3CER will start a road clearance training program next year.

“The good thing about this facility is you can easily change the scenario by moving to a different part of the road or changing directions,” WO2 Keys said.

“You can say ‘we own this area for the next week, so we’re just going to train’.

“The explosive detection dogs are always looking for a new training area; they could hide a lot of stuff here for the dogs to search.”

Training in the area will begin early next year with 3CER, CTC and 3 Bde being the main users.

Full of features: Project manager Glenn Whelan shows soldiers a mock communications pit on the explosive hazard training area near Townsville. Photos by Cpl Max Bree

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A portrait of Lt-Gen Sir Thomas Daly was unveiled on October 25.

A 1RAR sergeant's painting is now hanging in the Daly Officers' Mess.

LT-Gen Daly's wife Lady Heather Daly said the significance of his service and the symbolic benefit, not to mention a significant point of pride for the Daly Officers' Mess.

The scenario simulated an air assault by special operations forces whereby the landing area would be well contested by enemy forces.

Capt Scott Moon said the teams had to manoeuvre aircraft around obstacles in the urban environment to gain access to targets that were often surrounded by tall buildings. "There needs to be an element of surprise in the attack, so the objective was to arrive as quickly as possible to keep the time in the air to a minimum and produce the least noise," Capt Moon said.

The exercise culminated in a recovery operation on a property near Oakey. The detachment had to recover two simulated hostages, with both ground and air threats needing to be taken into account.

Capt Moon said this final scenario also included support from JTACs, early warning and control aircraft from 2 Sqn and the Air Land Integration Cell.

"This proved to be a force multiplier," he said.

"It provided additional situational awareness and extra consideration for assessing the flight lead trainee's ability to coordinate all these efforts."

Capt Moon said the training had gone well.

"We’ve had excellent support out at RAAF Base Amberley and from all the other supporting units," Capt Moon said.

Lt-Gen Daly officially opened the mess on September 7, 2001, along with the then-minister assisting the Defence minister, Bruce Scott.

Lt-Gen Daly served in North Africa, New Guinea and Borneo in WWII, the Korean War and the Vietnam War.

The Special Operations Qualification Course involved both day and night flying, providing advanced training to aircrew in support of the ADF’s counter-terrorism capability.

It focused on pilots, co-pilots and both junior and senior aircrew.

Six Black Hawks were used in the exercise.

Co-pilot Lt Richard Meredith especially enjoyed targeting Roma Street in Brisbane.

"Police HQ is right on the edge of the city and was a great target where our approach ran alongside the Brisbane river at night," Lt Meredith said.

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FRIENDSHIPS were strengthened during the Junior Officer Combat Instructor Course (JOCIT) according to a long-serving Army linguist. Pte Tim Bernadt, of the Pilbara Regt, finished his ninth JOCIT as an interpreter and said relationships between Australian and Indonesian personnel were getting stronger with every course.

“It’s a lot better now compared to when I first started,” he said.

“There’s not as big a gap and it’s much easier to work together these days than it was 10 years ago.”
Pte Bernadt started learning Indonesian in 1991. He went on to get a degree in Indonesian studies and lived in the country for several years.

“People say it isn’t hard to learn but it’s actually not so easy,” he said.

“It’s easy to converse but to actually talk about a subject is much harder.”

After joining the Army and passing the language test, Pte Bernadt still had to grasp military speak.

“The only thing I had to brush up on was the more military stuff because they didn’t talk about that at all while I was there,” he said.

He also had to learn some of the Indonesian local lingo. “Often they will mix local terms from where their unit’s based into their language,” he said.

“Names for parts of weapons will be different depending on where their unit is from.

“Their military language isn’t standardised like ours is; every unit has different names for things.”

Language key to success
Cpl Max Bree

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I did it: An Indonesian army officer fist pumps in celebration after clearing the bear pit on the Tully obstacle course. Photo by Cpl Max Bree

Catching up: Maj Lizardo chats with Australian Army linguist Pte Tim Bernadt.

I did it: An Indonesian army officer fist pumps in celebration after clearing the bear pit on the Tully obstacle course.
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Training strengthens ties in Queensland

Cpl Max Bree

INSTRUCTORS from CTC oversaw Indonesian officers as they assaulted rooms and cleared buildings during urban warfare training in North Queensland from October 7-18.

A team of six trainers instructed 30 officers and SNCOs from the Indonesian Army on this year’s Junior Officer Combat Instructor Course (JOCIT), held in the Tully Training Area and Townsville.

Combat Training Centre instructors qualified the Indonesians on the F88, taught them close-quarter shooting techniques and counter-IED drills before the training moved to the Townsville Field Training Area.

The instructors taught platoon-level urban clearance techniques, before students assaulted the Urban Ops Training Facility and Line Creek Junction.

The Indonesians also ran through Tully’s obstacle and bayonet assault courses as part of Exercise True Grit.

Maj Jim Masters, OC Jungle Training Wing, said four Army linguists were on hand throughout the training.

“All of the instruction is done in English and linguists are just there to clarify technical terms they might not understand,” he said.

“Most have a good grasp of English and can understand it well, though it seems to be the officers that speak English do better.”

When they’re giving their orders they can give them in Bahasa Indonesia or English; it’s probably 60/40, that’s when you need an interpreter there.”

Maj Masters said the Indonesians developed a good rapport with the Australian staff.

“They relate well to our instructors and linguists,” he said. “They also get on very well with the young soldiers from 3RAR that are acting as the OPFOR party; we see them all the time interacting together.”

The Indonesian students were selected from 96 candidates on a course run by the TNI-AD (Indonesian Army) earlier this year.

“They have found it relatively easy, mainly because we know them all from being over in Indonesia at the start of this year,” Maj Masters said.

“The officers that attend are the top officers in the TNI-AD (Indonesian Army) and many will go on to be senior officers—many of their generals have done a JOCIT.”

From the 30 students, 10 will be selected for a further two weeks’ training with 7RAR in Adelaide.

Tough it out: Indonesian soldiers make their way through the Tully obstacle course with help from Australian trainers.

Indonesian soldiers are keen to take their newly developed skills back home.

Course participant Maj Guruh-Tjahyono said urban warfare drills weren’t widely practised in Indonesia.

“I want to apply it with my soldiers in Indonesia,” he said. “Urban attack training is very new in my country.”

“I hope this training can be continued between Indonesia and Australia.”

Student Capt Aprmanda believed the training areas were well suited to learning urban warfare tactics.

“It’s very good training that gives us a lot of benefits,” he said.

“The facilities are really nice and they helped us to understand urban attack missions.

“The Australians are very nice and have been very generous to us. The staff teach us very well so we can understand all the techniques.”

Despite learning urban ops skills such as room entries and building clearances, both officers enjoyed the final challenge in Tully where they ran through the obstacle and bayonet courses.

“The best part is True Grit; it really challenges us to complete the mission,” Capt Aprmanda said.

“The obstacle course was the hardest, we have to work together as a team and have the right technique so we can pass the test.”

Excited and ready to share skills

Cpl Max Bree

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Townsville’s Port will help the Amphibious Readiness Element to provide prompt humanitarian assistance

WO2 Andrew Hetherington
and Capt Jay Ellul

A NEW $85 million facility to be used by the Army Amphibious Readiness Element (ARE) to embark on the Navy’s landing helicopter docks (LHDs) was officially opened at the Port of Townsville on October 14.

The new Wharf 10 facility will allow for more direct loading of personnel and equipment from shore to ship for the ARE, comprised mainly of 2RAR personnel.

CO 2RAR Lt-Col Chris Smith said the direct access from the wharf to the ship would decrease the time it took to load the ships.

“Decreasing the load time will greatly enhance the ARE reaction speed to a natural disaster,” Lt-Col Smith said.

“This will allow the ARE to get a foot on the ground to start providing life support to devastated areas sooner, and thereby greatly enhancing our operational capabilities.”

VAdm Ray Griggs attended the opening and said the Port of Townsville and Wharf 10 were now of strategic importance as a mounting base for future ADF amphibious operations.

“It will be a logistic node to sustain maritime operations across Australia’s northern and north-eastern approaches,” VAdm Griggs said.

“To meet these requirements, the port must have facilities capable of enabling sizeable forces to be embarked and providing timely logistic support to the RAN and allied warships.”

VAdm Griggs said he was impressed after seeing the new wharf for the first time.

“Once the Navy used the old facility in Townsville on and off for about 25 years and it was great to now see a new, true multi-role facility like this,” he said.

“The opening of Wharf 10 in Townsville was a significant event in preparation for the introduction of the Canberra-class amphibious vessels into the Navy.”

He said the vessels would be a big step ahead for Navy and the ADF.

“They represent a significant increase in the ADF’s ability to project power, from hard-edged combat power, to softer power projection, through to humanitarian assistance and disaster relief capabilities.”

Lt-Col Chris Smith, CO 2RAR

Operations boosted by small craft

Cpl Nick Wiseman

SMALL boats could soon have a bigger role in ADF amphibious elements after a training assessment was held in Brisbane to consider what was learnt during Talisman Saber 13.

Tri-service commanders and planners discussed how critical the ship-to-shore connectors were in amphibious operations to ensure troops get to shore at the right place and time.

Amphibious Development elements will now create testing criteria to make sure the small boat operations can be certified through the training process.

The group looked at the strategic, operational and tactical lessons from the 2013 Amphibious Trial, which was a series of exercises that culminated in Talisman Saber 13.

USMC Col John Mayer, Colonel of Amphibious Development at HQ Div, said there were plenty of lessons to learn.

“Further development needed, but a lot of valuable experience was gained by the amphibious forces and commanders working with the new capability.”

Any time you exercise, no matter how many times you’ve done it before you’re going to learn, and we certainly did this time,” he said.

“At the tactical level, I think we’re exactly where we need to be and I’ll just get better as we go.”

“The young soldiers, sailors and airmen at the operator level learn so quick – they get it. Once they have the ships, they’ll be galloping in no time at all.”

Col Mayer said US Marines used small boats as enablers for a lot of their tactical operations such as clandestine insertions, communication relay and moving supplies back and forth, and the importance of these operations were a critical outcome of the trial assessment.

“We learnt a lot about small boat operations during the trial so we’ll see a bigger role for training in small boat operations coming out of this,” he said.

With his background in amphibious operations, Col Mayer said he was pleased to see how quickly ADF members caught on.

“It was impressive to see the joint teamwork and willingness to participate and share information and training,” he said.

Troops will get back into amphibious preparation early next year when refresher training will be conducted with HMAS Choules.

Cpl Matthew Bickerton and AB Chantell Bianchi
Taste of life as a soldier

Army Adventure Camp inspires the next generation

Cpl Nick Wiseman

SOLDIERS from across 7 Bde got the chance to showcase their unique Army skill sets to 36 high school students in the second Army Adventure Camp held in Brisbane from October 14-18. Drawn from all over Queensland, the girls experienced a large range of Army trades, but the highlight for many was the sight of Brisbane from an MRH-90.

Cpl Megan Polatos, of DFR-Canberra, was one of the seven mentors who guided the students through the busy week and said they were extremely enthusiastic and enjoyed the long days.

"They got hands-on experience and got to see what military life was like," she said.

"They especially enjoyed the MRH-90 ride. Not many military members have been in them yet and the girls are just realising how lucky they have been."

Camp participant Leah Hoseman, 16, from St Ursula’s College, said she was set to travel to Townsville to experience Army life before hearing about the camp in Brisbane.

"I want to be a nurse and a friend said 'why not be a nurse in the Army?'” she said.

"The camp has been the best thing ever but the early morning PT has been challenging."

Other trades showcased included military police, medical, signals, combat engineers, infantry and logistics, which gave the students a broad range of experiences.

Explosives detection dog handler Spr Shane Kerswell, of 2CER, with his dog Poppy and other dog handlers demonstrated their skills in explosives detection and told the camp participants about how to become an Army dog handler.

Spr Kerswell said the girls enjoyed spending time with the dogs and the demonstration was well received.

"They had lots of questions which was a good indicator they were interested in what we did," he said.

"They were very interactive and a lot mentioned it was a trade they would be interested in.”

The camp culminated in an afternoon at the Ols’ mess where the girls participated in a team challenge to prepare a meal, under the guidance of Army chefs, for their parents to enjoy that evening.

Cpl Polatos said the most rewarding part as a mentor was the students’ enthusiasm.

"After each experience they would turn around and want that job,” she said.

"They’ve now realised that there are a wide range of opportunities to experience in the Army.

“Whether they join up or not, all of the girls have had this positive experience.

“We hope that they will pass on their excitement and talk about what they’ve experienced at the Army Adventure Camp with their friends and family.”

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A look inside Army: Pilot Lt-Col Eamon ‘Charlie’ Barton, CO Army Aviation Training Centre, talks to high school student Jessica McKay about the capability of the Tiger. Inset, Cpl Nicole Morrissey, of 7 Bde (left), gives the thumbs up to Keely McKeen after a familiarisation shoot. Photo by Cpl Bill Solomou

Through the lens: LCpl Kyle Brown, of 8/9RAR, describes the operation of the optical scope to Caralee Nisbet.

Somewhere to relax on base with mates

WHEN soldiers at Robertson Barracks in Darwin said they wanted somewhere on base to chill out and relax with their mates the Army and Air Force Canteen Service (AFCANS) came to their aid.

“We recognised there was an empty venue directly behind our Shout VC canteen at the barracks and saw the potential for developing the area to help the diggers out,” AFCANS’ managing director Stewart McGrow said.

“Now it’s finished, it not only helps the diggers but the growing number of US Marines who now have an on-base outlet to relax with their Aussie mates.”

The new facility includes a pool table, four Xbox gaming consoles, five flat-screen plasma televisions and a colossal screen and projector, perfect for watching sporting grand finals.

“There are indoor and outdoor relaxation areas and if there’s a demand for live music events on weekends, or even pool competitions, AFCANS will be happy to host them,” Mr McGrow said.

Commander 1 Bde Brig John Frewen said it was extremely important for the soldiers to have an area on base to relax after a rigorous day’s training.

He thanked AFCANS for listening to the ideas of personnel.
Injured soldiers from 3 Bde's Soldier Recovery Centre take on blizzards and Cradle Mountain on a 75km trek

Cpl Max Bree

TROOPS from 3 Bde's Soldier Recovery Centre have a newfound sense of camaraderie after spending a week trekking through snow and blizzards on Tasmania's breathtaking Cradle Mountain.

Exercise commander WO2 Ashley Barker said the trek, which ran from October 13-20, helped the soldiers test themselves personally and as a group in situations and conditions that some had never been in before.

"We went expecting sunshine and great scenery but all we got was snow, wind, rain and occasional glimpses of the sun," he said.

"It was an experience she won't forget. "I don't have a lot of body fat so I suffered a little bit," she said.

"I've still got guys bringing photos out if the weather cleared but the doctor for the expedition made the decision over sat-phone to fly them out in order to not exacerbate their injuries," WO2 Barker said.

"It's disappointing in that I didn't mend it, but I still enjoyed myself on the trip," she said.

WO2 Barker said the soldiers really enjoyed the trek despite the mud, snow and difficult hiking.

"They are still talking about it now," he said.

"I've still got guys bringing photos in to put on our records. SRC staff are currently working on the list of activities for next year and the recommendations we have is that we do the Overland Track again."

Michael Brooke

WOUNDED, injured or ill soldiers tackled ocean waves in kayaks on October 19 for the start of a 960km paddle from Sydney to Brisbane.

The 25 Iraq and Afghanistan war veterans expected to paddle 50-60km for eight to 10 hours a day in the inaugural Mates4Mates Sea Kayak Adventure Challenge.

The troops were crewing a fleet of 12 kayaks in the challenge, which aimed to help wounded and ill Defence personnel rebuild their life skills and emotional resilience.

The kayak challenge is spearheaded by Spr Curtis McGrath, who lost both legs to an IED in Afghanistan 2012, and Cpl Tyson Murray, who has PTSD after leading a high-risk patrol in which two mates were killed by an IED.

Cpl Murray said the challenge would be a great stress reliever, because "two of my boys were killed but I was left unscathed by the IED blast."

"This is therapeutic for us, out on the water we just chew the fat and have a joke, and that's what works for us," he said.

"I just love challenging myself, fighting through the pain barrier, fighting through the blisters and just paddling," Spr McGrath said.

Spr McGrath said he spent months training for the epic paddle and was fighting fit.

"This challenge is a once-in-a-lifetime opportunity and is important to my recovery," he said. "My life is very structured around my rehabilitation, but this challenge gets me away from hospital and rehabilitation centres on a base."

Spr McGrath said his life philosophy was to take one day at a time and he would apply it to the challenge as well.

"I don't look at it as 1000km – I'm just taking it at 50km a day, which doesn't sound too bad," he said.

"The veterans expected to stop at coastal towns and cities along the way, including Port Macquarie, Coffs Harbour and the Gold Coast, before finishing in Brisbane about 21 days later on November 9."

Mates4Mates is not for profit organisation set up by the RSL Queensland Branch to provide support to wounded, injured or ill members of the ADF and their families. It is designed to complement and enhance the capacity of the ADF to support their current and former personnel and their families. Donations to support the Brave Mates can be made at www.mates4mates.org.au.
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**Strengthening ties**

Personnel prove their humanitarian assistance and disaster relief skills on Exercise Equateur in New Caledonia

AURORA DANIELS

A SEVERE cyclone struck the nation of “Middleland” in the Loyalty Islands province of New Caledonia. It exacerbated economic and political tensions that had been brewing for some time and the ADF was called in to evacuate citizens and provide humanitarian assistance and disaster relief.

This was the scenario ADF personnel were given when they took part in a biennial multilateral command post exercise in New Caledonia in October. Exercise Equateur involved nine nations – France, UK, Australia, New Zealand, Tonga, Papua New Guinea, Vanuatu, Canada and Japan.

Australian contingent leader Maj Graeme Toms said the eight ADF personnel filled roles within the CJFHQ in operations, planning, logistics, communications and legal.

“It was a chance to enhance our professional linkages between the ADF and partner nations both in the Pacific and NATO,” Maj Toms said.

“Maintaining a positive defence relationship with New Caledonia and other regional partners is important to Australia.”

Phase one included virtual force integration training before deploying from the mainland to the outer island of Lifou. Phase two involved the evacuation of citizens and provision of disaster relief for up to 48 hours before handing over to the outer island, which is on the outer island of Lifou.

During phase three personnel coordinated an evacuation of citizens from the outer island of Tiga concurrent with a virtual airdrop insertion, amphibious landings and counterinsurgency operations back on the mainland’s east and west coasts.

Aurora Daniels

Working in a multinational workplace, a real melting pot, was fantastic. It was surprising how quickly we were up and running as a headquarters.

– Maj Scott Lymbery, cargo officer

Amphibious Task Group

Aurora Daniels

and necessary lead-in to Exercise Croix Du Sud, an important amphibious exercise for the ADF that will be held next April.

“The RAN’s new LHD ships are coming on line later next year, so we need to have a well-trained amphibious force, preferably in a multinational setting,” he said.

The ADF involvement comprised personnel from the Amphibious Task Group, DIJFHQ, HQAC and HQIOC. The group was working out of the French Armed Forces New Caledonia Headquarters in Noumea for the tabletop exercise. Croix Du Sud 14 will culminate with an Anzac Day service involving all participating nations on April 25.

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TROOPS ON PNG COYSE

Building health capacity

Soldiers train infantry and medical teams, build infrastructure and assist with planning and logistics, LS Helen Frank and Capt Dominic Lopez report.

WITH the drawing down of forces in Afghanistan, Timor-Leste and Solomon Islands, the ADF has the opportunity to revisit closer to home that which it does best - the regular training of our personnel and staff and keeping our equipment up to standard.

The Infrastructure Engineering and Construction Training Centre (IECTC) is built to accommodate 186 people to train in construction projects, with a number of training courses being run.

The IECTC was established as part of a plan to modernise the ADF infrastructure workforce, with additional emphasis on reserving the skills that would become valuable in the future.
The spirit of Kokoda helps potential leaders push through exhaustion and test skills under pressure, Cpl Nick Wiseman reports.

It’s 1942 and the soldiers of the AIF crowd into the small briefing area in Port Moresby ready to learn about what could possibly be the most challenging few days of their lives.

In walks the intelligence officer, Nobby Clarke, dressed in his jungle shorts and shirt complete with .303 rifle and walking stick. He paces straight to the front, immediately diving into his brief.

“It’s tough out there,” he says.

“This will be the fight for your lives.

It’s actually 2013 and we’re at Gallipoli Barracks, in Enoggera in a briefing room receiving an introduction ‘in character’ from Chap Gary Stone about what the men of the AIF experienced during the Kokoda campaign. It marks the start of Exercise Kokoda.

Ex Kokoda is held in the early weeks of the Junior Leadership Course (JLC), which is conducted in five locations throughout Australia by the Warrant Officer and Non-commissioned Officer Academy (WO&NCO Academy).

The JLC is the first promotion course for soldiers and aims to nurture the leadership and management skills for the rank of corporal.

Ex Kokoda is a relatively new addition to the JLC and is designed to foster relationships while learning how participants cope under pressure they may not have experienced before.

Being held in the early weeks of the course gives soldiers the opportunity to bond and form solid relationships with other members of their sections. It can be crucial for completing the course and assists in the field phase.

CWO&NCO Academy Lt-Col Troy Francis said the challenges soldiers faced were designed to improve will and character, embodying the spirit of Kokoda.

“Exercise Kokoda seeks to change our future junior leaders in their role as a commander by providing an environment where they are ill equipped, ill prepared, deprived of common essentials and expected to lead and succeed under adverse conditions and perceived limitations,” he said.

Following the in-character introduction brief from the chaplain, the soldiers moved off to start the exercise, requiring physical and mental determination over a period of 48-96 hours with little food and water.

One activity, known as the helium balloon, was designed to foster relationships among the soldiers.

“Exercise Kokoda seeks to change our future junior leaders in their role as a commander by providing an environment where they are ill equipped, ill prepared, deprived of common essentials and expected to lead and succeed under adverse conditions and perceived limitations,” he said.

Following the in-character introduction brief from the chaplain, the soldiers moved off to start the exercise, requiring physical and mental determination over a period of 48-96 hours with little food and water.

Throughout the exercise, each task had a time limit and depending on how quickly it was completed, and how well the soldiers performed, often meant the difference between a reattempt, a small activity or some much-needed rest.

Coming from all corps across Army with unique experiences and skill sets, the soldiers learnt to lean on each other to harness their different strengths as a team.

Maj Moon said it was clear in the days after the exercise that the sections would now perform better, though enhanced camaraderie from the experience.

“Just about everyone got past fatigue and talked more about what could possibly be the most challenging few days of their lives.”

The padre’s presentation on Irawa and the Kokoda campaign was an excellent way to start and helped to get into the right mindset to complete the activity.

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Maj Moon said it was clear in the days after the exercise that the sections would now perform better, though enhanced camaraderie from the experience.

“They learned a little about their own character and how far they can push themselves despite some small injuries such as blisters,” he said.

“The sections have formed, bonded and now work better as a team since learning more about each other’s strengths and weaknesses.”

Lt-Col Francis said, “The opportunity for personal development and growth will strengthen trainees as the future junior commanders of Australia through the trials they will experience, as did those soldiers at Kokoda in WWII.”
Hard work: Soldiers start Exercise Kokoda with a pack march on Mount Enoggera. Inset, Pte Benjamin Metcalfe tackles the obstacle course.

The most positive aspect was learning more about your section. Everyone came from different corps and when combined we could provide enough knowledge to achieve the desired outcome for each task.

– Pte Edward Igini, 9FSB

Initially I was anxious but it was a good exercise to see how everybody reacted under pressure with limited food or sleep. Trying to stay awake in low-tempo parts was the hardest.

– Spr Kurt Hanson, 2CER

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Troops charge ahead

More than 350 soldiers from 9 Bde’s infantry, engineering, artillery, signals and combat service support elements joined forces on Ex Rhino Messines, Capt Sharon Mascall-Dare reports.

T WAS almost H Hour. Sgt David MacDonald, Section Commander 12/40RTR, and Lt Garreth Brown, Platoon Commander 10/27RSAR, were waiting for news as their platoon took cover in the scrub around them.

Their mission was to clear the forming up point so that Combat Team Bravo could come through and start the assault.

“As an infantry platoon commander I’m used to working with 40 men, but this exercise is on a different scale,” Lt Brown said.

“One challenge, when you’re working in a combat team scenario, is how to manoeuvre more people on the ground.”

Platoon-level scenarios within a combat team and battle group context were a key component of Ex Rhino Messines, held at Cultana Training Area in October.

The exercise brought together more than 350 soldiers from 9 Bde, including infantry, engineers, artillery, signals and combat service support elements from Tasmania and South Australia.

Officer Conducting the Exercise Col Charles Moore said the aim was to train soldiers at platoon level to develop individual skills within a range of combined armed scenarios.

“The exercise is aligned with Plan Beersheba by building skills progressively from the reset to the ready phase,” he said.

“Currently, we’re in a reset year, so the focus is on developing individual skills into a collective capability. This is important as we look ahead to Ex Hamel in 2016.”

Ex Hamel will test the adaptability and manoeuvrability of 9 Bde as it reaches the ready phase of the Army Force Generation Cycle. Under Plan Beersheba, the brigade is paired with 4 Bde to support 1 Bde. Ex Hamel will see both brigades working closely together.

During Ex Rhino Messines, 9 Bde drew on conventional war-fighting theory while developing its current role as part of a multi-role combat brigade.

Senior planning officer for the activity Maj David Lipschitz, of 9 Bde, designed the exercise scenarios with the aim of developing platoon-level training within a complex environment.

“Ex Rhino Messines is the culmination of nine months’ work, involving all sub-units of 9 Bde in South Australia and Tasmania,” Maj Lipschitz said.

“Our objectives were to test and evaluate the defined mission essential task list at platoon level in addition to command and control elements.”

Military, non-combatants and a defined enemy were in the area of operation, creating a complex environment for platoon commanders to test their knowledge of the rules of engagement and laws of armed conflict.
Observer trainer Sgt Richard Charman, of 10/27RSAR, said he was looking for evidence of basic soldiering at platoon level and a readiness to adapt and respond to new types of warfare.

“Platoon commanders are working in a different battle space but the basic skills are the same: don’t break your position, carry out the correct drills and follow the commander’s intent,” he said.

“Good communications, up and down the line of command, are also important. When we are highly adaptive, we have to maintain good communication and a team environment.”

Teamwork took on extra significance as the brigade used its combined-arms capability to develop adaptive fighting skills. Artillery, engineer and mounted units worked together with infantry throughout the exercise.

Sgt Damien Flanagan, an engineer with 3 Fld Sqn, said the scenarios provided an ideal opportunity for 9 Bde reservists to prepare for the demands of operational service.

“It’s important for reservists to train as part of an integrated force. Platoons need to work within a combat team and battle group context to prepare for operational requirements,” he said.

“Engineers, artillery, infantry and cavalry do work well together. They can use each other’s strengths and advantages. Some of the reservists here have not worked this closely with other corps on exercise before. It’s a great opportunity.”

Throughout the exercise, the engineers also developed IED scenarios, with consequences for mobility as well as casualty management.

“Engineers can provide more than IED search training – we can also provide mobility for combat teams and battle groups on a number of levels by clearing obstacles,” Sgt Flanagan said. “It’s very rewarding for young sappers to see how they can contribute as part of a multi-skilled and manoeuvrable team.”

Ambush and assault scenarios included enemy and civilian role players from 7RAR, Army Financial Service Unit and Adelaide Universities Regt. Given its scale, the exercise also required significant support from transport, logistics and catering units.

“Ex Rhino Messines demonstrated that 9 Bde has made significant progress in working towards the key objectives of manoeuvrability and adaptability in a multi-role capacity,” Commander 9 Bde Brig Craig McCarthy said.

Keeping watch: A 3/9SAMR Interim Infantry Mobility Vehicle patrols the training area.
Embarking with Marines

SOLDIERS on a US course get a look at how American personnel conduct amphibious operations, Cpl Max Bree reports.

A pair of terminal operators gained a new insight into amphibious operations after attending a US Marine Corps course in Jacksonville, North Carolina.

Sgt Norm Wiegold, of ALTC Maritime Wing, and Nathan McKenzie, of NUSHIP Canberra, put their skills to the test during the Marine Corps Intermediate Embarkation course.

The embarkers work aboard Navy ships and plan all the MEUs (Marine Expeditionary Units) which are their deployments,” Sgt Wiegold said.

“If they are going away for an exercise they will plan it all right down to the number of buses, the weights for aircraft, all the way there and back again.”

“They sort out the details for the ship embarkation and aircraft under-slung loads.

“There where we have movers and ammunition techs and other guys; they just organise everything. They do a hell of a lot.”

Before the sergeants got into load- ing ships, they had to pass computer tests on US Marine transport.

“There was a lot of stuff we don’t do,” Sgt Wiegold said.

“The hardest thing was knowing what vehicles they had compared to ours and knowing the load planning.”

Sgt Wiegold said US Marine embarkers plan the entire force embarkation and debarkation with others only showing up when everything was ready.

“If I was a staff sergeant embarker on a ship I would be in charge of everything,” he said.

“The corporals, privates and lance corporals only turn up when it’s time to load.”

Participants given a tour of the transport ship USS Norfolk, similar to an LHD, before a three-day assessment on loading a Marine force.

“Vehicles and equipment were driven onto the Norfolk, similar to the way things will be loaded onto Australian LHDs.”

“The physical loading of the LHD was without cranes,” Sgt Wiegold said.

“It’s all done by ramps and vehicle turning bays. That’s probably going to make it easier for Australia because we don’t have to take that much equipment.”

“American’s flexibility in loading and tendency to do “admin” loads rather than “tactical” loads could also make things faster once our LHDs come into service, according to Sgt Wiegold.”

“At the end of the day they’re going to be the same, it’s just the way they deal with things.”

“Australians are going to be adapting to that style of loading so that we can make things move more efficiently.”

“Americans just do tactical loads everywhere’s got to be in a certain spot in the order that you want it to come off the boat,” he said.

“You’ve got to be careful where you put it, but I reckon for us it will be a lot faster, provided you load it right and you get your loading crew ready to go.”

Sgt Wiegold was also impressed with the work ethic of the US Marine embarkers on the course.

“They were pretty cool and very professional about what they do,” he said.

“They don’t like little mistakes and they don’t like to get it wrong.”

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Training heats up out west

Maj John Liston and Aurora Daniels discover a small town, two warring factions and the team sent in to keep the peace.

The small Western Australian wheatbelt town of Watheroo almost doubled its population when 200 troops from 13 Bde were called in to secure the township after it was infiltrated by enemy forces.

In the scenario, modelled on the Tropicanas series, Kamaran Special Forces were conducting operations in the rear battle area and the town of close to 275 people became the scene for urban security operations training.

CO 16RWAR Lt-Col Rhogan Aitken said Exercise Nadzab was the culmination of several months of training in preparation for current and future support to Exercise Hamel and his soldiers found it realistic and challenging.

“This year we have been building up our expertise in the skills our soldiers will use when operating in a complex environment. It was great to take our training up to another level by working in a real-life town,” he said.

“The first time many of the soldiers had trained in a town and they enjoyed being able to engage with the local population.

“The training in Watheroo introduced a few more complicating factors such as an unfamiliar environment and the presence of civilians,” Lt-Col Aitken said.

The 2IC 16RWAR, Capt Sam Beagley, said urban operations could be one of the more demanding aspects when operating in a mid-level conflict.

“It is difficult to distinguish civilians from combatants, particularly in this scenario where rogue Tropicana forces were conducting operations in the rear battle area and the town of close to 275 people became the scene for urban security operations training.

It was the first time many of the soldiers had trained in a town and they enjoyed being able to engage with the local population.

“The training in Watheroo introduced a few more complicating factors such as an unfamiliar environment and the presence of civilians,” Lt-Col Aitken said.

Capt Beagley said urban operations could be one of the more demanding aspects when operating in a mid-level conflict.

“We are an infantry-centric force but we brought with us additional capabilities such as light cavalry to provide surveillance and reconnaissance, and mortars to provide fire support. This helped us protect the population and rear area supply routes,” Capt Beagley said.

“All units from 13 Bde – including 16RWAR, 11/25RWAR, 10LH, 3 Lt Bty and 13CSSB – were involved and it was the joint approach that made the activity successful.

“It was noted that from responses received from the community that they felt that they could rely on the ADF to protect them.”

The brigade also took an innovative approach to the potential problem of conducting building clearances in a real town. Urban facades were transported to Watheroo to represent windows, doors and buildings for the soldiers to practise room entries and clearances.

Lt-Col Aitken said the training was important because soldiers have regularly been required to help out in natural disasters around Australia and stability operations overseas.

“This type of training is very relevant. Increased urbanisation is a consistent trend throughout our immediate region, and it will be in the towns and cities that we will need to operate from in order to provide support to the public,” he said.

The exercise also re-established the historical links 13 Bde had with the Moora district during WWII.

“This part of the state hosted many 13 Bde units before they deployed overseas and when we liaised with the local community to plan this exercise we encountered a lot of goodwill towards the Army. We really appreciated the patience and support from the community during our training,” Lt-Col Aitken said.

The troops also had to think and fight differently.

“We introduced complicating factors such as an unfamiliar environment and the presence of civilians,” Lt-Col Aitken, 16RWAR, said.

Security Forces and the International People’s Movement were involved,” he said.

“So we overcame this through good intelligence and by having our soldiers fully committed to active patrolling, community engagement and situational awareness,”

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Training hard: Gnr Callum Wilkinson, of 3 Lt Bty, with his 81mm mortar near the Watheroo sports grounds during Exercise Nadzab. (Photo by Maj John Liston)
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Employees should consult their employers salary packaging policy before entering into a contract.
I am a corporal living in a service residence classified Rent Band 2 (RB2) under the higher contribution scheme. I am aware that under the policy in Pacman volume 2, chapter 7, part 3, division 9.7.5.4 that if a member chooses to accept a service residence with a rent band higher than the one specified for the members’ rank group eligibility then the member must pay the contribution listed for their rank and the higher rent band under Pacman volume 2, chapter 7, part 5, division 9.7.4.1 for the period they hold the home.

Although the policy states what our contributions are it does not state how this amount is justified.

The member is often forced to accept this due to no other suitable housing being available, and is only offered the service residence when there is a surplus of housing in that rank band available. I believe the higher contribution scheme is an unsuitable scheme which borders on rank discrimination.

If a captain/warrant officer elects to occupy a RB3 property they pay $674.05 – a difference of $90.03 over their normal fortnightly contributions of $474.02.

Not only are their contributions higher, the difference to the normal fortnightly entitlement is more than double.

A fairer system would be a single flat rate increase for each rent band increase or, alternatively, pay the normal contribution for the lower rent band entitlement.

In summary, if a member is considering choosing to occupy an SR outside of their rank-based rent entitlement then they must consider the ongoing financial obligations of this decision, including that their rent contributions may increase on an annual basis as a result of the lower rent contributions that occur each year.

More information on member contributions for SRs including the higher contribution scheme is available in Pacman chapter 7, part 5, division 9, annex 7.A1 for the period they hold the home.

The reason a member is living in an SR outside of their rank entitlement has an effect on the rent contribution they are required to make. In particular, whether the member has made a choice to live in the SR (as opposed to being allocated the residence) has the biggest impact.

If a member is allocated an SR outside of their rank group because suitable accommodation at the SR is not available, then their contributions are always equal to or less than what they would have been if they had occupied a SR within their rank group.

For instance, a corporal who is allocated an RB2 property because there are no suitable RB1 properties available will pay the RB1 contributions.

A member’s rank determines their rent band and this determines the amount of rent subsidy. If suitable accommodation is available within the member’s rank entitlement, but the member chooses to occupy an SR below their rank entitlement, their contribution is reduced to that of the lower rent band.

If a member chooses accommodation in a rent band above their entitlement, they are still only entitled to the amount of subsidy determined by their rank.

Because their level of assistance does not increase, the member’s contribution is required to be made, whether the rent cost of the SR and the subsidy that Defence provides to them (based on their rank) remains the same.

This may well result in a member who chooses an SR above their rank entitlement being required a higher rent contribution for the property than a member who, based on their rank, is entitled to an SR in that higher rent band.

If a member is consider- ing the option of choosing to occupy an SR outside of their rank-based rent entitle- ment then they must consider the ongoing financial obligations of this decision, including that their rent contributions may increase on an annual basis as a result of the lower rent contributions that occur each year.
Number one name

Jessica Whigham

DEFENCE One – D1 – is the new people system name after a nation-wide competition was held inviting Defence personnel to suggest names.

More than 480 names were submitted from across the country.

Mark Nicholas, of the Chief Finance Officer Group in Adelaide, suggested the winning name.

First Assistant Secretary Human Resources Development Craig Pandy said Mr Nicholas’ description of the name was simple, easy to use and showed Defence people business requirements were “number one”, which captured the true intent of the new system.

“It is important to remember we are not renaming PMKeyS, but naming a brand new system designed to meet whole-of-Defence human resource needs,” Mr Pandy said.

“Defence One will provide a single, unified people system for Defence, which will replace not just the functionality of PMKeyS, but also a number of other systems.”

While the project will be referred to as Defence One, Joint Project 2080 Ph2B 1 – Personnel Systems Modernisation will be retained as the name of the project in the Defence Capability Plan.

For his efforts, Mr Nicholas was presented with a certificate of appreciation by Chief Information Officer Peter Lawrence in late August.

“Mr Nicholas made the time to come and present the award in person,” he said.

“I am looking forward to seeing the new system implemented in Defence.

“I came up with the name as I am an officer in the Australian Air Force Cadets and they have a personnel management system called CadetOne, which the cadets have shortened to ‘CI’. I thought heading towards the new Defence generation, Defence One or ‘D1’ was a logical choice.”

The Defence One project comprises three releases:

• Release 1a in 2015: will migrate military pay into the new people system (PeopleSoft HCM V.9.1) with reserve and APS payroll

• Release 1b in 2017: will remove customised and outdated functionality and replace it with PeopleSoft HCM V.9.2

• Release 2 in 2018: expands on the functionality delivered in Release 1b with better integration and improved analytics reporting.

For more information, visit http://ciogintranet/organisation/HRDD

A NEW living-in accommodation (LIA) booking service has been introduced in south-east Queensland and will be rolled out Australia-wide.

The program began on September 1 after Defence signed a five-year contract in June with Defence Housing Australia (DHA) to provide a national online booking and allocation service for LIA.

DHA now manages the booking and allocation of LIA for RAAF Base Amberley, Gallipoli Barracks, Enoggera; Borneo Barracks, Cabarlah; Swartz Barracks, Oakey; and Kokoda Barracks, Canungra. The initial rollout is being assessed and the remainder of the country will progressively transition to the service by the end of April 2014.

For bookings and information, email the LIA Contact Centre at lia@defence.gov.au or call 139 342.

For members, online booking means real-time LIA confirmation or a quick referral to other options when LIA is full.

The next location to transition to the LIA booking and allocation service will be north Queensland, from November 18. The service will cover HMAS Cairns, Lavarack Barracks and RAAF Base Townsville.

The Indigenous Cultural Awareness course, developed in consultation with Defence Learning Branch, aims to educate ADF members about the history and culture of Australia’s Aboriginal and Torres Strait Islander people.

Beginning at recruit, initial employment and officer training, the course will be complemented with periodic education throughout members’ careers.

Maj Meri Simmons, of the Directorate of Indigenous Affairs, said although it was not a compulsory course, the directorate would like to see as many Defence personnel as possible complete the 40-minute course by the end of the year.

“The CDF and Service Chiefs have endorsed this course,” Maj Simmons said.

“We need to better educate those of us who don’t understand the history and culture of the original Australians and this is the first step in that learning process.”

Maj Simmons said the CDF and Service Chiefs were committed to changing perceptions and deepening people’s understanding and appreciation of indigenous cultural issues, as well as acknowledging Aboriginal and Torres Strait Islander contributions to military traditions and Defence’s history.

Maj Simmons said the course was open to uniformed members as well as the wider Defence community.

“Increasing cultural awareness in the Defence community is central to ensuring our indigenous personnel are treated with respect and retained as valuable members,” he said.

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Bookings just became easier

South-east Queensland service now online

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Relocations and Housing director Alan McClelland said collaborative work between DHA, Service representatives, garrison contractors and DSRO staff had ensured a successful implementation of the service.

A dedicated DHA LIA Contact Centre in Brisbane is available to help members access the system.

“The new system is providingADF personnel, units and Defence administratives with real-time information on the availability and use of LIA and has been well received within the South Queensland locations,” Mr McClelland said.

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KIA Cerato, Sli sedan

Engine: 2.0L 4-cylinder engine producing 129kW or power and 209Nm of torque
Transmission: Six-speed automatic transmission
Fuel usage (combined): 7.4L/100km claimed
Warranty: Five years unlimited kilometres
Price: $29,990 before on road costs
Reviewer: WO2 Andrew Hetherington

FOUR-door sedans powered by normally aspirated 2.0L engines are usually nothing to get excited about. They’re usually viewed as nothing more than basic transport to lug around the shopping or offspring.

However, occasionally a sedan appears on the market and until you drive it you don’t know how good it could be to own.

One such vehicle is the KIA Cerato, Sli sedan. Powered by a 129kw, 2.0L engine, the Cerato surprised with its eager acceleration and ability to quickly facilitate gear changes through the steering wheel paddles.

The six-speed automatic transmission was smooth and aided easy progress through traffic and passing other vehicles on the highway.

The paddles allow the driver to concentrate on the road and to adjust engine output.

They also give the vehicle a nice sporty feel.

All automatic vehicles should have them as standard equipment. A driver should not have to grab a centrally-located automatic gear lever and push it across the transmission gate to change gears, to have better control of the vehicle.

On the road, the Cerato handled well for a small-to-medium car if you didn’t try to push it beyond its limits. Tight corners did induce body roll only if you were trying to push beyond the corners limit for speed. However, it was a comfortable steer around town and on the highway as well.

The only real noticeable noise in the cabin was from the engine under acceleration.

The Sli model comes equipped with plenty of kit to make driving comfortable.

Apart from the heated front and heated and cooled driver’s leather seat, there’s dual zone climate control, bluetooth enabled sound system and steering wheel mounted phone, stereo and cruise control buttons.

The more than generous five-year unlimited kilometre warranty, willing engine and decent kit list should put the Cerato Sli sedan on every new car buyers list.

Convoys team supports worthy cause

MEMBERS from Recovery PLT, 102 Fd WKSP, gave up their time to support Camp Quality and joined forces to help north Queensland children living with cancer and their families.

Sgt Peter James and Cpl Jarrod O’Brien, Gordon Simpson and Mark Steens ensured an MRV and a HRV were well presented for public inspection to fundraise at the Townsville Truck and Bike Convoy.

This year’s convoy attracted 215 motorcycles and 287 trucks, which was double the number from last year.

The event raised $40,000.

A large crowd lined the route from the Bohle via Herveys Range Road to Reid Park.

After the convoy, a static display was conducted with attractions including the 1RAR band and inflatable slides.

Lt Erin Archibald, Adjt 3CSSB, said the activity highlighted Defence’s support to the community.

“I believe that this was achieved by the level of interest in our vehicles and by the conversations with other drivers,” she said.
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Army November 7, 2013

LIFESTYLE | PEOPLE


MORE than 140 soldiers from the Sydney area donned boardies and wet suits to take advantage of free surfing lessons at Bondi Beach from October 14-20.

It was part of the fun of North Bondi RSL Club’s ‘Let’s Go Surfing’ initiative during Veterans Health Week.

Sig Charlie, of 6 Sig Sqn, who has a Defence protected identity, and 12 mates tried it out and had a great time.

“I haven’t been surfing before, but it’s one of those things I always wanted to do,” he said. Sub-branch community engagement officer Kate Cass said North Bondi’s surfing lessons put a local spin on DVA’s Veterans’ Health Week.

“We were able to put on at least one surfing lesson a day and we needed overflow lessons because we couldn’t accommodate everyone in just a week,” she said.

On that note: Army musician Cpl Josephine Smith plays the French horn during a performance of the combined Australian and Chinese military band at the Sydney Convention and Exhibition Centre as part of the inaugural Australia-China Military Friendship and Culture Week.

On the job: Cfn Nathan Reinbot from Camp Baker’s Force Support Unit busy at work at Kandahar Airfield.

Well done: WO1 Stephen Hanson receives a Federation Star from CA Lt-Gen David Morrison at Russell Offices in Canberra.

Photo by Lauren Larking

Photo by Cpl Mark Donan

Surf’s up at Bondi

Michael Brooke

On the job: Cfn Nathan Reinbot from Camp Baker’s Force Support Unit busy at work at Kandahar Airfield.

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Photo by AB Lee-Anne Mack

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Lt Rob Orr reports on the harmful chemicals smokers are sucking into their bodies and what benefits they’ll experience after quitting.

It is ironic to think if people were asked to suck on a car’s exhaust pipe or to swallow a substance that would cause cancer and rot their lung walls, most would decline the offer. Yet how many do this voluntarily?

Incredibly, most cigarette smokers know there are more than 4000 chemicals in cigarette smoke including tar, nicotine, carbon monoxide and hydrogen cyanide.

However, do they really know what these substances are and how they affect the body?

Tar is a thick, dry substance made up of many chemical agents, including some that are medically listed as cancer causing. It’s tar that forms the paste that builds up in smokers’ lungs.

Carbon monoxide is a poisonous gas with no colour or odour and is commonly found in car exhaust fumes. This chemical bonds to the haemoglobin in the blood (the pigment utilised to pick up and carry oxygen around the body) more than 200 times more effectively than oxygen.

This means there is less oxygen flow to the systems of the body, including the brain, the heart and the working muscles.

For an athlete this means decreased aerobic performance.

These changes begin to occur within seconds of inhaling cigarette smoke. Researchers have found, that during heavy exercise the oxygen cost of breathing in chronic smokers is, on average, two times higher than non-smokers.

So not only do smokers have to work harder to perform at the same physiological level as a non-smoker, but their fitness gains are also lower compared to a non-smoker.

In fact cigarette smoke is so potent that even passive smoking has been shown to decrease sporting performance.

The Queensland Cancer Fund describes nicotine as the addictive drug that maintains the tobacco habit. It is a drug with no therapeutic application.

Nicotine forces the heart to beat harder and faster, increases blood pressure and stimulates the central nervous system.

The good news is, if you are currently a cigarette smoker you can quit and reap some returned health.

Unfortunately, although many people will now have a greater understanding of how detrimental smoking is to not only health, but fitness and fitness gains, they will still continue to smoke because quitting is difficult.

However, while many might fail the first, second and even third time, many do quit the hazardous habit.

To gain assistance to quit smoking, visit a doctor or call the quit help line, 137 848 or visit www.quitnow.gov.au

Lt Rob Orr is a former Army PTI and is now a reservist and Assistant Professor at the Bond Institute of Sport and Health.

Next edition will feature an account from an Army member who has successfully quit smoking.

Quitting Benefits

The Australian Cancer Council says there are many benefits to quitting smoking and they can be felt as early as 12 hours after giving up the habit.

- After 12 hours almost all nicotine is out of the body.
- After 24 hours the level of carbon monoxide in the blood has dropped dramatically, allowing the body to take up and use oxygen more efficiently.
- After two days the sense of taste and smell begin to return.
- After two months blood flow to the extremities improves.
- After a year the risk of heart disease rapidly drops.
- After 10 years the risk of lung cancer is halved.
Scotty Tobias

THREE Army lawn bowlers have been named in the Australian Services Bowlers Association's national team after the ASBA Championships in Brisbane.

WO1 Mick Carley, Cpl Kelvern Templeton and WO1 Steve Soboleswski were delighted to be picked.

Army bowlers were denied the national service championship by just four shots at Swifts Bowls Club, Booval, from October 14-18.

Army opened with a win against Air Force 71-64 but lost to Navy, the tournament winner, 80-76.

Navy led by 12 before Army surged back, thanks to Cpl Kelvern Templeton.

WO2 Shelly Chattin said, “I can’t wait to get there and see what all the fuss is about; Ian Tabain will tie into Army Cricket means WO2 Chattin is best placed to pull together the first Army women’s cricket team for the national interservice championships.

WO2 Chattin said the inter-service competition would also offer a great opportunity for networking.

As part of the Army team we will meet people from different corps and different trades and the interservice competition also enables you to get out there and meet people from other services,” she said.

“Cricket is a rank-neutral environment and we’ve got expressions of interest from diggers to captains already,” she said.

“Vigoro was my weekend sport, but the backyard cricket between my brothers and sisters was fierce,” she said.

WO2 Chattin has played cricket intermittently over the years and now plays for the Melbourne Premier Firsts team Plenty Valley.

She said it was her first opportunity to be involved in an interservice women’s cricket competition, although her husband has been involved with the Army men’s cricket team for the past 11 years.

“I didn’t want to give up cricket after the birth of my daughter, so I went back to playing,” she said.

WO2 Chattin grew up in Canberra on October 19.

She said it was her first encounter with cricket, having not played the sport before.

WO2 Chattin is now putting together the first Army women’s cricket team for the national inter-service championships.

WO2 Andrew Tabain.

Three officer cadets from ADFA were members of the winning men’s coxed four at the Disher Cup Regatta in Canberra on October 19.

OCdts Steve Bowles, Mitchell Lindsay and James Colmer were in the boat with two midshipmen.

Defence rowers from ADFA and RMC competed against the Australian National University on Lake Burley Griffin in near perfect conditions.

First held in 1971, the regatta was established as a long-distance rowing race in the tradition of the boat race between Oxford and Cambridge universities.

It now includes women’s events and racing in fours and single sculls, as well as the blue ribbon men’s eight.

This year the ANU students won all but the men’s four, which was taken by the crew from the ADFA in 6min and 52sec.

Australian Defence Rowing Association vice-president Maj Rob Curtin praised the efforts of all the Defence crews.

“It’s incredibly tough racing, particularly the longer events where the crews are racing for eight to nine minutes stroke,” he said.

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For screaming out loud

Four called up for Wallaroos, including veteran who rides an emotional roller-coaster

Michael Brooke

FOR a while, Capt Caroline Vakalahi thought retirement from international rugby had been foisted upon her.

Capt Vakalahi, who has been a mainstay of the Wallaroos for some years, including the last World Cup in England in 2010, is on deployment to Al Minkad Air Base in the United Arab Emirates as Operations Officer, Joint Movements Control Coordination.

When she saw online that some of her teammates in the Australian Services Rugby Union women’s team (ASRU-W) had received letters from the Australian Rugby Union informing them they had been picked in the training squad for the World Cup in France next August, she rang home.

“But there was no letter for me,” she said.

“I got back to my office and sat there silently doing my work while tearing up, because I love rugby so much.”

She is due to return home in April. Wallaroos head coach Paul Verrell said the squad would go into camp early next year to prepare to challenge for the top spot in the International Series against New Zealand and Canada in May and June.

“We finished third in the last World Rugby Cup, so we’re looking to prove that position next year and the International Series will be a great opportunity for us to assess form and see what areas of our game we need to focus on to come home with the World Cup next year,” he said.

Capt Vakalahi, a 173cm, 82kg prop, plans to retire after the 2014 World Cup.

“It would be an awesome send off for my rugby career,” she said.

If Capt Hewett, Cpl Gray and Pte Sullivan make the cut, they will make their debuts with the national team.

Two of the three, Capt Hewett and Pte Sullivan, also played big roles in the ASRU-W’s undefeated tour of Britain in 2012.

Capt Hewett, a 178cm, 85kg lock, said when she saw the letter with her name on it, she had to keep checking it over and over again.

Capt Hewett played her first rugby world cup on Ex Long Look with the British military and loved it.

“So when I came back I joined Army rugby and have been playing ASRU-W since 2012.”

Cpl Gray, a 172cm, 76kg No 8, said she was so excited when she learnt of her selection she screamed and jumped up and down.

“I looked like an idiot for my rugby career,” she said.

“My Army coach called me to remind me that ‘it’s not the grand final, it’s just the kick off’ as we still have a long road ahead of us and a lot of hard work to do.”

Cpl Gray said being selected in the training squad made up for missing the ASRU-W’s all-conquering tour of the UK last year, when she was deployed to Afghanistan.

The pocket dynamo was named ASRU-W’s player of the tournament at the national championships held in Sydney.

Pet Sullivan, a 178cm and 67kg lock, was also over the moon with her selection.

“I have only been playing for three years so I’m really happy with being selected,” she said.

“I was absolutely gobsmacked to read the letter from the ARU.”
OUR GANG OF FOUR

The emotional journey begins for four Army rugby players called into the Wallaroos squad.

Pte Hayley Sullivan
Cpl Mollie Gray
Capt Alisha Hewett
Capt Caroline Vakalahi

For the men, it’s time to talk the talk in Tonga.

All the Rugby, Page 25