The ASLAV fleet will be replaced as part of Project Land 400 Phase 2 – Mounted Combat Reconnaissance Capability. Here, an ASLAV from the 3RAR Task Group conducts operations in Afghanistan.

ASLAVs to be replaced under Land 400 Phase 2

PAGE 3

ENHANCED FORCE

P2

P5

KEY MISSION

WELCOME SUPPORT

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Unique capability

Special Forces soldiers share their skills

AUSTRALIA’S Special Operations Task Group (SOTG) is strengthening the capabilities of the Iraqi Security Forces through its advise and assist mission in Iraq.

The task group is responsible for advising and assisting three battalions of the Iraqi Security Forces’ Special Tactics Unit (STU), an elite force drawn from Iraq’s Counter-Terrorism Service.

At a media briefing in Canberra on February 12, CIOPS VAdm David Johnston said the SOTG had assigned a 2 Cdo Regt military working dog handler, Sgt H, to the STU K-9 Program Cell.

“The Iraqis are strengthening their working dog capability and for good reason,” he said. “It’s a well-known fact military working dogs are very effective at locating enemy IEDs outside the wire.”

The Australian Special Forces contingent is providing training inside the wire for the Iraqi military working-dog program.

The Deputy Commander of the 1st Iraqi Special Operations Forces Brigade, Brig-Gen Hussein, said Australia’s support was appreciated.

“The specialist capabilities we are learning, like the explosive detection dog capability, are unique to us,” he said.

“The K-9 capability is great for morale and, when trained, the dogs will save soldiers and innocent civilians’ lives.”

“Without Australian and American support, we would not have the capability to the level it is now at.”

Since December, Sgt H has increased the STU K-9 capability several fold and a designated ‘Kennel Master’ now oversees the duties of all the Iraqi dog handlers.

“The cell has also begun a puppy breeding program to ensure the development of the capability and to best guarantee it’s future,” Sgt H said.

The STU K-9 Program Cell includes an enclosed exercise yard for off-leash training, confined-space training structures and a tank for swimming training.


Moving forward through the arts

PREPARATION is under way for the Arts for Recovery, Resilience, Teamwork and Skills (ARRTS) Program to be held in Canberra in May.

ARRTS Program head Brig Wayne Goodman said the 2014 ADF Theatre Project The Long Way Home had significant rehabilitation benefits for the ADF cast members.

He said the format of the 2015 program would allow for even more participants with a variety of options available.

“The program will offer four streams – creative writing, music, drama and visual arts. No previous experience or training is required,” Brig Goodman said.

“Importantly, the program will be flexible to respond to the abilities of participants, allowing them to work both as part of a team and individually.”

Enhanced communication is just one positive result reported by previous participants.

Pte Will Bailey, who was wounded while serving in Afghanistan with MTF 3, said the project helped by showing him he could still do a lot of things in life.

“Before, I was ‘I can’t do this, I can’t do that’. I was just constantly looking at the negative, but this has brought out the positives,” he said.

LtCpl Patrick Hayes suffers from PTSD after losing a mate in Afghanistan.

“I’m not the only one who has lost a mate, there have been 40 other guys, so [participating in this project] has really helped to bring a better insight into things. It inspires you to move forward,” he said.

Find out more by emailing ADF.ARRTS@defence.gov.au or calling 0419 549 383 or 02 6265 5923. Applications close on March 6.
Looking to the future
Tender announced for ASLAV replacement

Cpl Max Bree

ARMY is searching for an ASLAV replacement to suit an increasingly dangerous and digitised battlefield after a tender was announced at Puckapunyal on February 19.

About 225 new vehicles will be acquired “military-off-the-shelf” and may be modified to suit Australian conditions.

Defence Minister Kevin Andrews made the announcement alongside Industry and Science Minister Ian Macfarlane and said the ASLAV had seen extensive operational service, including in Timor-Leste, Iraq and Afghanistan.

“The government is committed to replacing and enhancing Army’s Fleet of combat vehicles and other land force capabilities to protect soldiers,” Mr Andrews said.

CA Lt-Gen David Morrison said the new vehicles were planned to start entering service by 2021 to suit new fighting conditions.

“The modern battlespace is a much more lethal environment than it was when the ASLAV came into service in the mid-1990s,” he said.

“The demands that are placed on us will mean we will say goodbye to the ASLAV and replace it with a more modern vehicle that will provide those essential capabilities well into the 2030s.”

Greater firepower, protection and mobility would be key elements of the new vehicles, according to the CA.

“It will be an integral part of the armoured cavalry regiments that are now in all of our brigades,” he said.

“It will also be able to be a digital hub in a digital battlespace, providing essential communication and passage of intelligence now and into the coming decades.”

The Head of Land Systems Division within the Defence Materiel Organisation, Maj-Gen Paul McLachlan, said the new vehicles would need to suit increasing threats.

“We’re looking for a bigger, heavier vehicle to provide extra protection,” he said.

“We’re looking for a networked platform that will be able to accommodate all of the modern sensors that are now available to us.”

But the new acquisition wouldn’t be a simple vehicle replacement, according to Maj-Gen McLachlan.

“We’re going to be getting a new system, not just a platform,” he said.

“We know there are quite a number of platforms that will do what we need performance-wise, but it’s actually about what we can put on them – those systems and integration to bring a real advantage to a soldier of the future.”

The new vehicle will need variants to perform reconnaissance, command and control, joint fires, surveillance, ambulance, repair and recovery roles.

They will be acquired as part of Land 400, which will also replace the M113 APCs, and provide manoeuvre support vehicles and an integrated training system.

ASLAV replacements fall under Phase 2 of Land 400 and will be delivered in alignment with Plan Beersheba’s force generation cycle.

More than $10 billion is planned to purchase and maintain vehicles in the entire Land 400 program.

When fully delivered, Land 400 will allow Army to successfully sustain mounted close combat against emerging and future threats as part of a joint force.

For more information, visit www.army.gov.au/Our-future/Projects/Project-LAND-400

CA Lt-Gen David Morrison and Defence Minister Kevin Andrews sit in an M113 APC after the announcement of a tender for a new combat reconnaissance vehicle. Photos by Cpl Max Bree
SOLDIERS from 7 RAR put members of the Adelaide City Women’s Football Club through their paces during Exercise Boar Boot Camp at RAAF Base Edinburgh from February 13-15.

The annual military-style camp forced about 30 soccer players out of their comfort zones as they attempted an obstacle course, truck pull, leopard crawl and flotation challenges, all in the name of building cohesion and teamwork.

Player Hayley Truskiewycz said the weekend was a unique experience. “Our coach likes to change it up and this covers everything we’re trying to achieve in pre-season,” she said.

“It’s a great opportunity for us to get a new experience and bring the team closer by doing something that most people would never think of.”

The players arrived, set up their stretchers for a night under the stars, then rose early next morning, ready for the gruelling challenges they faced in the 41-degree Adelaide weather.

LCpl Lisa Miceli said it was an opportunity for the female soldiers of 7 RAR to show the different roles in which women were employed within the Army.

“I was talking to a few of the players and they said it was great to see a bit of what we do day to day in terms of soldiering and getting out and being part of the team,” LCpl Miceli said.

“They are all extremely mature and all put in 100 per cent when they needed to get across the line.”

Capt Ashleigh Bevan managed the activity and said the players were given the opportunity to think about the way they applied leadership and teamwork to each game.

“The military influence will help the players with more discipline and better preparation of the goals they set out to achieve during the 2015 season,” Capt Bevan said.

“They’re not goals unless you have an action plan to achieve them, so it’s important to employ teamwork to work towards a shared goal, and plan together how that goal will be achieved.”

On the final day of the activity, the soccer players took on a 7 RAR men’s side, and although the skills were good on both sides, the men managed to beat the women 6-1.

CO 7 RAR Lt-Col Dave McCammon said working with the Adelaide City Women’s Club had offered a great opportunity to engage with the local area.

“Our hope for this activity is that we can get a few more teams out and continue to build a good relationship between 7 RAR and the Adelaide community,” he said.

“Adelaide has been very good to 7 RAR and we hope to continue growing that friendship.”

Maj Felicity Hamblin

It’s important to employ teamwork to work towards a shared goal, and plan together how that goal will be achieved.

— Capt Ashleigh Bevan, 7 RAR

Adelaide City Women’s Football Club members Alison (left) and Chloe emerge from the obstacle course tunnels during Exercise Boar Boot Camp at RAAF Base Edinburgh.

Photo by CPL Colin Dadd

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**Proud to show support**

Senior leadership join personnel for the first time in this year’s Gay and Lesbian Mardi Gras

**Cpl Mark Doran**

“IT’S not about the celebration; we are simply supporting our soldiers, sailors and airmen.”

This is how RSM-A WO David Ashley described Defence’s senior leadership joining ADF personnel for the first time as they march in NSW’s most colourful event, the Sydney Gay and Lesbian Mardi Gras parade.

ADF personnel have been marching in the parade since 2008 and marched in uniform for the first time in 2011.

On March 7, a contingent of more than 150 Defence personnel will march in the parade.

This year WO Ashley, WOAF-Air Force Mark Pentreath and WO-Navy Martin Holzberger have volunteered to lead the Defence contingent, alongside parade commander Air-Cdre Tracy Smart.

“The senior warrant officers of Navy and Air Force and I want to show that we support all of our people and make sure there are no barriers to serving in the ADF,” WO Ashley said.

WO Ashley said the main capability in the ADF was its people.

“What’s a tank without a crew, a fighter jet without a pilot or a frigate without the people who crew them?” WO Ashley asked.

“Our capability comes from the diversity of our nation’s human capital and the lesbian, gay, bisexual, transgender and intersex (LGBTI) community are some of our best assets.”

WO Ashley, who has been in the Army for 36 years, said he had seen huge changes in the attitude of ADF members.

“This would have been unthinkable 36 years ago, 20 years ago and maybe 10 years ago, but now it’s just normal,” he said.

“This is just soldiers, sailors and airmen and airwomen demonstrating pride in their uniform and my job is to foster that pride, which is why I volunteered to march in the parade.”

“I will be very proud to stand shoulder to shoulder with these people. They are great Australians and great members of the ADF.”

When Cpl Graeme Billett, of 3 Sig Regt, deployed as a medic to Solomon Islands in 2013, he saw the news reports about Defence personnel marching in the Mardi Gras wearing uniform for the first time. He said as much as he was proud to be serving overseas, he was annoyed he missed out on the parade.

“It was brilliant to see Defence had sanctioned the event and allowed soldiers, sailors and airmen and airwomen to support the Australian LGBTI community in uniform,” Cpl Billett said.

“It was a great step forward. I enjoyed marching in uniform with my partner last year and we are looking forward to participating in this year’s parade. To have RSM-A leading is a demonstration of strength and shows Army supports the diverse backgrounds of all soldiers as long as they display Army’s values and do their job competently.”

Based at HMAS Harman in Canberra, Cpl Billett has been a reservist since 2009 and is now in his second year studying medical science at the Australian National University. He said he loved being part of the ADF as a member of the LGBTI community.

“Everyone is very supportive and inclusive,” he said.

“To have RSM-A and the senior warrant officers marching with us in the Mardi Gras demonstrates every body is wanted and their service is valued.”

“I gives me confidence to see my chain of command supports who I am.”

**Boost to health and wellbeing**

FORTY projects that benefit veteran and Defence communities have received a funding boost under the veterans’ and community grants program.

Minister for Veterans’ Affairs Sen Michael Ronaldson said the grants, worth $681,368, were supporting organisations to continue to conduct a range of activities, programs and services that improved the quality of life of veterans and their families.

“A new bus to help transport veterans to commemorative events and social functions, upgrades to RSL facilities and the establishment of a drop-in centre are just some of the projects to receive funding,” he said.

Other grants will help ex-service organisations upgrade their office equipment and conduct renovations and improve their facilities.

For further information, visit www.dva.gov.au/grants or contact your nearest DVA office on 133 254 or 1800 555 254 from regional Australia.

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**Sgt Dave Morley**

TWO ASLAVs from 1 Armd Regt provided an armed escort for the Victoria Cross, campaign medals and Luger pistol of a legendary Northern Territory soldier on February 3.

The convoy travelled from Darwin Airport to Parliament House where the items belonging to Lt (later Capt) Albert Borella were handed to Lt Tavis Harling, of 5RAR, Sub-Leut Alexandra Apse, of HMAS Coonawarra, and Flg-Off Dylan Kinny, of 13 Sqn.

The medals and pistol were then presented to the NT Government. They will remain on public display in Parliament House for two months.

Mary and Rowan Borella, the surviving son of Capt Borella, oversaw the ceremony.

Lt Harling said he jumped at the opportunity to be part of the activity: “I think it’s important to recognise the feats and endeavours of Australians in war, as it’s an important part of our history and culture and defines our national identity,” he said.

“Being involved in the commemoration of an individual who has shown such courage, commitment and determination was a humbling experience, which has given me a deeper appreciation of Lt Borella and what he epitomised – the Anzac spirit.”

**BRAVE SOLDIER**

ALTHOUGH Albert Borella was born in Victoria, he was farming in the Northern Territory when WWI broke out. At that time the government was not accepting volunteers from the Territory so Borella decided to make his way to Townsville to enlist.

He left his farm and took a job as a cook for a survey party at Tennant Creek, setting out for Darwin in January 1915. Borella walked 145km, swam flooded rivers, borrowed a horse at Powell Creek and rode to Katherine, where he caught a mail coach to a railhead at Pine Creek.

After travelling almost 1000km through the outback, he sailed from Darwin to Townsville on March 8, 1915, with four other men who were among the first 15 Territorians to enlist for active service.

Lt Borella served at Gallipoli with 26 Bn and later on the Western Front, where he was wounded near Pozieres in July 1916. He rose through the ranks and was commissioned as a second lieutenant in April 1917.

He received a Military Medal for conspicuous bravery in May 1917, was Mentioned in Despatches in June and was awarded the Victoria Cross in September 1918 for leading a platoon attack to straighten the front line beyond Villers-Bretonneux. While ahead of his troops, he single-handedly captured a machine-gun.

Lt Borella enlisted for WWII service on October 15, 1939, aged 58, serving initially with 12 Garrison Bn and later with 51 Garrison Coy until May 8, 1945, reaching the rank of captain. He died on February 7, 1968, at Albury, NSW, aged 86, and was buried at the protestant cemetery, North Albury.

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Corps’ best medics recognised at Government House

TOP medics were honoured with their corps’ highest awards during a ceremony at Government House in Canberra on February 12.

The Royal Australian Medical Corps’ Colonel-in-Chief, Governor-General Gen Sir Peter Cosgrove, presented awards to three of the best performers.

The idea of wounded soldiers rehabilitating through work helped Col Andy Williams, of Army Health, take out the Geoffrey Harkness Award for outstanding service.

“Rather than putting a wounded digger into a sheltered rehabilitation, then having them look for outside employment, we focused on getting the wounded diggers into work during their rehab,” Col Williams said.

“We entered into partnerships with some big companies who have picked up some of our soldiers and been hugely impressed with them.

“The model of rehabilitation through work, rather than rehabilitation for work, has proved to be extremely good.”

Sgt Mark Brown, of ALTC, filtered operational lessons into medical courses for deploying soldiers that helped earn him a C.F. Marks award.

“The concept of Combat Health Training Team was to bridge the gap between initial employment training and what was happening in reality overseas,” he said.

“We’d try to take the lessons and bring them back to students.

“Things are always evolving with medicine and the battlefield, but it does take time to filter down to IET courses so we try to bridge that gap.”

Pte Tasman Holden, of 2GHB, didn’t see her Representative Honorary Colonel Award coming.

“They were doing end-of-year promotions and farewells then they called out my name,” she said.

“I knew I wasn’t getting promoted and I wasn’t leaving the unit, then they started announcing what I was getting so it was a total surprise.”

She received the award for service above that required of a medic.

“Last year I spent a lot of time out field on exercises for the hospital, like Key Resolve and Giant Viper,” she said.

“Then I was on ACCAP for a couple of months, had a week off and went to PNG for three-and-a-half months.

“I spent a lot of time out field, never turned down a job and just did my best.”

To qualify for the award, a member must contribute to the RAAMC in an outstanding nature. Recipients also receive a cash prize.

Col Andy Williams receives the Geoffrey Harkness Award from Governor-General Gen Sir Peter Cosgrove.

Photos by Cpl Max Bree

The Governor-General speaks with Pte Tasman Holden after the presentation ceremony.

Col Max Bree

Trio rewarded

Sgt Mark Brown receives the C.F. Marks award from Governor-General Gen Sir Peter Cosgrove.
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**New angels start work**

**SOLDIERS from 1RAR and 3CSSB have solidified themselves as Force Protection Element 3 (FPE) conducting force protection duties in support of Operation Highroad in Qargha and Kandahar, Afghanistan.

After taking over from FPE 2 earlier this year, the platoon-sized team of soldiers are now part of JTF 636. They perform guardian angel and transport duties for coalition members of the Afghan National Army (ANA) 205 Corps Coalition Advisory Team.

Platoon commander Lt Ryan Muller said his team was well prepared to step into the role.

“We conducted 10 weeks of force preparation leading up to the deployment, which was a good training package that included everything from legal briefs, medical training, weapons training and integration work with the advisers we are protecting,” Lt Muller said.

“We have a very intelligent group of soldiers and I have absolute faith they’ll do their job correctly and at their highest capacity.”

Guardian angel duties require a soldier to provide individual security to advisers, which ensures they can remain focused on their role while on site at Camp Hero, where 205 Corps is based.

“One of the challenges for us is providing the control measures for our soldiers who are conducting an individual task within a platoon environment versus how we would conventionally operate with section tasks within the platoon environment,” Lt Muller said.

“I think the mindset of every soldier is positive and they know we’re here for the benefit of the NATO-led Resolute Support Mission and the ANA.”

Guardian angel Pte Liam Kwasha said it was different to what he expected but so far he was enjoying the opportunity.

“My duties involve checking the work area initially, standing watch and calling in any situations,” Pte Kwasha said.

“For a guardian angel is different to what I expected, but for the benefit of the NATO-led Resolute Support Mission and the ANA.”

“one of the challenges is the cold – it’s a bit different from Townsville. The language barrier is also a challenge. Most of the Afghans speak scattered English but that can vary so it can be difficult.”

The transport function for the FPE is conducted by the PMV section made up of 16 RACT soldiers comprising eight Bushmaster crews. The PMV section supports the protected movement of advisers and their guardian angels when on daily tasks outside the main coalition bases.

The RACT soldiers are among the first from their corps to conduct this kind of mission since the transition of the PMV from RAAC to RACT.

The success of the PMVs in this mission will solidify the transition and ensure that PMVs are an accepted capability within the corps leading into the future.
New start in Townsville

3 Bde officially welcomes re-raised 6 Tpt Sqn

Author: LCpl Evan Moore

ARMS’S 6 Tpt Sqn has been re-raised and was officially welcomed to 3CSSB during a parade at Lavarack Barracks on February 3.

The role of 3CSSB’s protected and unprotected mobility capability has progressively evolved under Plan Beersheba.

The new squadron will provide lift for 3CSSB and 3 Bde troops with 40 Bushmasters and 14 Unimogs.

OC 6 Tpt Sqn Maj Luke Tindale said it was an honour to be the first OC of the new squadron.

“We aim to have three highly capable and proficient troops by the end of the squadron’s first year,” Maj Tindale said.

“As Army shifts to like brigades under Plan Beersheba, the requirement for CSSBs to provide protected and unprotected mobility to the brigade will only increase.

“Ours has a bright and busy future, and its men and women have the necessary equipment and skills to do justice to the squadron’s rich heritage.”

The parade in Townsville was reviewed by RACT Head of Corps Brig Paul Nothard and marked the fourth time 6 Tpt Sqn has been raised.

The squadron was first raised during WWI as part of the 2nd Light Horse Brigade Train and comprised 342 personnel, 45 three-tonne lorries, 16 30-tonne lorries, seven motorcycles, two cars and four assorted trucks for workshops and stores.

The squadron was disbanded in Sydney in 1920. It was also raised and disbanded during WWII and the Vietnam War.

CO 3CSSB Lt-Col Colin Bassett said raising 6 Tpt Sqn provided opportunities for exciting training and deployments for his soldiers.

“All of our PMV operators have undertaken extensive training in the tactical operation of the vehicle,” Lt-Col Bassett said.

“The soldiers of 6 Tpt Sqn are well trained and highly capable, exemplified by the recent deployment of 3CSSB PMV operators to Afghanistan and Iraq.”

The Townsville parade – under the command of Maj Tindale and SSM WO2 Peter Morritt – involved the rarely attempted synchronisation of moving vehicles and soldiers.

The result was a unique and impressive spectacle thanks to the ingenuity of the SSM of 3CSSB, WO1 Andrew Killen.
Proud day for graduates

First ANA officer cadets graduate under ANSF command

AUSTRALIAN soldiers based at the Afghan National Army Officer Academy (ANAOA) witnessed the graduation of 270 officer cadets after almost a year of instruction supported by coalition mentors.

It is the first class to graduate from the academy since Afghan National Security Forces (ANSF) assumed full responsibility for security operations in January and the second class that has graduated since the academy opened in 2012.

Having spent nearly 13 months mentoring at ANAOA and supporting two graduations, CO mentor for the 2nd Kandak (Battalion), Lt-Col Scan Benporath said the coalition was helping build a capable institution for the ANSF.

“This is the first graduation for ANAOA since the ANSF assumed full security responsibility for Afghanistan,” Mr Anderson said.

“So these young officers who graduate today will go on to lead men and women during the coming fighting season and through the next generations while Afghanistan is responsible for its own security.

“There’s an awful lot of responsibility...” – Chris H

“...in a different stage of operations in Afghanistan...” – ADF

“Australian soldiers are very well suited to mentoring, particularly in the coalition environment, because of their can-do attitude,” he said.

“They’re quite relaxed and confident in what they do.

“That confidence permeates the ANAOA training environment and stands them in good stead with the academy’s instructors and the cadets being trained.”

Attending the graduation was Commander JTF 636 Maj-Gen David Mulhall, who said it highlighted how far the ANSF had come since operations began in Afghanistan.

“Ten years ago it would have been inconceivable to have a day like the graduation ceremony for ANAOA,” Maj-Gen Mulhall said.

“The amount of training, professionalism and knowledge transfer that has occurred here with the ANA is possible because we are now in a different stage of operations in Afghanistan.

“We are helping to build the professionalism and the capacity of the ANA, so this is a long-term investment.

“The fact that we are committed for another two years until at least December 2016 means many more cadets will graduate while we are here, which will help contribute to the future of Afghanistan.”

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Learning the ropes

Gap Year program open for applications

Sgt Dave Morley

ARMY’s first intake of Gap Year recruits for 2015 had a special visitor on February 17, with Assistant Defence Minister Stuart Robert sitting down for lunch with the soldiers.

Mr Robert attended the Army Recruit Training Centre to welcome ARMY’s latest recruits and announce the opening of applications for the 2016 Gap Year program.

Rec Hayley Sansom, a 17-year-old from Maitland, NSW, was one of the trainees who chatted with the minister.

“I was lost for words sometimes, but it was good to hear about the experiences of someone that far up the hierarchy,” she said.

Rec Sansom said she joined the Gap Year program because she wasn’t certain what career path she wanted to follow.

“I saw the program and thought it was a good insight into what the ADF was all about and if it was what I wanted for my future career,” she said.

“So far it’s probably one of the best experiences of my life, meeting so many new people.

“I really enjoyed the high-wire course and seeing the teamwork grow among the people in my platoon.”

She said her parents were a bit apprehensive when she first told them about joining the Army because she had only just completed her HSC.

“But they were really proud of me,” Rec Sansom said.

“When they heard what it was about and what I actually wanted to do, they were really proud of me,” Rec Sansom said.

“They were definitely an influence and what I actually wanted to try something different.

“They were definitely an influence on my joining up,” she said.

Rec Sansom said after she marched out of Kapooka she was looking forward to going to Bandiana to do an IET course to become a clerk admin.

PI Comd Lt James Cranley said he had 20 Gap Year recruits out of the 60 members of his platoon.

“The Gap Year recruits are treated exactly the same as the ARA trainees, except for the few who are under 18 where we have an extra duty of care,” he said.

“The 17-year-olds are holding up as well as anyone else, but we like to keep their parents informed of their progress.”

“I was lost for words sometimes, but it was good to hear about the experiences of someone that far up the hierarchy,” she said.

Mr Robert said there would be up to 455 vacancies across Defence for 2016.

“This year’s Gap Year program had almost 4000 young Australians apply for 260 vacancies – that tells me there is a desperate need for this sort of work in Australia,” he said.

Applications open on March 2 and close on March 15.

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IN BRIEF

LGBTQI+ survey
A CONFIDENTIAL survey to gauge the awareness, impact and effectiveness of lesbian, gay, bisexual, transgender and intersex (LGBTQI+) initiatives in Defence is open until March 27. It is part of Defence’s workforce benchmarking through the Australian Workplace Equality Index, which is Australia’s definitive national benchmark on LGBTQI+ workplace inclusion practices and initiatives. Members can access the survey at www.army.gov.au by following the links. For further information, email Mg Li-Gol David Benson at david.benson@defence.gov.au

Health conference
ENVIRONMENTAL health, occupational health and preventive medicine specialists from across the ADF will attend the fourth Environmental and Occupational Health Conference at Gallipoli Barracks from March 4-6. The theme of this year’s conference is aligning Defence environmental and occupational health capability with future requirements. The conference will feature speakers and delegates from Australia, as well as the US, UK and New Zealand. For more information, visit intranet.defence.gov.au/val/h/historicaldocuments/82789&title=Occupational

International Women’s Day
Holly Brambley
DEFENCE will align its celebrations for International Women’s Day, held on March 8 each year, with UN Women Australia and the movement HeForShe. HeForShe aims to engage men and boys as advocates and agents of change for the achievement of gender equality and women’s rights. The day will be celebrated at Defence establishments across the country, with the flagship event in Canberra on March 5. UDF Wdm Ray Grigg and Defence Secretary Dennis Richardson will introduce the event at the Australian Defence College, which will involve a panel discussion on how Defence is working to be ready to meet tomorrow’s challenges by ensuring we can attract and retain the best talent. RSM-A WV Dave Ashley will be one of four panel members, while the CDF’s gender adviser Julie McKay will moderate the proceedings. The event will focus on empowering men to take a stand and challenge the rest of Defence to take the pledge to bring down the barriers stopping women from achieving their dreams. ADF and APS members are encouraged to attend to actively promote gender equality. Other events include a parliamentary breakfast and the national launch of HeForShe, both of which CDF ACM Mark Binskin will attend.

For more information, contact Holly Brambley at hollybrambley@defence.gov.au or (02) 6266 1147.

Kayaking in remembrance: Centenary of Anzac charity paddle through Dardanelles

Cpl Nick Wiseman
TWO Australians will paddle more than 350km from the Istanbul coast to Anzac Cove as part of their own commemoration of the Centenary of Anzac this April. Maj Mick Thomas, of Land Maneuuvre Systems Branch, and friend Jason Wilson will undertake the journey along with four Turkish paddlers from April 16-25, raising funds for Soldier On.

Maj Thomas said the idea of paddling across the stretch of water for the centenary came about a year ago. “After the initial idea we got in touch with a sea kayak club in Istanbul and it has all fallen in place,” he said. “I’ve done some other long paddles but am looking forward to this one.”

The group will start their journey in Istanbul, paddling between the continents of Asia and Europe, travelling up to 40km a day depending on weather.

When they navigate the Sea of Marmara, they plan to lay a wreath for the Australian submarine AE2, which was sunk during WW1. After paddling the Dardanelles, they plan to arrive at Anzac Cove on April 23.

Maj Thomas said he was hoping to raise $10,000 for Soldier On. “Soldier On has done great things for the ADF in recent years,” he said. “We thought this would be a great way to link an adventurous activity [with fundraising].”

The group is looking for a major sponsor to come on board and help raise funds.

Find out more information, donate and track their adventure at www.kayak4diggers.com.au

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SHAPING THE DEFENCE EMPLOYMENT OFFER FOR THE ADF

Would you like an opportunity to ensure that the package of benefits available to all ADF members (the Defence Employment Offer or DEO) is the best it can be?

The permanent ADF DEO study is a great opportunity to have your say on the financial and non-financial aspects of your employment package. Between 16-30 March 2015, Defence People Group will invite all permanent ADF members to share their views on the current DEO and options for change in the future.

Around 16 March, members will receive an email from the Directorate of Workforce Intelligence on the Defence Restricted Network asking you to participate in the internet-based survey application, which will be facilitated by the Defence contractor, True Choice Solutions of New York.

The ADF DEO survey will take about 15-20 minutes. While it is voluntary, the greater the response from our people, the better understanding the ADF will have for enhancements to the offer. Responses will be recorded anonymously and reported findings will be aggregated, so we encourage open and honest responses.

So here is YOUR opportunity to make a real difference and to help shape the DEO for the ADF into the future.
Firefighters drive through smoke as they control a back burn near the town of Northcliffe.

Soldiers from 13 Bde sprang into action to help bushfire-affected regions in Western Australia.

Report: Leut Todd Austin
Photos: LS Bradley Darvill

SOUTH-WEST SUPPORT

Soldiers from 13 Bde sprang into action to help bushfire-affected regions in south-west Western Australia.

In the first two weeks of February, a detachment from 13 Bde, based at Karrakatta Barracks in Perth, was deployed to assist the Department of Fire and Emergency Services to provide accommodation and support for interstate volunteer firefighters and people evacuated from bushfire-affected areas.

Leut Austin said the soldiers had a place to rest and unwind after doing their work, which was a rewarding experience. “The work we've done in support of the firefighting efforts was fantastic,” Leut Austin said.

“Being able to support the firefighters, who were doing a fantastic job fighting the fires in the area, and ensuring they had a place to rest and unwind after doing their work, was a rewarding experience. It made a difference.”

— Cpl James Black, 13CBG

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— Cpl James Black, 13CBG

“What is DaCC?

The Defence Assistance to the Civil Community program allows states or territories to make a request through the Commonwealth for ADF assistance in response to natural disasters or emergencies.

The Defence Assistance to the Civil Community framework and ethos within the AdF.”

February 26, 2015

CENTREPIECE
ENDURING PARTNERSHIP

The partnership between Boeing and Australia is built on a shared commitment to prosperity and security. It’s a commitment for Boeing that starts with a strong industrial presence and a Global Supply Chain that Australia is integral in supporting. Add to that a track record of performance on programs such as C-17 and Super Hornet and you have an enduring partnership that Australia can count on, always.
Backbone to effective ops

The work of ADF communicators in the Middle East is critical to keeping our mission running, LS Jayson Tufrey reports.

The triservice environment of the Force Communications Element (FCE), located at Australia’s main base in the Middle East Region, is the communication backbone for ADF forces.

The FCE provides computer networks throughout theatre and the morale-boosting Amenities Internet Access (AIA) Wi-Fi network, which gives members access to Skype, social media and email to maintain contact with family and friends back home.

Communications and information systems node 2IC Flt-Sgt Paul Richardson, of FCE 1 – which transferred authority to FCE 2 on January 30 – said he was proud of the work his troops had done while deployed.

“Every time an aircraft came in there were hundreds of people lined up out our door after DRN, DSN and AIA access,” he said.

“This, along with the normal backlog of jobs my team had queued up, could be taxing.

“I tried to manage that as best I could by rotating them so they didn’t get too burnt out.”

He said one of the biggest challenges was the dynamic nature of personnel movements in the region.

“There are people moving, positions disbanded and new ones stood up all the time,” he said.

“It always involves IT network changes and infrastructure installations and that kept my troops busy.

“There was no flat period. It was always a high tempo and it peaked even higher when the planes landed.”

Sig Darol Moore, of FCE 1, said he enjoyed his deployment.

“I had my routine pretty well squared away,” he said.

“Every morning I set up the video conference calls between the MER and Canberra.

“I also maintained the telephone systems and laptops.

“I enjoyed educating people about how best they could have our assets work for them.

“It could be challenging sometimes to explain technical information in a way they would understand.”

He said the opportunities he had received while deployed had been great.

“I got to work on equipment that I would never be exposed to back home,” he said.

“This was a completely different and fantastic experience for me.”

Flt-Sgt Richardson said he was impressed with the positive attitude his staff had maintained.

Sig Darol Moore, of Force Communication Element 1, repairs a circuit board in the Middle East.

“I’m exceptionally proud of the work the help desk has done,” he said.

“Their ability to keep on moving through person after person, each presenting with a variety of faults and inquiries, was outstanding.

“Rarely were they completely stumped and if they were they always found the right person to rectify the issue pretty quickly.”

“The level of professionalism displayed by these guys, in conjunction with the expertise of technicians, made it very easy to do my job.”

OC FCE 1 Maj Andrew Champion said he was inheriting a very complex communications network.

“I anticipate a smooth transition and look forward to passing on the good work and legacy of my predecessors,” he said.

OC FCE 2 Maj Mathew Hegarty said he was looking forward to meeting the demands and providing the quality service you would expect from communications professionals.

“FCE 1 numbers were reduced by about 30 per cent due to the lower operational tempo expected in the region but, with operations in Iraq, we saw an expansion of more than 500 personnel in camp at one point,” he said.

“That influx stretched our resources but my team came through with flying colours to meet the demands and provide the quality service you would expect from communications professionals.”

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From left, Pte Andrew Tov, Sgt Ashley Yewsang, Pte Dylon Hutchings and Cpl Michael Iverach at the Hamid Karzai International Airport military base in Kabul, Afghanistan.

“As being employed as part of the IMP team is definitely a first for us given it is our core job. Our deployed roles in the past have been in specialist MP roles.”

The team has a number of functions including airport security, foot and vehicle patrols, base access security and force protection in the event of an incident.

“I MP Bn has worked on the detention management role in Uruzgan province and also in the close personal protection role within Afghanistan,” he said.

“This job is enhancing our skills and knowledge and that’s definitely been useful for us as a team...”

— Sgt Ashley Yewsang, 1 MP Bn

This is an ADF first, the Army has deployed military police in support of the international military police (IMP) role at Hamid Karzai International Airport military base in Kabul, Afghanistan.

Sgt Ashley Yewsang, Cpl Michael Iverach, Pte Andrew Tov and Pte Dylon Hutchings, of 1 MP Bn, are now incorporated into a 16-strong Danish-led IMP team as embeds for the NATO-led Resolute Support mission.

IMP supervisor Sgt Yewsang said the role was a chance for the Australians to gain real experience in their core duties while in a coalition setting.

“I MP Bn has worked on the detention management role in Uruzgan province and also in the close personal protection role within Afghanistan,” he said.

“So being employed as part of the IMP team is definitely a first for us given it is our core job. Our deployed roles in the past have been in specialist MP roles.”

The team has a number of functions including airport security, foot and vehicle patrols, base access security and force protection in the event of an incident.

Pte Tov said it was good exposure, “It’s been a really great deployment so far because I’m getting a lot of experience that I probably wouldn’t get back at home,” he said.

“There are lots of other cultures here and you get to see how they do things compared to how we do things and it gives you a better understanding of military policing in general.”

Working alongside their Danish counterparts, the Australians are required to maintain their national military policing procedures while incorporating coalition techniques and processes.

Sgt Yewsang said the Danes were extremely helpful in the initial integration of Australian MPs.

“The Danes are really good to work with and very professional,” he said.

“They’ve introduced us to how they enforce military law and regulations as MPs back in Denmark, however, this is more just for awareness as we are required to meet Australian military policing standards, which we incorporate into the broader IMP processes.

“This job is enhancing our skills and knowledge and that’s definitely been useful for us as a team. It will also be useful back home in being able to bring lessons back for the benefit of the ADF military policing role.”
THERE’S MORE TO SHARE WHEN YOU DON’T HAVE SHAREHOLDERS.

If we were any more like family we’d go you halves in the last bit of juice too. That’s because for over 60 years we’ve existed to benefit our members, not to profit investors. And with exclusive hospital and extras packages for ADF and Reservist families, we’re making sure there’s always plenty to go round.

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HUMBLE former soldier WO1 Noel Smith missed out on holding his Order of Australia Medal (OAM), as he passed away on January 6, aged 79, just weeks before Australia Day. After being informed of his Australia Day honour, Mr Smith, also a former honorary RSM of the Royal Australian Regiment, kept it a secret.

It was not until his daughter, Kasey Lanzilli, received a surprise phone call on January 26 that his family became aware of his honour for service to veterans and their families.

Mr Smith was pictured on the front page of the first issue of Army as an unknown soldier in 1959 and appeared again on the front page in 1967.

In 2009 he was interviewed for the 50th anniversary of the soldiers’ newspaper.

Mrs Lanzilli said it was fantastic her father received the OAM and she was glad he knew about the award before he died.

“Dad was very passionate about the work he did and worked tirelessly to help people,” Mrs Lanzilli said. “He deserved the OAM. He was an incredible man.”

“I didn’t know everything about the work my father did for veterans and their families until after he died. He was phenomenally secretive and did not big-note himself in any way.

“When he came to visit us it was to spend time with his family and grandchildren and he left the military side of his life outside.”

Mr Smith served with 3RAR in Malaya, 4RAR in Malaysia and Borneo, and with the Australian Army Training Team Vietnam.

He was a former RSM of the Adelaide University Regiment and a past president of the Keswick and Richmond RSL sub-branch. He was also involved in the formation of 4RAR Association.

Mr Smith’s funeral was held on January 14 in Pasadena, South Australia, and was attended by close to 400 mourners.
Are you up to the challenge?

THE call is out for members to get involved in this year’s Defence Blood Challenge. Planning for the event is already under way and Defence Blood Challenge Manager Maj Gary Schulz would like to hear from interested people.

“We are now looking for people who are interested in being a blood ambassador,” Maj Schulz said.

“This can be someone who is passionate about donating blood or has been involved with receiving blood products. We are also looking for people in almost every military base to act as coordinators for the Blood Challenge and to connect with the local area Blood Service Centres to assist in promoting the challenge.”

Donations will begin on September 1 and end on December 8, a week longer than previous challenges. The target for 2015 is 6800 donations.

Maj Schulz said members could contact their local Blood Service Centre or representative to find out the best way to arrange to donate blood.

Last year, Army took top spot in the challenge with 2519 donations. This was followed by Air Force with 1300 donations, Navy with 821 and the Australian Public Service with 767.

Air Force achieved the highest proportional donations of any service with 9.5 per cent of members donating, followed closely by Army with 8.8 per cent. A total of 5407 donations were made during the 2014 challenge, which had the potential to save the lives of up to 16,220 Australians.

“Despite an initial target being set at 4500 donations, the Defence community achieved overwhelming results,” Maj Schulz said.

If you are interested in getting involved or for more information, contact Maj Schulz at gary.schulz1@defence.gov.au.

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Super changes ahead

New superannuation arrangements proposed for 2016

MILITARY superannuation membership is set to become portable and more flexible from mid-next year.

The new arrangements seek to establishADF Super and ADF Cover on July 1, 2016.

From that date, it is proposed the current Military Superannuation Benefits Scheme (MSBS) will be closed to new members.

New superannuation arrangements will apply to:

- anyone joining the permanent ADF for the first time; and
- serving and returning MSBS members, as well as reservists on continuous full-time service, who choose to move to the new scheme.

Under these arrangements, existing members will be able to choose which superannuation fund they belong to.

The default fund for all new permanent members, ADF Super, will be a fully funded accumulation plan with an employer contribution rate of 15.4 per cent, increasing to 18 per cent during periods of warlike service.

Head People, Policy and Culture Richard Oliver said these new arrangements would be the most contemporary military superannuation arrangements available.

“It’s important to note that no current serving members will be required to move to the new arrangements,” he said.

“However, if they wish, serving and returning members of MSBS may choose to move to the new arrangements at any time from July 1, 2016.”

Members will have the ability to transfer their accumulated benefits to a new fund if they leave the ADF and will no longer be required to make personal contributions, unless they elect to.

Individual circumstances will determine whether changing to the new military superannuation arrangements will provide better value for the individual, according to Head People Capability AVM Anthony Needham.

“If you are a current MSBS member wishing to consider changing to the new military superannuation, I strongly encourage you to seek independent financial advice,” AVM Needham said.

“These new superannuation arrangements will contribute to the flexible career options Project Suakin is delivering.”

The new arrangements will be underpinned by a death and disability scheme that will continue to recognise the unique nature of military service.

The new scheme, to be known as ADF Cover, will be consistent with what is available now under MSBS.

Any members considering options will have ample opportunity to consider the finer details as they are finalised and before the new military superannuation is introduced.

For more information, visit www.defence.gov.au/adf/pac/ADF-Super or email DMR.Policy@defence.gov.au to find an independent financial adviser, visit www.adfconsumer.gov.au.

For more information about the strategy, read CA Directive 25/14.


For more information about the strategy, read CA Directive 25/14.

Nominations should be forwarded to DCM(A) via email at dcm-post@def.mil.au

THE OPTIONS

ADF Super
- Default fund for all new permanent members
- Existing members may choose to transfer from MSBS
- Fully funded accumulation plan
- 15.4 per cent employer contribution
- 18 per cent employer contribution during warlike service

ADF Cover
- New death and disability scheme
- Consistent with what is currently available under MSBS
- Continues to recognise the unique nature of military service

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- Offset & Redraw Accounts
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- How to own your home sooner
- How to reduce capital gains tax & tax on MSBS retentions
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Kia's three-door Pro_cee'd GT comes with a sporty leather interior (inset). Photo by WO2 Andrew Hetherington

Double the choice

Kia's two hatchbacks are sure to impress

WO2 Andrew Hetherington

TWO hatches from the same manufacturer, with different purposes and aimed at different types of potential buyers.

Kia's three-door Pro_cee'd GT could be aimed at someone wanting something sporty who has no sympathy for potential back seat passengers.

The Kia Cerato five-door could be for anyone who needs the convenience of two rear doors, making it a more practical purchase than its abovementioned sibling.

The overall performance of the Pro_cee’d was surprising.

After reading the engine was 1.6L. I nearly laughed, but when I saw the figures of 150kW and 256Nm of torque and the words 'turbo charger', I just wanted to drive it.

When I did I found myself trying to make it live up to its sporty, turbo label and to a certain extent it did.

The engine has enough pep to make the driver and passengers smile, and allows it to be bunted through corners and overtake with minimal effort.

However, the traction control became intrusive when more spirited driving on the track was performed and no way could be found to turn it off.

The Pro_cee’d handling was above what was expected and very little body roll was felt in tight turns and overall cornering.

The interior on the test vehicle came with comfortable Recaro front seats clad in a mixture of suede and normal leather, digital climate control and a leather steering wheel with every button you’d need control of the Bluetooth-enabled stereo and cruise control.

Two adults could sit in relative comfort in the back, but would still have to wait for one of the two front seat occupants to vacate their pew to allow them to exit. The back seat has to fold down to allow for increased carrying capacity.

The Cerato outperformed my expectations in the way it drove and overall cornering.

Performance-wise the 1.8L engine was more than adequate for cruising on the highway and stop-start traffic in the city. Flicking the six-speed automatic transmission shifter to the right allowed the manual selection of gears.

Although I wished it had steering wheel shifter paddles, which are unfortunately only available on the top of the range SLi model.

Handling was not what I expected for a car of this price. It was composed during cornering and the chassis felt well sorted and suited to Australian roads.

The kit list was as extensive as the Pro_cee’d minus the leather trim and digital climate control. For under $25,000 I don’t think there is a car on the market offering better value.

Seven-year unlimited kilometre warranties, capped-price servicing and extensive standard kit lists, make both cars some of the most competitive hatchbacks on the market.

Prospective purchasers of a three or five-door hatch should put Kia on their wishlist.

The Cerato S Premium’s kit list, handling and performance is impressive.

DO YOU have a car or motorcycle you’d like featured in the Army Lifestyle page?

If so, contact WO2 Andrew Hetherington at andrew.hetherington@defence.gov.au

The Cerato S

Engine
1.6L Turbo petrol producing 150kW and 260Nm of torque
1.6L petrol producing 110kW and 178Nm of torque
Transmission
Six-speed manual
Six-speed automatic
Fuel usage (combined highway and city)
7.4L/100km
7.4L/100km
Warranty
Seven-year unlimited kilometres
Seven-year unlimited kilometres
Recommended price before on-road costs
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$24,990

In our new monthly column, Cpl Max Bree takes a look at what was making Army headlines in years past.

AUSTRALIA’S decision to send troops to Sinai as part of a US-sponsored peacekeeping force dominated Army in February 1982.

As the paper went to print that month, final decisions were still being made about the size and composition of the force. However, Prime Minister Malcolm Fraser said Australia planned to send an air transport unit of between 200-300 personnel.

Australia would contribute to the Commonwealth Training Team for Uganda, after that country’s president appealed for help to train his military forces.

The initial plan was to send between two and six military training personnel with Australia pledging $50,000 (more than $223,000 today) towards the program.

A front page boasted fewer complaints to the Defence Force Ombudsman in 1981, with a total of 167 complaints, compared to 206 the previous year; a drop of about 20 per cent.

Sergeants and corporals capable of “quick, safe, three-dimensional thinking” were encouraged to transfer to aviation and become NCO air traffic controllers.

Every soldier’s ‘pay envelope’ should soon contain $400 ($983 today) more than usual, as back-pay instalments were issued to catch up with new rates of pay. Some soldiers could expect to receive up to $1050 (about $2600 today) on top of their normal pay.

More than 150 Holsworthy-based soldiers were dispatched to Tasmania to fight bushfires after a request from the premier. Soldiers from 5/7RAR formed the bulk of the contingent.

2Lt Ross Stephenson wrote a letter to the editor about his frustration about having to change driver’s licences and registration after interstate postings. He proposed an Australia-wide licensing and registration for Defence personnel.

An advertisement for Springfield Armoury’s commercial semi-automatic M1A rifle claimed it was “the rifle we believe to be the best.”
High-tech trip to the ATM

Now you can use a code or a phone to move money, says Australian Securities and Investment Commission chairman Greg Medcraft.

Some banks now let you withdraw money at an ATM without a card. And in further evidence technology is changing at a rapid pace, you can also now pay for goods and services with your phone. This can be easy and convenient but it pays to know how it works before enjoying the potential freedom this technology gives.

Getting cash from an ATM without a card

To withdraw money this way, you usually need to log in to your banking app on your smartphone and select the option to receive a cash code.

You will receive a unique code by text message, and may also receive a PIN by text message.

Then, you simply find an appropriate ATM and use the code(s) to collect your cash.

You only have a short period of time to get to an ATM before the code expires.

The code will also expire as soon as you withdraw your money. Protect your temporary codes with the same diligence you would use for your standard PIN.

If you don’t have a banking app you might be able to use this system by calling your bank.

You can also use it to give cash to someone else such as a family member or close friend, by giving them the code(s).

Tap your phone to pay

This method of payment uses similar technology to that used in contactless cards, allowing you to tap your phone instead of your card.

It works for smartphones that have an embedded computer chip, called a Near Fields Communication (NFC) chip, allowing them to work in the same way as contactless cards.

If you don’t have a phone with an NFC chip, your bank may be able to provide you with a tag to stick on your phone that performs the same function. They may charge a small fee.

Pay to a mobile number

Some banks let you pay someone using only their mobile phone number. When you send a payment to someone they receive a text message that includes a code and instructions on how to retrieve the money.

The recipient needs to follow the instructions, enter their account details and the funds will then be deposited into their bank account.

It is also possible to send payment to an email address or Facebook contact in the same way.

When making payments this way, always check the recipient’s details carefully and ask your bank if you’re unsure how to make a transaction.

Before you embrace this new technology, make sure you understand how it works and how to keep your money safe.

Ask your bank to explain anything that is not clear.

For more information, see ASIC’s MoneySmart site at moneysmart.gov.au
Don’t ignore

Knee and ankle injuries can strike at any time so it is wise to be prepared, Cpl Mark Doran reports.

It is acceptable to train through pain, but never train through a serious knee or ankle injury.” This is a firm rule applied by a PTI with more than 30 years of military experience, WO2 Stuart Laughton, of ICHB.

Ankle and knee injuries can happen during everyday activity. Playing touch football, running in boots on uneven ground or even stepping off a gutter can be the cause of a twisted ankle or bursa knee.

Lateral movement can be hazardous especially for participants in sports such as soccer, rugby and basketball.

WO2 Laughton said although these were common complaints, Defence personnel were also vulnerable because they pushed their bodies to the limits.

Unfortunately, many soldiers, sailors and airmen are often prepared to tough it out and continue training, instead of taking the time to let the injury heal before it gets worse,” he said.

“What they end up with are muscle strains or wear-and-tear injuries that can progressively build up over months or years.

“If they had visited a doctor or physiotherapist immediately after the injury and followed their recommendations before returning to the gym or combat training, they could have protected the injured tendon, ligament or muscle from further damage.”

Poor nutrition, failure to warm up, bad lifting techniques and bad luck can contribute to these injuries and recovery becomes harder as people get older.

Knee and ankle injuries can be especially frustrating for personnel trying to lose weight as exercises such as squatting, lunging and jumping put pressure on the joints.

WO2 Laughton recommends using lighter weights and higher repetitions when in recovery.

“Exercising in a pool is one of the best ways to recover from an injury because there is no weight affecting the body,” he said.

“Rapid atrophy and degeneration of muscle tissue can occur when there is a significant time away from exercise.

“But the healing process can be accelerated by performing frequent, low-intensity exercises to activate the injured area and then taking time to stretch post-workout.”

He said wearing knee or ankle supports could be helpful when carrying an old injury because they retain warmth, however, they wouldn’t help if an activity was over-done.

“Running or jogging with injured knees can feel good immediately afterwards thanks to the post-workout endorphins triggering a positive feeling in the body, but eventually the injury will become worse,” WO2 Laughton said.

Running or route-marching in combat boots is a part of normal life for most Defence personnel.

WO2 Laughton said injuries from wearing combat boots during military activities were common, especially among new recruits, because wearing boots was a new experience.

“Regardless of our methods for negating these injuries, such as lead-up training, combat boots change the dynamics of a person’s gait and can even affect a seasoned soldier,” he said.

“I have found the best way to train for an activity such as a forced march is to have a second pair of ADF-approved lightweight boots.

“If we take precautions, prepare responsibly and learn about possible injuries, we can be better equipped to face the physical rigours of military training.”
A fitting farewell

ADF surfing community honours popular officer

From back page

Despite the severity of his cancer, treatments and complications since his original diagnosis, Maj Carr was able to continue his service and deployed to the Middle East on active duty.

In 2009 he published a book about his battle with cancer and was later awarded a CA Scholarship, graduating from the Australian National University with a Masters in Applied Anthropology in July 2013.

He generously gave his time to the Cancer Council, speaking at functions and sitting on an advisory panel to help communicate with men about cancer.

In his book Battle Scars: A Soldier’s Strategy for Fighting Cancer, Maj Carr detailed his years of rolling battles fought across his body and across the globe: “I was going to be cut open several times and be submitted to chemical warfare through chemotherapy. Contrary to any heroic ideal, the battle I fought was going to see me taking hits and being knocked down – injured over and over again. My only solace was going to be a determination that allowed me to constantly pick myself up again, dust myself off, and get ready for the next round.”

At his funeral in Nelson Bay, NSW, on February 9, Chap Kerry Bartlett, a friend of Maj Carr’s for almost 20 years, said his last conversations were with “a man of an established wisdom and immaculate courage.”

“He had walked the long road of illness with poise, grace and calm,” he said.

I gave thanks for his life and for his great and generous presence.

“He was a mana-personality: one who could energise, empower and inspire. His spirituality was as broad and as encompassing as his character. Matt was a warrior in the truest sense of the word.”

Maj Carr is survived by his wife, Michelle, and two young children, Mason and Monique.

An online memorial has been created at www.hea venaddress.com/Major-Matthew-Carr/914658/ and more information regarding his book is available at www.battlescars.com.au

Main and inset, Maj Matt Carr’s friends gather before the ceremonial wreath laying and paddle out at Green Hills, Cronulla. Photos by AB Chantell Bianchi

Aussie rules call to arms

A CALL has been issued to Indigenous Aussie rules players to join the Australian Defence Force Rules (ADFAIR) Indigenous Challenges.

The ADFAR team will play an exhibition match against a Victorian Indigenous side at Moorabin on March 26.

The ADFAR will be held as part of the Australian rules national carnival in Melbourne from March 21-29. ADF Australian Rules executive manager Maj James Weaver said players were required from the three services.

“The ADFAR is calling for nominations from all interested ADF Indigenous footy players to be part of this special event,” Maj Weaver said.

“We have a dozen players so far, but we want as many as 30 to cover all the positions, in the event of injuries.”

Maj Weaver said in addition to the match against the Fitzroy Stars Indigenous development side, there would be opportunities for ADF players to participate in coaching and training clinics along with visits to AFL venues.

He said the ADFAR concept may mature into an annual event and was initiated by the Australian Defence Sports Council as a method to promote Indigenous development.

“All travel and accommodation costs will be met by ADFAR,” he said.

For further information, contact Maj Weaver on 0478 651 457 or email james.weaver@defence.gov.au

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For further information, contact Maj Weaver on 0478 651 457 or email james.weaver@defence.gov.au

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A cAll has been issued to Indigenous Aussie rules players to join the Australian Defence Force Rules (ADFAIR) Indigenous Challenges.
A TRADITIONAL surfer’s paddle out was held across Australia on February 14 to honour the late Maj Matthew Carr.

Maj Carr was a former president of the Army Surfriders Association and passed away on January 31 after a long battle with cancer.

The paddle outs were an indication of the feeling of loss in the wider Defence community from Maj Carr’s passing.

They were held on the waters of Lake Burley Griffin in Canberra, Cronulla in Sydney, Currumbin on the Gold Coast and Glenelg in Adelaide to remember the popular officer, surfer, friend and mentor to many.

Maj Carr was born in Dubbo, NSW, in 1976 and following training at ADFA and RMC he was commissioned into the RAAC and posted to 2 Cav Regt in Darwin where he began a promising career in the ADF.

At the age of 25, while posted to ArtC Kapooka, he was diagnosed with advanced stage three testicular cancer, which had spread through his lymphatic system and had established a number of secondary malignant tumours in his abdomen, lungs and neck.

In the following years, Maj Carr battled with cancer on-and-off, enduring life-threatening operations and holding an unenviable record for blood transfusions at the Royal Prince Alfred Hospital in Sydney.

Continued page 27

ADF surfers pay their respects to Maj Matt Carr, who died of cancer on January 31, with a paddle out at Cronulla. Inset above, Maj Carr competes in the stand up paddle event during the 2012 interservice surfing competition at Port Stephens, NSW.

Main photo by AB Chantell Bianchi