Soldiers get their hands dirty helping Fiji rebuild after Cyclone Winston
Pages 2-5

Personnel from the Republic of Fiji Military Forces and Australian Army unload aid from an MRH-90 on Koro Island during OpFijiAssist. Photo by AB Chris Beerens
Soldiers help on road

Australian and Fijian soldiers work together to bring about some normality on Koro Island

Capt Megan McDermott

Several weeks on from Tropical Cyclone Winston, which devastated Fiji’s Koro Island on February 20, Fijian and Australian soldiers are working together to help local communities get back on their feet.

With the arrival of HMAS Canberra on March 1, LHD landing craft have delivered heavy machinery to the island, including bulldozers, excavators and tractors, as well as specialist tradespeople from 2CER, to bolster the work already being done by Fijians on the ground.

Construction supervisor WO2 Richard Hall was impressed by the Fijian military’s work ethic and skills.

“The Fiji military engineers we’re working with are excellent,” WO2 Hall said.

“They’ve been working hand-in-hand with our tradespeople and taking on board what we’ve shown them. Once you show them, you don’t need to show them again.”

Three troops from 2CER have started work in Koro Island’s Nasau village. The troops comprise combat engineers and specialist tradespeople – plumbers, electricians and carpenters – to assist with the large clean-up effort and rebuilding key infrastructure.

WO2 Hall said the removal of debris had been the initial focus for the sappers.

“We’ve been clearing areas obstructed by derelict building works, such as tamasomy and block work, to render the community safe and clear for tents or temporary housing,” he said.

While helping to clear a block of land where the foundations of the village bakery once stood, WO2 Hall spoke with the bakery owner, Junior Kaitani, about the cyclone and his family’s plan for the future.

“Everything got washed away. We’re just trying to clean up all the mess here,” Mr Kaitani said.

“I’m going to think of trying to rebuild my bakery again but right now we’ll have to start from scratch.”

The ADF has really been helping us a lot in rebuilding our house. We’re grateful to have them here on the island with us,” WO2 Hall said.

The Australian sappers were also happy to be on Koro Island helping the locals and working with the Fiji military.

“It’s really good working here,” he said.

“It’s what we want to do – help the government and people here. Hopefully we can get them back to some form of normality.”
to recovery

Teamwork is key to success

Capt Megan McDermott

CDF ACM Mark Binskin visited ADF personnel helping the people of Fiji recover after Tropical Cyclone Winston. During his two-day visit earlier this month, ACM Binskin thanked the troops for their efforts.

“You are doing an outstanding job and the Fijian people are extremely grateful,” he said.

“They will not forget how you helped them and the community of the compassion you showed as they started to rebuild their lives.”

About 900 ADF personnel are deployed on Operation Fiji Assist as part of the Australian government contribution.

“We are working closely with Fiji’s National Disaster Management Office, Republic of Fiji Military Forces, Australia’s Department and Foreign Affairs and Trade and other non-government organisations to deliver help and aid where it’s needed. It’s a real team effort,” CDF said.

Fijian Prime Minister Frank Bainimarama, Commander of the Republic of Fiji Military Forces RAdm Viliame Naupoto, Australia’s Head of Mission Margaret Twomey and Fiji Minister for Immigration, National Security and Defence Timoci Natuvu accompanied CDF on his visit to HMAS Canberra and Koro Island.

ACM Binskin said Canberra had delivered about 90 tonnes of emergency relief supplies, including water purification equipment, humanitarian supplies and three of the seven MRH-90 helicopters operating in Fiji.

“To date, the ADF has transported more than 480 tonnes of humanitarian supplies and equipment on 28 flights from Australia to Fiji,” he said.

“From the Air Force C-17A and C-130J crews to the Army engineers on the ground and the crew aboard Canberra, we are doing what we can to help our neighbours in their time of need.”

Prime Minister Bainimarama said the Fijian people were resilient in the face of hardship, but needed and accepted the support of the international community, specifically the men and women of the ADF.

“On behalf of the people of Fiji, and especially those who were affected by the hurricane, thank you all for being here for us,” he said.

“Of all the storms that have come through Fiji, none of them have been as destructive and devastating as the one we experienced a few weeks ago.”

Following a tour of the ship and brief of the operation by Commander JTF635 Capt Brett Sonter, RAN, ACM Binskin and Prime Minister Bainimarama flew to Koro Island where the bulk of ADF engineering elements are working with Republic of Fiji Military Forces to restore key infrastructure such as schools, roads and community shelters.

“The devastation is just unbelievable, in fact it’s heart breaking. But it’s good to see the Fijian people starting to get back on their feet and working very closely with all of us to get the communities up and running again,” ACM Binskin said.

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Helping communities

THREE troops from 2CER have been working solidly with the Republic of Fiji Military Forces, Fiji officials and villagers to help the children of Koro Island return to school.

Positioned in the Koro Sea between Fiji’s two main islands, Koro Island was one of the worst hit by Tropical Cyclone Winston with 90 per cent of its buildings badly damaged or completely destroyed.

Support Troop Sergeant Sgt Alistair Le Lievre said his troop had been working on a number of projects primarily focused on the restoration of community buildings.

Since we’ve arrived in Koro, most projects have been based around community centres such as schools, halls and medical centres,” Sgt Le Lievre said.

The focus on community buildings was a deliberate decision made by Fijian authorities as they looked beyond immediate life-saving humanitarian relief. With children back at school, parents will be able to start focusing on the repair of houses, crops and farmlands.

“I think it means a lot to the community as a whole as it allows them to return to some form of normality, which so far they haven’t had,” Sgt Le Lievre said.

The clearance of debris and restoration of key infrastructure has been the main focus for the Fiji and Australian engineers working on Koro Island, beginning with the island’s only secondary school, located in Nasau village.

Having made progress in Nasau, the three engineer troops are now spread out over Koro Island’s smaller villages, working to get as many schools and community buildings restored until more permanent structures can be put in place.

Sgt Le Lievre, whose troop was assigned to the village of Mudi, said the troop had been working well with the local engineers and villagers.

“The community we’ve been working with have been exceptional in their attitude and in the way they’ve welcomed us onto the island,” he said.

“Working with the Fijian military has been a real eye-opener. They have a strong work ethic and good trade knowledge. They also like to have a bit of fun, which is great.”

Beyond Koro Island, the 2CER sappers continue to help outer-lying islands begin the initial recovery process enabled by HMAS Canberra’s amphibious capability.
Maj Kris Gardiner

SOLDIERS from 2CER and the Republic of Fiji Military Forces have assembled a mobile storage unit for the people of Koro Island, Fiji.

Requiring coordination and a lot of manpower, the 10x24m aluminium structure was carefully raised, providing a focal point for aid distribution on the island.

Sgt Matt Snowden, of 2CER, said the construction of the storage unit was an effort that required many hands.

“We’ve got lads from the Fijian Army Engineers who came across with us from HMAS Canberra,” Sgt Snowden said.

“We also have people from the local council who have come in to help.”

With the intent to gift the storage unit to the community, care was taken by the Australian sappers to show their Fijian counterparts and council members how to build the structure, as well as how to take it down.

Sgt Snowden said the unit would be an important asset to the village.

“It will give the people of Koro a place to store the aid that has been provided, such as tarps, water purification and cooking equipment,” he said.

Rather than having villagers left to their own devices, they will be able to come here.

“The locals will be able to ensure the chiefs and elders are getting evenly distributed stores.”

The unit will act as a warehouse for the time being, however, its size and mobility will also make it a useful multi-use structure for the community in the future.

Storage unit vital milestone in recovery

Above: Sgt Matt Snowden, of 2CER, ensures the level construction of a mobile storage unit at Nasau village, Koro Island, Fiji.

Left: Sprs Tim Flack and David Jones take a short break from erecting the unit.

Photos by LS Helen Frank and PO Yuri Ramsey

Above: An Army aircraft refuel team waits as a Taipan MRH-90 comes in to land at the Operation Fiji Assist aerial port of debarkation in Fiji.

Photo by AB Chris Beerens
ARMY is doing its bit to help integrate women into the Afghan National Army, with more than 40 female cadets graduating from the country’s top officer training institution in the past six months.

Army mentor Capt Sandi Williams said the graduations were a sign that progress in gender integration was slowly, but surely, being made.

The Afghan National Army Officer Academy (ANAOA), which is located west of Kabul, strives to train the finest and most fervent officer cadets in the country.

ADF personnel are at the forefront of helping the ANAOA to achieve its goals by providing mentors who advise and assist Afghan instructors as part of a five-nation, British-led task force.

Capt Williams provides mentoring in areas such as communications, logistics, and physical training.

She said the role had its challenges, but the rewards were exponential.

“A big part of the job is changing the perceptions of what females can do,” Capt Williams said.

“In many parts of Afghanistan, people still have the opinion that females shouldn’t have careers, or that they might not be suited to a career within the military.

“We’re trying to change that.”

The 12-month officers course has three parts. The first term covers basic soldiering skills, the second focuses on planning and platoon leading and the third deals with counter-insurgency methods.

In February, 275 cadets, including 13 women, graduated at ANAOA, which marked the fifth graduation since the inaugural term started in October 2013.

Capt Williams said the last training cycle involved unprecedented levels of integration.

“Female cadets have been fully integrated into the field training exercises alongside their male colleagues,” she said.

“They now participate in tactical manoeuvres at night and command both male and female officer cadets during leadership training.”

Many graduates will go on to branch school and develop careers in areas such as human resources, logistics, information technology and medicine.

“One of my cadets wants to be a pilot and another wants to command an infantry platoon,” Capt Williams said.

“Slowly, as time progresses, the integration is becoming more normal.

“With another 17, potentially up to 26, female cadets poised to start the next 48-week course, I think we’re making a difference.”

The ANAOA, modelled on the Royal Military Academy at Sandhurst in the UK and RMC Duntroon in Canberra, is designed to teach ANA officers key leadership and tactical skills.

Afghan women pave way forward

The rising number of ANAOA graduates who are being supported by Australian soldiers are shaping the future of gender integration in Afghanistan, Leut Andrew Ragless reports.

Top: The highest achieving female cadet from the 2015 summer term delivers a set of orders to her block (platoon) during a field exercise.

Above: Capt Sandi Williams is presented with parting gifts by members of Kandak One.

Afghan National Army Officer Academy mentor Capt Sandi Williams is thanked by members of Kandak (battalion) One following the academy’s fifth graduation ceremony.

Photo by Sgt Hamish Paterson
**SWORD A SYMBOL OF COURAGE**

THE most outstanding graduate from Kandak Two of the Afghan National Army Officer Academy says he was proud to be presented with the Duntroon Sword.

In the tradition of RMC Duntroon, the Australian Ambassador to Afghanistan Matthew Anderson presented the prestigious sword to 2Lt Murtaza Hashmi (left).

Mr Anderson said the sword symbolised strength and courage in the face of adversity.

“I have always been inspired by your patriotism,” he said.

“There is simply no greater calling than to volunteer to defend your country, and it’s all the more inspirational that you have chosen to do so in a time of war.”

2Lt Murtaza said receiving the award was a big honour.

“It is an honour because of my struggle, and the efforts I put into the academy, and especially into my lessons,” he said.

“I can’t express my feelings about it – it’s a big achievement for me and for my family.”

— 2Lt Murtaza Hashmi, ANAOA graduate

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**Junior officers beef up ANA**

**Leut Andrew Ragless**

THE Afghan National Army’s fighting capability has been bolstered by 275 junior officers, who make up the latest graduating class at the Afghan National Army Officer Academy (ANAOA) in Qargha, west of Kabul.

The event marked the fifth graduation since the academy’s inaugural term started in October 2013, and now the total number of graduates is more than 1300.

ANAOA mentor Maj Matt Grantham said the graduation marked a significant improvement in the quality of leadership of the ANA.

“The academy is widely considered to produce the finest junior officers and graduates are in high demand within the respective corps of the ANA,” he said.

“These men and women are readily able to accept additional responsibility, including company command in some instances, in the time following their graduation.

“Soon they will be out in the field, leading a platoon of ANA soldiers in action against the enemy.”

The infantry stream will absorb most of the 275 graduates, with the remainder destined for combat engineering, signals, mechanical and vehicle maintenance, and transport and logistics.

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**March 24, 2016**


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Buoyed by the success

Airdrop of an inflatable boat for Special Forces makes waves during Pegasus Moon

Eamon Hamilton

SPECIAL Forces can now use a C-130J Hercules to deliver an airdrop rigid hull inflatable boat (ADRHB) at sea.

The first delivery of an ADRHB by a C-130J from No. 37 Sqn was completed off the coast of Perth during Exercise Pegasus Moon, held from February 8-19. A C-17A Globemaster from No. 36 Sqn conducted a sequential drop of two ADRHIBs during the same exercise.

The physical task of delivering an 11m-long ADRHB is not a small challenge; it requires the vessel to be mounted on a platform called a marine craft aerial delivery system (MCADS).

The load weighs 9.5 tonnes and once in position there is only 13cm of clearance from the C-130’s cargo compartment ceiling.

Riggers and air dispatchers from 176 AD Sqn ensure the load is safely prepared and delivered.

WO2 Simon Joyce, an air dispatcher with 176 AD Sqn, said rigging the load began with acceptance and preparation of the ADRHIB for airdrop.

“This includes the fitting of four G11B cargo parachutes and additional, redundant parachute release systems,” WO2 Joyce said.

“Doing this enables the cargo parachutes to safely release and clear the boat once in the water.”

“Once complete and inspected, the ADRHIB is then lifted on to the MCADS platform with a crane, and the ADRHIB is secured to the platform for aerial delivery.”

The airdrop of the load begins with an extraction parachute entering the aircraft, and “pulling” the MCADS and ADRHIB combo safely out the cargo bay.

Pte Steven Nemet, an air dispatcher with 176 AD Sqn, said once the load was clear of the aircraft, the MCADS released actuators that allowed the ADRHIB to separate.

“The ADRHIB enters the water, underneath the descent parachutes, while the MCADS will enter the water and sink,” Pte Nemet said.

“Alternatively, the MCADS can be fitted with flotation devices allowing for its recovery.”

Using either a C-130J or C-17A to deliver an ADRHIB provides greater flexibility to Special Forces working in maritime operations, said CO 37 Sqn Wg-Cdr Matt Cooper.

“It’s beneficial for any operation to have additional options and flexibility,” Wg-Cdr Cooper said.

“The expansion of the ADRHIB airdrop capability onto the C-130J provides those options to the Special Forces community.”

“Once in the water, personnel can use the ADRHIB to mount an operation against an objective at sea, or conduct amphibious operations.

“The C-130J is also able to airdrop smaller vessels, including Zodiac marine craft and Special Forces personnel during a single pass.”

The job of airdropping ADRHIBs once belonged to the C-130H Hercules, which was retired in 2012.

The role was introduced to the C-17A, and now added to the C-130J as that aircraft continues its own role expansion.

Under Plan Jericho, Air Force’s plan to develop its future force, a C-130J’s ability to support land and maritime operations will expand even further.

This was demonstrated during Pegasus Moon with the C-130J airdropping Special Forces and boats to rendezvous with a submarine.

“In the past, the communication between Navy vessels and a Hercules crew and embarked personnel was limited,” Wg-Cdr Cooper said.

“Upgrades to the C-130J will allow the crew and embarked personnel to access information, whether it’s from Navy vessels or Air Force surveillance aircraft.”

“Special Forces on board a Hercules will have access to a live picture of the battlespace, and be able to conduct mission briefings right up until the airdrop.”
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Improving soldiers’ quality of life

Cpl Jake Sims

TWO carpenters deployed with Task Group Taji in Iraq are providing invaluable support to the task group and its Iraqi Army training audience. They have been working around the clock to ensure the trainers have the right tools to conduct training, including bayonet and range targets, work benches, storage cupboards and office fit-outs.

Carpenter Sgt Richard Saxby said he and his offsider, Pte Allan Channells, aimed to provide the task group with what they needed as quickly as possible.

“The biggest thing for us is we don’t like to let people down, so we work long hours to finish these projects to make sure the training team have what it needs to get the job done,” he said.

“The range targets, bayonet targets and urban training houses can all be flat packed for ease of transport to the training areas. Without some of these aids the training teams would not have been equipped to conduct the level of training they have.”

Pte Channells said they often designed the training tools from scratch.

“The most challenging thing for me is the actual design,” he said. “We have to design a product that people have in their minds and then construct something that actually works and meets their intent.”

The largest task they have completed was the construction of telephone booths for soldiers to use when they call home.

“That job was really satisfying as it means the soldiers have some privacy when ringing friends and family,” Sgt Saxby said.

“They didn’t have that before, so to be able to build something that improved life for the soldiers was great.”

Imparting skills and knowledge

THE next generation of junior leaders graduated from the Iraqi Army’s NCO Academy at the Taji Military Complex on February 21.

The Iraqi Minister of Defence Khalid Al Obaidi, Iraqi Army Deputy Chief of Staff for Training Lt-Gen Salahdeen Mustafa Kamal, and Commanding General Combined Joint Forces Land Component Command Maj-Gen Richard Clarke attended the graduation parade.

About 235 Iraqi soldiers marched out of the third Junior Leader’s Course (JLC) supported by Task Group Taji. The graduation takes the total number of soldiers trained by Task Group Taji, the combined Australian and New Zealand Task Group, to around 4220 since it began last April.

Mr Obaidi thanked the Australian and New Zealand trainers who instructed on the course.

“We appreciate and are so thankful to the Australian and New Zealand instructors who made a special effort to train those warriors,” he said.

Mr Obaidi said the soldiers graduating from the JLC were well prepared to fight Daesh.

“You jundis (soldiers) who have completed this training are now ready to take the first step to liberate Mosul and defeat Daesh. In doing this, history will mention your names.”

Commander Task Group Taji Col Gavin Keating said the training would lead to the long-term development of the Iraqi Army.

“This training is significant for the Iraqi Army because it is all about developing their junior leaders and junior non-commissioned officers,” he said.

“That’s critical for the long-term institutional development of their Army.”

Col Keating said he was proud of the efforts of the Australian and New Zealand trainers who supported the course.

“They’ve been positive, they’ve been professional in their approach and they’ve developed excellent rapport with the students,” he said.

Iraqi soldiers march past the dais during the graduation ceremony. Photo by Sgt Kalie Jones

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The Long Ride is a long-standing tradition for Defence. Every year motorcyclists strap on their gear and ride across Australia to raise awareness of both prostate cancer and safe motorcycling.

On the past two Long Rides, Defence has raised more than $250,000 for the Prostate Cancer Foundation of Australia through participation and fundraising events held across the country.

Maj Peter Harrison brought the motorbike he will be completing the 8000km round trip on to a show-and-shine event held at Russell Offices on March 10.

“I’ve owned the bike [BMW K1300S] since 2009, so it’s pretty much in a new condition,” Maj Harrison said.

“Having said that, I’ve already travelled around Australia on it – it has just clocked up 110,000km.

“My co-workers think the end result is a bit mad – travelling that far on a motorbike. They probably think it’s even madder dragging my wife along on the back.”

“My wife loves being on the back of the bike. She thinks it’s great fun.” But the ride has a serious side for Maj Harrison.

“I participate to make sure that awareness of prostate cancer is actually spread,” he said.

“It’s a deadly disease and not a lot of men get it diagnosed in the stages that it can be cured – it’s one of the few curable cancers.”

CDF ACM Mark Binskin plans to join the first leg of the 2016 Long Ride.

CDF ACM Mark Binskin, the sponsor of Defence participation in the ride, judged the show-and-shine and will also join in the first leg of the ride.

“If one person makes an appointment to have a prostate check, then we’ve achieved our goal.”

The 2016 Long Ride will see Defence members from across the country ride to Margaret River in Western Australia from April 8-16.

CDF ACM Mark Binskin with his motorcycle at the Long Ride show-and-shine at Russell Offices.

LCpl Sebastian Beurich

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A for Team Army

Simone Liebelt

SITTING in the passenger seat of armymeddon took on new meaning for Cfn Thomas Snook when the Team Army street machine hit the Clipsal 500 Adelaide track on March 6.

For the 20-year-old trainee, it was not only his first time at Clipsal, but his first event with Team Army and his first time on a race track.

“I had been to Symmons Plains Raceway in Tassie once but not in a car, just walking around it, so to go out on the Clipsal track was good fun,” Cfn Snook said.

“It was just so loud. It stimulated all of your senses; everything was vibrating – through the seat, the whole cab and with all the sounds on top of that as well, it just came from everywhere.”

Performing in front of Clipsal spectators was also a memorable experience for Cfn Snook.

“The crowd loved it. They were all up on their feet cheering and waving us on to do harmours,” he said.

“It’s anyone’s dream to be able to do something like that with the crowd cheering you on. I’ve also been told that Clipsal is one of the best events you can go to so it was a privilege to be a part of.”

Sitting next to Cfn Snook in armymeddon was fellow trainee Cfn Keira Schroeders, also in her first on-track performance.

After 12 months and countless events as part of Team Army, it was Cfn Schroeders’ turn behind the wheel.

“I’d been on the track a few times [in the passenger seat] at other events with Team Army, but this was my first car drive and my first time at Clipsal, so I was pretty nervous,” Cfn Schroeders said.

“I stalled it at first, from the nerves, but then I got there. Someone said we were out there for eight minutes but that time just flew as I was so focused on where Project Digger was, just watching the smoke.”

“We put on a bit of a show for the crowd, got the revs up in Army-G [armymeddon] and even managed to snap one of the timber flagpoles on the back of the car due to wind resistance.”

“Cfn Snook was really getting into the moment and was cheering people on – you could just see the crowd’s excitement, they were so happy to see us out there.”

“It was a great experience and I suppose it won’t be so nerve-racking next time.”

Team Army Project Manager Maj Scott Babington said giving soldiers the opportunity to get out on the track at events like Clipsal was what it was all about.

“We love engaging with the Australian public and Clipsal gives us that opportunity, so to see the smiles on the soldiers’ faces when they get out of their vehicles after their run around the track really tells the story,” Maj Babington said.

“All the soldiers have really impressed me with their motivation and dedication to the team and for Thomas and Keira, it was great to see two young dedicated Australians doing what they love.”

Team Army supported Clipsal 500 Adelaide from March 3-6.
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TFP: first of two CDF WO, SNCO and NCO leadership forums for 2016 will be held at RAFA Base Edinburgh, South Australia, from May 11–13.

The three-day event will be addressed by Defence leaders and guest speakers facilitating interactive discussions on their leadership experiences, perspectives and challenges.

Guest speakers have been invited to present topics and a case study that speaks to the contemporary leadership issues in the 21st century.

Event organiser WOFF Darcy Henriksen, of the Centre for Defence Leadership and Ethics at the Australian Defence College, said the forum gave participants the opportunity to listen, question and interact with the Senior Leadership Team (SLT) and the Service Warrant Officers (SWOs).

“CDF ACM Mark Binskin will offer some thoughts on what he believes leadership is all about and go through a number of leadership traits he values,” WOFF Henriksen said.

“Participants should use the forum to refine those traits and discuss and share their leadership experiences so that they continue learning.”

“Successful participants should also start thinking about leadership and what it means to them, and compile a list of questions for their colleagues, the SLT and their SWO,” CDF ACM Mark Binskin encouraged soldiers to attend.

“The forum encourages participants through syndicate activity to openly discuss and debate issues drawing on their own experiences,” WO Spinks said.

More information on the leadership forums can be found at DEFGRAM 035/2016. EOIs can be found at DEFGRAM 035/2016. More information on the leadership forums can be found at DEFGRAM 035/2016.

The annual Rent Allowance (RA) review is coming soon. This review checks your personal circumstances and confirms your ongoing RA entitlement.

Get ready for 12 April

The annual Rent Allowance review is coming

The annual Rent Allowance (RA) review is coming soon. This review checks your personal circumstances and confirms your ongoing RA entitlement.

Get ready for the review now by obtaining a current rent receipt or tenant ledger from your real estate agent.

From 12 April if you are selected for the review:

- you will receive an email notification and be notified via your dashboard in Online Services
- log in to Online Services, upload your tenant ledger and answer eight simple questions.

Get ready now to avoid missing the RA review deadline.

Innovative project to protect troops

The government will invest $4 million to further develop an innovative emergency flotation device for use in the ADF.

The Pegasus Aircraft Buoyancy System, developed by Australian company One Atmosphere in collaboration with Airbus Group Australia Pacific, is designed to provide additional buoyancy to rotary wing aircraft that have crashed or ditched at sea and potentially provide extra time for the aircrew to escape safely.

This funding will support the further development of the technology at the One Atmosphere facility at Eaglehawk Neck, near Hobart, and its potential application to the Tiger ARH. It brings Defence’s total investment in the Pegasus system to $7.8 million.

Defence Minister Marise Payne made the announcement on March 10 and said the system would help ensure the safety of ADF members.

“The Pegasus technology will be initially focused on the Tiger ARH to support their use from HMA Ships Canberra and Adelaide,” she said.

“The opportunities for improved collaboration between Defence and Australian defence industry set out in the 2016 Defence White Paper and Defence Industry Policy Statement will allow us to harness the leading-edge Australian innovation and technological expertise we need for our fighting force.

“Congratulations to One Atmosphere and Airbus Group Australia Pacific for their role in developing this high-priority capability, which is exactly the sort of innovative solution that we need to support the ADF.”

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Get ready now to avoid missing the RA review deadline.
Li-Cpl Ben McLean delivers an update on the implementation and reception of the Soldier Combat Ensemble 12 months into the roll-out.

It has been almost 12 months since the introduction of the L125-3B Soldier Combat Ensemble (SCE) to the Army, it has been well received by the fighting echelon of the Army. A subordinate combatant to better tailor the SCE to the specific needs of select dismounted, mounted and general combat engineers, select signallers and other common attachments to the L125-3B, to accommodate the different roles and tasks. It is up to our soldiers, NCOs and junior officers to rethink load carriage, mobility, protection and sustainability to optimise performance and reduce the weight they are carrying.

“Brig Chris Mills, Director Combat Development, Army.”

The objectives of the SCE delivered by L125-3B is to enhance the performance of the Soldier Combat System and its survivability (force protection) and mobility sub-systems. Brig Chris Mills said that a constant challenge is to improve the balance and to increase the weight in the load carriage and mobility systems, as well as to optimize the performance of the SCE delivered by L125-3B.

In turn, this can compromise their mobility and protection, reducing the overall performance of the SCE delivered by L125-3B.

The acquisition of the Tiered Combat Helmet has included the following enhancements:

- Common helmet types with NVG attachment rails as standard for both tiers.
- Weight reduction (Tier 2 and Tier 3 helmets).
- High-design cut with improved articulation for equipment such as hearing protection and NVG systems.
- Built-in system for stability and improved performance.
- Additional equipment options such as adapters and oxygen adapters.
- Design and development provisions to allow modifications to helmets in response to changes in user needs.

The new combat PPE system – the Soldier Combat System Tiers – are more robust and less prone to fogging than its predecessors. The new PPE system provides better integration with combat helmets and is more comfortable to wear.

“Lt-Col Ben McLean provides an update on the implementation and reception of the Soldier Combat Ensemble 12 months into the roll-out.”

The pouch remediation has yielded improvements to the Minimi pouch, such as adjustability of the pocket sizing, improved fit, and soft armour insert integration. The Field Pack has been improved for improved stability, improved content organisation and improved fit. The new Large Assault Pack (LAP) and adjustable frame will meet 100 per cent of the LAP’s size and 90 per cent of the Field Pack’s content organisation, but will not meet the Field Pack’s content organisation. The new LAP will be back-ordered during 2015, as is the LAP and a Field Pack.

The Tier Zero Heavy and Light – the new Field Pack and LAP – are designed to be the primary weapon storage and vehicle storage platform for the combined arms team. This includes the new Enhanced Direct Fire and Weapon Torch.”

The new CHP solution is the VIS100 – 155-mm howitzer with improved fire control.

The XS is an in-sight system that is characterised by its size, weight and power characteristics.

“Superior noise attenuation and situational awareness capabilities.

“Superior user comfort and functionality.”

“Lt-Col Ben McLean provides an update on the implementation and reception of the Soldier Combat Ensemble 12 months into the roll-out.”

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RESTORING A WWII GUN PUTS YOUNG OFFENDERS BACK ON TRACK, PTE JULIA WHITWELL REPORTS

DETAINEES from the Brisbane Youth Detention Centre are working with the Ipswich Railway RSL Sub-Branch and Queensland TAFE SkillsTech Australia to refurbish a WWII artillery piece.

The youths, aged between 10 and 16, are restoring a 25-pound gun, which was donated to the Ipswich RSL more than 20 years ago.

To restore the gun, and to rehabilitate the youths, East Coast Apprenticeships (ECA) launched Operation Shelldrake, which enlisted the help of 1 Regt RAA and the Department of Justice and Attorney-General.

ECA CEO Alan Sparks said the project encouraged “positive choices” and provided an opportunity for young offenders to give something back to their community, and to learn valuable trade skills in the process.

“It’s also a chance for them to learn about our proud military history and the sacrifices made by generations of defence personnel,” Mr Sparks said.

This type of 25-pound gun was used widely throughout WWII and remained the artillery’s primary weapon in the field up until the mid-1960s.

BSM 105 Bty, 1 Regt RAA, WO2 Matthew Miller said the restored gun was inoperable, which was commonplace.

“You often see garden guns like this out and about,” he said.

The restoration began when 105 Bty retrieved the gun from the old Ipswich Railway RSL club site.

It was sand-blasted to remove a layer of lead-based paint and then delivered to the detention centre for youths to work on.

Restoring the gun involved stripping the weapon, sanding and polishing each part, re-painting the pieces, and re-assembly.

The project will run until April, when the gun will be presented to the Ipswich RSL in time for Anzac Day.

Above: BSM 105 Bty, 1 Regt RAA, WO2 Matthew Miller, CEO East Coast Apprenticeships Alan Sparks and TAFE vocational teacher Mark Arundell with the 25-pound WWII gun.

Left: 1 Regt RAA soldiers load the gun from the Ipswich RSL on to a truck for refurbishment.

Loaded with potential
51FNQR marks its centenary, Sgt Dave Morley and WO2 Donna Bates report

ONE of the Army’s oldest units, 51FNQR, celebrated its centenary with plenty of vigour in Cairns.

More than 120 members of the unit attended a memorial church service at St Monica’s Cathedral on February 27.

This was followed by a march with their colours along Cairns Esplanade that formed up in Fogarty Park.

Comd Forcomd Maj-Gen Gus Gilmore and 51FNQR CO Lt-Col Ben Toyne inspected the troops, along with the public who lined the streets and the surrounds of the parade ground.

Lt-Col Toyne said 51FNQR operated in some of Australia’s harshest environments to provide operational surveillance as part of the joint interagency effort to secure the nation’s northern borders.

“The dedication of the patrolmen and support staff allow us to overcome the challenges we face from a part-time, dispersed and remote workforce, and enable a tempo that would surprise many who have not served within a Regional Force Surveillance Unit,” he said.

“We are all proud to serve with 51FNQR and we relish the opportunity to mark this important milestone in its long and successful history.”

Later Brig George Mansford (retd), who rose through the ranks from private, and his family attended the official opening of the Brig ‘Warrie’ George Mansford AM RFSU Training Facility, which was opened by Maj-Gen Gilmore at Porton Barracks.

Brig Mansford told the 51FNQR members to “furnish this structure with a strong sense of purpose, unit pride, discipline and love of country”.

“Do all of this and more in your pursuit of operational readiness to protect our nation,” he said.

Previous 51FNQR COs and RSMs also attended.

The celebrations ended with a centenary ball attended by more than 250 current and former 51FNQR members at the Cairns Cruise Liner Terminal.
ONE OF ARMY’S OLDEST UNITS FORGED IN EGYPT

51 Bn is one of the Army’s oldest units and came to life in early 1916 in Egypt as part of the reorganisation and expansion of the AIF after the Gallipoli campaign. The unit has a long list of battle honours from WWII, with one of the most notable being the allied counter-attack at Villers-Bretonneux, where it lost 389 diggers in two days of fighting.

The counter-attack on April 24–25, 1918, involved many examples of bravery, with Lt Clifford Sadlier being awarded the VC and many of his comrades receiving other honours and awards. During WWII, 31/51 Bn served in New Guinea, where it formed part of Merauke Force and was designated as an AIF battalion in 1944.

Following its return to Australia, the battalion was deployed to Bougainville, where it was involved in its heaviest fighting of the war, at Tsimba Ridge and Porton Plantation. During the war, the unit lost 61 men killed in action or died on active service, while a further 168 men were wounded.

Today, 51 FNQR is an operational Regional Force Surveillance Unit with an area of operations (AO) of more than 640,000 sq km across far north Queensland. A significant proportion of its soldiers are recruited from remote Indigenous communities across its AO.

The battalion is tasked with conducting land-based and coastal surveillance and reconnaissance in support of national security operations in some of the remotest areas along Australia’s northern coast.

"We relish the opportunity to mark this important milestone."

– Lt-Col Ben Toyne
CO 51 FNQR

Members of C Coy, 51 FNQR, conduct a patrol and surveillance exercise off Thursday Island.

Photo by LS Jake Badior

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Opening doors to the
Opportunities abound in the ADF,
Sgt Dave Morley reports

DEDICATED marketing campaign to attract a future generation of Aboriginal and Torres Strait Islander leaders into the ADF was launched at the Army Recruit Training Centre, Kapooka, on March 14.

The campaign, “See Yourself”, was launched by Defence Minister Marise Payne, Indigenous Affairs Minister Nigel Scullion and Assistant Defence Minister Michael McCormack.

Senator Payne said Indigenous people had served with distinction and made significant contributions in Australia’s national interest from the Boer War to recent operations in Afghanistan.

“These men and women are role models, proudly Indigenous people, and have made a difference both in Australia and abroad,” she said.

The triservice campaign features LCpl Natalie Whyte, of Defence Force Recruiting – Parramatta, AB Jorde Lenoy, and Air Force Sgt Bodine Luscott, who share their ADF experience and how they “see themselves”.

LCpl Natalie Whyte, whose grandfather Spr Bill Coolburra was a legendary Vietnam tunnel rat, said she’d wanted to join the Army since she was a young child as a result of family influences.

“My grandfather basically cemented my decision to join the ADF,” she said.

“I’d recommend a career in the ADF to young Indigenous people because it really expands their horizons.

“I grew up in a town of less than 50 people and went to a school of less than 10 kids, where you had to travel more than an hour to get to school or the nearest medical centre.”

LCpl Whyte said “for young Indigenous people who really want to get out and make something of themselves, and not be left on the shelf wondering what they’re good for, the ADF is the best place to bring out all the abilities they possess.”

“I’ve travelled all over Australia with the Army”, she said.

“I’ve done eight months at AMAB and worked with British, German and American soldiers, so it really is a career that’s for everyone.”

LCpl Whyte said Defence benefited greatly from enlisting young Indigenous people because of the skills, cultural awareness and drive they brought with them.

“Because of the hierarchal system within our culture we adapt well to the military way of life,” she said.

“I feel we’re all born warriors, so this type of lifestyle suits us well.”

CDF ACM Mark Binskin, CA Lt-Gen Angus Campbell, Cdre Tony Partridge, representing CN, and Gp-Capt Geoff Kimmins, representing CAF, attended the ceremony, with Indigenous ADF members and community leaders.

4 Squadron Combat Control

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Suitability screening will be conducted at RAAF Base Williamtown over the period 06-10 June 2016

Applications via EOI will close 02 May 2016

4sqn.combatcontrol@defence.gov.au
With around 40 recruits of Indigenous descent in training here at Kapooka, we are beginning to see results.

– ACM Mark Binskin, CDF

INCREASING INDIGENOUS ADF WORKFORCE A KEY PRIORITY FOR CDF

DURING WWI, Indigenous people who wanted to join up had to flout the government’s strict European recruitment policy and prove they were “white enough” to fight, according to CDF ACM Mark Binskin.

“But once enlisted, each was accepted as an Australian soldier, respected for their skills and regarded as a peer,” he said.

“In that respect, the Australian military was an early pioneer of the reconciliation process that continues today. “The nation’s Indigenous service-men and women stood shoulder-to-shoulder with their comrades, even before they were recognised as Australian citizens.”

ACM Binskin said historians estimated around 823 Indigenous Australians enlisted in the AIF during WWI.

“A century later, there are 787 Aboriginal and Torres Strait Islander people serving in the Army,” he said.

“But in raw numbers, we still have some work to do.”

ACM Binskin said the aim was to increase the Indigenous workforce from 1.6 to 2.7 per cent by 2018.

“To achieve our goal, we’ve developed the Defence Reconciliation Action Plan, introduced a range of pre-recruitment courses and appointed Indigenous recruitment officers to mentor and support Indigenous candidates through the recruitment process,” he said.

“With around 40 recruits of Indigenous descent in training here at Kapooka, we are beginning to see results.”

ACM Binskin said one of the biggest recruitment hurdles Defence faced was giving young Indigenous people confidence that they could enjoy a successful military career.

“That’s where this marketing campaign comes in,” he said.

“The ‘See Yourself’ campaign focuses on the experience and achievements of Aboriginal and Torres Strait Islander personnel like LCpl Natalie Whyte, who features in the campaign and joins us here today,” he said.

“Indigenous men and women who feature in the campaign speak about their desire to inspire others to follow in their footsteps.

“And they all speak about being welcomed into the Defence family and embraced as themselves.

“But I think Natalie put it best when she said, ‘you wear the green – you are green’.”

Outstanding Army career

AN INDIGENOUS soldier spoke at the launch of the recruiting campaign to encourage young Indigenous people to consider an ADF career.

Army Elder Uncle Roy Mundine, pictured, joined up from his home town of South Grafton in 1958 and spent the next 36 years in the Army.

He was awarded a Mention in Despatches for his leadership with 5RAR during an incident in South Vietnam where he lost a leg in a mine-field on Anzac Day 1969.

Uncle Roy said he thought it was a good idea for young people to join the Army.

“There’s so much they can learn and take back to their communities later on,” he said. “You learn something new every day, you’ll get a great education, and you can get out into society and mix with interesting people.”

2016 DEFENCE+INDUSTRY CONFERENCE

FUNDAMENTAL INPUTS TO CAPABILITY

The Defence and Industry Conference continues to be a key event for Defence and industry collaboration.

The Government has a clear intent to reset and transform the Defence and Industry relationship. Using this intent, and acknowledging Industry as a fundamental input to capability, the 2016 conference will focus on delegate involvement with concise and thought-provoking presentations, Q&A panel sessions and interactive feedback on key topics.

With a renewed focus on efficiency and relevance, this will be a highly affordable, practical and productive conference.

For more information about the conference, including the event program and how to register, visit our website www.defence.gov.au/casg/DplusI/

CANBERRA CONVENTION CENTRE – 15 JUNE

IN BRIEF

Innovation rewarded

ARMY nominations are sought for the inaugural Public Sector Innovation Awards. Individuals, work units, groups or teams can nominate initiatives from small projects with local impact up to large projects with impact across a service or the entire Defence organisation and beyond.

The four categories are:

- Innovative Solutions – taking an idea and trying something different;
- Engaging with the Edge – engaging radical approaches;
- Culture and Practice – engaging and empowering staff; and
- Digital Transformation – digital, online and technology.

Nominations close on April 15 and winners will be announced during Innovation Month in July.

For information on the awards visit www.acti.org.au/innovation-awards

The Associate Secretary is interested in any nominations, copies of which can be sent to assocsec.office@defence.gov.au

145 Sig Sqn 50th

145 Sig Sqn is holding a 50th anniversary parade at Vincent Lines, Holsworthy Barracks, from 2-3pm on April 1. The parade will be followed by a dining-in night at 7pm for 7.30pm. The cost is $50 per person for a two-course meal. Former members are invited to attend. Shuttle buses will be provided to and from Holsworthy railway station. Contact Capt Morgan Smith for more details on (02) 8762 2125 or email morgan.smith1@defence.gov.au
If so, there is a change to the existing Warranty Scheme for loss or damage to household goods incurred during a removal. The change applies to domestic removals where the goods have been uplifted on or after 1st March 2016 including consignments uplifted from storage.

With effect from 1st March 2016, the current Warranty Scheme is being changed to allow for new replacement cover to be applied to items which fall within predefined categories and age limits.

In cases where more than minor damage to an item has occurred, members will be supplied with a new replacement item if Toll Transitions decides that repair of the old item is not economical and the item is eligible for replacement in accordance with a table (see below) of age-based item inclusions.

The existing like-for-like replacement or compensation cover will continue to apply to items which fall outside the specified age limits.

Remember

Not every item that sustains damage will be replaced with a new item or compensation paid at new value. In the first instance damaged items will be repaired where practicable and compensation paid for minor damage.


<table>
<thead>
<tr>
<th>Item</th>
<th>If the notice or loss or damage is for...</th>
<th>and the date of manufacture is...</th>
<th>then the item may be replaced...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>an electrical item with a new replacement value of $500 or more</td>
<td>within 10 years of the removal uplift date</td>
<td>new-for-old.</td>
</tr>
<tr>
<td></td>
<td>Examples: Television, Surround Sound Audio System, Vacuum Cleaner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>an electrical item with a new replacement value of less than $500</td>
<td>within 5 years of the removal uplift date</td>
<td>new-for-old.</td>
</tr>
<tr>
<td></td>
<td>Examples: Computer Monitor, Kettle, Small Television</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>an electrical white-good</td>
<td>within 15 years of the removal uplift date</td>
<td>new-for-old.</td>
</tr>
<tr>
<td></td>
<td>Examples: Refrigerator, Freezer, Microwave, Washing Machine, Dryer</td>
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<td>a furniture item</td>
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<td>Examples: Bed, Dining Table, Chest of Drawers, Lounge Suite</td>
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<td>Examples: Picture frames, bicycles, BBQ, crockery, plastic tubs</td>
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For more information Freecall: 1800 819 167

Celebrating diversity

One hundred and fifty ADF members march with pride in Sydney

A CONTINGENT of 150 ADF members marched alongside their families, friends and Defence public servants in the Sydney Gay and Lesbian Mardi Gras parade on March 5.

Defence participation in the Mardi Gras is an opportunity for members to demonstrate pride for their service and support for lesbian, gay, bisexual, transgender and intersex (LGBTI) members.

Director Organisational Development Unit Col Helen Macpherson led the Army contingent during what was her first march in uniform.

“It was a great opportunity to demonstrate to the public, soldiers and Defence broadly the importance we place on diversity and inclusion in our organisation,” she said.

“The most memorable moment was the continuous cheering the Defence contingent received during the march.

“With the exception of Anzac Day, it is rare to receive such outspoken recognition for Defence on what was a particularly special night for many Defence LGBTI members and friends.

Col Macpherson said diversity and inclusion were key enhancers of capability.

“Diverse teams enable us to look at matters from all perspectives,” she said.

The parade was commanded by the Head of the Sexual Misconduct, Prevention and Response Unit, Capt Christine Clarke, who was marching for the ninth consecutive year.

“Being chosen to lead the Defence contingent was an honor,” she said.

“I feel privileged the LGBTI community has accepted me as a friend and ally.

Defence personnel have participated in the Mardi Gras parade since 1996 and have marched in uniform since 2013.

VCDF VAdm Ray Griggs said ongoing participation in the parade demonstrated an enduring commitment to evolving Defence culture.

“People are central to our capability and Defence is absolutely committed to ensuring we have a diverse, respectful and inclusive culture,” VAdm Griggs said.

“The Mardi Gras is an opportunity for Defence to publicly demonstrate the respect we have for diversity in the workforce and the contribution all our people make to our mission.”

The Mardi Gras parade celebrates the progress the LGBTI community has made in the fight for equality.

The Army contingent marches along Oxford Street during the 2016 Mardi Gras Parade in Sydney. Photo by AB Nicolas Gonzalez

Is your household goods removals uplift date on or after 1st March 2016?

If so, there is a change to the existing Warranty Scheme for loss or damage to household goods incurred during a removal. The change applies to domestic removals where the goods have been uplifted on or after 1st March 2016 including consignments uplifted from storage.

Remember

Not every item that sustains damage will be replaced with a new item or compensation paid at new value. In the first instance damaged items will be repaired where practicable and compensation paid for minor damage.

Smashing the stigma

Civilian bravery award recipient talks to soldiers about PTSD at RAAF Base Richmond

EXPERIENCES in strategies to deal with mental health issues were shared during a visit by Allan Sparkes to RAAF Base Richmond on February 24. The recipient of a Cross of Valour (CV), Mr Sparkes was at Richmond to give a presentation on his experiences with PTSD.

Mr Sparkes was awarded the CV for his actions rescuing a child from a flooded underground storm water drain in Coffs Harbour in 1996. The CV is the highest civilian bravery award and second only to the Victoria Cross, with Mr Sparkes being one of only five recipients.

The aftermath of Mr Sparkes’ award, however, saw him deal with PTSD, and he now promotes resilience and positive mental health.

During the presentation, Mr Sparkes led an open forum to discuss on going efforts to educate and remove the stigma of mental health issues.

“It is essential that agencies whose people are exposed to high levels of stress, pressure and possibly trauma adopt a proactive approach to mental wellness,” Mr Sparkes said.

As both a Beyond Blue and Soldier On ambassador, his visit to Richmond was an excellent opportunity to understand some of the stresses the job places on people.

“It is great to meet inspirational people such as Allan who, along with great organisations, are helping to reduce the stigma associated with mental health.”

Capt Ian Carter, a ground liaison officer with Air Force’s No. 37 Sqn, organised the visit. “Allan is living proof that there is life after a suicide attempt,” Capt Carter said.

“The importance of having him visit and talk is immense. Sharing experiences goes a long way to removing the stigma of mental health issues and provides positive examples for those experiencing difficulties.”

“Mr Sparkes is participating in a charity trek to raise funds to bring Indigenous leaders from remote Australian communities to the 2016 National Suicide Prevention Conference. If you wish to make a donation, visit https://trek4spa.everydayheroes.com.au/allan-sparkes-cv

WHERE TO SEEK HELP

- In an emergency, call 000.
- Your chain of command is a primary resource that can provide advice, referral and support.
- Other than in an emergency situation, contact your local ADF medical centre or psychology section.
- The Defence Community Organisation provides services 24-hours a day.
- Seven days a week. Call 1800 801 026 or, if you are calling from overseas, call +61 2 9359 4842.
- Chaplains are connected to all units in Australia and can provide support and referrals.
- The ADF Mental Health All-hours Support Line is a confidential support service for ADF members and their families, which is available 24-hours a day, seven days a week. Call 1800 628 036 or +61 2 9425 3878 (from outside Australia).
- The Veterans and Veteran’s Families Counselling Service is available to veterans of all deployments and their families. Call 1800 011 046.
- You can also call Lifeline on 131 114.
Closing the barriers

Celebrating diversity on operations

While the world celebrated International Women’s Day on March 8, that fact was not missed on the 237 ADF women serving on operations in the Middle East.

Women in the Army have been serving in conflict zones successfully for many years. At the end of February, there were just under 100 female Australian soldiers serving on operations, comprising about 10 per cent of the deployed Army force.

Pte Alicia Cann is serving with the Movements Control Detachment and said she loved being in Kabul, Afghanistan.

“Being deployed on operations as a mover has probably been the best time I’ve had since I joined the Army three years ago – it’s excellent,” she said.

“Our team is kept quite busy here with all the movements in and out, and I work with some great people.”

Sgt Coral Gilmore, also of the Movements Control Detachment, said she loved meeting different people who passed through the area.

“My favourite part of the job is getting to mix with people of so many different nationalities,” she said.

“Kabul, in particular, has people from all over the world coming and going and I enjoy helping them get their move made as efficiently as possible, with no hold-ups.”

Women have been working in a broad range of roles in the Army for many years. Some of these roles include, but are not limited to, military police, fire-fighters, Black Hawk pilots, intelligence gathering, transport, engineering, medical and communications.

Military aviation operations, exercises and training by their nature must involve some level of risk to achieve success, but our planning and execution must be thorough to ensure that risks are eliminated or minimised so far as is reasonably practicable to achieve each mission.

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DEFENCE AVIATION AUTHORITY

Defence Aviation Safety Manual

The DASM deals exclusively with aviation safety and is the prime reference source for aviation safety in Defence. It details the Defence Aviation Safety Management System (ASMS) and clearly delineates between what is policy and what is guidance.

The release of AL4 covers changes to the Aviation Risk Management process with the introduction of the So Far As Is Reasonably Practicable (SFAARP) process.

AL4 also sees changes to the Fatigue Management chapter, amendments due to organisational changes within DDAAFS, and updates to all areas related to Comcare and Workplace Health and Safety notification and reporting. To learn more visit: http://intranet.dpo.mil.au/avpubs/aaplib/6734_001/AAP6734_001.pdf
**IN BRIEF**

**RASigs research**

Pte John Ryan, of 7 Tpt Sqn in RASigs research in post-1945 conflicts for the Australian Army Signals Museum. He is keen to hear from former members who can assist him with this research. Pte Ryan can be contacted on 0434 006 413 or johnryan@optusnet.com.au

**MP centenary**

CURRENT and former military police from across Australia will converge on Canberra from April 1-3 to celebrate the corps’ centenary. A centenary parade will be held at the Australian War Memorial at 10am on April 2. The parade will be reviewed by the Governor-General Gen Sir Peter Cosgrove, with senior officers and police from across the ADF, state and federal police commissioners and several overseas guests also attending.

**Anniversary dinner**

1JMOVGP will celebrate 20 years since its formation on May 1, 1996, with a dinner for past and present members at Old Parliament House in Canberra on April 28. Separate regional activities are also planned to be hosted by individual Joint Movement Control Offices around the country and in the Middle East. Tickets for the 1 and 13 Bde ATO dinner are $115 and are on sale until April 1. Call Flg-Off Joshua James on (02) 6128 4444 or email joshua.james@defence.gov.au

**OTHER RANK**

**Defence Force Magistrate**

1 x knowingly making a false statement in relation to an application for a benefit – DFDA s 56(1)

11 x general dishonesty – obtaining a gain – DFDA s 65 and Criminal Code (Cth) s 135.1(1)

The member was accused of knowingly making a false statement in relation to an application for a service benefit. Member was also accused of doing a thing with the intention of dishonestly obtaining a gain from the Commonwealth. The member pleaded guilty to all charges and was found guilty of all the charges. The member was dismissed from the ADF.

**NON-COMMISSIONED OFFICER**

**Defence Force Magistrate**

1 x assaulting a subordinate – DFDA s 34

The member was accused of assaulting a subordinate member. The member pleaded guilty to the charge and was found guilty of the charge. The member forfeited seniority in rank and was fined $1000 (to be paid in instalments).

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**FEBRUARY TRIAL RESULTS**

**Giving kids a head start**

YOUNG Australians have been encouraged by Assistant Defence Minister Michael McCormack to consider serving in the ADF for 12 months.

Mr McCormack launched the 2017 ADF Gap Year Program at the Melbourne ADF Careers Expo on March 7, which was attended by students from more than 70 schools and universities across Victoria.

“The Gap Year Program offers young Australians a great adventure from which they can benefit personally and professionally,” Mr McCormack said.

“The Year 12 graduates who complete this program gain valuable training and life skills. Throughout the year they learn about teamwork and professionalism. They work hard and adapt to new situations and build resilience.

“The leadership skills they develop can take them anywhere. But, in past years, after experiencing service life, about 80 per cent of participants chose to remain in either the reserve or permanent ADF.”

This year, more than 430 young Australians are participating in the program. “We are making a significant investment in our young people and future Defence capability by committing $57.5 million in the program in 2016-17,” Mr McCormack said.

The program attracts a diverse group of young people from different cultures and backgrounds.

More than 40 per cent of applicants for the 2016 program were women and Defence also sees the potential for the Gap Year to increase the participation of Indigenous Australians in the ADF workforce.

Defence Force Recruiting is looking for another 495 people to take up the Gap Year opportunity in 2017.

For more information, visit www.defencejobs.gov.au/education/GapYear

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**Accelerated training for reserves**

Fast-tracked training for infantry reserves

Sgt Dave Morley

A PROGRAM designed to provide fast-track training for reserve recruits who opt for infantry employment started with Queensland’s 11 Bde and Western Australia’s 13 Bde on February 29.

CO 31/42RQR Lt-Col Keith Potter said the program, known as the Accelerated Training Option (ATO), would enable recruits to complete their training in just six months, rather than the usual two years.

Under the scheme, training will run from February to June, with recruits completing basic and infantry specialist training before taking part in a brigade-level field exercise, he said.

“The two key benefits are reduction in training wastage by accelerating training and increasing retention by developing a strong cohort,” he said.

The units involved are 9RQR, 25/49RQR, 31/42RQR and 10RQR from 11 Bde, as well as 11/28RWAR, 16RWAR, 13CSSB and WAUR from 13 Bde.

Lt-Col Potter said the ATO was established by Comd 2 Div Maj-Gen Stephen Porter, who encouraged the initiation of more accelerated training and training options for Army Reserve personnel.

“The old models of Army Reserve training are being challenged as reservists adapt to their new role and tasks under Pte Beersheba,” he said.

“The ATO provides new trainees an option of completing their recruit and IET training in a concentrated period rather than the traditional method of conducting this training modularised over several years.

“The training content doesn’t change between the traditional and accelerated options and the main challenge was synchronising existing courses to enable ATO participants to conduct courses in a concentrated period,” he said.

Lt-Col Potter said a trial of the ATO scheme in 2015 revealed it was important to allow participants a period of recovery between the ATO and IET training in a concentrated period.

“Mission readiness is the focus of the ATO scheme in 2015,” he said.

“Once qualified, the soldiers move through all the IET training including specialist training before taking part in a brigade-level field exercise,” he said.

“The training content doesn’t change between the traditional and accelerated options and participants from more than 70 schools and universities across Victoria.

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“The Year 12 graduates who complete this program gain valuable training and life skills. Throughout the year they learn about teamwork and professionalism. They work hard and adapt to new situations and build resilience.

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**Pte Callum Curtis, of 31/42RQR, is one of the diggers participating in the Accelerated Training Option.**

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*Photo by Maj Al Green*
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Musn John Felstead with his wife Mikaela and daughters Melody and Arianny at the Brisbane Defence Community Organisation welcome event at Gallipoli Barracks.

Photo by LACW Casey Gaul

Commander 17 CSS Bde Brig Paul Nothard presents Vietnam veteran and Battle of Long Tan survivor Uncle Victor with a gift during an ‘Acknowledgement of Country’ ceremony at Randwick Barracks, Sydney, on March 1.

Photo by AB Nicolas Gonzalez

Pte Allan Channells, of Task Group Taji, makes a work bench at the Taji Military Complex in Iraq.

Photo by Cpl Jake Sims

Detachment Commander Cpl Ben Corsini is assigned to Task Group Afghanistan and based at Hamid Karzai International Airport in Kabul, Afghanistan.

Photo by Sgt Hamish Paterson

Above: Spr Ty Fergus prepares to take measurements of a damaged school roof in the village of Nasau, Koro Island, Fiji.

Photo by All Chris Beens

Right: LCpl Carl Brumfield, of the RMC Band, plays the saxophone during the Army birthday commemorative service at the Australian War Memorial in Canberra.

Photo by Janine Fabre
**BOOK REVIEW**

The Fair Dinkums

**Author:** Glenn McFarlane

**Publisher:** Pan MacMillan Australasia 2014

**RRP:** $35

**Reviewer:** Sgt Dave Morley

_FYOU’RE fair dinkum, you'll need to read this book._

The ‘Fair Dinkums’ were a group of 152 Victorian men from all walks of life who joined up as reinforcements for the 7th Battalion in mid-1915. They earned their name because they joined up despite knowing the horrific casualties their battalion had already suffered at Gallipoli.

Author Glenn McFarlane is a Melbourne-based journalist and great-nephew of one of the Fair Dinkums, Pte Alf Layfield, who was killed in action in France in 1917.

McFarlane has methodically researched each and every one of these diggers and given a watts-and-all account of their careers.

A detailed nominal roll is included at the end of the book, listing those who came home as well as the third who didn’t.

While these blokes only spent a few weeks in the tail end of the Gallipoli campaign, one of them, Pte (later Capt) Bill Scattery, invented the “drip rifle”, which featured greatly in the evacuation by tricking the Turks into believing shots were still being fired by soldiers on the ground.

After Gallipoli they were sent to France to experience the horrors of Pozieres and Fromelles, proudly, and appropriately, wearing their “mud over blood” colour patch.

POINT 1: The Army letters page is a great place for soldiers to engage with key decision makers and have their issues heard.

POINT 2: There are 16 story missions in the game and each one has a visually unique and appealing environment.

POINT 3: Along with a detailed nominal roll it’s important to address these players’ needs.

POINT 4: The Army has a copy of The Fair Dinkums to give away. Email competitions@defencenews.gov.au telling us why you deserve a copy.

Entries close April 7.

**WIN A BOOK**

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Letters should be kept below 250 words when possible and include the letter writer’s full name, unit and contact details.

To get your letter in print, write to the editor at amnews@df.defence.gov.au

**GAME REVIEW**

Tom Clancy’s The Division

**Publisher:** Ubisoft

**System:** Windows (reviewed), Xbox One, PlayStation 4

**RRP:** $51.95 (Steam), $69 (Xbox One, PlayStation 4)

**Release Date:** March 8, 2016

**Reviewer:** LCpl Sebastian Beurich

**Rating:** 3/5

_OM Clancy’s The Division_ was one of the most anticipated games of the first quarter of 2016, but does it live up to the hype?_ The Division_ fills a small niche, a modern, third-person, open-world, online RPG shooter. The only other game of note in this category is Destiny, released only on consoles.

The game sets you against criminals and rival military elements in a barren, disease-stricken New York, helping civilians while trying to find a cure for the previously unknown smallpox strain that was released upon the city.

The storyline of the game leaves a little to be desired, mostly coming from ‘intel’ picked up as you explore the game areas. This makes the game feel a little shallow as you are working through the missions, as not much is revealed of the backstory of the plague that has hit the city.

There are 16 story missions in the game and each one has a visually unique and appealing environment.

The concept behind each mission is different and helps to advance the story of the game, however, the execution of the missions is generally repetitive.

The side missions and encounters (missions to earn credits to unlock portions of your base of operations) fall prey to the same trap; they are the same missions simply repeated in different areas of the map.

The “Dark Zone” (DZ) is the designated player-versus-player area. Outside of this area is instanced solely to the player – unless you are grouped with other players, you won’t see them at all.

The difficulty of missions is genuinely challenging, requiring a well geared and skilled group to complete successfully. Teamwork is key in both these missions and the DZ, when fighting high level elite enemies.

Ubisoft Massive (the developer) have done an excellent job with the environments in the game, accurately portraying Manhattan while still giving it the gritty, post-apocalyptic feel that the game requires.

Unfortuately, the game is visually appealing and well-polished, the end-game lacks content for high-level players, outside of trying to assemble the best gear possible.

The developer has already released its plans for content updates, delivering a large-scale content pack once a month, starting in April, with the first three content updates, delivering a large-scale content pack.

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TIPS FOR GOOD NUTRITION

- Limit dairy, wheat and gluten
- Avoid processed foods, colourings and preservatives
- Limit simple carbohydrates
- Avoid high sugar concentrated drinks

Eat well and be merry

Poor nutrition has negative impacts on both mental and physical health, Sgt Dave Morley reports.

WE HEAR every day how bad junk food is for us, but how many of us heed the advice and really pay attention?

WSM/PTI WO2 Jayne Morley, of the Holsworthy Barracks Trainee Rehabilitation Wing, said poor nutrition had several downsides.

“Poor eating habits include under or overeating and not having enough of the healthy foods we need each day,” WO2 Morley said.

“Poor nutrition can impair our daily health and wellbeing and reduce our ability to lead an enjoyable and active life.

“People who eat an overall healthy diet – that is one comprising lots of fresh, ‘colourful’ food in its most natural state, unprocessed and nutrient dense – also tend to have better mental health.”

WO2 Morley said poor nutrition had several effects, both physical and mental.

Physical effects include:
- fluctuating energy levels and alertness;
- food allergies;
- weak immune system and illnesses;
- weight fluctuations with fat gain and muscle loss;
- obesity, diabetes and heart disease;
- hypertension;
- vitamin and mineral deficiencies;
- eating disorders; and,
- inflammation.

“Mental effects can include mood swings, depression and anxiety, contributing towards conditions such as attention deficit hyperactivity disorder (ADHD),” WO2 Morley said.

However, the steps to good nutrition are easier than most people think.

“You need to eat a majority of fresh produce, which is nutrient dense. This includes vegetables, meat, fish, eggs, legumes, nuts, seeds and fruit,” WO2 Morley said.

“Soft drinks, fruits juices and cordial, which all have high sugar content and artificial sweeteners, should be avoided. Instead, drink lots of water.

“It is also a good idea to limit dairy intake with its high allergy rates, as well as wheat and gluten.

“Avoid all processed foods, colourings and preservatives, and limit simple carbohydrates like bread, pasta, cakes and biscuits.”

She said PTIs were not qualified in dietetics and nutrition, and therefore could only provide advice to soldiers.

“For more clinical information it is recommended members be referred to such providers,” she said.

General nutrition advice can be found at www.defence.gov.au/Health/HealthPortal/FitnessNutrition.asp

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March 24, 2016

Health

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“For more clinical information it is recommended members be referred to such providers,” she said.

General nutrition advice can be found at www.defence.gov.au/Health/HealthPortal/FitnessNutrition.asp

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March 24, 2016

Health

Poor nutrition has negative impacts on both mental and physical health, Sgt Dave Morley reports.

WE HEAR every day how bad junk food is for us, but how many of us heed the advice and really pay attention?

WSM/PTI WO2 Jayne Morley, of the Holsworthy Barracks Trainee Rehabilitation Wing, said poor nutrition had several downsides.

“Poor eating habits include under or overeating and not having enough of the healthy foods we need each day,” WO2 Morley said.

“Poor nutrition can impair our daily health and wellbeing and reduce our ability to lead an enjoyable and active life.

“People who eat an overall healthy diet – that is one comprising lots of fresh, ‘colourful’ food in its most natural state, unprocessed and nutrient dense – also tend to have better mental health.”

WO2 Morley said poor nutrition had several effects, both physical and mental.

Physical effects include:
- fluctuating energy levels and alertness;
- food allergies;
- weak immune system and illnesses;
- weight fluctuations with fat gain and muscle loss;
- obesity, diabetes and heart disease;
- hypertension;
- vitamin and mineral deficiencies;
- eating disorders; and,
- inflammation.

“Mental effects can include mood swings, depression and anxiety, contributing towards conditions such as attention deficit hyperactivity disorder (ADHD),” WO2 Morley said.

However, the steps to good nutrition are easier than most people think.

“You need to eat a majority of fresh produce, which is nutrient dense. This includes vegetables, meat, fish, eggs, legumes, nuts, seeds and fruit,” WO2 Morley said.

“Soft drinks, fruits juices and cordial, which all have high sugar content and artificial sweeteners, should be avoided. Instead, drink lots of water.

“It is also a good idea to limit dairy intake with its high allergy rates, as well as wheat and gluten.

“Avoid all processed foods, colourings and preservatives, and limit simple carbohydrates like bread, pasta, cakes and biscuits.”

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March 24, 2016

Health
Runners go the distance

Soldiers impress in ultra-marathons

LCpl Sebastian Beurich

TWO Army members tested their fitness boundaries on March 6, competing in two separate ultra-marathons held in Canberra and Coburg, Victoria.

Maj Andrew Donaldson wasn’t going to enter the Canberra 100km, but when he received free entry the Wednesday before the race, he decided to give it a crack.

“The Canberra 100 is regarded as a ‘mass-participation’ race, which encourages people to get out and do things they normally wouldn’t,” he said.

“It wasn’t an event I had targeted because it’s about participation, not competition.

“The organiser’s were trying to encourage more of the faster runners, who they called ‘elites’, to join in. Most of us aren’t really elites – we’re not sponsored runners, we’re just faster participants.”

Maj Donaldson said he didn’t train specifically for the event, but relied on his base fitness to get him through.

“I hadn’t put in the right training for the event. I would have been comfortable with a top 20 result and a solid time, so I certainly didn’t expect to get second place,” he said.

“The overall heat and exposure on the day made it pretty difficult – it was 35 degrees on the day and the course was exposed, with no breeze.”

And what did Maj Donaldson feel when he crossed the finish line?

“Relief. Relief that I made the descent down Mt Ainslie without falling and had pushed myself pretty hard for the day,” he said.

“My greatest supporters – my son and wife – were waiting at the finish line, cheering me on.”

He said his next event was the Razorback Run, a 65km mountain ultra-marathon in the Victorian Alps on March 19.

WO1 Kevin Muller tackled a different type of course for the Coburg Six Hour Championships, completing 201 laps of a 400m running track – a total distance of 80.4km.

“We really just had to run as far and as fast as we could in six hours,” he said. “The hardest part was pacing myself at the start of the race – it’s pretty common for people to rush out of the gate at the start.”

WO1 Muller’s efforts earned him two age-bracket Australian records, defeating well-known ultra-marathon runner Yiannis Kouros’ records in both the six-hour distance and 50-mile time categories.

“I was hoping to take out the age-bracket records, but before the race started, I thought that it may have been too warm, which would have prevented me from getting there,” he said.

“I felt pretty great when I crossed the finish line. I was tired, but I think it was probably the best I’ve ever paced myself in a run.”

WO1 Muller said the Coburg Six Hour was a build-up race for him.

“My main goal this year is the Australian 24 Hour Championships in April, which is a qualifying race for the world championships in Belfast next year,” he said.

WO1 Kevin Muller competes in the Coburg Six Hour Championships, running a total distance of 80.4km.

Inset: Maj Andrew Donaldson.

ADF skiers and boarders dominate in British comp

From back page

“I knew the other finalists were capable of more complex tricks than I was, but the course was so technical they weren’t able to get a clean run,” he said.

“I guess that’s how it goes in slope-style. You’re better off doing easier tricks that you know you’re good at, rather than trying something amazing and stuffing-up the landing.”

Other ADF representatives to podium at Menbed were Maj Katie Chapman, who took out the bronze in the PGS, and AB Emma Hook, who won bronze in the BHX event.

In Saalbach-Hinterglemm the previous fortnight, the ADF dominated the RAF with our snowboarders walking away from the competition with gold, silver and two bronze medals.

Maj Chapman, who took out the gold medal in the BS and silver in the PGS, said it was a surreal experience.

“When you’re in the start gate up against a really good rider you have to overcome fear and use the adrenaline and focus on your training to get down the course quickly and safely,” she said.

“Do all of that while representing your country and the ADF is an experience you can’t get anywhere else.

“This is my third Europe trip and they’ve been very different. My favourite experience has been seeing everybody’s improvement. It’s fantastic to see how much everyone’s riding gets over three weeks.”

AB Hook finished behind Maj Chapman to take out bronze in the PGS. Due to insufficient snowfall, the BHX event had to be modified into a banked slalom event where two riders race down a single track making use of the natural terrain, taking on elements of both BHX and slalom.

None of the competitors had done an event like this before and the ADF women’s team proved their dominance by walking away with a one, two, three finish to Maj Chapman, AB Hook and Cpl Kris Rayner, while Lt-Col James Kerr earned silver for the men.

The final Australian event, the slope-style, saw competitors perform huge grabs, spins and the odd backflip in order to determine which team had the most stylish rider.

The course consisted of a kicker, a flat box, a flat-down box, a tabletop jump and a rainbow box.

It was fast, steep and exciting to ride, with more than one competitor coming unstuck on some of the features.

Perennial ADF champions AB Hook and Maj Court both walked away with silver medals.

The ADF team conduct reciprocal tours with the British Combined Services every few years, with the bilateral relationship now into its third decade.

Competitors were hand-picked from the ADASA competition, held in the Australian Alps the previous winter, to represent the ADF overseas.

Closer to home, this year’s ASADA competition will be held at Perisher in August.

For more information, visit http://intranet.defence.gov.au/armyweb/sites/AAASA
ARMY led the charge as ADF snowboarders and skiers dominated the British at their own game in their own backyard.

Champion snowboarder Maj Alistair Court walked away with gold medals in the slopestyle (SS) freestyle snowboarding event at the British International and Interservice Snow Sports competition at Meribel, and the parallel giant slalom (PGS) against the RAF in Saalbach-Hinterglemm, two weeks earlier.

A contingent of 24 ADF Alpine Snowsports Association (ADASA) members competed in the five-week biennial tournament, which ran from January 2 to February 6, against the British military, held in Saalbach-Hinterglemm, Austria, and Meribel, France.

Events contested included super giant slalom, giant slalom and slalom for the ski team, and PGS, banked slalom (BS), slopestyle and boarder-cross (BX) for the boarders.

The SS course was so intense the organisers deemed only five male and three female members from each team could enter the qualifying, and only the top eight males and four females would qualify for the finals.

Maj Court said he had never experienced such a high level of competition before.

“ar the British have much more access to the snow than what we have in Australia,” he said.

Each time I entered the start gate I knew that the people competing against me were far better riders than me.

“I considered myself lucky to even make the finals.”

After the first run Maj Court found himself in third place.

His next run was perfect, including a 180 into a board slide with a 180 dismount, and a back flip with a 540 spin, which was enough to cement first place.

Maj Court said he initially couldn’t believe he’d won.

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