BATTLE FOR IRON KNOB

Hamel’s ultimate warfighting test pushes soldiers to their limits, Cpl Sebastian Beurich reports.

MIN Knob is usually a quiet town near Whyalla in South Australia.

On July 9 it was anything but, as Australian, New Zealand and US soldiers from 1 Bde’s Battlegroup Tiger supported by Battlegroup Lion and Griffin, fought teeth and nail to upset enemy forces from the southern side of the town.

Shortly after the sun rose, two Tiger ARHs from Battlegroup Griffin straddled the enemy command post with unrelenting Hellfire missiles.

Then, emerging from the darkness on the southern side of the town, Battlegroup Tiger advanced.

“A key scenario was the use of a role-playing wounded enemy at Iron Knob,” Lt-Col Shields said.

“From the outside, Battlegroup Tiger encountered a number of different contacts.

“Enemy forces simulated mortar attacks, anti-aircraft weaponry and a number of other small arms using coloured smoke grenades used to selecting their targets through the town,” Lt-Col Shields said.

“From my observation, the村民 were also the attacking force.

“Waging war, using the urban environment, in particular, is a unique test for soldiers and civilians alike,” Lt-Col Shields said.

“Operationally, this has been really nice guys and have offered to share their town.”

“A US soldier engages the enemy during the Battle for Iron Knob. Photo by Cpl Dan Pinhorn

“The soldiers have all been great; they’ve been really helpful town; they were very accommodating. Feeling like I’m a part of the community,” Mr Rodhe said.

“Engaging with the public is a really important aspect of training. It’s really important we get out and engage with the local community,” Capt Terkowski said.

“Putting on open days for the public to support them during operations is important.”

“Army is drawn from communities and we are integrating into and leveraging off of them. It’s important for the public to understand what we’re doing,” Brig Rawlins said.

“It felt good to be among the people.”

Brig Rawlins said the Army would continue to hold open days for the locals who wanted to join the Army.

“With the open days we have had so far, the locals have been accommodated in looking after us,” Brig Rawlins said.

“Engaging with the community and local schools is really important,” Capt Bellifemini said.

“A Australian soldier provides covering fire while a Tiger ARH provides fire support for Iron Knob. Photo by Cpl Dan Pinhorn

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A pair of Tiger ARHs from 1 Avn Regt operate in support of 1 Bde during Exercise Hamel 2016. Photo by Cpl Sebastian Beurich.
**TAILORED TO THE SKIES**

**Cpl Sebastian Beurich**

*Taking a pilot’s perspective, Cpl Beurich reports on recent Tiger and MRH-90 deployments.*

**FACTS AND STATS**

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<th>Lift Capacity: 3.6t</th>
<th>Height: 15m</th>
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<td>Cruise speed: 30.14m</td>
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<td>Wingspan: 30m</td>
<td>Max take-off weight: 37,000kg</td>
<td>Max range: 3,700km</td>
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**FOR THE MRH-90 Taipan, the name tells you everything you need to know.**

Cpl Sebastian Beurich

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Arm’s helicopter force adds an important dimension to any battlefield, Cpl Sebastian Beurich reports.

**TAIPEARL**

*A Tiger AHF1 fires at a target during Exercise Jericho Dawn held at Puckapunyal, Victoria, in March.*

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**Cpl Mark Doran**

**TAKING TO THE SKIES**

**A CH-47F Chinook from 5 Avn Regt lands on HMAS Canberra while the ship is alongside in her home port of Sydney.**

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**Cpl Mark Doran**

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**Cpl Sebastian Beurich**

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**Cpl Mark Doran**

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**Cpl Mark Doran**

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**Cpl Mark Doran**

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Black Hawk pilots and aircrew passionate about their platform

After 28 years of service, the S-70 Black Hawk helicopters, flown by 6 Avn Regt, are still as spry as the day they were purchased.

Of the three aviation regiments, 6 Avn Regt has the responsibility to provide Australia’s special operations rotary wing capability. As such, the unit requires all of its Black Hawk pilots and aircrew to maintain a special operations qualification.

OPS-O Maj Brad Stoker said the Black Hawk was an exceptional aircraft that members of the unit were passionate about.

“More importantly, the personnel in the regiment are most passionate about the special operations aviation capability and ensuring that we achieve our mandated mission,” he said.

“The Black Hawk is purpose designed, operationally tested and presently provides an appropriate base platform for us to achieve our required tasking.

“By using strategic airlift, the speed at which we can deploy a Black Hawk is unmatched by any other rotary wing platform, or unit, within Defence.”

So what are the advantages of the Black Hawk?

“The Black Hawk is a highly capable, robust and agile aircraft that is proven to be able to insert and extract a ground force within a complex non-permissive environment while providing armed or fire support from the aircraft,” Maj Stoker said.

“Due to its relative size, the Black Hawk provides flexibility when operating in complex environments, such as urban and maritime settings.”

For the aircrew, the layout of the cabin gives the Black Hawk the upper hand.

“The Black Hawk accommodates a separate crew station for the aircrew, which means a weapon system can be fitted to the aircraft without interfering with the doorway,” Regimental Standards WO WO1 Tony Young said.

“It’s a reliable aircraft that just gets the job done.”

WO1 Young said it was vital every member of the aircraft’s crew understand the current situation during special operations.

“The dedicated crew station has a great field of view and from it we can operate our weapon systems during all phases of flight, including during various insertion techniques,” he said.

“The Black Hawk is able to safely and aggressively decelerate in the latter stages of an approach, due to the tail wheel at the rear of the aircraft, which allows us to rapidly insert soldiers onto target.”

“As someone who is asked to operate in inherently dangerous environments, two of the major features of the Black Hawk – the ballistic protection and crashworthiness – put my mind at ease.”

Because of its unique role within Army aviation, Black Hawk pilots and aircrew have been to some unique places.

“There are many memorable moments flying Black Hawks,” Maj Stoker said.

“These include maritime counterterrorism operations off of the Australian coast, domestic counterterrorism operations within Australia, and conducting operations offshore.”

“6 Avn Regt’s tasking is always interesting, diverse and challenging.”

As with all Army operations, circumstances can change quickly depending on the situation.

“The design work in the Black Hawk cabin over its period of service has allowed the aircrewmen to remain flexible throughout missions and even change our configuration during flight,” WO1 Young said.

“We can rapidly change from a support-by-fire task using snipers and door guns, to a suspended caving ladder extraction of the same team.”

“The Black Hawk has been tried and tested and withstood the test of time.”

“I am proud to call myself a Black Hawk aircrewman. Even though our aircraft are now aging, I still feel safe and confident in its abilities.”

AT A GLANCE

The Sikorsky Black Hawk is a utility helicopter ideally suited to its primary role of providing air mobility for troops and equipment in the battle zone. Black Hawks can also carry out aerial reconnaissance, observation, direction of artillery fire, casualty evacuation and aerial fire support.

A soldier rappells from a 6 Avn Regt Black Hawk during training.

MRH-90 Taipan on operations

MRH-90s played a key role in Operation Fiji Assist earlier this year as the ADF helped the people of Fiji get back on their feet following Tropical Cyclone Winston, which devastated parts of the country on February 20. Using MRH-90 helicopters, landing craft and Lighter Amphibious Resupply Cargo vehicles, aid was moved from HMAS Canberra to the outer islands.

Lumber, concrete, corrugated iron and water tanks were just some of the material being delivered as Australian Army engineers worked closely with their Fijian Army counterparts to restore essential infrastructure. During the operation, an MRH-90 crew also evacuated two patients, including a seriously injured Fijian local, off the coast of Vanuabalavu Island, about 290 km north-west of Suva, Fiji.

The crew was responding to a separate aeromedical (AME) evacuation request from the island when the injured local came to their attention.

The MRH-90 crew and AME team transferred the patients to the mainland where they were received by a team of New Zealand Defence Force medics on the island and taken by ambulance to Suva’s Colonial War Memorial Hospital.

The 600km round trip was conducted entirely over water and without a refuel, demonstrating the Taipan’s extraordinary reach and endurance.

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Capt Jay Ruddell stands in front of a MRH-90 Taipan before an aid flight to Ovalau, Fiji, while deployed on Operation Fiji Assist.

Photo by CPL Dan Pinhorn

Tried, tested, tough

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Capt Jay Ruddell stands in front of a MRH-90 Taipan before an aid flight to Ovalau, Fiji, while deployed on Operation Fiji Assist.

Photo by CPL Dan Pinhorn
Soldiers gather in France to honour thousands of their forebears who fought and died in the Battle of Fromelles a century ago
The Australians who served on the Western Front – those who gave their lives together with those who returned home – helped shape not only the course of world history, but also our sense of nationhood.

– Lt-Gen Angus Campbell, Chief of Army

We found the old man’s hands long simply full of our dead ... the skulls and bones and torn uniforms were lying about everywhere ... the wounded could be seen everywhere raising their limbs in pain or turning hopelessly, hour after hour, from one side to the other.

– Charles Bean, Australia’s official war historian

One hundred years on, their service and memory of all Australian soldiers and the sacrifice on the Western Front – those who gave their lives to defend democracy, freedom and the rule of law – are more important than ever. Their names will be remembered and their sacrifice will be remembered. Their legacy will live on. Their story will be told. Their memory will be honoured. Their sacrifice will not be forgotten.

– Lt-Gen Angus Campbell, Chief of Army

I found the whole experience very moving, emotional and inspiring part of our military heritage and history.

– Capt Josh Knight, AFSQ catalpa pony

When you look across at the potato and barley fields that are growing around this cemetery, it is such flat ground that you just wonder how anyone would have survived the battle here.

– Capt Leigh Morris, AFSQ catalpa pony

CA Lt-Gen Angus Campbell and RSM-A WO Don Spinks met with some of the 131 Belgians who tend the graves of Australian servicemen during their trip to France and Belgium for the Western Front centenary commemorations.

CA and RSM-A met with Sgt Real Desmarais, of the Belgian Army. Sgt Desmarais is a national representative for the descendants of the Belgian soldiers who fell during the First World War.

Sgt Desmarais said he cared for the Commonwealth graves because he knew the descendants of the Australian soldiers who fell, cancer.

“It is a great privilege to do this and know the memory of your fallen soldiers is kept alive.”

Don Spinks said it was special to meet the 131 Belgians who tend the graves of Australian soldiers who fell.

“If you can see what they do in a very hard job, too. I would like to thank everyone for their spirit of generosity. It is not only an act of friendship, but one of kindness and love.”

The Australians and the Belgians gathered at the cemetery for a wreath-laying ceremony. After the ceremony, Campbell and Desmarais viewed the graves of the Australian soldiers.

Desmarais said the children also placed flowers on the graves and conducted special tributes on certain days.

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The Australian cost was more than 1700 killed, hundreds taken prisoner, with a total casualty count of 5500...
Aussie troops lead French National Day parade in historic first

ADF members march down the Avenue des Champs-Élysées in Paris to commemorate French National Day on July 14.

Photo by Sgt Janine Fabre

INSIDE:
– 1 Bde set to take over as ready brigade following successful Exercise Hamel

SPECIAL LIFT-OUT

– Aviation battlegroup demonstrates its strength

SPECIAL LIFT OUT

NEW SERVICE DRESS P12-13

REAPERS RUN P28-29
ADF leads French National Day parade in historic first

Claudia Harrison

FOR the first time in the 136-year history of the French National Day parade, the ADF led the parade down the Champs-Élysées in Paris on July 14 after the French Foreign Minister invited Australian troops to be the guest of honour.

The pride at participating in the French National Day parade was replayed by sorrow later in the day at the killing of 84 people in the French city of Nice when a truck was driven through crowds in a Bastille Day fireworks display.

VCDF VAdm Ray Griggs, who was in France for the French National Day parade and Western Front centenary commemorations, expressed deep sympathy for the victims and their families.

"On behalf of ADF members in France for the parade and the WWI ceremonies, our hearts go out to all impacted by the awful attack in Nice," VAdm Griggs said.

Contingent commander Lt-Col Jim McGann said the ADF personnel had been profoundly moved by the appalling attack.

"We honour the victims and our thoughts are with their loved ones. We stand as one with the people of France at this time of immense suffering and grief, just as our two nations stood together 100 years ago during WWI," he said.

French National Day commemorates both the storming of the Bastille on July 14, 1789, and the Fête de la Fédération, which celebrated the unity of the French people on July 14, 1790.

"As contingent commander, I am very proud to have led the ADF in the in the parade," Lt-Col McGann said.

"They have done a wonderful job; they represented our country extremely well. I am very proud to be an Australian."

He said the last time the Australians marched down the Champs-Élysées was in 1918.

"I am very proud of what we have achieved in today’s parade," he said.

The ADF contingent comprised 80 Army personnel, 30 Navy and 30 Air Force members.

ADF contingent RSM WO1 Ken Bullman said after the initial nerves, and the Australian Governor-General and the French President and the Australian Governor-General watching.

"But we did an exceptional job," WO1 Bullman said. "My job was to ensure that the reputation of the ADF was upheld and that is what we did."

Soldiers from 2 Div made up most of the Army contingent, parading 20 Regimental Colours and 20 Queen’s Colours.

The Colours returning to France was symbolic of the journey undertaken by thousands of Australian’s from 1914 until the present in the service of our nation, and reminds us of those who did not return home.

Lt Rowan Jarvie, of 9RQR, was proud to be one of the 80 members of the Australian Army contingent marching in the parade.

He said marching down the Champs-Élysées with the crowds cheering, flags being waved and music playing was incredible.

"I still cannot believe I am here. It was such an honour to march for my country after being invited by the French to take up the “position of honour”," Lt Jarvie said.

Lt Jarvie’s great-grandfather, James Gerald Kennedy, served with the Australian Imperial Force (AIF) and landed at Gallipoli in the second wave.

"I am proud to say that my great-grandfather was a corporal when he went over to fight, but he left having been promoted to lieutenant for his service during that time,” he said.

"He took a leading role in the Battle of Pozieres almost losing his leg and was shot at twice. It was after that he met my great-grandmother, a British war nurse, while recovering in hospital.

“Being here in France with the Army contingent for French National Day brings home to me the sacrifice he and so many others made.”

Sgt Stephen Oberg was the junior escort for the 31/42RQR Regiment Colours.

"I had a shiver up my spine today as we marched off down the Champs-Élysées, with the crowd watching, the music and all the other French troops there as well," Sgt Oberg said.

"It was a privilege to represent the ADF in the memory of our troops who fought on the Western Front 100 years ago.

2 Div was raised in Egypt on July 26, 1915, and deployed to Gallipoli later that year. It went on to become the first Australian Army division to join the battle on the Western Front in 1916.

This year marks the 100th anniversary of the arrival of the AIF in France, with the AIF joining British and French troops in the Fromelles attacks during July 1916.

The ADF’s participation in the French National Day parade tied in with the ADF’s involvement in Centenary of Anzac commemorations at Fromelles and Pozières and the reburials of several AIF personnel from July 19-23.

"It was such an honour to march for my country.

- Lt Rowan Jarvie, 9RQR

Photos by Sgt Janine Fabre

Close bond on the Western Front
show in Paris

It was a great opportunity to do what our soldiers, who fought and died, never got a chance to do 100 years ago.

– WO2 Owen Trevorrow, 31/42RQR

I had a shiver up my spine as we marched off.

– Sgt Stephen Oberg, 31/42RQR

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**Amphibious skills put 2RAR ready and raring for Rimpac live-fire**

**Fit-Lt Lauretta Webster**

SOLDIERS from 2RAR have left Pearl Harbor for advanced training and are preparing for the live-fire range package after embracing the integrated training opportunities during the harbour phase of Exercise Rim of the Pacific (Rimpac).

Following instructional and practical training on amphibious assault vehicles operated by the US marines and Australian Zodiacs, focus shifted to shallow water egress training, urban operations and ground-to-air integration.

The Amphibious Ready Element departed Pearl Harbor on July 11 on board HMAS Canberra for advanced training on the Hawaii “Big Island” for training with US and international partners.

Under tuition from American instructors, Australian soldiers and US marines undertook shallow water egress training, which uses an individual seat-type device to introduce water submersion.

OC Combat Team Alpha Maj Jonathan Wick said the shallow water experience aided water confidence.

“This training is critical in rehearsing drills for ditching into the water and, just as importantly, getting the soldiers to grasp the proper use of emergency breathing systems, as well as learning how to operate flotation devices,” Maj Wick said.

“Gaining competency in the water is a vital skill and we’ve certainly learned a great deal from working with the US marines,” Capt Robert Mueller, of 2RAR, said this part of the harbour phase was about getting familiar with the various amphibious vehicles.

“The main effort was vehicle integration with the US marines using their amphibious assault vehicle, which is quite a capable platform,” he said.

“The training has been really enjoyable. We get out here and train in different conditions in Hawaii,” he said.

Fortunately, where we are in Townsville there’s not a lot of surf, so to get out here and train in different conditions is awesome.

“It’s a great opportunity to be able to hone our skills and drills. Training in unfamiliar environments provides a bit more of a challenge,” LCpl John Lambrianakos said.

“Opportunities to work with coalition partners don’t arise too often, so the soldiers all enjoyed themselves. It was pretty choppy out on the water but they all did really well,” Small Boats Pl Section Commander LCpl Joel Baron has a passion for his job and admits motivation does not come too hard while on Exercise Rimpac.

“The training we’ve been doing is awesome. Here in Hawaii, were are working with the US marines and other nations conducting some really great training,” he said.

“On the water, we were able to test their interoperability within the multinational amphibious readiness group, which was a great opportunity to be able to hone our skills and drills. These are opportunities that don’t arise too often, so the soldiers all enjoyed themselves.”

“Opportunities to work with coalition partners don’t arise too often, so the soldiers all enjoyed themselves. It was pretty choppy out on the water but they all did really well.”

Small Boats Pl Section Commander LCpl John Lambrianakos said the surf conditions in Hawaii offered a testing environment for the Australian soldiers.

“It’s a lot more challenging here in Hawaii,” he said.

“Unfortunately, where we are in Townsville there’s not a lot of surf, so to get out here and train in different conditions is awesome.

“It’s a great opportunity to be able to hone our skills and drills. Training in unfamiliar environments provides a bit more of a challenge.”

Maj Wick said he was very happy with the level of training and integration his team had achieved so far.

“As we transition from the harbour phase to the tactical phase, I believe it’s going to be a successful evolution for us and a rather enjoyable training evolution for all concerned,” he said.

Rimpac finishes on August 4 and is the world’s largest maritime exercise enhancing Australia’s relationship with the host nation, the US, and contributing nations.

It is aimed at strengthening international maritime partnerships, enhance interoperability and improve the readiness of participating forces for a wide range of potential operations.

The theme for Rimpac 2016 is “Capability, Adaptive, Partners” and provides a key opportunity for land forces to test their interoperability within the multinational amphibious readiness group.
to the test on Rimpac

Sense of duty to serve

KEEPING track of 400 soldiers is just one of the challenges for Pte Kim Hoang, of 2RAR, on Exercise Rimpac.

Working in an operations administration role sees her control and process company or battalion administration while in the barracks and extends to personnel tracking and monitoring allowances when on exercises or deployments.

“When we go on exercises it can become quite complex tracking movements of all the personnel and ensuring the right people are in the right place, doing the right job,” Pte Hoang said.

“Here at Rimpac, we have more than 400 personnel from Australia, New Zealand and Tonga, so keeping track of them all can provide some obstacles, but it has been a perfect opportunity to network with people from other services, units and countries.

“I love the constant challenges of working at 2RAR and the high tempo of the unit. It’s always busy, which I really enjoy.”

Deciding she wanted to gain experience in a challenging field, test herself and her fitness, Pte Hoang joined the Army in 2014 and said she felt a desire to serve her country.

“I feel a sense of duty towards Australia as my parents fled Vietnam in the early 1980s and have been given great opportunities,” she said.

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Training the trainers in Baghdad

Instructors help Iraqis hone their skills to assist them in the war against terrorism

ARMY instructors in Iraq have taken time out from the rifle range to put their handicraft skills to good use.

“We made a head-and-shoulders ghillie suit to present to the Iraqi Army student of merit,” Cpl Matt Benn said.

“We scrounged an old camouflage shirt, and cut it off below the breast pocket and the sleeve pocket.

“Then we glued on squares of material and threaded through the scrim – torn up old undershirts, cam shirts, sandbags – any sort of material that will break up the outline of a person.”

Cpl Benn, of 7RAR, has deployed on active service to Iraq to help train the Iraqi Army to defeat Daesh.

“We were training the trainers from the Baghdad Fighting School at the Taji Military Complex,” Cpl Benn said.

“We started off with the theory of marksmanship, then went out to the range for a week to zero the weapons and shoot at various targets under time pressure.”

The Iraqis were using the Dragunov 7.62x54mm sniper rifle and a variation of the Steyr HS .50, a precision heavy calibre weapon system with an effective range about twice that of the Dragunov.

WO Ali, of Tikrit, 140km north of Baghdad, was the student of merit and the recipient of the ghillie suit.

“Naturally, as a military person I am already trained in marksmanship,” he said, speaking through an interpreter.

“The Australians helped me to improve my skills, particularly breathing correctly, and teaching me patience and control.”

“I tried to learn as much as I could in order to pass on the knowledge to our young soldiers.”

Five warrant officers and senior NCOs of the Iraqi Army were trained in marksmanship to a high standard.

“We have chosen our best soldiers to train under you,” Baghdad Fighting School XO Col Mohammed Khalil said.

“We thank the Australian Army, the Australian Government, and the Australian people for helping us in the fight against Daesh.”

OC Training Team Maj Nathan Cooper said six Australian NCOs and one officer delivered the training package.

“Our intent was to certify Baghdad Fighting School NCOs from the weapons company to run their own marksmanship courses,” Maj Cooper said.

“The end result was three Iraqi NCOs qualified to run basic marksmanship packages.

“One of those NCOs is now helping us deliver the advanced marksmanship course back at the Baghdad Fighting School.

“Success for us means the Iraqis do more instructing, and we do less.”

Capt James Hook

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Baghdad

Cpl Stefan Pitruzzello makes a scope adjustment on a variant of the Steyr HS .50-calibre rifle while training Iraqi Army personnel in advanced marksmanship.

Baton passed to diggers in Iraq

Capt James Hook

THE legacy of a legendary Australian Army unit from the Vietnam War lives on in Iraq.

The Australian Army Training Team Vietnam (AATTV) was the longest-serving and most highly decorated Australian unit of the Vietnam War.

All four Victoria Cross recipients from the war – Kevin Whealeey, Peter Badcoe, Ray Simpson and Keith Payne – served with the AATTV.

The unit’s mission was to train, advise and occasionally lead Montagnard and territorial forces, as well as battalions from the Army of the Republic of Vietnam.

Now the baton has been passed into Iraq for the second time.

First there was the AATT-Iraq, which served in Iraq from 2004 to 2008 as part of Operation Catalyst.

Now Training Task Unit (TTU) of Task Group Taji is training the Iraqi Army to defeat the Daesh terrorist group as part of Operation Okra.

CO 8/9RAR Lt-Col Jim Hammett was CO of the TTU during the second rotation of Task Group Taji earlier this year.

“When we completed our pre-deployment training, I took the unit up to Canungra to see the AATTV Memorial Grove,” he said.

“I made the point that we would be in their immensely large footprints, and it was appropriate that we should adopt their motto – persevere.

“I emphasised that while it was unlikely we would be in frequent contact with the enemy, the verb ‘persevere’ is still as apt as it ever was.

“The key theme I tried to impress was that during the deployment we would all have our patience, tolerance and self-discipline challenged.

“The moral of the story was that if anyone felt overly pressured by anything we would face, then they should spare a thought for the men who persevered in Vietnam, and to follow the example they set despite far more difficult and more dangerous circumstances.”

Li-Col Hammett said the event and the homage to the legacy were well received by the soldiers.

“On arrival in country, I figured that as we had an unofficial motto, we may as well have an unofficial badge,” he said. A design was struck, based on the AATTV’s shield and crossbow combination.

It replaced the loaded crossbow with crossed AK-47s, added the task group’s boomerang and fern leaf emblem, and included an Arabic translation of perseverance, pronounced ‘thaber’.

“My greatest fear was that we would be seen as a group of Johnny-come-lately wannabes who were bludgeoning off the history of AATTV,” Li-Col Hammett said.

“However, the feedback from the AATTV Association was positive.

“The trainers in Iraq now have an unofficial motto on their patches.”

The 8/9RAR-based teams completed their six-month deployment at the end of May and handed over to trainers drawn largely from 7RAR.

John Gibson served with the AATTV at Phu Cat in Bay in 1971-72, and is now the Queensland state president of the AATTV Association.

“Helping train to bits that we have someone carrying on the team’s traditions,” he said.

“A thousand men served with the team in South Vietnam, including 10 Kiwis.

“There were 33 who didn’t come home, and our numbers are now down to about 500.

“We’re not going to be around forever, so it’s great that this affiliation is in place.”

As well as the four VC recipients, the AATTV contained many legendary warriors, among them George Chinn.

Chinn was awarded the Distinguished Conduct Medal for leading South Vietnamese troops in a battle against the Viet Cong in 1965.

Personnel to train Iraqi police

THE ADF will expand its training role in Iraq to include law enforcement agencies.

The government has also authorised the deployment of an additional 15 ADF personnel who will provide a counter rocket, artillery and mortar capability at Taji, which is currently being provided by another coalition member.

Prime Minister Malcolm Turnbull and Defence Minister Senator Marise Payne announced the changes on July 19 following a request from the US government and Iraqi Prime Minister for additional assistance.

Senator Payne said Australia supported coalition efforts to build and enhance the policing and enforcement to main police and law enforcement agencies.

“The changes were formalised by Senator Payne at the Counter-Daesh Defence Ministers meeting in Washington DC on July 20.

Australia had agreed to expand the mandate of its training mission to include Iraqi law enforcement agencies.

“Iraq’s law enforcement agencies – including the Iraqi federal and local police and border guard forces – will have a key role in defending, holding and stabilising areas liberated from Daesh,” she said.

“Helping train these law enforcement agencies to hold and stabilise territory will assist Iraq to take responsibility for its own security and provide security for Iraq’s citizens as they return to their cities.”

She said Australia would also increase the flexibility of its mission to enable our forces to conduct training at other secure coalition locations, as the need arises.

The changes were formalised by Senator Payne at the Counter-Daesh Defence Ministers meeting in Washington DC on July 20.

Training the trainers in Baghdad

News

7

The Task Group Taji Training Task Unit flag flies proudly outside the HQ building at the Taji Military Complex in Iraq. The flag is based on the AATTV’s shield and crossbow combination from the Vietnam War.
Survival of the fittest

Soldiers support search-and-rescue exercise

Capt Anna-Lise Rosendahl

AS SEARCH-and-rescue scenarios played out over the Coral Sea and Townsville field training areas, a small but potent Army force helped Exercise Angel Reign run smoothly from June 27 to July 7.

The two-week bilateral joint personnel recovery exercise involved troops from the Combat Survival Training School (CSTS) who helped create and deliver the scenarios, as well as members of 35 Water Transport Squn and the Army School of Transport – Maritime Wing, who provided a Landing Craft Medium 8 (LCM8) and Shark Cat during water serials.

Capt Mark Lennox, Pte Matt Hasson and Cfn Lewis Sweeting retrieve parts of a mock air sea rescue kit deployed from a C-130J Hercules.

A US Air Force pararescueman drops from a HH-60 Pave Hawk search-and-rescue helicopter to retrieve an ‘isolated person’ from a life raft off Rattlesnake Island near Townsville during Exercise Angel Reign.

A NEW minister has entered into the Defence fold following the swearing in of Prime Minister Malcolm Turnbull’s ministry.

Christopher Pyne has been appointed to the new role of the Minister for Defence Industry. He joins Minister for Defence Marise Payne and Minister for Defence Personnel Dan Tehan – who was previously the Minister for Defence Materiel – in the Defence portfolio.

Mr Pyne will be responsible for delivering the $195 billion worth of investment in Australia’s defence capabilities outlined in the Defence White Paper.

New minister takes the reigns of Defence industry portfolio

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“That way we can ensure we are teaching our air crewmen, when they come here as students, the most up-to-date procedures they’re most likely to face if they deploy overseas.”

“Australian and US Air Force personnel worked through six different search-and-rescue scenarios, from downed aircraft in the Coral Sea to mass casualties from an improvised explosive device in hostile territory.”

“The aim is to ensure any aircrew who become isolated personnel are fully recovered.”

“Whether you’re ADF or civilian, you see the way military members are able to react and liaise with civilian counterparts to get out in the water in a hurry and evacuate people, whether it’s for medical or other purposes,” CPL Anderson said.

“IT gives us a good look at what will actually happen overseas should one of our aircraft be shot down or crash for any reason.”

– WO1 Gregory Hains, Combat Survival Training School

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Having a good bedside manner and being a proficient health carer paid off big time for a medic from 1CHB, 17 CSS Bde.

Pte Jack Thomson enjoyed the thrill of flight as a reward for his dedication and professional skills during Exercise Black Dagger in April.

Pte Thomson was working at RAAF Base Townsville when he was invited to fly in a Pilatus PC9/A by a member of No 4 Sqn, which is based at RAAF Base Williamtown near Newcastle, NSW.

It was his proficient health care and his ability to build a positive rapport with his patients that resulted in the 1.5-hour flight.

After completing a medical assessment for flying and attending the safety briefs, he was fitted with a flying suit and was ready to soar in the North Queensland sky.

Pte Thomson said the pair of PC9/As flew from Townsville to Ingham and returned via the tropical islands off the coast.

"We did a few acrobatic loops and spins during the flight – it was an awesome experience," he said.

"I was a bit scared when the pilots gave me a familiarisation of the aircraft and warned me about the ejection button, but they were very experienced and definitely knew what they were doing.

"I was very excited and also managed to take some good photos."

Pte Thomson has only been posted to Townsville for three months and said he was enjoying his time in 1CHB.

"We have a great team at Lavarack Barracks and we are very busy," he said.

"I have been working closely with 2RAR, 3RAR and 4 Regt RAA during their exercises and have been offered an opportunity to experience life on the streets for a few weeks with paramedics of the Queensland Ambulance Service.

"After that I will be getting more experience by working at the Garrison Health Centre before we head out field for the Exercise Brolga Run series."

Exercise Black Dagger trains personnel to coordinate close air support and focuses on training joint terminal attack controllers.
The photograph of the Anzac Day dawn service on Mount Charandaz overlooking Camp Qargha on the outskirts of Kabul and, right, the painting done by Jillian Oliver.

Painting helps charity

WO2 Andrew Hetherington and Cpl Max Bree

The photograph of the Anzac Day dawn service on Mount Charandaz in Afghanistan inspired a retired NSW police officer to use her artistic skills to recreate the image in a painting.

Jillian Oliver saw the photograph of the dawn service overlooking Camp Qargha on the outskirts of Kabul on Facebook. “I thought it was just beautiful,” Ms Oliver said.

“I’ve always been a keen supporter of our diggers. I thought I’d just give the painting a go and see what happened,” Ms Oliver’s career in the police force came to an end about six years ago following a car accident while on duty, in which her vehicle rolled 175m down a mountain.

She emerged with PTSD and was badly injured. “From the accident to now I’ve learned to do everything left-handed,” Ms Oliver said.

“We fly from Singapore to Perth and anyone interested in contributing can do so by opening the donations page on the ride website at www.thelongridehome.com.au,” said Mr Sams.

“In the last five legs of his epic ride by other SASR veterans. Laurie Sams, 67, who served with the SASR in Vietnam in 1970 before losing a leg in a parachute accident in 1985, left Hanoi on May 12 aiming to reach the steps of the Sydney Opera House six months and 10,000km later on November 20.

So far he’s ridden his trusty Trek 2500km through the steamy jungles and paddy fields of Vietnam in intense wet season humidity, dodging potholes, motorcycles, buffalo and lumbering lorries and has had the ride featured on Vietnam’s English language TV channel VTV4.

Mr Sams will be joined by former corporal Troy Lockyer and ex-trooper Giles Beresford-Price for the 1490km leg from Ho Chi Minh City to Bangkok and the Thai border town of Surat Thani, where former SASR WO Matt Brown will take over co-riding duties for the 1220km leg to Singapore via Kuala Lumpur.

“Mr Sams said, “These guys are younger than me and they’re super competitive, so I’m going to have to pick up the pace a bit from here on.”

“Mr Sams will be joined by former corporal Troy Lockyer and ex-trooper Giles Beresford-Price for the 1490km leg from Ho Chi Minh City to Bangkok and the Thai border town of Surat Thani, where former SASR WO Matt Brown will take over co-riding duties for the 1220km leg to Singapore via Kuala Lumpur.

“We fly from Singapore to Perth and then there’s the Nullarbor and beyond.”

A world champion parachutist, Mr Sams was awarded Australia’s Star of Courage in 2001 for saving his tandem parachute student in the 1995 accident.

Since learning to walk with a prosthetic leg he has completed charity bike rides around Asia, especially in Vietnam. He said he set his sights on “the long ride home” to Australia as a friendship initiative between Australia and Asia and to support wounded veterans.

“A former SASR soldier riding from Hanoi to Sydney to support veterans suffering from PTSD will be joined on the next five legs of his epic ride by other SASR veterans.

Laurie Sams, 67, who served with the SASR in Vietnam in 1970 before losing a leg in a parachute accident in 1985, left Hanoi on May 12 aiming to reach the steps of the Sydney Opera House six months and 10,000km later on November 20.

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“I’m blown away at the number of vets suffering from PTSD and other injuries,” Mr Sams said.

“We’re passing through some amazing countryside and I’m working with the support team to provide regular video updates available at www.thelongridehomeaustralia.blog or www.facebook.com/thelongridehomeaustralia.”

Sponsors are still being sought for the ride and anyone interested in contributing can do so by opening the donations page on the ride website at www.thelongridehome.com.au.

Riding for PTSD vets

A FORMER SASR soldier riding from Hanoi to Sydney to support veterans suffering from PTSD will be joined on the next five legs of his epic ride by other SASR veterans.

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July 28, 2016

Long service honoured

MAJ-GEN Stephen Meekin (retd) was the guest of honour at the official building naming ceremony of the Defence Force School of Intelligence’s (DFSI) main instructional facility in June.

He and his wife, Jenny Nicholson, attended Kokoda Barracks, Canungra, for the dedication of the building, which has been named the Major General Stephen Meekin AM Building.

The ceremony was held to honour a distinguished career in ADF intelligence and recognise MAJ-GEN Meekin’s service, which laid the foundation of professional intelligence education and training.

MAJ-GEN Meekin had an extraordinary career in Defence intelligence, notably serving as CO of the DFSI (then the School of Military Intelligence).

He also held a number of senior intelligence positions on operations and in the Defence Intelligence Organisation, Australian Signals Directorate and Australian Geospatial Intelligence Organisation.

MAJ-GEN Meekin’s last permanent position before retirement this month was Deputy Secretary Intelligence and Security.

CO DFSI Lt-Col Arran Hassell praised MAJ-GEN Meekin’s attributes during the ceremony.

“Maj-GEN Meekin embodies the values we strive to instil in our trainees – leadership, teamwork, excellence and respect,” Lt-Col Hassell said.

“The name plate and plaque of dedication are appropriately placed so everyone who enters will read his name and learn of and from MAJ-GEN Meekin’s achievements.

“It is our sincere hope that these modest embellishments will serve to inspire future generations of soldiers, sailors, airmen and airwomen and officers as they walk towards the inception of their careers within Defence intelligence,” he said.

MAJ-GEN Meekin said the honour was a humbling experience.

“I am thankful and humbled,” he said. “Fundamentally, it’s not about the name of the building or my name. It is about the enviable reputation of the school.

“This is a wonderful institution that has always focused on learning from our experiences, both in peace and in war,” MAJ-GEN Meekin said.

Other intelligence professionals recognised on the day were WO1 Lea Nimmo, Lt-Col Graeme Clark (retd) and Brig Matthew Hall, who had rooms and areas named in their honour.

School Warrant Officer WOFF Greg Tafe said it was an honour to coordinate the ceremony, and a privilege to speak to MAJ-GEN Meekin and other contributors to ADF intelligence training.

“This ceremony brought together past, present and future members of the Australian Defence intelligence community to publicly recognise those who have had a strong, positive influence on the capability, to be inspired and to reaffirm our commitment to excellence in intelligence support to the defence of Australia and its national interests,” he said.

DFSI instructs foundation-level career and specialist skills intelligence courses for Army, Navy and Air Force.

Each year, more than 1100 ADF trainees pass through the school, in addition to individuals from other government agencies, and students from more than 20 nations.

Those honoured at the naming ceremony were, from left, Lt-Col Graeme Clark (retd), MAJ-GEN Stephen Meekin (retd), WO1 Lea Nimmo and Brig Matthew Hall.

“Long service honoured – inspiring future generations of intelligence personnel.”

News

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Defining the new

Army's new dress uniforms reflect our proud history while embracing the future.

In recognition of the Centenary of Anzac, Army is introducing a new dress uniform that recognises our heritage while incorporating modern textile and garment enhancements.

SO1 Sustainment Lt-Col Andy Harrison-Wyatt, of AHQ, said as part of the continual improvement of ADF uniforms, a modernised service dress uniform was being progressively rolled out to personnel across the country.

"The redesigned uniform, using a better quality brown khaki fabric, will provide the wearer with improved comfort and functionality," Lt-Col Harrison-Wyatt said.

"The colour is also reflective of the traditional shade of khaki and is closer to the khaki colour of the slouch hat.

"The colour change is based on the results of an Army-wide survey, the results of which indicated overwhelming support for a change in colour.

"Army personnel can also look forward to receiving new service dress and 'pollies' in an increased sizing range, which has been modernised to feature specific male and female designs," Lt-Col Harrison-Wyatt said.

"We have also improved the quality of the fabrics and created a modern fit that enhances comfort while maintaining the traditional uniform appearance."

Lt-Col Harrison-Wyatt said Army was going through an exciting period of its history.

"The uniform that an Army wears defines a generation," he said.

"WWI and II saw the use of battle dress, Korea and Vietnam the adoption of fatsugs; East Timor and Iraq the adoption of DPCU; and, more recently, the transition to multicam combat uniforms. Each generational change in uniform saw a parallel change in dress uniforms.

"When khaki was adopted by the Army in 1901, the shade chosen had a darker and green hue and was reflective of the khaki used by a number of the Commonwealth countries of the time.

"Before WWI, the khaki colour evolved as it was mass produced to a darker brown khaki, with this shade remaining in use throughout the two world wars. Variations of the uniform colour did appear, however, especially with soldiers serving in temperate climates."

He said, as a result, two types of service dress uniforms appeared – a light coloured khaki and the original darker brown khaki.

"The light coloured khaki service dress evolved over time to a light olive drab khaki. These uniforms remained in service until the mid-1990s when the darker brown khaki service dress was withdrawn.

The roll-out began in June. Soldiers are encouraged to go through their chain of command for further information.

SERVICE DRESS ROLL-OUT

- DCA Directive 04/16 dated May 4, 2016, articulates the roll-out plan for introduction into service of the new Army Service Dress Uniform. It also articulates the Basis of Issue dependent on region and role.
- The roll-out started in the Canberra region in June and will conclude in Western Australia during the third quarter of 2017.
- The basis of issue for the new service dress uniform will be split in line with the varying climatic conditions experienced within Australia and the requirement to represent the Army overseas.
- As part of the roll-out, all regular and reserve members will be issued either trousers or slacks.
- Service dress jackets will be issued to members in the following locations: ACT, NSW, SA, Tas, Vic and WA.
- Post roll-out, service dress uniform items will be available at clothing stores for purchase. This includes a skirt option.
- All embroidered insignia associated with the service dress uniform and general duty dress (polyster) will be replaced with insignia in a colour to match the new service dress uniform.
- There will be a period of transition for personnel to change the insignia applied to shirts to the new colour insignia. Due to the fragility of shirt material, the removal of insignia may cause unrepairable damage. As such, all personnel will have a transition period (sunset clause) not to exceed two years from the date the roll out commences in their unit to either procure new shirts or have existing shirts altered.

SERVICE DRESS ACCOUTREMENTS

- The new dress uniform ensemble will retain the current in-service slouch hat.
- The new uniform will also retain current parade (RM Williams) and court shoes.
- The short- and long-sleeve shirts will remain the same colour as the current shirts. However, they will undergo gradual development over the next couple of years. Shirts are not part of the new dress uniform roll-out.

Army personnel can look forward to receiving new service dress and 'pollies' in an increased sizing range, which has been modernised to feature specific male and female designs.

- Lt-Col Andy Harrison-Wyatt, SO1 Sustainment, AHQ
## SERVICE DRESS JACKET ACCOUTREMENTS

- The new service dress jacket is an off-the-shelf garment.
- The fabric has been updated to feature a 2x2 twill weave fabric in military khaki colour.
- The fabric has enhanced stretch properties for easier movement and heightened breathability.
- A lighter fabric is now used in the lining of the jacket.
- The garment has been rebalanced and realigned for increased comfort, while the sleeve width has been reduced.
- The jacket shoulder has been adjusted for enhanced balance with chest-waist-hip ratio an improved fit.

## SERVICE DRESS TROUSER, SLACK AND SKIRT ENHANCEMENTS

- These new items have been designed to replace both the service dress uniform and the general duties dress.
- The new dress trousers, slacks and skirts have also been designed using the new military khaki twill weave fabric featured in the new service dress jacket.
- The trousers include an invisible elastic waist adjustment, which has been incorporated to provide an improved fit and increase wearer comfort.
- The front pleat has been removed while the leg width has been reduced and rebalanced to remove the amount of excess fabric from the rear.
- Slacks and skirts also feature invisible elastic in the waistband to provide more comfort to the wearer.
- In the slacks the leg width has been rebalanced to remove excess fabric from the rear.
- The skirt now has front side pockets and is tapered towards the hem to provide cleaner lines.
- All lowers include a shirt grip to secure service dress shirts.

## SERVICE DRESS TIES AND BELTS

- To align with the new service dress jacket, trousers, slacks and skirts, the service dress ties and belts will also be featured in the new military khaki colour.
- The tie has also been redesigned using the same twill weave fabric as the dress jacket.

## SERVICE DRESS ACCOUTREMENTS

- The accoutrements accompanying the new service dress will also be featured in the new military khaki colour.

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**This is an exciting time for Army. As well as the introduction of a new combat uniform, the roll-out of a new service dress will enhance our image as a professional and contemporary military force, both nationally and internationally.**

– Brig Cam Purday,
Director General Logistics – Army

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**MATERNITY DRESS**

- As part of the new dress uniform ensemble, a modernised maternity service dress uniform will be implemented. The maternity uniform will consist of the existing shirt but will have modified slacks and skirts in the new colour and material.
- The maternity uniform will be provided off-the-rack, thereby reducing the time taken for the member to receive it.
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Tough test on Hamel

Soldiers’ tenacity impressive on Exercise Hamel 2016, Cpl Sebastian Beurich reports.

EXERCISE Hamel has wound up for another year, presenting some unique challenges.

1 Bde, to the Blue (friendly) force, faced a modern enemy, heavily integrated into the local population and displaying aggressive, hybrid tactics.

7 Bde faced an unfamiliar training area, as well as a different climate to what they are accustomed to using equipment.

Director General Training and Doctrine Brig Mick Ryan said traditional warfighting was the most demanding activity a soldier could do.

“Planning and conducting these activities develops sound and effective collaborative planning skills,” Brig Ryan said.

“It develops the capacity to control movement, reconnoissance, joint fires and the logistic support of a force before and during combat,” he said.

“In the Battle for Iron Knob, we had Australian, US and New Zealand soldiers involved in all ground units, Army aviation and Air Force aviation.”

“So it develops the interoperability between all involved, not just the air-to-ground aspects and the joint air-to-ground collaboration.”

Chief of Staff HQ 1 Bde Lt-Col Andrew Love said he was surprised by the soldiers’ tenacity.

“The way soldiers receive training is positive – they enjoy being soldiers, away from the barracks and doing the job they’re trained to do,” Lt-Col Love said.

“The brigade is almost overfamiliar with the Cultana Training Area at this point, which wasn’t necessarily to our advantage during the exercise.”

“We tried to shift our tactics and be a bit sneaky and deceptive during the exercise, to make it more realistic and hide the things the enemy was looking for.”

“As a brigade, we are now assured that we are brilliant at the basics and have every confidence in force generating troops for overseas operations.”

Bringing together about 9000 people meant soldiers got an opportunity to work with allies and build up the relationship.

“We do military policing activities, to mask our movements and be a bit more aggressive, hybrid tactics.

“Facing a modern enemy, heavily integrated into the local population and displaying aggressive, hybrid tactics means they could research and adopt contemporary operating procedures to work around the world.”

“We played the role of a fictional enemy force as the 92nd Motorised Bde of the Kamarin Military Forces, bringing two battlegroups to the party,” Brig Rawlins said.

“We had a conventional battlegroup, based on 2/14 LHR (QMI), and an unconventional force, which replicated some of the hybrid threats we have seen recently around the globe, like those that were used in the Ukraine, based upon 6RAR,” he said.

“We were also enabled by armoured elements from 2 Cav Regt in Townsville, so we had M1A1 Abrams tanks simulating Kamarian T-90s, ASLAVs, which simulated BTRs, and M113s, which simulated BMPs.”

“We also had a number of air defence weapons and offensive fire support in the form of multiple rocket launch systems and field artillery.”

6RAR’s Maj Alastair Robinson said living in Iron Knob was a different experience to a normal exercise.

“Being an enemy force inside an urban town waiting for 1 Bde to attack allowed my soldiers to understand the use of population in an asymmetric force,” Maj Robinson said.

“The tactics and equipment used meant the red force had to be adaptable and innovative.”

“Our soldiers went out and produced some high quality, visually modified products to replicate our simulated air defence,” RSM 3 Bde WO1 Ian D’Arcy said.

“It’s all about adaptability – we’re used to operating in semi- and densely vegetated undulating terrain, but Cultana has an open terrain set with very little room for concealment,” he said.

“If forced to adapt and evolve different procedures to achieve a better tactical outcome,”

Brig Ryan said geography was one of the key challenges faced during the exercise.

“This year, Hamel has been very different to previous iterations we have run in Shoalwater Bay. The geography is very different and many of the participants haven’t been to Cultana before,” Brig Ryan said.

“We have also had live and a virtual components of the exercise – where a large part of the exercise is done in real time, but another part is simulated.

“The weather has been challenging at times, but it has taught our soldiers we’re not always going to be in hot, dusty conditions.”

“We met all of our exercise objectives early and have achieved some additional goals as well.”

“Instead of the certification of the ready battlegroup, or the evaluation of 1 Bde, which will be the ready brigade post-Hamel, we have met all of our exercise objectives.”

Main: A SRAR soldier identifies enemy positions during the Battle for Iron Knob.

Above: A US officer and Australian officer lead US Marine Corps vehicles into an assembly area at the beginning of Hamel.

Right: A soldier from 2 Cdo Regt patrols into Whyalla at the start of the exercise. Photos by AB Chris Beerens

Securing the population

Cpl Sebastian Beurich

INEVITABLY, when a nation is destablised, civilians are the first to be affected.

When people are forced from their homes, they congregate into internally displaced persons camps, which is what the 1st Royal New Zealand Infantry Regiment (1RNZIR) soldiers and members of the Australian Civilian – Military liaison (CIMIC) team found on July 7.

ajor Chris Shaw, 1RNZIR, and Maj Chris Rawlins said their objective was to secure the camp’s population.

“We need to make sure everyone here is who they say they are and they pose no threat to ourselves, our mission, or other refugees around them,” Maj Shaw said.

“When we are establishment here, we will be delivering essential humanitarian and disaster relief aid – food, water and facilities.”

“This is a great opportunity for both Australian and New Zealand soldiers to deal with a range of factors on the battlefield.”

1RNZIR was closely integrated into Battlegroup Tiger, based around 1 Bde’s SRAR.

“The majority of the New Zealand soldiers have worked with the Australians before, but this is still a great opportunity to come together and re-establish our relationship with them,” Maj Shaw said.

“There are always points we need to work through, but that’s part of the purpose of the exercise – to understand where our shortfalls are.

“If our governments called on us to work together overseas, we will have a good head start through being well versed in each other’s operations.”

Dealing with key leadership at the internally displaced persons camp and finding out what they need to survive is the responsibility of the CIMIC team.

We’re trying to determine how much food, water and sanitation the refugees have in the camp, so we can report those figures back to the host nation,” CIMIC team member Maj Geoffrey Hatcher said.

“It requires face-to-face time with the key leaders of the camp, and discussions to figure out what their concerns are regarding basic life support supplies.”

After the internally displaced persons camp was secured by the New Zealand and Australian teams, security of the location was handed over to a rifle company from the US Army.

For some of the New Zealand soldiers present, the highlight of the training was getting to experience equipment they don’t have at home.

“In New Zealand, we don’t have Chnooks or PMVs to travel around in, so it’s been a pretty good experience for all of us,” 1RNZIR’s Cpl Jordy Bunt said.

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WHYALLA locals woke up on the morning of June 28 to the sight of Australian and New Zealand soldiers from the ready battlegroup evacuating role-players from ‘Cultana’, a fictional nation with a destabilised government.

Director General Training and Doctrine Brig Mick Ryan said non-combatant evacuation operations (NEO) and humanitarian assistance and disaster relief (HADR) training activities were important should Army need to provide assistance to Australian nationals stranded in foreign countries due to natural, humanitarian disasters or conflict.

“We train for these situations to assure government that Army and other elements of Defence can assit Australian citizens or others offshore, should they desire to help other nations in their hour of need,” Brig Ryan said.

“The planning is important, but we also need to practise these operations to see where we have strengths and weaknesses, so we can continue to refine our training.”

“Non-combatant evacuation and HADR operations are also about being able to coordinate with other government agencies. It’s important to develop relationships with those organisations and practise how we might work together in austere and often distressing circumstances.”

CO 5RAR Lt-Col Paul Shields said securing the Whyalla airport was important as it provided a base for evacuation of citizens.

“The advance force operations conducted by 2 Cdo Regt allowed us to provide broader security to the airport, secure our evacuation assembly areas and the routes back to the airport,” Lt-Col Shields said.

“We have engaged civilian evacuees and Air Force’s 383 Sqn conducting screening, processing and supporting the Department of Foreign Affairs and Trade.”

“We have a wide range of tasks to fulfil as Army’s high-readiness battlegroup, but we never fight or work alone. Here we have a combat interoperability team tackling some of the diverse challenges we may face.”

An important part of NEO training is ensuring security is maintained at evacuation assembly areas, used as gathering points for potential evacuees.

Pte Jesse Franz-Hoobin, of B Coy, 5RAR, said NEO training sessions had great training value, especially using civilian role-players.

“We don’t get to do a lot of training on NEOs back on base, so it’s good to add a bit of diversity,” Pte Franz-Hoobin said.

“A lot of soldiers don’t react to weapons, but when there are actual civilians thrown into the mix and they don’t know how we operate it throws a different curveball at us.”

While 383 Sqn maintained security of the evacuation assembly areas, role-players from 7 Bde kept and then increased the pressure on them.

“We had a bit of a rough night with [role-players acting as] rioters, but apart from that we had a good run at the evacuation assembly area,” Pte Franz-Hoobin said.

What the role-players didn’t realise was that two military police dogs and their handlers from D Coy, 1 MP Bn, were on hand to support crowd control.

Lt-Godwin said.

“The evacuee handling centre is their show and it’s working out pretty well,” he said.

Bruce Ledo, a Whyalla local acting as a role-player, said his experience was “incredibly good fun.”

“The Army is going to be confronted by civilians in the real world, not military members role-playing as civilians,” Mr Ledo said.

“There is a serious component to all of this – the soldiers may have to do it for real.”

 Injecting realism into training

1 BDE is being tested on its ability to plan and perform a range of HADR operations modeled on contemporary scenarios as part of Exercise Hamel.

The brigade was presented with a fictional ‘observed aircraft’ scenario, which aimed to develop interoperability within a joint setting.

US Marine Corps (USMC) elements with an attachment of soldiers from 7RAR, were deployed to search and secure the crash site in preparation for the disaster victim identification process, led by the Australian Federal Police (AFP).

AFP Federal Agent Greg Conin said multi-agency training helped to align processes.

“It’s critical agencies like the AFP, ADF and other government bodies exercise these kinds of scenarios,” Federal Agent Conin said.

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Reserves from around the country join with 1 Bde for Hamel

Capt Sharon Mascall-Dare

BATTLEGROUP Jacka is the largest reservist battlegroup to be raised for Exercise Hamel from reserve units so far, with more than 700 members drawn from 4 and 9 Bdes in Victoria, Tasmania and South Australia.

The infantry battlegroup comprised three companies supported by Bushmasters, one light artillery battery, an engineer squadron and a combat service support squadron providing administration and logistics support.

Further integration of reservist capability was provided by a cavalry scout platoon attached to 1 Arm Regt and 4 logistics soldiers who reinforced 1CSSB for the duration of the exercise.

“CO Battlegroup Jacka Lt-Col Tom Biedermann said they had successfully demonstrated the reinforcement and integration Battlegroup Jacka brought to 1 Bde.

“There are a couple of ARA members in key positions the reserve could not fill, but essentially this is a battlegroup comprised of reservists who have trained over the past two-and-a-half years to be ready,” he said.

“They’re ready not only for the Army’s capstone exercise – Hamel – but also for the ready cycle and potential operational deployment with 1 Bde.”

As the battlegroup assigned to rear security operations for 1 Bde, Battlegroup Jacka elements were primarily located in the same vicinity as the brigade maintenance area, providing security for health, administration and logistics support.

For LCpl Chris Tucci, of 8/7RVR, it was an opportunity to see his section grow as a section.

“It’s a real credit to the soldiers of Battlegroup Jacka that they’ve balanced the reserve. It’s been a big achievement.

For many members of Battlegroup Jacka, attending Hamel had required long-term planning around civilian work commitments, in addition to months of training.

“It’s an opportunity to work directly with live assets and ARA personnel in the battlespace using current technology. I can’t think of a better way to learn and develop.”

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For Lt Bty, who works for South Australia Police in his civilian life, it was great to bring them together on Hamel to operate as a section.

“I was surprised by the high morale on Hamel,” he said. “We had some hard tasks on the exercise under inclement weather conditions. But morale remained high.”

Reserves from around the country join with 1 Bde for Hamel

Capitol Integration

FOR WO2 Doug Pammenter, Hamel marked the 50th anniversary of his enlistment into the Army.

The 69-year-old recovery mechanic from 9CSSB enlisted in 1966 with RAE. He deployed to Vietnam in 1970.

“My tour of Vietnam was a high-light,” WO2 Pammenter said.

“Reaching the pinnacle of my trade was a recovery mechanic from 9CSSB enlisted in 1966 with RAE was also a big achievement.

“Always learning, I tell the younger soldiers that it doesn’t matter who you learn from – if you learn one thing from an exercise then it has been worthwhile.”

After his return from Vietnam, WO2 Pammenter transferred to RAEME. He’s spent much of his career at 9CSSB, where he’s seen the workshops go through many changes and mentored younger members of his corps.

“I was surprised by the high morale on Hamel,” he said. “We had some hard tasks on the exercise under inclement weather conditions. But morale remained high.”

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SOLDIERS have medical support wherever they go – whether it’s on deployment or exercises, like Hamel, doctors and medics are there to patch them up if they hurt themselves.

So it makes sense that our Military Working Dogs (MWDs) have the same support, right?

A Veterinary Treatment Facility (VTF) was attached to 2GHB’s Role 2E hospital for the first time during Hamel.

Staffed by two reserve veterinarians and two reserve veterinarian nurses, the facility can do everything from routine check ups to life-saving surgeries.

Veterinary officer at the School of Military Engineering Maj Kendall Crocker said the VTF had been fully set up, but can receive patients in 40 minutes.

“The idea is partly modelled off of what the British and US armies do. We’re not trying to replicate them; we’re creating our own iteration,” the OIC of Shock Trauma Pl at 2GHB, Capt Marcus Radford said.

“Because of the specialty of our staff, we have to pull personnel from outside of 2GHB. Generally our specialist doctors come from JHSB, however, we pull from the joint space as well. This really is a joint asset – we pull from Army, Navy, Air Force or the reserves to fill our staff needs. Lt Emma Kadziolka, a nurse in the Role 2 light manoeuvre, said it enabled potentially life-saving surgery to be undertaken if evacuation assets were unable to be used.

“We allow commanders to push further forward while knowing they have a surgical capability on hand,” Lt Kadziolka said.

Previously, MWDs and their handlers had relied on local arrangements for veterinary support. Some of the places the ADF deploys to can be a few hours away from civilian veterinary support,” Maj Crocker said.

“Overseas, we rely on coalition partners to provide the proper support for our MWDs, but they’re not always in the same place as us. Even in the field, sometimes civilian rotary wing aeromedical evacuation isn’t contracted to take the dogs.”

While there are 15 uniformed veterinarians, veterinarian nurses like 1CSSB’s Pte Amanda Midgelow are harder to come by.

“I’m a combat medical assistant in the reserve, but my civilian job is as a diploma-qualified veterinarian nurse,” Pte Midgelow said.

“As a capability, I think it’s really important that we treat our dogs as we would our soldiers, both for the dogs’ welfare and the soldiers, too. The soldiers want to know we are looking after their dogs and treating them like we would treat a human.”

A MWD handler at 1CRJ, Spr James Mioch, said it was comforting to know that Army was moving towards providing the same medical care for its canine soldiers as they did for human soldiers.

“It’s awesome helping to develop a new capability.” Pte Midgelow said.

“I’ve always said if Army had a veterinarian trade, I would join full-time.”

The exercise has also trialled putting canine casualty evacuations through the same channels as human, with a new form – the K-9 Lifer.

The best meals in town

Pte Bayden Johns, left, and Pte Nicole Simmons prepare lunch at the Camp Baxter mess. Photo by Cpl Dan Padmore.

“If people aren’t happy with this, they’re more than welcome to come over to the US and have some of our chow,” he said.

“They’ll be much happier coming back and having some of this.”

The chefs who cook the meals every day say the best thing about the job is seeing a happy customer.

“We are working long hours but, at the end of the day, it’s worth it to see the appreciation other diggers have for our food,” Pte chef Pte Bayden Johns said.

“EVERY officer and soldier is fed. If they’re injured, surgery isn’t far away, so it maintains the will to fight.”

Although the Role 2 light manoeuvre was set up during the 2 Cdo Regt para-drop on Whyalla airfield, and then again for Battlegroup Tiger’s push into Iron Knob, their capabilities were not needed. However, they did participate in a mass-casualty scenario while attached to 1 Bde, treating 21 mock patients, including a number of damage control surgeries.

Health support on hand in case of emergency

Cpl Sebastian Beurich

EVERY officer and soldier is taught about the ‘golden hour’ during their basic first-aid lessons, but sometimes the injuries or the security situation mean it is difficult to get them to a hospital in that hour.

If fitting onto just four standard C-130 Hercules sorties, a Role 2 light manoeuvre is transportable by air (a single C-130 Hercules sortie), sea (integrating with a maritime Role 2B while aboard or land (using vehicles for transport).

The facility is so small that it takes one-and-a-half hours to completely set up, but can receive patients in 40 minutes.

“The idea is partly modelled off of what the British and US armies do. We’re not trying to replicate them; we’re creating our own iteration,” the OIC of Shock Trauma Pl at 2GHB, Capt Marcus Radford said.

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Marines join Hamel

US marines head to Cultana to work with Aussie troops on capstone exercise

Cpl Sebastian Beurich

MARINE Rotational Force – Darwin (MRF-D) is now into its fifth year and is the largest rotation to date, comprising about 1250 officers and marines.

During Exercise Hamel the marines added a third manoeuvre battlegroup – Battlegroup Chromite – to 1 Bde’s arsenal and were based upon a marine expeditionary force containing a light infantry battalion with three infantry companies, a heavy weapons company and a support company.

During Hamel, Battlegroup Chromite added an Australian infantry company from 5RAR and a US Army company to its ranks.

One of Battlegroup Chromite’s objectives throughout the exercise was to capture Objective Iron – a heavily fortified enemy position within the Cultana Training Area – on July 7.

“We are clearing south through our area of operations to ensure there are no enemy elements in that area that will interfere with the brigade’s main attack effort,” CO Battlegroup Chromite Lt-Col Steven Sutey said.

“We will seize Objective Iron, which contains a company-sized enemy force, and then fix another force further to the south,” he said.

“The intent is to deceive the enemy of our axis of approach, then capitalise on the deception and capture a position further to the west.”

After moving through and clearing a number of trench systems and armoured fighting vehicle pits, the combined Australian and US force secured the objective, providing unimpeded views of the majority of the training area.

5RAR’s Pte Thomas Gleeson said the day action was a nice change from night patrols.

“We leap-frogged between the trench systems in conjunction with the marines – it was tough, but it’s nice to have a sit down at the end,” Pte Gleeson said.

“We have heard some of the marines’ communication come over the radio and haven’t really understood what they were saying,” he said.

“There’s usually someone on hand to translate for us though, so it wasn’t too much of a hindrance.”

Lt-Col Sutey said the exercise gave the soldiers and marines an opportunity to do their mission, but it also gave them an opportunity to tell war and sea stories, get to know each other and how they operate,” Lt-Col Sutey said. “At a higher level, it gives us an opportunity to integrate with the Australians at a brigade level and work through our planning processes with them.”

1 Bde’s Capt Trevor Williams integrated with Battlegroup Chromite as a liaison officer at the beginning of the exercise.

“The marines have a different way of doing things, compared to how Australians do business,” Capt Williams said.

“I think they do some things better than we do, so it’s interesting to see the disparity between the way the different countries conduct their warfighting.”

“I've learnt a lot to bring back to 1 Bde, and enjoyed myself at the same time.”

MRF-D LCpl Michael Blanchard said the Australian soldiers were fun to be around.

“They like to sing – whenever we are in the 7-tonnes [trucks], they are singing in the back. It definitely brings up the morale,” LCpl Blanchard said.

“We’ve been trading our MREs for Australian ration packs. The C menu is definitely my favourite.”

5RAR’s Pte Declan Lee said it was great working with the marines.

“They do things differently to us, so it’s good to get that crossover of tactics,” he said.

“It’s always a laugh watching the Australians and marines hit it off.”

Above: US marine Capt Chris Brock delivers a brief to Australian and US personnel at Cultana Training Area during Exercise Hamel.

Right: Marines clear a trench system during the exercise. Photos by Cpl Nunu Campos

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Mentors having an
Australian mentors at the Afghanistan National Army Officer Academy are making a positive difference to the quality of instruction and capability of the force, WO2 Andrew Hetherington reports.

SHORT 10-minute Black Hawk ride from Hamid Karzai International Airport will take you to Camp Qargha and the Afghan National Army Officer’s Academy (ANAOA), where a team of 80 ADF members are assisting with the training of the Afghan Army’s future leaders.

The Australian mentoring team is undertaking this important mission alongside British, New Zealand and Danish advisors.

Maj Cameron Elston is the deputy senior national representative and a mentor to the ANAOA administration team. "Our rotation of four mentors arrived in February," Maj Elston says. "Nine of us are mentoring the Afghan officers who train future officers at ANAOA, however, the number of mentors increased to 12 this month.

The other 71 Australian personnel work in force protection as guardian angels, a signals detachment, medical, clerical, RAEME workshops and in the Q store.

To graduate from ANAOA as an officer, male and female officer cadets complete a 12-month course, divided into three four-month modules. Between 200 and 330 cadets are studying in each of the modules at any one time.

The course training program is based on the British Royal Military Academy Sandhurst model.

"Male and female cadets complete most of the training program together," Maj Elston says. "In recognition of cultural sensitivities, some training, including first aid and physical training, are conducted separately."

"The first of the three modules covers the issuing of all of their equipment and basics of soldiering, including introduction to their platoon, how to use their weapons and squad tactics.

The second term takes cadets through practical and classroom tutorials, platoon field tactics, ambushes, attacks, planning and orders, and reinforces what they have learnt in the first module. They are also taught urban warfare and building clearances."

He says the third module covers counterinsurgency operations and prepares them to instruct their future soldiers when they become officers.

Capt Angela Durant is on her first overseas deployment and is a platoon commander mentor for a female instructor at ANAOA.

"I was meant to deploy to South Sudan but this role became a priority to be filled so I got it," she says.

Capt Duran’s mentee, 2Lt S, has worked at ANAOA for 18 months and is proud of her job.

"She wants to make Afghanistan a better place for her family and future children," Capt Durant says.

"But they like my support if they need me to assist with a cadet who is struggling and needs a bit of extra tuition." ANAOA officer Capt Ahmadi is the OIC of the ANAOA staff Capt Jessup mentors and says he and his men are happy to be cooperating and gaining knowledge from the coalition soldiers working at the academy.

"When our graduate officers go to their units, feedback we receive indicates they are performing very well," Capt Ahmadi says.

"Australian at our school have also assisted in having some training text books translated and printed, which was useful as it assisted our officer cadets learn and understand their lessons better."

As part of their training, coalion mentors who assist the Afghan cadet instructors fly to the UK to participate in an eight-day course - Initial Mission Specific Training.

Each rotation of mentors who deploy to ANAOA serve there for just over nine months, and every four-and-a-half months new mentors are rotated into the school.

ANAOA mentor Maj Cameron Elston says shortly after arriving at the academy, coalition mentors fly to the UK. "We get to exchange ideas and learn from each other. It’s rewarding when they take on board something I’ve suggested and implement it into their training program."

"The highlight for me so far was seeing the cadets progress in their lessons, as they need support if they are conducting a practical lesson, or they need me to assist with a cadet who is struggling and needs a bit of extra tuition." ANAOA officer Capt Ahmadi is the OIC of the ANAOA staff Capt Jessup mentors and says he and his men are happy to be cooperating and gaining knowledge from the coalition soldiers working at the academy.

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"Australian at our school have also assisted in having some training text books translated and printed, which was useful as it assisted our officer cadets learn and understand their lessons better."

The relationships I’ve built with ANA members have been the most satisfying aspect of my job here." - Capt Albert Jessup, ANAOA mentor

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LEARNING ROPES IN UK

Australian and New Zealand mentors spend four-to-five days here to familiarise themselves with the academy," he says. "They then visit the Royal Military Academy Sandhurst, which ANAOA’s training is based on, and coalition mentors who have already worked here give briefs to the incoming mentors on how to assist their AAN memebers."

After the course, they return to ANAOA to complete their nine-month deployment.
impact in Kabul

Milestone marked by graduation

MORE than 300 officer cadets from the Afghan National Army Officer Academy (ANAOA) graduated on June 28, marking another important milestone for the 80 ADF members deployed on Operation Highroad.

Since ANAOA opened its doors to cadets in 2012, Australian soldiers, alongside coalition partners from the UK, Denmark and New Zealand, have worked with instructors and students ensuring the best possible training and guidance is delivered to the Afghan officer cadets.

Senior ADF officer and mentor Lt-Col Stephen Jenkins says the coalition’s efforts at ANAOA will yield valuable dividends for Afghanistan and its people.

“The ANAOA represents the future for Afghanistan and not just in a military sense,” he says.

“These young officers will eventually find themselves as Afghanistan’s civil leaders and politicians.

“The training, education and moral guidance they receive here at ANAOA will influence them for the rest of their lives – a fact that’s not lost on the ADF personnel here. It’s a very proud day for us.”

Attending the recent ANAOA graduation ceremony was Deputy Commander JTF633 Brig Kathryn Campbell, who says the graduates are an ideal example of how far Afghanistan has progressed in a short period of time.

“It’s a particularly proud moment for us to see young women as part of this latest graduating class,” she says. “They are proud, smart and capable women who are about to embark on a career of their choosing, serving their country.”

At any given time there are about 1000 cadets, undertaking the 12-month course at ANAOA, which sees them graduate as 2Lts. Many previous graduates have now returned to the academy as instructors.

Capt Angela Durant is a platoon commander mentor for ANAOA instructors.

Maj Cameron Elston is the deputy senior Australian representative and a mentor to the ANAOA administration team.

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Medical personnel are embracing a fast-paced multinational environment in Afghanistan, experiencing new and varied medical scenarios alongside coalition partners.

Deployed ADF personnel make a significant contribution to the health and wellbeing of coalition military members deployed to Afghanistan, with 14 Army, Navy and Air Force medical staff currently based at Hamid Karzai International Airport (HKIA) and Camp Qargha in Kabul.

Army medical personnel make up eight of the 14 ADF medical personnel currently in Afghanistan.

Capt Yan Yan is the senior ADF medical officer and works in the US-run HKIA Role 2 Hospital.

“There are teams working here from 12 nations, made up of specialist emergency trauma surgeons, anaesthetists, medics and specialist nurses able to cope with a large volume of patients,” Capt Yan says.

“They are the heart of the hospital and are on-call 24/7, focusing on all-round emergency care.

“We can cope with the equivalent types of emergencies that a normal hospital in Australia can.”

Australia has a full treatment team working at the HKIA Role 2E, with Capt Yan leading them as their doctor.

There are 12 Australians at HKIA, with two Navy nurses and a medic and, in addition to Capt Yan, Army is represented by two medics, a scientist who performs tests on bloodwork and manages the walk-in blood bank, a dentist and dental assistant.

At Camp Qargha just outside Kabul, Army has a medic and a nurse to assist Australian personnel who work at the Afghan National Army Officer Academy.

Air Force is represented by a medic and an aeromedical evacuation team doctor and a nurse, both of whom work in the hospital and perform the aeromedical evacuation role for Australian casualties, if needed.

Capt Yan says his team treats a variety of cases.

“So far since we arrived here, we’ve dealt with patients affected by IED blasts and gunshot wounds,” Capt Yan says.

“We have also had a lot of interesting medical cases such as Lyme disease and malaria.”

Capt Yan is enjoying his first operational overseas deployment.

“It’s the reason I joined the Army – to deploy overseas on operations,” he says.

Army scientist and OIC of the HKIA Role 2 hospital laboratory Capt James Fulton is always busy as he is the only scientist working at the facility.

“I have two technicians who work with me – one each from the Slovak and Czech republics – and we are kept busy providing haematology, biochemistry, blood banking and microbiology services to the hospital,” Capt Fulton says.

“We assist the doctors to provide accurate diagnosis of patients by running haematology and biochemistry tests, such as kidney and liver function tests, during the resuscitation and emergency phases of patient treatment.”

One of Capt Fulton’s more interesting experiences occurred during a visit to another health facility.

“I visited the Bagram Airfield Role 3 hospital in late February with our dentist and Capt Yan, to see their lab and blood bank,” he says.

“At about 12pm, after we had toured the facility and met some staff, there was a mass casualty incident and 12 casualties were brought in.

“I worked in their blood bank, cross-matching and typing patients’ blood and issued 27 bags of blood and 27 bags of plasma.”

Capt Yan was given his own emergency resuscitation bay to work in.

“I treated a US soldier who had been shot in the arm and I took really precise X-rays of the lodged bullet, stabilised him and passed him onto surgery,” Capt Yan says. “At the same time, our dentist was helping out in the triage area.”

Both Capt Yan and Capt Fulton worked for five hours in the hospital assisting the US medical staff.

“It’s an experience I would not likely get here at HKIA or ever in Australia,” Capt Fulton says.

“So far, that experience was the highlight of my deployment.”
in Afghanistan

Keeping wheels in motion

A SMALL but skilled team of RAEME soldiers are on the tools helping ADF personnel in Afghanistan keep their weapons firing and vehicles running. The six tradesmen are located at Task Group Afghanistan at Hamid Karzai International Airport (HKIA) and at Camp Qargha at the Afghan National Army Officer Academy just outside Kabul.

WO2 Nicholas Shaw is their Artificer Sergeant Major and a fitter armourer by trade.

“We have a small team here with four working at Camp Qargha and two of us at HKIA,” WO2 Shaw says.

“At Qargha, we have a workshop that services the task group’s Bushmasters, Unimogs and weapons.

“My role is to ensure all of our work on vehicles and weapons is technically compliant under the technical regulation of ADF Materiel Manual – Land, and I report to the chief of staff at HQ Task Group Afghanistan and to HQ JTF633.”

WO2 Shaw also has the challenging task of planning maintenance for the task group’s vehicles and weapons.

“It is critical for us to plan ahead, especially for vehicle maintenance, as it can be difficult at times to get vehicles out to the Qargha workshop,” he says.

“Due to the geography and threat levels in Kabul. Sometimes road routes can be closed because of bad weather or an increased threat level and it can sometimes take a week to get there.”

Left: Doctor Capt Yan Yan is the senior ADF medical officer in Afghanistan and works at the Hamid Karzai International Airport Role 2 hospital in Kabul with scientist and OIC of the Role 2 hospital laboratory, Capt James Fulton, above left.

Below left: Medic LCpl Erica Ricketts and nurse Lt Margie Moon show off their personalised mugs – a welcome gift from their British colleagues – at Camp Qargha.

Photos by WO2 Andrew Hetherington

Act of kindness goes a long way

A SHORT Black Hawk flight from Hamid Karzai International Airport is Camp Qargha.

Here, Australian, British, New Zealand and Danish personnel mentor Afghan National Army (ANA) officers training officer cadets at the officer academy (ANAOA).

At the camp, there is a small Role 1 medical centre run by British military personnel.

Two Australians – medic LCpl Erica Ricketts and nurse Lt Margie Moon – work with five British counterparts.

Both are in Afghanistan on their first deployment.

“We arrived here in January and I’m the Australian medical liaison officer between Qargha and the Role 2 hospital at HKIA,” Lt Moon says.

“A typical week has me dealing with a lot of administration and both of us run a rigorous timetable of medical training for Australian combat first aiders and the mentors at ANAOA.

“We were also involved with the review of the first aid training run by the Afghans at the academy.”

LCpl Ricketts says she’s having a great experience working with like-minded and skilled coalition personnel.

“There are a few differences in the types of equipment we use here compared to back in Australia, but we are still one team here and the British are so friendly,” LCpl Ricketts says.

“I’ve learnt a lot here, as I’ve had a more clinical role and seen a lot more patients than I would in Australia.”

Lt Moon recalls when they both arrived at Qargha and were greeted by the British medical team.

“The British major offered us a coffee and we thought it was a bit strange for a major to make us a brew,” Lt Moon says.

“He gave us our cups and said to us ‘I’ve given you the wrong cup’, and we said ‘no it’s okay’, as we both have our coffee the same way.”

“He said ‘no, they are around the wrong way’ and as he handed us our cups again we saw they had ordered us personalised cups with our names printed on them before we’d arrived here.”

LCpl Ricketts says they were both surprised by the act of kindness.

“It was so welcoming as it was winter and we had just arrived here from our training at Camp Baird,” she says.

WO2 Shaw also has the challenging task of planning maintenance for the task group’s vehicles and weapons.

“With him I’ve mounted big screen TVs on HQ walls and fixed door locks.

“I’m a jack of all trades and happy to do anything.”

Vehicle mechanic LCpl Craig Gibbs inspects the fluid levels of a Bushmaster at Hamid Karzai International Airport in Kabul, Afghanistan.

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Show of firepower on

While a showcase for armour, this exercise is as much about training as it is about getting qualified, writes LS Jayson Tufrey.

The shrill whine of the gas turbine coaxes the 62-tonne M1A1 Abrams battle tank into a hull-down position with the turret just cresting the rise. The gunner lines up an enemy vehicle through his optics. Another is still smouldering after being engaged by the ASLV's 25mm chain guns from their support-by-fire position.

The troop leader gives the order to fire. A booming report accompanies the muzzle flash that sends the 120mm projectile on its journey to finish the job started by the ASLV's. The counter attack begins.

Exercise Reapers Run is the School of Armour's culminating training activity for the 2016 Tank and Cavalry Regimental Officer Basic Courses (ROBC), which trains selected lieutenants for troop-leading appointments in the Armoured Cavalry Regiments (ACR).

Reapers Run assesses the officers' individual troop commanding skills within a combat team setting. They are immersed in a realistic environment under the command of a combat team officer (OC).

Two-hundred-and-forty personnel and more than 30 armoured fighting vehicles deployed to the field at Puckapunyal for 10 days to provide this training opportunity.

Trials troop leader Capt Dan Solomon, in his role as combat team liaison officer, said although the exercise was primarily about getting the lieutenants qualified, it provided training benefits for everyone involved and was much more than a showcase for armour.

“We also have soldiers from C Coy, 3RAR, APC crews from A Sqn, 10 LHR, a joint fires officer from the School of Artillery, logistics support from our own A1 echelon and Bushmasters from the Army School of Transport,” he said.

“If we can instil in the lieutenants' minds as early as possible that working as part of a combat team is all about the mutual support from other elements and not just themselves, we will not only set them up within the Armoured corps but within the wider Army as well.

“They have a steep learning curve from where they were at the start of ROBC to where they are now. It's fairly exhilarating to look at what they have achieved – this is only the start point as they move out into their regiments.’

Capt Solomon said Reapers Run set the benchmark for what the lieutenants needed to take to the ACRs.

“There is no plateauing out from here. The development, learning and understanding needs to continue,” he said.

“They're on the cusp of entering into what is one of the best times of their career and what is one of the best jobs in the Army.

“There is very little that can compare to when a young lieutenant looks left and right from a tank and sees the incredible amount of firepower that is at his or her command, or for a young cavalry troop leader to comprehend and understand the responsibility and influence they have on the higher commander's intent.”

On completion of Reapers Run, tri-

Th ey've had a steep learning curve.

— Capt Dan Solomon, Trials troop leader

LOGISTIC SUPPORT ESSENTIAL

A pair of ASLVs engage a target from a static position while instructors assess procedures as part of Exercise Reapers Run.

They say an army marches on its stomach, but armour also requires fuel and ammunition to win the fight.

The A1 echelon provides these vital elements in situ or has the ability to move forward to bring its vital assets to where they are needed.

Trials troop leader Capt Dan Solomon said Reapers Run gave the lieutenants an appreciation of the importance of logistic support within a combat team and battlegroup.

“One of the first considerations they have to give after a battle is to check their ammo and fuel state so they know whether they can fight again or need resupply,” he said.

“It really highlights to them the importance of logistics officers in a mechanised force.

“If they don’t give consideration to the amount of fuel, ammo and rations they require, they quickly realise they can’t achieve the commander's intent.

“If they don’t make these considerations, the flow-on effects mean HQ is under stress to provide support and bring up an A1 echelon unit into a potentially dangerous environment.”

Capt Solomon said he couldn’t stress enough the importance logistics had for a mechanised force.

“Mechanical faults are a very real scenario the troop leaders will encounter once they get out into the regiments, so the importance of our RAEME soldiers comes to the fore,” he said.

“Logistics personnel are an essential part of our capability that enables us to achieve the end state.”
Ex Reapers Run

Lt Ryan Abil – 2/14 LHR (QMI)
Lt Abil said ROBC had been a great six months. “I am happy with all the skills I have learnt,” he said.
“The difference between the dismounted skills we learnt at RMC to the mounted environment here is a pretty big change. “My highlight has been understanding how large the overall picture is. It’s not just focused specifically on us but the whole combat team with HQ, communications and logistics all in a live-fire environment. “The biggest challenge has been grasping the new concept of being in a mounted environment. It is completely different to what we have been taught until now.”

Lt Ryan Hook – 2 Cav Regt
Lt Hook said Reapers Run was the culmination of six months’ hard work. “This exercise has been great exposure to the combat team environment,” he said. “Before this RMC gives you a little bit of exposure to it, but here at the school we’ve seen it all come together.
“It’s been insightful working with the other elements of the combat team. “Listening to other call signs and hearing how they influence the enemy picture has been a highlight.”

Lt Ben Peterson – 1 Armd Regt (Tank Student of Merit)
Lt Peterson said it was a relief to be at the end of the ROBC. “The culminating activity was my highlight of Reapers Run because of the amount of supporting elements involved such as infantry, transport and School of Armour assets,” he said.
“While it wasn’t part of the curriculum, learning tactical patience has been a fantastic skill we have developed – the ability to speak on the radio net and think and do multiple things at once is something we have all developed as well. “My favourite parts were the live-fire battle runs, for sure.”

Lt Anna Delaney – 2 Cav Regt
Lt Delaney said ROBC had been a steep learning curve. “I am most proud of mastering the tactics phase as well as learning to command my vehicle and the three other vehicles,” she said.
“As a troop leader it feels great to be in my position, with an awesome amount of firepower to bring to bear. The live-fires and my turn as troop leader were my highlights.
“It’s been great working with the other elements such as infantry and cavalry – you understand the effect and the different roles they all have.”
THE Australian Army Cadets National Adventure Training Award was completed at Singleton in NSW in cold, wintry conditions.

Rather than staying at home during their mid-year school holidays, 127 cadets from across the country completed the challenging week-long activity and were awarded the Adventure Training Award (ATA) badge.

Commander Australian Army Cadets (AAC) Brig Wayne Budd says the ATA is the toughest activity the cadets will face during their time in the youth development organisation.

"This week has been a defining moment in the lives of the cadets because of its arduous and challenging nature," Brig Budd says.

"The ATA will also be one of the highlights of their young lives because of the hard physical nature of activity."

Cadets trekked about 100km cross country using their navigation skills and were exposed to activities to test their initiative.

Each participant was tested and assessed individually on activities including casualty evacuation, radio communications, first aid and field engineering. The cadets also underwent individual tests of courage with a 20m high ropes course.

Dux and highest point scorer was Cadet Under Officer (CUO) Zachary Steele, of 312 Army Cadet Unit in Puckapunyal, Victoria.

He says the ATA pushes the cadets to their limits.

"If you really didn’t want your ATA gold boomerang badge, you wouldn’t have made it through the week," CUO Steele says.

"Every moment you were being pushed and challenged as you competed on each of the seven or so activity stands. One of the hardest challenges for me was the 20m high ropes activity where your individual courage was tested."

CUO Steele says if a young cadet asks him why they should participate in the ATA in the future, he would tell them: "No matter how difficult it is, pain is temporary and victory is forever."

In addition to cadet staff and soldiers posted to the AAC, the activity was supported by personnel from ADFA and the School of Military Engineering (SME).

WO2 Clinton Row, of SME’s Watermanship and Bridging Cell, Specialist Engineering Wing, says he found working on the ATA challenging and rewarding.

"As a syndicate directing staff and being involved first-hand with the cadets, I saw nothing but the best in determination, drive and the will to win from them," WO2 Row says.

"The teams displayed the same resilience and endurance expected of proficient soldiers."

WO2 Row says the skills the cadets developed will benefit them in years to come.

"It is also great to see mateship at its best," he says. "Every one of the cadets excelled at fulfilling the Army’s core values."

AAC is a leading national youth development organisation with the character and values of the Australian Army, founded on strong community partnership, fostering and supporting a continuing interest in the Australian Army.

For more information, visit www.armycadets.gov.au

Army cadets got a taste of life in the infantry during a recent competition at Singleton. Lt-Col Christopher Holcroft reports.

Above: Cadets march back to base at the end of the activity.

Left: Cadets work their way up the 20m high ropes course.

Below: Cadets complete an ‘electrified spiderweb’ activity to test teamwork, leadership and problem-solving skills.

Commander AAC Brig Wayne Budd presents the dux of the Adventure Training Award, Cadet Under Officer Zachary Steele, of 312 Army Cadet Unit, with his award.

Photo by Maj (AAC) Simon Bootle

Photo by Lt-Col (AAC) David Major

Photo by Capt (AAC) Mark Bleder

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**IN BRIEF**

The Sydney Military Officers Spring Ball 2016 will be held on September 10 at the Victoria Barracks Officers Mess. This year marks the 175th anniversary of the beginning of construction of Victoria Barracks. In celebration, this year’s ball is themed ‘1840s, the world as it was’. For more information, visit www.sydneymilitaryofficersspringball.com

**RSL Active**

A new arm of RSL SA offers a new service for veterans and their families was launched in Adelaide on June 26. Designed to help veterans make the transition to civilian life, and includes a wide range of sporting and social clubs, employment and education guidance, and social reintegration. For more information, visit http://rlsa.org.au/active

**JUNE TRIAL RESULTS**

All Court Martial and Defence Force Magistrate trial results are subject to command review and appeal. Information of trials across the ADF.

**NCO**

**Defence Force Magistrate**

1 x Creating a Disturbance – DFDA s 35(1)

The member was accused of creating a disturbance by behaving aggressively towards a subordinate member. The member pleaded guilty to the charge and was found guilty of the charge. The member was fined $1000 (to be paid in instalments).

**Restricted Court Martial**

8 x Unauthorised Access to Restricted Data – DFDA s 61(3) and Criminal Code s 478.1(1)

1 x Unauthorised Modification of Restricted Data – DFDA s 61(3) and Criminal Code s 478.1(1)

1 x Unauthorised Use of, Access to, or Modification of, Restricted Data – DFDA s 60(1)

The member was accused of creating a disturbance by behaving aggressively towards a subordinate member. The member pleaded guilty to the charge and was found guilty of the charge. The member was fined $1000 (to be paid in instalments).

**OFFICER**

**Defence Force Magistrate**

1 x Absence without Leave – DFDA s 24(1)

The member was accused of being absent without leave. The member was also accused of directing a subordinate member to conceal the absence. The member pleaded guilty to the charges and was found guilty of the charges. The member was reduced in rank.

**VCDF VAdm Ray Griggs apologised to victims of sex abuse in the ADF at the Royal Commission into Institutional Responses to Child Sexual Abuse on June 30, saying the following:**

*Your stories are changing the ADF*

I am deeply sorry for what has happened to you. No one who pulls on the uniform of this country and no child who is under our care should ever have time to happen to them.

I would particularly like to acknowledge the partners, the families and the survivors and those who carry the memory of survivors who have passed away. I know you are as impacted by the consequence of abuse as much as the survivors themselves.

I know you carry this for many decades and in many cases for your life. I also know that there are many survivors who have told their stories who simply would not be here today without you. I think your role is not recognised anywhere near sexual abuse.

In the ADF we have made some significant changes to our culture. We needed to - we are trying to move away from the culture that excludes and allows what has happened in the past to continue. We are trying to make a contribution to ADF culture that is not ‘time elapsed’ within the uniform of this country and no child who is under our care should ever have time to happen to them.

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In the ADF we have made some significant changes to our culture. We needed to - we are trying to move away from the culture that excludes and allows what has happened in the past to continue. We are trying to make a contribution to ADF culture that is not ‘time elapsed’ within the uniform of this country and no child who is under our care should ever have time to happen to them.

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Drawing to an end

Long-serving cartoonist retires

SSgt Rene "Dikko" Dikkenberg has retired as Army's cartoonist after 30 years.

AFTER 30 years of drawing for Army, our resident cartoonist SSgt Rene Dikkenberg, better known as "Dikko", has decided to pass the baton and say farewell.

"When I first began in 1987, I was still in RA Survey and everything was hand drawn," he said.

"I have continued to hand produce my cartoons through to the end. During my time I have drawn about 500 cartoons, which is something I never envisaged doing when I started. For those of you who think my cartoons aren't all that funny, and I'm sure there's an army of you out there, you'll be happy to learn that I have always drawn them simply for the joy of it and without payment."

Dikko said he was proud of the fact he had drawn hundreds of caricatures, supported everyone from Army Safe to Legal Services and made tens of thousands of dollars for Army-based charities.

"I also hope that somewhere, if only once, I have given you all something to smile about," he said.

"I would like to pass on my thanks the staff of Army, past and present, for their ongoing support. I have always considered it to be a privilege to have had the opportunity to draw cartoons for you, the reader, and I thank you all most sincerely for reading them."

Uplifting story of survival

Without Warning
Publisher: Harper Collins
RRP: $29.99
Kindle: $13.99
Reviewer: LS Jayson Tufrey

WITHOUT Warning is not your typical 'chicken strangler' yarn about how weapons-grade-awesome the protagonist is.

Author Damien Thomlinson, while a member of 2 Cdo Regt, lost both his legs and almost an arm after the vehicle he was driving had a roadside IED detonate underneath it.

Thomlinson said he initially had reservations about writing the book.

"I didn't think I had had enough stuff going on to write an autobiography," he said.

"I wanted to capture the range of moods and emotion I was living with at the time, and I wanted to provide a raw example of what it was like."

"I also feared if I waited too long to recount my story it would lose its edge."

Thomlinson's positive attitude and never-say-die spirit are an inspiration to all of us, and the story of his journey is humbling, heartbreaking and truly awe-inspiring.

Thomlinson said writing the book had changed his life for the better.

"It feels good to help out strangers, but in a way that is what serving in the Defence Force is all about; the invisible thank you from somebody you will never meet."
Above: Capt Peter Conrad serves dinner in the ship's galley aboard USNS Mercy during Pacific Partnership 2016.
Photo by Sgt Pete Gammie

Left: Pte Tahlia Reid, of 1 MP Bn, keeps watch on traffic flow during the heavy vehicle road move during Exercise Hamel at Caltana.
Photo by Cpl Nunu Campos

Below left: Maj Cameron Elston salutes during a service held in memory of the Battle of the Somme at Camp Qargha, Afghanistan.
Photo by Sgt Hamish Paterson

Below right: Musn Nathan Moore, of the Australian Army Band, shows children how to play the keyboard during a Welcome to Country day in Laura, northern Queensland, during AACAP 2016.
Photo by Spr Natasha Lee

Above: WO1 Ken Nelliman and his brother Moses pose for a photo at the Queensland Police Service NAIDOC Week flag raising ceremony in Townsville.
Photo by Maj Al Green

Left: Sig Lisa-Maree Price, of 7 Bde, kits out a student from Gabmimididi Manoo Children and Family Centre in Whyalla, South Australia, during a visit by Exercise Hamel personnel.
Photo by Cpl Dan Pinhorn
WORKING OFF BAD SNACKS

<table>
<thead>
<tr>
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<th>Size</th>
<th>Calories</th>
<th>Walk</th>
<th>Cycle</th>
<th>Swim</th>
<th>Run</th>
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</thead>
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<td>1hr</td>
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Think of the consequences before you choose.

Available now!
Start looking for your next home at any time.

YOUR’S guilty of helping themselves to the soft drink and chocolate bar fridge or vending machines at work, but how often is too often?

It’s okay if you’re physically active throughout the day, but for someone with a desk job, it might not be so great for the waistline.

So how many calories do you need to burn each day without exercise? That depends on your body type; as things like muscle uses more energy than fat.

Each person will burn through a number of calories each day without exercise, this is called the basal metabolic rate (BMR).

You can calculate your BMR using height, weight, age, and sex; although, what it does not take into consideration, is lean body mass.

Therefore, the equation will be accurate overall, except for extremely muscular people where it will underestimate caloric needs or the extremely overweight where it will overestimate caloric needs.

But the average person can see if they are consuming more calories than they are burning, meaning excess calories will likely be stored as fat.

Try to avoid the sugar fix by doing the following:

Don’t skip breakfast
If you are trying to cut back on carbs, this is the meal where you should be getting the most carbs in so you burn them during the day.

Eat only when hungry
Go for healthy snacks like nuts, muesli bars or a piece of fruit.

Drink lots of water
Cold chilled water suppresses your appetite, so if you want to lose weight, drink lots of cold water before a meal.

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Think of the consequences before you choose.

Available now!
Start looking for your next home at any time.

DHA has upgraded Online Services in time for your next posting.
You will now be able to login to Online Services and activate your Preview access 24/7. You won’t need to contact us to start looking for your next home.

Access Online Services for your next posting.

Weigh up unhealthy options

Cpl Heidi Joosten says you should stop and think before hitting the vending machines.

Avoid the vending machine
We are all guilty of it. It’s okay to treat yourself once in a while, but consider how much it will take to burn that off later.

Don’t rush your food
Allow yourself time to chew your food up to 32 times which actually activates your body to generate signals of fullness.

Eat fewer calories
If your goal is to lose weight by burning off excess body fat, aim to eat 500 fewer calories a day than your needs and maintain or increase your exercise activity.

MOBILE TAX AGENT

Over 20 years experience in compiling tax returns for Defence Personnel

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• Excellent reputation
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• specialising in multiple lodgements - discounts available
• FREE taxation advice- with all appointments
• Please ask me about referrals for wealth creation strategies

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243 Darley Road, North Randwick (opposite Queens Park)
Mob: 0418 603 499
Email: tax243@bigpond.com.au

BMR FORMULA

Male: BMR = 66 + (13.7 x weight (in kg)) + (5 x height (in cm)) – (6.8 x age (in years))
Female: BMR = 655 + (9.6 x weight (in kg)) + (1.8 x height (in cm)) – (4.7 x age (in years))

Example for a 30-year-old man weighing 85kg and 184cm tall.
BMR = 66 + (13.7 x 85kg) + (5 x 184cm) – (6.8 x 30 years) = 1946.5 calories/day.

You can then calculate your total daily energy expenditure by multiplying BMR by your activity level calculation

Daily Activity Level calculation
Sedentary = BMR x 1.2 (little or no exercise, desk job)
Lightly active = BMR x 1.375 (light exercise/sports 1-3 days/wk)
Moderately active = BMR x 1.55 (moderate exercise/sports 3-5 days/wk)
Very active = BMR x 1.725 (hard exercise/sports 6-7 days/wk)
Extremely active = BMR x 1.9 (hard daily exercise/sports and physical job)
Deadlift dancer has eyes set on 200kg lift

Cpl Sarah Petchell

A GRACEFUL and elegant deadlifting routine helped Cpl Sarah Petchell to a top placing at a world powerlifting competition in Texas, US, from July 19.

Cpl Petchell, of APAC-SQ, finished fifth in the 72kg weight class at the International Powerlifting Federation Open Classic Powerlifting Championships and attracted international attention for her unique lifting style.

“The flow-on effect should be inspiring other wounded, injured or ill personnel, their families, and the veteran community to engage in this newest adaptive sport,” he said.

“One of Defence’s highest priorities is its commitment to promoting positive mental health, and providing the necessary care, rehabilitation and support to ADF personnel who require it,”

The elegant ritual puts Cpl Petchell into the ‘Sumo’ deadlift stance.

“It’s like a dance, so you hear cameras clicking. It’s a different kind of别说,” she said.

“I found I got stuck on 160kg in the conventional stance,” she said.

“You have to have your routine when you’re out on a full court, so having all that space was maybe a little bit daunting for the guys,” she said.

“After the first third everyone found their game and we performed much better than expected and came away with the win,”

“Both teams put up a good fight,”

The elegant ritual puts Cpl Petchell into the ‘Sumo’ deadlift stance.

“It’s terrific Army is getting involved in this sport with DSA and the AFL,”

For more information on wheelchair Aussie rules, visit www.sports.org.au/australsrules

Opportunities for everyone

Wheelchair Aussies rules becomes official ADF sport

LS Jayson Tufrey

ARMS had a convincing victory over Victoria in an exhibition match of wheelchair Aussie rules at the state netball and hockey centre in Parkville, near Melbourne, on July 19.

The ADF recently announced wheelchair Aussie rules as an official sport and has been an active participant in the development of the sport with DSA and the AFL.

Chair of the ADF Aussie Rules Association Brig Matthew Hall said participation in events like this offered a great opportunity to promote the important role sport played in physical and psychological rehabilitation.

Main: Filippo Grilli, centre, of the Soldier Recovery Centre in Darwin, makes a pass.

Inset above: Cpl Nathan Jones in action.

Main: Filippo Grilli, centre, of the Soldier Recovery Centre in Darwin, passes the ball during a wheelchair Aussie rules exhibition match in Melbourne.

Inset above: Cpl Nathan Jones in action during the match. Photos by LS Jayson Tufrey

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NEW ENEMIES FOLLOW OUR VETERANS HOME

Many returning veterans come home only to face new enemies – enemies they’ve never been trained to fight. DefenceCare helps them with these battles.

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