For the ship’s company of HMAS Albatross celebrating their 60th anniversary, the opportunity to re-define aviation operations at sea and help drive the Navy’s quantum leap in amphibious capabilities was the perfect birthday present.

Although the roar of jet-engines over Albatross (CAPT Mark Sackley) has long since faded, the personnel of the Fleet Air Arm are buzzing with excitement at what the future holds.

The Chief of Navy, VADM Russ Crane AM, CSM, RAN outlined future challenges and opportunities for the Fleet Air Arm during his speech to mark the 60th anniversary of the establishment of Albatross in Nowra on August 29, 1948.

The CN’s rousing address was music to the ears of the personnel of the Fleet Air Arm, who have hoped for a return to the ‘glory days’ before the cessation of fixed wing flying and carrier-borne operations in 1982.
Chief of Navy’s message at HMAS Albatross’ 60th birthday

Crucial role in helicopter ops

From Page 1
VADM Crane told the Ceremonial Divisions of “exercising times ahead for the RAN, with the Aviation community in the thick of it.”

He urged albatross’ personnel to work hard to be ready for their crucial role in re-defining helicopter operations in the littoral environment.

“The commissioning of the Canberra-class LHD Amphibious ships early next decade will see a quantum leap in amphibious capability that will feature the ability to operate 12 helicopters from one platform,” VADM Crane said.

“There is no doubt that many people from this establishment will be intimately involved in the re-defining of aviation at sea.”

VADM Crane said the process was under way to equip the squadrons of the Fleet Air Arm with new helicopters that deliver new capabilities.

“The first of the ADF’s MRH90 helicopters are now flying in Australia, and the remainder of the 46 airframes are on schedule,” said the CN, who started his Navy career in 1970 as an Electrical Mechanic in Aircraft Communications.

“The MRH90, along with the new Helicopter Aircrew Training System to be based here, represent an opportunity for the Fleet Air Arm and the Army Aviation community to work closely together, and work towards our joint amphibious capability.”

On the purely naval front, Air 9000 phase 8 is approaching first pass.

“CN said the replacement of the Seahawk flight deployed in HMAS Canberra-class LHD Amphibious ships is essential in leap in amphibious capability that will be ready for any challenge.

“We must continue to be ready to fight and win in the maritime environment as an element of a joint or combined force to assist in maintaining Australia’s sovereignty and to contribute to the security of our region,” he said.

“Wherever our nation sends us and whatever they ask us to do – we must be ready.”

CN’s speech was rapturously applauded by Albatross’ 650 uniformed personnel who turned out for Ceremonial Divisions, which was well supported by the RAN Band (Sydney Detachment) and Australia’s Federation Guard.

Three Squirrels from 723 Sqn conducted a fly-past which, coupled with the blessing by Chaplain Ted Brooker, appeared to have the effect of dispersing the black thunder-clouds that hovered overhead.

Following Divisions, the CN, the Systems Commander, RADM Steve Gilmore, and other special guests participated in the long-standing tradition of the cutting of the 60th anniversary cake.

Navy’s environmental champion recognised

LONG-time champion of Defence’s environmental agenda, CMDR Steve Cole has been recognised for his commitment to balancing Navy’s unique capability requirements and the many complex environmental challenges it faces daily.

At Russell Offices on September 11, CMDR Cole, who is the RAN Environmental Manager, was awarded a 2008 CDF and Secretary Environment and Heritage Award for his contribution to achieving long-lasting changes in Navy’s environmental management as a driving force behind the development of comprehensive environmental policies and procedures.

CMDR Cole has played a major role in the development of the Navy Commanding Officers guide to environmental compliance, as well as the development and delivery of effective Navy-focused environmental training courses at all levels.

CMDR Cole said he regularly provided support to major exercises, advising exercise planners on environmental obligations and ways to avoid or mitigate potential environmental impacts.

“The importance of environmental management cannot be underestimated,” he said. “The Navy takes its environmental responsibilities very seriously and it is an honour to receive this award and formal recognition.”

Importantly, CMDR Cole successfully gained the agreement of all state agencies to share information and to collate occurrences of whale strandings into a single database.

“This has helped inform a range of Navy processes and procedures to protect marine mammals like whales and dolphins,” he said.

CMDR Cole has also shaped key procedures to avoid or mitigate potential environmental impacts related to waste management at sea, oil pollution, hull fouling, marine pests and ballast water.

Dr Doug Cato, Maritime Operations Division, Defence Science and Technology Organisation, also received an award for exceptional leadership and research into the impacts of underwater sound on marine animals.
DHOAS exceeds expectations

The response to the Defence Home Ownership Assistance Scheme (DHOAS) has exceeded expectations, according to project manager Robert McComas.

Mr McComas said about 6800 applications had been received since the launch on July 1 and that this had resulted in delays in processing members’ applications for subsidy certificates.

He said that the scheme’s administrator, the Department of Veterans’ Affairs (DVA), had employed an additional 30 staff to deal with the high number of applications. This had helped reduce the backlog from 2000 to about 1500 applications in recent weeks.

Mr McComas said that DVA staff were “working as hard as they can to reduce the backlog as quickly as possible.”

He requested that members exercise some patience during the initial peak of applications following the scheme’s introduction.

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He said that the DHOAS roadshows had been successful in informing members about the scheme and that the program would end this month. Since July, 78 presentations to 7350 members and families had been conducted.

Additionally, Mr McComas advised that a signal was released on August 29 to clarify the eligibility of Reserve members.

Reservists may apply for a subsidy certificate if they have:
- completed their qualifying period of eight consecutive years of effective service;
- provided effective service in the 2007-08 financial year; and
- have a service credit. To gain a minimum service credit (secured entitlement) Reservists need to first complete their eight-year qualifying period and then also complete at least one year of effective service. However, issue of a subsidy certificate and payment of the subsidy is on condition that a member will provide effective service in 2008-09. Reservists who do not provide effective service in 2008-09 will be taken to have stopped being a member of the Reserve Force on June 30, 2008. As a result, they will become retroactively ineligible for the DHOAS, their subsidy certificate will be cancelled and they will have to repay any subsidy payments received.

Reservists who have had their applications returned may now be eligible to re-apply. DVA will send letters to those members and provide them with a special application form that will be fast-tracked for processing.


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RIMPAC proves a Gap Year winner

By Michael Brooke

THE Gap Year recruits and new RAN sailors in HMAS Success (CMDR Simon Brown) raved about their first time abroad in Hawaii after he came ashore in late August.

Gap Year recruits SMN Martin Gillett, 19, of Perth, and SMN Sean Gillett, 18, of Brisbane, as well as recently-enlisted SMN Amy McMutrie, 19, of Berry in South Australia, said their first ‘tour of duty’ abroad had greatly enhanced their understanding of different countries sailed together during RIMPAC when all 30 ships from a dozen different nations sailed together during the Fleet Concentration Period.”

MEMORABLE: HMAS Success SMN Gillett said his deployment to Hawaii was the adventure he was looking for and had convinced him to participate in the Gap Year program with the RAN. SMN Gillett said he would pursue a maritime engineering cadetship in the commercial sector when he completed his Gap Year, which would give him excellent qualifications as well as the opportunity to pursue a career in the RAN as an officer.

The Gap Year recruits in Success are among more than 100 Year 12 students who have signed up to the program with the RAN. The Minister for Defence Science and Personnel, Warren Snowdon, said the Gap Year program was an incredible opportunity for young Australians to experience life in the ADF.

All the Navy Gap Year recruits were fully integrated into the regular RAN recruit training system for 11 weeks before being posted ashore or to sea to get ready them to what it takes to be a sailor in today’s Navy.
Respect privacy

DID you know that personal information about you at work, including your work contact phone numbers, should only be given out to non-Defence personnel with your consent or prior informed knowledge?

Or that health records should only be transferred over the Defence Restricted Network once they have been encrypted?

Everyone in Navy is legally obliged to manage personal information appropriately.

The Fairness and Resolution Branch (FR) has launched a set of tools to help personnel get across privacy obligations.

Training

FR has introduced two new privacy awareness training courses on CAMPUS. The courses give a broad overview of members’ legal obligations, particularly the appropriate way to collect, secure, use and disclose personal information.

Working with Privacy is a two-module training course that targets people who work on personnel issues every day in policy and support roles. The course includes case studies and details the information privacy principles covered in the Privacy Act 1988 as they apply to government agencies.

Introduction to Privacy is a one-module course that targets managers and supervisors and provides a general outline of the principles.

“Sometimes the judgement of our people on privacy issues is compromised by a lack of knowledge or not knowing the questions to ask. These courses are designed to put an end to that, particularly for our people who are dealing with privacy issues frequently or on a daily basis,” said Director General Fairness and Resolution Branch, Di Harris.

A-Z guide

FR has also developed an A-Z guide to good privacy practice to make managing personal information easier for everyone.

“The guide covers some of the practical privacy issues that may arise during the course of working in Navy. It doesn’t provide exhaustive advice on every topic. Rather, it clarifies, in plain English, how privacy issues relate to, and support, good privacy security practices in the workplace,” Ms Harris said.

Website

In addition to the courses, FR has a Defence Privacy Website that includes guides, complaint notes, case studies, checklists, and advice on how to handle a personal information security breach, the use of images and privacy issues when briefing a Minister.


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First for Navy Chaplain

By Michael Brooke

The Navy’s first female chaplain to deploy on Operation Catalyst is already putting in the hard yards alongside HMAS Parramatta’s ship’s company on their way to the sultry North Arabian Gulf.

Chaplain Christine Senini sailed in Parramatta (CMDR Jonathan Sadlier) from Sydney’s Fleet Base East on August 18, and has already begun living up to her nickname of the ‘Action Chaplain’, which she earned as a NEOC at the RAN College.

Chaplain Senini told Navy News that she was nicknamed the ‘Action Chaplain’ in recognition of her eagerness to go the extra nautical miles with her peers, no matter how tough the challenge.

“I treasure the opportunity to share these experiences and to walk alongside the ship’s company, being there as a companion, friend and guide,” she said.

“I want to find the people with the hardest, toughest and most demanding jobs and be there to share their burden, and let them know they are appreciated, cared for and loved.”

Chaplain Senini said she prays she can contribute positively to the operational effectiveness of the Navy by providing religious, spiritual and pastoral care to Parramatta’s crew and their families.

“I believe that, like everyone else in the Navy, RAN Chaplains are about fulfilling the commitment to fight and win at sea,” she said.

The former AFP agent said she answered God’s call to join the RAN several years ago.

“I believe my Navy career is a God-given opportunity. He called me to the Navy for a purpose, and I pray that I won’t let Him down,” she said.

Right from the word go Chaplain Senini made a ‘big splash’ at the RAN College where she was awarded the prestigious Creswell Cup and recorded the highest overall academic score.

While Chaplain Senini has a raft of academic and ministry qualifications, she is most fulfilled in her position as a Chaplain in the RAN and of the opportunity to serve those who may give their lives to serve others.
**Battle for Australia Day**

By Michael Brooke and John S. McCain

The courageous sailors, soldiers and airmen who died in the defence of the country in World War II when invasion seemed imminent were commemorated on the national ‘Battle for Australia Day’ on September 3.

In Melbourne, more than 2000 school students, guests and veterans marked the commemoration held in bright Spring sunshine at the Shrine of Remembrance.

Representatives from the destroyer USS John S McCain, while the Australian Army Band Melbourne provided musical support.

Four PC9 aircraft from Central Flying School, RAAF Base East Sale, flew north-west over the Shrine of Remembrance, followed by a second pass east-west.

The Battle for Australia Day, held on the first Wednesday in September each year, commemorates the service and sacrifice of all those who served in the defence of Australia in 1942 and 1943 when we faced the gravest threats to our nation.

In Sydney, more than 500 senior government officials, military top brass and war veterans attended the Battle for Australia Day commemoration service at the Cenotaph at Martin Place.

At the Sydney service, former CDF GEN Peter Cosgrove (Ret’d) praised the generation of Australians who served in WWII and defended the country from attack.

“For the first and only time, Australians believed they would be attacked and invaded and prepared to defend their nation,” he said.

Sprigs of wattle were laid at the Cenotaph by Commander Australian Fleet, RADM Nigel Coates, as well as the Land Commander Australia’s representative, BRIG Mick Moon, and the Air Commander Australia’s representative, WGCGR Glen Campbell.

The ceremony featured a flypast by a RAAF Hawk from Williamtown at precisely 11.05, honouring the many airmen killed in the defence of Darwin, which was subjected to a bigger air raid than that inflicted on the US Fleet at Pearl Harbour.

The ceremony was supported by the Army Band – Sydney Detachment and soldiers from 17 Construction Squadron who served as the catafalque party.

**Navy Services**

**Battle for Australia Day**

**HONOURING THEIR SERVICE:** A naval Honour Guard and flag party from HMAS Cerberus were joined by a flag party from USS John S McCain at the Melbourne service. PHOTO: SGT David Grant

**NEWSPAPER NEWS**


**September 18, 2008**

**Battle for Australia Day**

**By POWTR Shayne Firth and Bernard O’Connor**

**HMAS Cairns** recently provided valued support to the SIDS and KIDS Charity Adventure Trek from Cairns to Cape York and back – a major fund raiser that promotes and delivers educational programmes designed to reduce infant mortality, support bereaved families and fund vital research.

Taking participants through some of far north Queensland’s most tropical and rugged terrain, Royal Navy Long Look exchange CPOFS (Family Services) Rob Green and POWTR Shayne Firth assisted riders by carrying water for regular camelback refills, spare tyres, first aid, rope and luggage.

Trek organiser Ken Godfrey launched the 10-day round trip in Cairns and welcomed Navy’s continued involvement in providing “… this essential support in a very harsh and remote part of Australia”.

CPOFS Green said the journey to the Cape was spectacular.

“The trip exceeded my own expectations,” he said.

“The whole experience was very worthwhile; it was clear that participants on the trek thought very highly of the RAN.”

Rest stops along the way included Palm River, Coen, Archer River, Weipa and Mappoon, giving riders the opportunity to experience local hospitality and culture.

**ADVENTURE:** Long Look exchange the Overland Telegraph Line track, which proved to be a real test for both the 4x4s and motorcycles, and having crossed countless rivers and creeks, the Jardine River ferry was a welcome change.

The group then arrived at ‘the tip’ – the most northern point on the Australian mainland. It was here that POWTR Firth was handed a special postcard from an 11-year boy from the Torres Strait eager to write to Lisa McCune. If all goes well, the popular actress from Sea Patrol will be handed the card personally when filming resumes in HMAS Cairns later this year.

The return trip visited Murgrove Station, the old Laura Homestead, Cooktown and the picturesque Bloomfield track to Cape Tribulation before crossing the Daintree River and heading home to Cairns.

“Taking part in the SIDS and KIDS charity trek was by far the highlight of my participation in Exercise Long Look 08. It was a privilege to represent HMAS Cairns and the RAN,” CPOFS Green said.

**Diving deep on Tricrab 08**

DIVERS and explosives experts from AUSSDCD One and Four recently joined their counterparts from the US and Singapore to take part in Exercise Tricrab 08.

Tricrab is an annual joint Explosive Ordnance Disposal (EOD) Exercise (EOD) exercise, hosted by the US Navy’s EOD Mobile Unit 5, located on the US territorial island of Guam.

The aim of the exercise is to train personnel in completing EOD and IEDD operations on board ships, underwater and on land in a post-conflict environment.

Tricrab also serves to strengthen the interoperability between Pacific nations and to develop common EOD and IEDD operating procedures.

A combined Clearance Diving Headquarters also exercised co-ordinated planning and coordination of the EOD and IEDD operations.

The success of Exercise RIMPAC in July was carried through to Tricrab, with EOD and IEDD techniques developed in RIMPAC being reinforced and improved.
He turned to the Defence Force Discount Plan for the solution.

Clive Peeters helped Sergeant Bull choose the perfect TV for his family, and delivered and installed it in time for kick off – just 48 hours after taking his phone call.

Not long after, Sergeant Bull used the Defence Force Discount Plan once again – this time buying a dryer through Clive Peeters. The process was just as easy. In a letter to Clive Peeters from the happy Defence Force family, Mrs Bull said “I honestly didn’t think service like this existed anymore!”

The last word belongs to Sergeant Bull after his Defence Force Discount Plan experience; “the only thing Clive Peeters didn’t fix was the result of the game!”

No matter where in the world you are the Defence Force Discount Plan is the unrivalled way to purchase and install electrical and technology products in your home.

Just ask the Bull family! Their new plasma TV was delivered and installed within only 48 hours of their first enquiry.

This year, Sergeant Stephen Bull decided to surprise his children in Brisbane with a new plasma TV. There was a problem though: he was serving in the Middle East and the game was only two days away. How was he going to organise it all?

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For West Australian members

Facilitated by:
MAJOR reforms to enhance the transparency, fairness, oversight and efficiency of the military discipline system are about to be implemented.

The focus of the reforms is simplifying the discipline system for the benefit of commanders and members alike and expanding the rights of those subject to military discipline law.

These changes, which take effect on September 20, build on the recent introduction of a permanent Australian Military Court and the establishment of positions that strengthen the impartiality and rigour of the discipline system. These positions include the Provost Marshal ADF to head the ADF Force Investigation Service, the Director of Military Prosecutions and the Director of Defence Counsel Services.

Given the magnitude of these recent and on-going changes, Defence Legal Division’s Directorate of Military Discipline Law has undertaken a comprehensive revision of the Australian Defence Force Publication 06.1.1 Discipline Law Manual (DLM). This manual is the cornerstone policy document, providing strategic guidance and detailed practice and procedural information about who the military discipline system applies to and how it works.

The DLM now consists of three volumes:

- **volume one** contains copies of legislation, instruments and forms that provide the framework of the discipline system;
- **volume two** concerns the Australian Military Court and its proceedings; and
- **volume three** provides 13 chapters of guidance and direction relating to unit-level administration and management of the discipline system, including commentary on Service offences, investigation powers, the conduct of summary authority proceedings, rights of review and appeal, and the hearing of infringements under the Discipline Officer scheme.

The DLM revisions will ensure correct and fair application of new trial procedures and the protection of the rights of persons subject to the military discipline system.


** Protecting your rights**

By SqnLdr Craig Deveney

CO Kuttabul CMDR Bryan Parker told *Navy News* that the sailors who devoted their time to helping Legacy did so out of the goodness of their hearts.

“I am always humbled to see how RAN personnel respond so unselfishly to the challenge of assisting such worthy charities as Legacy,” he said.

Legacy Badge Day on September 5 also saw a Thales-sponsored BBQ at Kuttabul, where the sailors who were cashed up from the previous pay day literally put their money where their mouths were to buy almost 100 boxes of badges.

The BBQ featured the culinary genius of two Navy cooks, SMN James Naylor and SMN Cory Robertson, who cooked 800 tasty sausages to feed an army of hungry Legacy supporters.

By SQNLDR Craig Deveney

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First across the Tasman

By Michael Brooke

In a first for the RAN, an Armidale Class Patrol Boat has sailed from HMAS Coonawarra in Darwin to New Zealand on a goodwill visit.

HMAS Maryborough (LCDR Jeff Davison) recently commenced a five week deployment, which is a milestone for the current crew, Aware Three.

LCDR Davison told Navy News that Aware Three is undertaking their first overseas deployment since forming up in October 2007. “While in New Zealand, Maryborough will participate in Exercise Maru,” he said.

“This is a multi-national, multi-agency exercise under the Proliferation Security Initiative that is aimed at preventing the shipment of Weapons of Mass Destruction.”

Maryborough will join military and government agencies in Maru from France, Japan, New Zealand, Singapore, the UK and US.

“The ship’s company is looking forward to the landmark deployment and having the opportunity to show off our state-of-the-art patrol boat and capability to our New Zealand neighbours and the wider regional and extra regional audience,” LCDR Davison said.

Maryborough will also make port visits to Noumea in New Caledonia, where she will conduct bilateral maritime exercises with French naval forces.

Maryborough is operated under a multi-crewing initiative, where divisions of crews man the ACPBs on a rotational basis.

Multi-crewing provides personnel with program stability and allows the crew to better achieve a work-life balance.

Parramatta’s finest

By Michael Brooke

THE Australian Naval Institute (ANI) recently hosted the second warfare seminar at HMAS Watson to discuss the Navy and its activities.

Deputy Chief of Navy, RADM Davey Thomas, expressed his desire for all present to be a mouthpiece to the public on the utility and importance of maritime power to our national security.

He said sailors found, settled and protected Australia and we must remind the public of the significance of our island status.

The challenge of introducing the Canberra class LHDs into service was one of several important issues raised at the seminar.

The new capabilities to be delivered by the LHDs and the possibility of tri-Service involvement in their operation was the subject of interesting discussion.

RADM Thomas said the ANI warfare seminar introduced the wider RAN community to key issues that would result in constructive debate and possible solutions to future challenges.

“The discussions highlighted that the introduction of the LHDs and also the AWD, represent a quantum leap in Navy’s capability,” he said.

Quantum leap in Navy capability

By Michael Brooke

The ANI’s second seminar focused on the Canberra class LHDs and how they fit into the overall warfare capability.

The seminar was aimed at preventing the shipment of Weapons of Mass Destruction.

While in New Zealand, Maryborough will participate in Exercise Maru, which is a milestone for the current crew, Aware Three.

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Parramatta’s finest

By Michael Brooke

SEVERAL past and present members of HMAS Parramatta were presented with COMAUSFLT commendations on the eve of ‘Strike Deep’ deploying to the MEA.

WO Damien Grimley and LS John Walter were presented with their commendations in recognition of their outstanding leadership and performance of duty.

LS Walter received his commendation for his outstanding service to the local gun direction officer (visual) and armoury Leading Seaman training in HMAS Darwin.

LS Walter’s service made a direct and significant contribution towards the operational capability in ensuring Darwin met key milestones in returning to operational service following a long and demanding upgrade.

WO Damien Grimley, now the combat systems manager at HMAS Kuttabul, received his commendation in recognition of his outstanding service in the performance of his duty as the ship’s Warrant Officer while serving in HMAS Parramatta.

WO Grimley is widely recognised as the definitive example of leadership, compassion and professionalism.

The commendation says his leadership and skill in managing and overcoming a crisis was no more than exemplary during a near fatal accident that occurred in March 2007.

Bubbles plan reunion

A NATIONAL reunion of all qualified RAN clearance divers and associate members has been organised for June 17-21 next year in Darwin by the NT CD Association. Contacts are Mark Every on 0401 117 056 or mlevery@bigpond.net.au and Mike Apati on 0413 700 277 or mike@divingservicing.com.au. Or check the bubbles’ website at www.rancls-association.com for updates.

Naval engineering reunion

THERE will be a Naval Engineering Reunion for all serving, retired and civilian members of the Engineering branches held on November 14, 2008 at the Tuggeranong Rugby Union and Amateur Sports Club, Wanniassa ACT; commencing at 5.30pm — 1am.

Cost is $30.00. Contacts are: Glenn Murch (glenn.murch@afat.gov.au); Neil Garvin (neil.garvin@atto.gov.au); Alan Freemantle (alan.freemantle@mpg.gov.au) or Lyn Jensen (lyn.jensen@defence.gov.au).

Defence Supranannuation Indexation

The DFWA recently made a submission and gave evidence to the Federal Government’s review of the indexation methods for Commonwealth superannuation schemes. Our submission was based on the premise that the proper indexation of military pensions is fundamentally a question of fairness by the Commonwealth towards all Australians, in particular members of the ADF.

We highlighted the point that other Government payments (such as the Service pension) were indexed to a wage-based system and that the Government itself (as well as previous Senate Committees) had expressed the view that a wage based index was the only way to maintain relativity with cost of living.

The DFWA submission can be viewed on our website (www.dfwa.org.au) and a transcript of our verbal evidence is available at www.dofa.gov.au

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Since 1959 the DFWA has worked hard to protect and improve your rights. We lobby government on a range of matters, such as Defence superannuation indexation, that directly impact upon serving and past members of the ADF and their families.

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NAVY NEWS


September 18, 2008
DESPITE the retirement of HMAS Adelaide from the Fleet, her relationship with South Australia will continue with the bequest of the ship’s Captain’s Table to the City of Adelaide.

The former CO of Adelaide, CMDR Rob Slaven, pledged the table (ship’s lectern) to Lord Mayor Michael Harbison during her trip to Adelaide in November 2007, when the ship was granted her final Freedom of Entry into the City of Adelaide before decommissioning.

The Lord Mayor said the gift not only reflected the long association the City of Adelaide had with HMAS Adelaide II over the past three decades, but also ensured the legacy left by her namesake, HMAS Adelaide I, would continue, while also adding to the city’s collection of significant military memorabilia.

In accepting the gift from CO NHQ-SA, CMDR Craig Pritchard, the Lord Mayor said the Council was honoured to receive the lectern, “which will be a welcome addition to the Adelaide Town Hall.”

An enthusiastic supporter of Navy, the Lord Mayor said it was fitting the lectern now had a “place of honour at the Adelaide Town Hall” alongside an intricately carved bureau from HMAS Adelaide I.

“It is customary for a decommissioned ship to bequeath a significant item to the capital city that granted it Freedom of Entry,” the Lord Mayor said.

“The lectern was used by the captain to address the entire ship, present medals and commendations and to deliver operational briefs to the crew.

“Through this donation, the ship’s fascinating history will live on in the City of Adelaide. The Council will proudly display this lectern to represent the crucial role HMAS Adelaide has played in Australia and throughout the world.”

Adelaide will soon be sunk off the New South Wales coast and turned into a diving reef.

By CMDR Steve Dunning

Captain’s table bequeathed"
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Commander Andrew Burnett
Air Warfare Destroyer
Adelaide - SA
CMDR Burnett commenced in March 2006 as the AWD Chief Staff Officer with a wide range of responsibilities including contracts, budget and resource management, personnel and office administration. The project has now entered Phase 3 and his role has again developed to include additional responsibilities in the business area.

“DMO have been a willing and flexible employer”.

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For more information about Reservist opportunities in the DMO, please visit www.dmojobs.gov.au or 1800 DMO JOBS (1800 366 562)
Proposing the way forward

DIRECTOR General Navy Personnel and Training recently directed CAPT Tony Aldred RANR to conduct a comprehensive review of sailor category and officer professional qualification sponsorship and propose the way forward for Navy.

The review will be undertaken over the next three months, after which the findings, recommendations and proposed revisions to DI(N) PERS 2-2 will be presented to the Navy Workforce and People Committee.

CAPT Aldred said Navy’s officers and sailors are employed in occupationally-based workgroups called officer professional qualifications (PQ) and sailor categories known collectively as ‘categories’.

“The category is the unit used for workforce planning and management, remuneration and competency development and they are vital to the achievement of Navy’s capability requirements.”

Category sponsors manage the overall development of their category to meet Navy’s capability requirements. While the day-to-day management of individuals for activities such as postings, movements or training is the purview of the other Human Resource (HR) management groups within Navy, category sponsors must ensure their category is reputable, trainable, employable and sustainable to meet Navy’s needs now and in the future,” CAPT Aldred said.

Concerns about future effectiveness and viability of category management prompted the need for:

- adequate resourcing, both personnel and financial;
- development of a structure that has authority and governance;
- clearly articulated processes for category sponsorship; and
- strategic coordination of the many functions undertaken.

CAPT Aldred has been directed to consult widely, look broadly and examine all feasible options during the review.

This will include close liaison with Heads of Category, category and PQ sponsors and other key stakeholders.

Submissions to the review are encouraged from all sources and by any means, but preferably in writing to facilitate timely, effective information transfer. This is your opportunity to positively impact on how to best manage Navy’s most important resource – our people.

Write to CAPT Aldred at Training Authority Aviation, Building 406, HMAS Albatross or phone (02) 4424 1435; fax (02) 4424 1356 (mark faxes ‘Attention CAPT Aldred Cat/PQ Sponsor Review’) or email tony.aldred@defence.gov.au

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WITH the retirement of VADM Russ Shalders from the RAN on July 3 this year, the mantle of longest continuously serving graduate of the RAN College (HMAS Creswell) has passed to CAPT Brett Dowling.

The Deed and Covenant for the Longest Serving Graduate was instituted by CDRE Harry Adams in 1986 and has been held by other recent officers including CMDR Bruce Eades, CAPT Graham MacKinnell and CAPT Reg Cook.

CAPT Bill Garner equals CAPT Dowling’s unbroken tenure since graduation, however, he joined as a Senior Entry two years after CAPT Dowling.

CAPT Dowling joined the RANC on January 20, 1969 as a 15-year old Junior Entry from Melbourne in Western Australia, graduating in December 1973.

He is a Seaman and Aviation (Pilot) specialist officer who is now in his 40th year of continuous service. CAPT Dowling said he had held command at each rank from S1LT through to CAPT, including at the RAAP Marine SAR Section at Williamstown, HMA Ships Buccaneers and Gladstone, 816 Squadron and, of course, during his current appointment as Commanding Officer HMAS Stirling.

“During my career I’ve experienced war service in Vietnamese waters, had postings to the UK, France and US (the last during the 9/11 terror attacks) and served on the Sea King Board of Inquiry and on staff at the Centre for Defence and Strategic Studies,” he said.

Operationally, CAPT Dowling was intimately involved in the initial and early embarkation of helicopter flights in both the FFG and FFGH classes and also in the early days of flying support for SASR counter-terrorism operations.

He has flown seven aircraft/helicopter types but holds particularly fond memories of his time with Kiowa in HMAS Moreay, Wessex in Bass Strait counter-terrorism operations and with the Seahawk during acceptance into operational service.

NEW MANTLE: CAPT Brett Dowling with the Deed & Covenant passed onto him as the longest serving graduate of the RAN College.

Photo: POOH Damien Pawlenko

Deed and Covenant passed on

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NAVY NEWS
September 18, 2008
Royal Australian Navy commendations

Congratulations to all members recognised for their outstanding achievements in this publication of Navy News. The timely recognition of superior achievement is important, and encourage that wherever possible due recognition is afforded to deserving members. Our Navy prides itself on the strength of our people, and I challenge all members to strive for excellence in the pursuit of their duties.

– Warrant Officer of the Navy James Levy

Australia Day Medallions 2008

APPS Recipients
Mr M.A. Apps, NHQ
Mr J.F. Barlow, NHQ
Mrs T.L. Carr, HMAS Stirling
Mr J.M. Colquhoun, DNPS
Mrs L.C. Nelms, HMAS Albatross
Mr S.W. Stevens, NHQ-SA
Mr R.F. Zelina, HMAS Stirling

Silver Commendations – COMAUSFLT
LEUT B. Horner, ASSAIL 2
CPOMT I.T. Miles, HMAS Collins

CPO S. Watson, HMAS Albatross
CPO J. Gordon, HMAS Albatross
CPOMT P.E. Phillips, HMAS Albatross
LEUT E.M. Brugden, HMAS Anzac
LEUT A. Ten-Bruggencate, HMAS Anzac
POB B. Souter, HMAS Albatross

PO A. Little, HMAS Albatross
PO S. Oxford, HMAS Albatross
CPOMT D.R. Massolini, ASSAIL 5

CPOMT R. Verheijen, ARDENT 1
CPOMT A. Jackson, HMAS Albatross
CPOMT A. McCall, HMAS Albatross
ABSM C. Roy, HMAS Albatross
ABM Jada Montgomery, LEUT Ben Wellfare and LEUT Ben Wellfare

COMMENDED: ABBM Jada Montgomery, LEUT Ben Wellfare and LEUT Ben Wellfare

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Noise awareness

T he on-line noise awareness program has been developed by the Services and the OHS compensation branch, and can be accessed through the Navy Safety website at http://intranet.defence.gov.au/navywebsites/SMS_N_.

The website also contains noise-related safety information such as links to relevant Australian Standards, Codes of Practice, Defence Instructions and safety posters.

The program specifically highlights the dangers of noise induced hearing loss, which can occur as a result of excessive noise outside of the workplace and be utilised as part of a general OHS awareness campaign, induction programs, divisional meetings, etc.

Here is the web program that can be ordered from Navy Safety: safety@defence.gov.au.

Additionally, there are two DVDs available: Ship’s Safety Hazards (including Noise and Radiation Safety Series). Noise is classified as a physical hazard to health and is a risk to health depends on a number of variables such as exposure times, loudness and available confinement measures.

While these variables can often be controlled and measured at the workplace, the damage may unwittingly occur in social settings such as night clubs.

Members should also be aware (ODD Health Bulletin 1405 refers):

➤ If you work in a noisy work area that might be classified as a Hearing Protection Area (HPA), you are required, as part of health surveillance, to have annual audiometric testing.

➤ If you work in an extreme HPA, audiometric testing should be performed at least every six months.

There is no longer a requirement for routine annual audiometric testing (it will be done at the five yearly medical), but you can request a hearing test at any time if:

➤ You notice any change to your hearing.

➤ You have any symptoms such as tinnitus (ringing in the ears) or a loss of balance.

Supervisors have a legal obligation to be proactive to ensure safe working conditions.

Noise is no different to the hazard of, for example, diesel fumes. Both need to be identified, monitored and measured for risk and control measures and health surveillance initiated.

Requests for assistance with fleet workplace noise assessments/surveys can be made through the Fleet Industrial Hygiene Support Unit (OQ 929 2597).

Several noise units can request assistance from the ADF Centre for Occupational Health: http://ohsc.defence.gov.au/Programs/OHSSP/
default.htm.

Specific advice on noise management can be accessed via ABR 630 chapter seven, and SafetyMan vol 2, p3, chapter two.

Remember, noise induced hearing loss is one of the largest single causes of occupational deafness and cannot be rectified by hearing aids. Once it’s gone, it’s gone.

What is this strange beastie?

By CMDR Rob Slaven

WE’ve probably all been aboard ships when that strange semi-recurring beastie called a basin trial seemingly pops up in daily orders.

So what are these strange basin trials and why do we do them?

Basically, a basin trial is a procedural power plant check conducted while the ship is at sea and the ship is protected alongside a wharf. A basin trial is designed to test the full operational function of the ship’s plant and systems up to and including turning the ship and adjusting the pitch on the propeller blades.

A basin trial allows the ship’s engineering staff to conduct a step-by-step warm-through of the power plant (usually after lengthy lay-ups or maintenance periods), and ensures that the command team get a ‘warm fuzzy’ that the power plant will do what they want and expect when the time comes.

In order to save time and minimise disruption to the ship’s program, basin trials are usually scheduled to coincide with ‘fast cruises’, thereby ensuring that sufficient engineering, bridge and emergency staff are available should the unexpected occur.

As with all slow-time evolutions, a basin trial is conducted in a very methodical and procedural manner to allow the ‘Clankies’ to check the operation of their trusted ‘Dunks’ in a safe and detailed manner.

The average trial can take anything up to about four hours as the engineering plant is brought slowly online and propulsive power applied to the shafts.

Throughout the evolution, it takes a concerted team effort from gangway staff, bridge watchkeepers, part of ship personnel and, of course, the numerous ME staff closed up in all engineering spaces that have running machinery.

Reliable communications and a sharp experienced eye are essential to complete a basin trial without incident or injury, and it is one of those ‘things’ that captains take a very personal interest in.

Common safety precautions include the ‘doubling up’ of lines, closing the gangway, having POS personnel watching their lines, and having a qualified bridge watchkeeper closed up in constant communications with the MCR/CSS to keep the engineers honest.

A common misunderstanding among ‘dog watch personnel’, is that the relative slow pace and procedural nature of the checks inherent within a basin trial cannot possibly affect them in their alongside workspace.

However, just when the ship is at sea, sudden unexpected hull motions, machinery emergencies, the movement of unsecured stores or equipment and personnel injuries can occur and have occurred.

While you may think it’s the XO’s, MEO’s, OOW’s, or even the OOD’s responsibility to keep you safe during a basin trial, the simple fact is that the single most important person associated with your safety remains ‘YOU’.

The next time daily orders mention something called a ‘basin trial’, spare a moment for your future and take stock of all the common everyday shipboard preparations that you can do to avoid a shipboard emergency, unwanted injury, undue paperwork – or delay that belov ed ‘Leave’ pipe.

NEW NOISE DANGER SIGNS
FEHSCO has resolved the protracted saga of acquiring new signs and these are now available in two sizes and the NSNs:


FEHSCO has also produced a new document titled ‘NEW NOISE DANGER SIGNS’, which can be accessed through the Navy Safety website at http://www.navy.safety@defence.gov.au.

The contents do not necessarily reflect Service policy and, unless stated otherwise, should not be construed as orders, instructions or directives – KEEP NAVY SAFE.

Working in confined spaces

By PO Todd Melrose

MARITIME employees, sailors and contractors conduct procedures, such as inspections, clearing and repairs that require work to be performed in a confined space.

Hazards associated with work in confined spaces could, if ignored, cause fatal or debilitating accidents.

Typical of the hazards in confined spaces are accidental mechanical equipment, release of harmful gases or liquids into the confined space; high ambient temperatures; exposure to asphyxiating, toxic, corrosive, flammable or radioactive substances; and insufficient oxygen to maintain life.

Confined space means an enclosed or partially enclosed space that:

➤ Is not intended or designed primarily as a place of work.

A confined space may also:

➤ Have a restricted means of entry and exit.

➤ Have an atmosphere that contains potentially harmful levels of contaminants.

➤ Have an atmosphere that does not have sufficient oxygen to maintain life.

➤ Cause engulfment, or be enclosed only on three sides.

ARB 5225 Vol 1 Chap 6 Para 86 – 106 is an easy read and provides extensive detail in protecting lives from the hazards of entry into, and work within, confined spaces.

It is suggested that, in the interests of safety in the workplace, a generous interpretation of the definition of a confined space be adopted. Moreover, even if the environment is deemed not to be a confined space, the employee’s duty may be best fulfilled by applying measures that would normally be considered necessary in a “confined space” to make it safe.

Personnel must be competent to conduct specified operations in a confined space work. This includes supervisors who must have been assessed and issued a competent Confined Space Supervisor.

They have responsibility to:

➤ Ensure compliance with any relevant defence or statutory requirements; 

➤ Enforce compliance with relevant local orders and instructions on confined space operations; 

➤ Ensure the confined space described in an entry permit is in a safe condition for the work required, and that all precautions required by the risk assessment are clearly outlined on the permit before the permit is authorised; and

➤ Ensure all persons and equipment have left the confined space before it is returned to its normal use.

What’s going on in your area this month?

BY PO T J吳

It’s September and the Navy Safety awards have closed. Here are some interesting points that you may have missed:

NOMINATIONS FOR THE NAVY SAFETY AWARDS CLOSE SEPTEMBER 30

If you are required to work in a confined space then you must also be assessed as competent and with this comes a responsibility to:

➤ Comply with all instructions and requirements relating to safe work in confined spaces;

➤ Ensure the safety of yourself and others in relation to working in confined spaces;

➤ Not enter a confined space until you have fulfilled all pre-entry conditions stated in ABR 5225; and

➤ Follow the directions of the stand by person in respect of confined spaces.

Probably the most well recognised and understood hazard associated with confined spaces is toxic hazard and something we practice/dill regularly. However, it can go wrong – as discovered when authorities recently investigated an argon gas leak aboard a cargo ship at Port Everglade in which three workers were killed.

The inquest, one of them died after sequentially entering the same compartment.

Upon discovering an unconscious person in a confined space you should shut off the alarm, don an ELRAD, evacuate and secure the compartment as you continue to raise the alarm.

Never attempt to re-enter a compartment to rescue an ‘opp’. At this point you need to have presence of mind.

The reasons why we follow these procedures are obvious, but sadly deaths still occur amongst some of our sea going counterparts.

Ref: ABR 5225 Vol 1 Chap 6 Para 86 SAFETYMAN, Vol 1 part 7 chap 4 ABR 6030 Navy Safety Systems manual

deal/story/20081028

NAVY NEWS

September 18, 2008

By CMDR Jeffrey Goedecke

In late August HMAS Ballarat returned from the South West Pacific after an exciting seven-week deployment that saw her ship company participate in the coronation of the King of Tonga and sail through the majestic beauty of New Zealand’s South Island.

Ballarat began the deployment in early July with a port visit to Adelaide to participate in ‘Navy Week’ activities. A busy program alongside culminated in an open day that saw more than 5700 people check out the ship. From Adelaide the ship travelled to far north Queensland, making the most of the new facilities at HMAS Cairns and enjoying a good run ashore prior to deploying to the South West Pacific.

The ship pulled into Nuku’alofa, Tonga on July 31 to participate in the coronation of King George Tupou V. Also representing Australia was the then-Governor-General, Major-General Michael Jeffery. In what would be one of his final engagements as Governor-General and the last ADF visit he would visit, he and Mrs Jeffery embarked in Ballarat and enjoyed lunch on board with the CO before addressing ship’s company and presenting awards.

The ship then headed toward Port Vila, Vanuatu, taking an opportunity to exercise with USS John S. McCain enroute. On arrival at Port Vila, the ship’s company made the most of great weather and tropical resorts – snorkelling, diving, and appreciating the islands from the water and home. However, the warm weather wasn’t to last with Ballarat then turning south around the South Island.

The ship enjoyed a speakeasy in Auckland allowing the city sights before heading even further south. An opportunity was seized to spend some time in company with sister ship, HMNZS Te Kaha, off of the coast of Hawke Bay, before heading to even cooler waters in Dunedin. As is tradition, a bagpiper embarked, playing stirring Scottish renditions as the ship entered harbour.

Many of the ship’s company made the most of opportunities to see some wonderful sights in and around the city while others sought adventure further afield in Queenstown, skiing, snowboarding and bungy jumping.

Before heading home, the ship pulled into the majestic Milford Sound in perfect conditions, confronted with snow-topped mountains, sheer cliffs and some of the most beautiful scenery in the world.

This was no small experience for PO2ET Kenny who said, “Being able to transit Milford Sound in Ballarat is simply breathtaking. I couldn’t think of a better way to cap off such an outstanding deployment.”
DG’s HEADS UP

Lucrative power of the pen

US trip on offer to winner of CDRE Alan “Rocker” Robertson essay competition

T
HE new CDRE Alan “Rocker” Robertson essay competition provides an opportunity for lieutenants in the Naval Reserve (NR) and the Permanent Navy (PN) to demonstrate their creative and literary skills in a competition which will not only provide interest to the naval community but also reward the winner with a substantial prize.

The Australian Naval Institute (ANI) has inaugurated an essay competition named after one of the ANI’s founding fathers. It is open to PN and NR LEUTs. CDRE Robertson was renowned for his innovative and lateral thinking.

The winner of the competition will receive the value of a return economy airfare to the United States, together with $500 spending money, the trip to be taken during the Royal Australian Navy main leave period in December 2008-January 2009.

The adjudicators will consider any essay which deals with a matter of contemporary interest to the naval profession. The closing date for entries is September 30, with the winner to be announced on October 22. Full details are at http://www.navalinstitute.com.au

The Matthew Davey Award for 2009 – overseas studies grant scheme

Applications are now open for this award, which provides a member of the NR with funds to travel overseas for study relevant to improving Navy capability.

The study tour must be completed by December 31 in the year the award is granted. The grant covers travel, accommodation and other costs associated with the study tour, up to a maximum of 14 days.

The study may focus on, but is not limited to, the NR applicant’s involvement in maritime defence; financial and corporate management; operations and logistics; human resources and training; military health; public relations; and information systems and management.

The project must be linked to undertaking study relevant to Navy capability. As part of the selection process, Reservists are required to develop a positive and meaningful project that will benefit the Navy. If the area of intended study involves a professional or specialist area, then the application must be accompanied by a letter of support from the relevant head of community (which is normally at a one-star level) or appropriate director general/director.

Representational and personal attributes also form an integral part of the selection process, as successful candidates will represent the NR as a component of the RAN internationally.

Eligibility for the award is open to all NR members regardless of rank or specialisation/category who meet the following criteria:

➤ As the scheme seeks to encourage employer support for the NR, applicants for the award must be in formal civilian employment (includes full-time, permanent part-time and permanent casual).

➤ NR members serving on CFTS may be eligible, provided that they are on leave from their civilian employment during their service on CFTS. Further, an award recipient who then decides to undertake CFTS will be able to retain the award, providing that they can still complete their study tour by December 31 in the year of the award. However, the application of a Reservist who then transfers to the PN will be cancelled. If an award has been granted and a transfer then occurs, the award will be withdrawn and the entitlement transferred to the next highest ranking candidate.

➤ Applicants must have undertaken at least 20 days of service in the financial year before application for an award.

➤ Unemployed, self-employed and Reservists who are full-time students are ineligible for an award.

The study tour must be completed by December 31, 2009. The closing date for entries is October 31 this year, with the winner being announced during the corporate leadership forum in March.

The MDA overseas study grant scheme is managed by the office of Director General Reserves-Navy and established under the authority of DI(N) ADMIN 6-4.

For further information, visit: http://www.navy.gov.au/reserves/ or contact:

CMDR Gary Brown, DRES-N, R8-2-011 Russell Offices, CANBERRA, ACT 2600, gary.brown9@defence.gov.au or (02) 6265 6678.

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Making music in more than one way

By LCDR Brett Lane

PETER Cobb is one of a growing number of Reservists who beat more than one drum for Navy.

What sets Perth-based LSMUSN Cobb apart from the many others is he does that both figuratively and literally.

As percussion section leader in the WA Detachment of the Royal Australian Navy Band he plays the side drum when on parade, the drum kit in stage band format and general percussion in concert band mode and electronic keyboard in the rock band line-up.

And in Navy job roles, he is a musician and on the part-time uniformed staff of Defence Force Recruiting’s central Perth office where he has had careers promotion and careers counsellor postings.

On top of all that he is a CPO at the drum kit as a musician in the WA detachment CPOMUSN Gabe Kicsak says. "We must have been a bunch of madmen," he said, "and I have located another 67. Retention issues are not new despite what people might think.

"We must have been very much a bunch of duds – only one made commissioned rank and three made WO."}

VERSATILE: LSMUSN Peter Cobb at the drum kit as a musician in the WA Detachment of the RAN Band.

Photo: POMUSN Brenton Starkie

VERUS: Martin Grogan R62643 and 109 other fresh-faced recruits joined the General Service Intake (Moran Division) on November 24, 1963 – two days after US president John F. Kennedy was assassinated.

"We joined for either nine or 12 years and 34 did not even make the six-year point," said a wistful WOWTR Marty Grogan, still an active Reservist at the home of basic training, HMAS Cerberus.

These days he has lots of memories, and a wife and family including son, CMDF Darren Grogan, who has commanded a patrol boat and is currently serving in Darwin.

He’s busy producing a newsletter and organising a 45-year reunion of what’s left of his intake in November, and trying to make contact with as many as he can of the recruits who joined the Navy with him.

"Eleven have been confirmed as having ‘crossed the bar,’” he said, “and I have located another 67. Retention issues are not new despite what people might think."

"We must have been a bunch of duds – only one made commissioned rank and three made WO."

Raking through his memorabilia, WO Grogan has come up with old photos and his first pay – which he’s had framed together with his ID card and first pay envelope. As he says in the newsletter: “Fellow Morons, the answer to last week’s question is as follows: On the 5th December 1963 we were paid 8 pounds as an interim payment to buy toiletries etc – 3 x 1 Pound green notes and 1 x 5 Pound blue note.

This was at a time when the net fortnightly drawing rate, after uniform allowance and taxation was £23/19/4 – $47.85.

“We went on leave on 23rd December (1963) and came back on 5th January,” WO Grogan said. “We received 57 Pounds for this and I predict that I would have left most of that behind at the White Ensign Club in Carlton.”

➤ Interested alumni should email mgro4429@bigpond.net.au

BUSY TRACKING THEM DOWN: WOWTR Marty Grogan, still an active Reservist at HMAS Cerberus.

Photo: ABPH Quentin Mushins

45 years on, search goes on for recruits

By LCDR Brett Lane

PETER Cobb is one of a growing number of Reservists who beat more than one drum for Navy.

What sets Perth-based LSMUSN Cobb apart from the many others is he does that both figuratively and literally.

As percussion section leader in the WA Detachment of the Royal Australian Navy Band he plays the side drum when on parade, the drum kit in stage band format and general percussion in concert band mode and electronic keyboard in the rock band line-up.

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"We must have been very much a bunch of duds – only one made commissioned rank and three made WO."
MISJUDGED again – Miss August must have been a relatively easy mystery ship because, I’m embarrassed to say, almost everyone got it right.

Fortunately, I was saved from complete ignominy by Warren Axford who, with repeated assaults on successive mystery ships, is rapidly becoming a regular. Thanks Warren – but Miss August was not HMAS Mallow.

In fact, Australia acquired Miss August well before the so-called Gift Fleet. She was a ship generally acknowledged to have fired more rounds of ammunition than any other RAN ships fighting and firing more rounds of ammunition than any other RAN ships in the Great War.

Other information from Peter and other entrants says Miss August was particularly significant to Reservists because: “On January 1, 1914 she commissioned as an independent command for service as a seagoing training ship for the Naval Reserve operating under the orders of the Director of Naval Reserves.”

This ship had two notable ‘wins’ in WA waters: she “captured the German steamer Vemünster (4424 ton) some eight miles west of Rottnest Island on August 16 and took her to Fremantle. On August 26, she captured a second ship, the 4994-ton Norddeutscher Lloyd vessel Thuringen also off Rottnest Island.”

Regular Harry Goodall says, in February 1915, this ship, with other allied vessels, “bombarded the mouth of the Rufugi River (in German East Africa) in an attempt to drive the German cruiser Emden out of hiding firing 600 shells.”

Mystery ship

MISS SEPTEMBER: Can you guess her identity?

LEFT: Miss August, the light cruiser HMAS Pioneer.

Orders to diverge from the convoy route to inspect the Cocos Islands”.

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Staff Officer Targets at Fleet Headquarters, SQNLDR Jimbo Stewart, reinforces this saying she, “proved to be one of the hardest-working RAN ships to serve in World War 1, participating in more actual fighting and firing more rounds of ammunition than any other RAN ships in the Great War”. CMDR Greg Swinden, who has authored a number of navy historical publications, adds that, “...she proved to be one of the hardest-working RAN ships to serve in World War 1, participating in more actual fighting and firing more rounds of ammunition than any other RAN ships in the Great War”.

CMDR Greg Swinden, who has authored a number of navy historical publications, adds that, “...she proved to be one of the hardest-working RAN ships to serve in World War 1, participating in more actual fighting and firing more rounds of ammunition than any other RAN ships in the Great War.”

He and then-SBLT Swinden had just co-authored First In, Last Out – the Navy at Gallipoli (of which I have an inscribed copy). Anyhow, Miss August was HMS Psyche (HMS Pegasus) a 2200-ton, Pelorus class light cruiser. Anyhow, Miss August was HMAS Psyche (HMS Pegasus) a 2200-ton, Pelorus class light cruiser.

Those correct, in the order their entries were received, were: Alan Baddams, Peter Wilcox, Bill Bahr, Davad Manolop, Harry Goodall, Dave Rickard, Jimbo Stewart, Peter Bloomfield, Greg Swinden and Steve Dunne.

I’m always interested in how people arrive at their identification.

Dave Rickard says that although HMAS Pioneer and sister ship, HMS Psyche were almost identical, an inspection of the pic offered with his trusty monocle shows, “(the ship) has some sort of short mast on the top of the wheelhouse (that Psyche didn’t have), and also has a missing scuttle just below here jackstaff (that Psyche did have)”.

SA Reservist LEUT Alan Baddams used lateral thinking to proceed from the class of ship to name: “I admit I am guessing that Miss August is not one of her sister ships on the Australia station, HMS Pegasus and HMS Prometheus, as I believe Pioneer was the only one gifted to the Commonwealth and thus more likely to have photos available here,” he says.

Peter Bloomfield says: “Pioneer had the additional yardarm above the crow’s nest on the forward mast whereas HMAS Psyche did not.”

And Greg Swinden says: “The angle of the photo makes it difficult to tell which ship it is. Psyche had funnel tops that were horizontal with the upper deck line whereas Pioneer’s funnel tops were raked (slipped aft). A guess is she is HMS Pioneer (as the funnel tops appear to be raked aft).”

Have a look at Miss September and send your ID efforts to tony.underwood@defencenews.gov.au by October 1.

– LCDR Antony Underwood
someone to cheer for

By Dallas McMaugh

LCDR Bill Shurey had a high-flying farewell when he recently retired after more than 38 years service.

Rather than passing the hat around for a farewell gift, his colleagues arranged for Bill to go out in style in the Historic Flight’s UH1B Iroquois helicopter.

As well as a farewell trip it was one down memory lane for Bill who at age 23 flew UH1 Hueys in the Vietnam war, an experience that wasn’t without its dramas.

Bill was hit twice when supporting the 21st ARVN Division north of Cai Nuoc, An Xuyen province, the hydraulic system was damaged and the aircraft was forced to land at Quan Long (Ca Mau).

A reservist on full-time service, Bill has been a member of the Helicopter Aircrew Training School (HATS) Project team for four years and has also worked on the multi-role helicopters (MRH90) acquisition and as project manager for Seahawk upgrade.

Bill has also flown the Winjeel, Macchi, Dakota, Sea King, Wessex and Seahawk, but the Iroquois was the aircraft of choice for his farewell lunch.

FOR OLD TIMES’ SAKE: Vietnam veteran LCDR Shurey (foreground) and CMDR Stuart Harwood return from a flight in a “Huey” helicopter. Photo: ASPH Brenton Freind

Huey takes Bill back down memory lane

By Graham Davis

With the Olympic Games over and the Paralympics taking centre stage in Beijing, the RAN has reason to cheer for one of its own.

Navy Cadet LS Tahlia Rotumah, a cerebral palsy athlete, was selected to run in the 900m and 200m sprints in the T37 category.

Tahlia, 16, is a member of the ship’s company of TS Vampire, the cadet training ship centred on Tweed Heads, NSW. The unit is led by Acting Commanding Officer, SBLT Jim Anderson.

“Tahlia is an outstanding student at the Tweed River High School,” SBLT Anderson said.

“She joined the ANC in February of 2005 and was promoted to Cadet Leading Seaman on February 26 this year.

“As a cadet Tahlia has been a quiet achiever but her athletic prowess has brought out her extreme ability to meet challenges.”

Tahlia is already a successful athlete. In 2006 she travelled to Kuala Lumpur to compete at the Far East and South Pacific Games for the Disabled and in 2007 she attended the Australian Athletics meet in Canberra, securing a record-breaking win in both her specialty events.

Tahlia is the first female indigenous Australian to compete in the Paralympics in athletics.

➤ When Navy News went to press, the Paralympic Games were still going. Look for an update in the next edition.

Ahead of the Paralympics: Cadet LS Tahlia Rotumah happy with the spoils of a past triumph. Inset: in rig. Photos: TS Vampire

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How to do it
Log on to DHA’s online services (www.dha.gov.au) and access the ‘online AFR’ (you will need your email address and employee number on hand).

Now is also the time to complete your Toll Transitions inventory online at www.tolltransitions.com.au or return your inventory together with your AFR.

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Visit Toll Transitions’s website (www.tolltransitions.com.au) or phone 1800 819 167.
The ADF Financial Services Consumer Council provides an update on its mission to better educate ADF members about money matters.

Through our pre-deployment seminars and checklists, ADF members undergoing force preparation are now required to get all of their financial affairs in order before going overseas, which has helped give members and their families financial peace of mind.

At transition seminars, the Council now delivers all seminars related to money, and removes the previous problems associated with having those topics presented by representatives from the financial services industry.

It is the Council’s independence from the financial services industry that allows it to provide education services to the ADF in a completely unbiased way – many seminar participants have found it refreshing that the Council’s programs do not try to “sell” them products or services.

Through the Council’s close relationships with government regulators such as the Australian Securities and Investments Commission and the Australian Competition and Consumer Commission, it has been able to respond to situations where ADF members’ consumer interests have required protection from the financial services world.

Already, a number of those offending companies have stopped trading or have appropriately changed their business practices.

A variety of resources are also available for ADF members and their families, which cover topics such as budgeting, financial management, buying vehicles and getting financial advice.

The website features e-learning modules, which are an entertaining and informative way of learning more about money-related topics (make sure you tell your families).

ADF units may also request seminars from the Council on a range of financial topics, provided that there will be at least 30 participants.

Interested units should fill out the ‘Request a Seminar’ form on the Council’s website.

If you would like to know more about money, or how the ADF is preparing its people to be informed financial consumers, visit the website where you can request a range of educational materials and make contact with the Council.

The website of the ADF Financial Services Consumer Council can be found at www.adfconsumer.gov.au

Our new eLearning module can help you get Financial Advice.

www.adfconsumer.gov.au

Do you need a Financial Adviser?

How do you find an Adviser?

How does an Adviser get paid?

What should you ask the Adviser?

For more information contact us at: adf.consumer council@defence.gov.au
SPECIAL FORCES
Application Process

7 Steps to Selection

**STEP 1** - 7 months from course date – Go to the DRN SFTC website and read what is required for application. Some applicants may need to plan their attempt at Selection 18 months in advance. Submit application for CO recommendation and contact Selection Wing SFTC staff.

**STEP 2** - 6 months from course date - Complete a SF medical assessment no more than six months from the start date of the course. SF medical assessments are only current for six months therefore this will avoid the need to conduct a second assessment if it is out of date.

**STEP 3** - 5 months from course date - Psychological examination should be booked. It should be noted that this may take time due to examiners work commitments and requires a completed AD343 including CO recommendation. Commence study of relevant publications.

**STEP 4** - 4 months from course date – Applicants should be prepared to start the 13 week training program. Applicants should ensure that all paperwork for their application has been sent.

**STEP 5** - 3 months from course date – Application cut off dates are usually during this period. Applicants are to contact Selection Wing SFTC to ensure that all application paperwork has been received.

**STEP 6** - 2 months from course date – Course panels are released shortly after the Special Forces Panelling Board (SFPB) has convened. SFET are usually conducted during this period. Applicants should check the dates that the SFPB convened and contact their unit for a copy of the panel signal.

**STEP 7** - 1 month from course date – Continue training, remain focused and stay motivated.

SPECIAL FORCES

ENQUIRIES: SELECTION WING - 02 65750190 - sftc.selection@defence.gov.au
Stretch your fitness

Over the next two editions, Vincent Kouwenhoven will investigate different and safe methods of stretching.

Stretching helps the body prepare for exercise, improves flexibility, can lower the risk of injury and can decrease muscle stiffness. Gentle stretching before and after exercise enables the muscles to first prepare for more intense movement and, secondly, helps reduce stiffness after exercise.

There are two major types of muscle groups in the body: mobilisers that help you move and stabilisers that support the joints.

Muscles get tight when they are overworked or underworked. A tight muscle can restrict the supply of blood to the muscles and joints. Stretching improves the circulation of nutrients to the cells and the elimination of waste products from the cells.

Stretching can also help prevent scar tissue build-up caused by micro traumas in the muscle due to weight training.

Furthermore, stretching can improve posture, potentially leading to reduced levels in back pain/headaches. Poor posture is a contributing factor in many cases of back pain, sore neck or headaches. Stretching key postural muscles can assist in preventing you from slouching so that you can maintain good posture with less effort.

Tight or short muscles hold stress. Tight or headaches. Stretching key postural exercises.

Dynamic stretching
Dynamic stretching is probably the most common stretch used by hard trainers and those who are looking to improve their flexibility. In static stretching, a joint is moved through its range of motion so that the muscle is held in the stretch position and held statically (without movement) usually for around 15 to 60 seconds.

Recent studies show that it is more appropriate to begin a session with dynamic stretches because they promote greater power production within the muscle, as opposed to static stretches. The increased flexibility caused by static stretches can lead to losses in tension within the muscle, causing weaker contractions.

Ballistic stretching
Ballistic stretching is the stretch that will normally be a little more over-the-top than the other stretches. The muscle is stretched gently towards the end of its range of motion – then the muscle being stretched is gently squeezed for 5-15 seconds, after which the muscle is relaxed for a couple of seconds before being subjected to a gentle stretch that will normally be a little greater than the initial passive stretch.

PNF stretching
PNF stretching is generally considered the most effective way to increase static flexibility. It’s a combination of static passive stretching and isometric stretching.

PNF stretching is usually carried out with a partner who provides the resistance for the isometric contraction. The most popular PNF techniques is the ‘hold-relax’. The muscle is stretched gently towards the end of its range of motion – then the muscle being stretched is gently squeezed for 5-15 seconds, after which the muscle is relaxed for a couple of seconds before being subjected to a gentle stretch that will normally be a little greater than the initial passive stretch.

Recommendations
➤ Leave up to 48 hours between PNF stretching.
➤ For each muscle group complete two-four sets of the movement.
➤ Each set should consist of one stretch held for 10-15 seconds.
➤ PNF is not recommended for anyone under-18.
➤ A 5-10 minute warm-up is highly recommended before PNF stretching.
➤ Pain is an indication that you may be overstretching.

Vincent Kouwenhoven is a civilian corrective exercise specialist.

DFA’s New Website
www.dfa.org.au

DFA’s website provides you with a family focused portal on ADF information. It also provides DFA with the opportunity to inform and update you on our advocacy role in family related policy and entitlements.

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DFA together with the ADF Financial Services Consumer Council are pleased to offer a free recyclable shopping bag to families who register on our new look website.

This Free Bag will be forwarded to you once your membership has been processed (please allow up to four weeks).

DFA Working for you

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A voice for Defence Families

Defence Families of Australia


September 18, 2008
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A range of exciting opportunities are now available (both part-time and continuous full-time service opportunities) for Navy reservists. DMO is currently seeking reservists from within the following specialisations or trade groups:

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- Technical Trades (Marine, Electrical and Aviation)
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Commander Andrew Burnett
Air Warfare Destroyer
Adelaide - SA

CMDR Burnett commenced in March 2006 as the AWD Chief Staff Officer with a wide range of responsibilities including contracts, budget and resource management, personnel and office administration. The project has now entered Phase 3 and his role has again developed to include additional responsibilities in the business area.

“DMO have been a willing and flexible employer”.

CONTACT US:
For more information about Reservist opportunities in the DMO, please visit www.dmojobs.gov.au or 1800 DMO JOBS (1800 366 562)
Recognition for frontline angels

The Other Anzacs: Nurses at War 1914-1918
By Peter Rees
Allen & Unwin $49.95

PETER Rees was working as a journalist in the Press Gallery nine years ago when he was sent to cover the unveiling of the Australian Service Nurses National Memorial on Anzac Parade in Canberra.

After filing his story, he was still haunted by one question: Who were these women?

Speaking at the launch of his book The Other Anzacs: Nurses at War 1914-1918, Mr Rees said nurses who served at the front, especially during the Great War, were "overlooked, overlooked and overlooked".

"The Great War was seen as the emergence of manhood in Australia," he said of the role of women, especially their contributions during the Great War, were "overlooked, overlooked and overlooked".

"The Other Anzacs tells the stories of young women looking for excitement and adventure, and getting a lot more than they expected," Mr Rees said.

Some 3000 Australian nurses served during World War I, more often than not in atrocious conditions, dealing with horrific wounds and injuries.

Some 45 Australian and New Zealand nurses died and the nurses who did return struggled to readjust to their lives and received little acknowledgement, financial or otherwise, of their service, while their male counterparts were lauded across the countryside.

The Other Anzacs uses diary entries and letters from these brave women and, finally, gives these "frontline angels" the kudos they deserve.

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SPORT

The games we play at sea...

Net result: Sit-down volleyball on HMAS Melbourne.

No standing: No, it’s not a human re-enactment of the structures at Stonehenge. These sailors are playing sit-down volleyball on HMAS Melbourne.

Whatever your taste: Bin ball, left, and fast ball, right, on the deck of HMAS Melbourne.

On their feet: Fast-ball on HMAS Melbourne.

IT’S MINE: SMNMT Mallon and SMNMT Troy Russell scuffle for the puck during a flight deck hockey game onboard HMAS Tobruk on the way to RIMPAC.

Photo: ABPH Lincoln Commane

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NISC PTs rule at bollard ball

A two-man bollard ball team representing the Navy Indoor Sports Centre (NISC) Gymnasium Floor at Fleet Base East has emerged with the inaugural PT Cup – but its closest rival is probably already plotting revenge.


Albatross is scheduled to hold the next PT Cup, but in a different sport.

For the uninitiated, bollard ball is a cross between soccer and tennis and requires a high level of skill as the ball is always in play. It is hotly contested by physical trainers of all three Services, but none as fiercely as RAN PTs.

The competition at NISC was a two-on-two format so as to make it an inter-establishment/ship event.

The other teams were: Creswell Seniors (WOPT Ian “Bones” Sutton and CPOPT Dave “Moose” Eddington), Creswell Juniors (LSPT Corey Short and LSPT Robert “Vinny” Vincent), Watson/Darwin (LSPT Tricia Muller and LSPT Darrin Trudgett) and POPT Dion McRabb who swanned in during play.

The guys from NISC were quite shocked by the uniforms of their opponents but that did not deter them from the focus they had on claiming the cup and the glory of being the first to be engraved as winners.

Albatross, as runners up, received the Numpty Cup while the worst-placed team, Watson/Darwin received an old game ball to practice their techniques.

Best dressed award went to LSPT Short and LSPT Vincent for their matching ensemble.
Almost a clean sweep of NZ

THE Australian Defence Basketball men’s and women’s teams fell one match short of a clean sweep in the 12 matches they played on their recent tour of New Zealand.

The men won all six matches, including all three in the three-match series for the Anzac Trophies.

The ADF men beat the NZDF 105-34, 96-42 and 98-38.

The women won the first two tests 54-31, and 64-49 before losing one of their three Test encounters. They 42 and 98-38.

Trophies.

The ADF women beat the NZDF 105-34, 96-42 and 98-38.

Almost a clean sweep of NZ

TEAMMATES:
Navy female members of the ADF basketball team that recently played in the Anzac Series in New Zealand clockwise from top left: AB Jacinda Sharp, AB Sarah Legg, AB Kate Goggins and SBLT Kiri Northdurft.

Photo: AB Carolyn Docking

LEFT: AB Brent Nemeth takes a shot.

Photo: CPL Brad Hanson

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THE Australian Defence Basketball men’s and women’s teams fell one match short of a clean sweep in the 12 matches they played on their recent tour of New Zealand. The men won all six matches, including all three in the three-match series for the Anzac Trophies.

The ADF men beat the NZDF 105-34, 96-42 and 98-38.

The women won the first two tests 54-31, and 64-49 before losing one of their three Test encounters. They 42 and 98-38.

Trophies.

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TEAMMATES:
Navy female members of the ADF basketball team that recently played in the Anzac Series in New Zealand clockwise from top left: AB Jacinda Sharp, AB Sarah Legg, AB Kate Goggins and SBLT Kiri Northdurft.

Photo: AB Carolyn Docking

LEFT: AB Brent Nemeth takes a shot.

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IN BRIEF

Calling all Masters hockey players

DEFENCE Hockey intends nominating men’s and women’s teams for the Australian Masters Games in Geelong from February 20 to March 1 next year. Personnel must be over 30 to participate but any level of player is welcome. Information on the Australian Masters Games can be found at www.australianmastersgames.com. The POC for coordination of this event is MAJ Fiona Davis who can be contacted on (03) 5735 6868 or email fiona.davis@defence.gov.au.

Softballers welcome NZ Navy

THE ADF Softball Association will compete against the New Zealand Navy at its annual championships at RAAF Williams, Laverton, from November 3 to 7. Interested players should contact Virginia Morris at virginia.lee.morris@defence.gov.au or go to http://intranet.defence.gov.au/Sites/Softball.

Volleyballers sought in ACT

ACT Combined Service Volleyball seeks Service and Defence APS men and women to represent ACT in the Combined Service Volleyball Competition in Newcastle from November 2 to 8. Contact Miss Chris Tancer on (02) 6265 5503 or chris.tancer@defence.gov.au or Mr Tony Farrer (02) 6266 3585 or tony.farrer@defence.gov.au.

Softball

PLATE WINNER: LSET Scott O’Donohue receives the Plate Trophy from CMDR Tony Rayner, the Executive Officer of HMAS Stirling.

Everyone has a go

Eight teams from Fleet Base West took to the courts for the hotly contested competition.

GIVING IT EVERYTHING: Dave Le Pavoux, of the Cobras, bowls to Team Awesome. Photo: APBH Nadia Monteith

Navy takes second in bowls

NAVY overcame a depleted Army side before losing the decider to Air Force when Penrith Bowling Club played host to the NSW inter-Service lawn bowls carnival from August 18 to 22.

Navy steamrolled Army 5-1 on day one, with the weakened Army gaining valuable experience and adjusting well to the game on a fast green.

On day two, Navy lost to Air Force 1.5 to 4.5. The NSW team now heads for the national carnival in Ipswich from October 13 to 17.
The RSL Legal Aid Scheme is an initiative of the RSL in cooperation with National Legal Aid (NLA). It is a scheme designed to facilitate the provision of free legal information and preliminary legal advice to Australian Defence Force personnel wherever they may be serving.

Information about civilian law is available from a number of sources, including legal aid commissions and law societies in each state and territory of Australia. Sometimes an understanding of the law relating to your problem will enable you to decide how best to handle it. Sometimes you may also need legal advice. The RSL Legal Aid Scheme is designed to help you obtain information about the law and preliminary advice about your problem.

For information about how to access the scheme, visit the RSL website at:

http://www.rsl.org.au

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Best male
LCDR Garry Lewis

Best woman
LCDR Wendy Hughes

Sharp shooter
WOET Ian Waller

Coaches award
LEUT Chris Cole

Most promising novice
LEUT Lachlan Blyth

TRIUMPHANT TEAM: from left, front row – L-R WO Ian Waller, LCDR Wendy Hughes, CMDR Martin Linsley, Back row – LS JJ Janda (coach), LEUT Lachlan Blyth, PO Peter Wilcox, MIDN Sarah McDonough, PO Peter Sutton, LS Craig O’Callaghan, LCDR Garry Lewis, LEUT Chris Cole, SBLT Olgo Poberezovskaja, CMDR Paddy O’Dwyer, CAPT Mark Purcell, CPO Gordon Lucas, MAJ Daryl Johnson (coach)

CHAMPION SHOT: WO Ian Waller takes aim during the biathlon event.

GUTSY EFFORT: LS Craig O’Callaghan at the starting line for Navy at Mt Hotham.

From Back Page

He has also developed a web page and posters for distribution.

In the week before the inter-Service competition the Navy team conducted training, particularly for first timers and novices. Professional coaches instructed the art of cross country skiing and competition shooting in superb snow conditions more akin to the snowfields of Europe than Australia.

The president of the ADF Biathlon Association, CAPT Mark Purcell, was particularly impressed with the standard of the Navy’s new biathlete. “It’s always great to welcome newcomers to the sport and our novices did a great job,” he said.

“Notable mentions go to LS Craig O’Callaghan, PO Peter Sutton and PO Pete Wilcox who all gave gutsy efforts and LEUT Lachlan Blyth in his first year blitzed the field, being the first of the Navy team to cross the line on the final classic-style race.”

The biathlon team participates every year for a two-week period. The first week includes training and Navy races, while the second week is more training and inter-Service racing.

It costs $300 for a full week in the snow – all accommodation in a lodge. Food and equipment is supplied and you don’t need lift tickets, your skis and skill get you there.

Interested in Navy biathlon? Contact WO Ian Waller at navysport.nordic@defence.gov.au or visit www.skinyary.com

Intra-Navy awards

➤ Best male
LCDR Garry Lewis

➤ Best woman
LCDR Wendy Hughes

➤ Sharp shooter
WOET Ian Waller

➤ Coaches award
LEUT Chris Cole

➤ Most promising novice
LEUT Lachlan Blyth

ON TARGET: CMDR Martin Linsley (foreground) and CAPT Mark Purcell (background) take aim during the biathlon event. INSET: PO Peter Wilcox in action during the inter-Service cross country skiing competition.

Photos: LEUT Chris Cole
I SCORED A HUNDRED IN THE BACKYARD AT SEA: A typical Saturday on the flight deck of HMAS Ballarat – steel deck barbecue and a game of cricket. Oh, if anyone’s looking for a lost ball, the ship was about 50 nautical miles north west of the outer reef of New Caledonia in the Pacific Ocean at the time, on her way to Tonga.

By CMDR Sean O’Dwyer

IN PERHAPS the best performance since Navy started participating in biathlon, the Navy team, spearheaded by LCDR Wendy Hughes, bagged three trophies at the annual inter-Service competition at Mount Hotham.

Navy won the ADF cross country women’s track championships, the ADF biathlon trophy and the ADF Military Patrol trophy at the competition between August 10 and 15.

LCDR Hughes won all the female events, greatly helping her team to win the three team trophies.

Navy males came second to Army in all male equivalent trophies.

Army narrowly won the overall championship and Navy was second.

“It is exciting for Navy sport to see our biathlon team perform so well this year,” LCDR Hughes said. “Our experienced skiers were complemented by a group of enthusiastic newcomers; add to the mix the expert guidance and support provided by our skiing and shooting coaches and the results speak for themselves.”

Being one woman short for the open women’s patrol team, the captain was permitted to select a novice to participate. CMDR Paddy O’Dwyer rose to the challenge with the Navy women’s team blitzing all open teams with the exception of Army men.

The Navy’s last success was in 1994 when Navy females won the ADF cross country skiing track championship and this is the first time Navy has won either of the other two trophies.

The advances in performance are a credit to the efforts of team manager, WO Ian Waller, who has been putting his strategic plan into place over the last few seasons.

He has been encouraging the sport at the grass roots level, working hard to develop and encourage interest.

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