WORKING HARD: SBLT Timothy Gill, AB Keely Slis and AB Zac Hind receive essential ships stores, during HMAS Sydney’s planned maintenance period at Fleet Base East. Photo: LSSJ Jo Dillorenzo
Education for Aegis

Michael Brooke

THREE Navy personnel have gleaned important lessons from embedding with a Spanish F-100 frigate and learning about the Aegis Combat System.

LEUT Peter Shirley, PO Michael Burke and LS Lee Webb recently returned to Australia after embarking in the Spanish Navy Aegis-equipped frigate, Blas de Lezo, named in honour of Spain’s version of Admiral Horatio Nelson.

The three were embarked for a two-month period while the F-100 class ship embedded with a US Carrier Strike Group for a series of challenging air warfare exercises.

“Our mission was to learn how the Spanish utilise these platforms and to pick up any lessons that may assist the RAN to fully integrate the Aegis Combat System,” POCSS (AC) Burke said.

The Aegis Combat System will equip the RAN’s Hobart-class Air Warfare Destroyers, scheduled to come online from 2015.

Blas de Lezo sailed from Spain to the US where it embedded with the US Navy Eisenhower Carrier Strike Group for an exercise that furthered the Aegis validated the Aegis Combat System that can track and target 100 threats simultaneously.

LEUT Shirley said during the Amarda F-100 exercise, he succeeded with his primary goal of gaining a better understanding of the Aegis Combat System, in particular the radar and Aegis components.

The heart of the Aegis system is the multi-function phased-array radar that, in combination with the SM-2 missile, will provide an advanced air defence system capable of engaging enemy aircraft and missiles at ranges in excess of 150km.

LEUT Shirley said Blas de Lezo demonstrated that a foreign built Aegis-equipped platform can capably operate in the same mission environment as the US Navy platforms.

“Blas de Lezo, which is the same design as our AWD, showed that she can more than keep pace with the USN ships in a complex war scenario,” he said.

POCSS (AC) Burke said when the war game began, the fictitious enemy threw all they had at them. “But their fighters were plucked from the sky by an assorted mix of the carrier’s jets and ships’ missiles, while their anti-ship missiles were defeated well before any potential impact,” he said.

“The ‘enemy’ fought well and relentlessly for several days against us before conceding defeat to the far more superior naval might of the coalition forces.”

LEUT Webb said operating the Aegis weapons system to its fullest required a high standard of professionalism.

Fortunately, the crew was always eager to help me with any questions I had about the Aegis system — LSET Lee Webb

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In-flight emergency for Bluestokes nurses

CPL Max Bree

TWO Navy nurses on their way to a medical training exercise faced a mid-air emergency when a fellow passenger became unresponsive during a flight from Sydney to Perth on June 5.

LEUT Lynn Hocking was sitting next to me and she said ‘Lynn, Lynn! Woman behind’,” LEUT Hocking said.

LEUT Hocking and another nursing officer, LEUT Steve Line, jumped out of their seats to find the woman unresponsive with wide open eyes and dilated pupils.

“It looked like we were in for a full resuscitation,” LEUT Hocking said.

But as the nursing officers took the woman out of her seat to lay her on the floor, she began coming round. “She looked at me and gave an amazing smile,” LEUT Hocking said.

Despite the woman’s condition improving, the nursing officers kept her horizontal and continued to monitor her irregular heart beat with a stethoscope and defibrillator brought by the cabin crew.

LEUTs Hocking and Line stayed with the woman as the plane diverted to Adelaide where paramedics took her to hospital.

“The Navy were very quick to render assistance,” LEUT Line said.

Although the woman was stable, she was taken to hospital and assessed as being unresponsive. The airline then called her next-of-kin to advise them of the situation.

The Navy vessels were used to rescue survivors, provide on-scene command for the operation, and recover bodies. They were also used to transport the survivors and deceased back to Christmas Island. A 37SQN C-130 ferried a support team to the island.

The search was called off on June 24 by AMSA when it was assessed there was no realistic prospect for anyone to survive beyond that point.

In the June 27 incident, Border Protection Command deployed HMAS Maitland, HMAS Leeuwin and an Orion to the scene to render assistance. Three merchant vessels also responded to AMSA’s call for assistance. Under the coordination of AMSA, 130 survivors were rescued by the merchant vessels and by HMAS Maitland. All survivors and the body of one person were transferred to HMAS Leeuwin and taken to Christmas Island.

Following both incidents, clinical advice and support was provided to the crews of the ships involved as part of the Defence Critical Incident Mental Health Support System.

In Parliament last week, members acknowledged the bravery and dedication of all who have worked so tirelessly on the search and rescue operations. They recognised the ADF and border protection personnel’s professionalism and expertise in response to the tragic events.

Four Navy vessels and four 92WG AP-3C Orions were involved in major search and rescue operations north of Christmas Island when two irregular maritime vessels sank in separate incidents.

The first incident occurred on June 21 midway between Christmas Island and Indonesia. One hundred and ten people were rescued and 17 bodies were recovered.

Reports indicated the vessel could have been carrying about 200 people.

On June 27 another vessel captured 13 nautical miles east of the first incident. On this occasion, 130 people were rescued and one body recovered.

In the June 21 incident, the Australian Maritime Safety Authority (AMSA) launched a search-and-rescue operation after a Customs and Border Protection surveillance aircraft detected the vessel in distress.

An AP-3C Orion was diverted to the scene and dropped life rafts.

 Shortly after, a merchant vessel arrived, followed quickly by two more merchant vessels, which responded to the AMSA request for assistance.

About 7.30pm, patrol boats HMAS Larrakia and HMAS Wollongong arrived on the scene.

During the following days, both patrol boats, seven merchant ships and several aircraft, including four Orions, were involved in the search-and-rescue operation in the area.

130 PEOPLE RESCUED: The vessel involved in the June 27 incident, as viewed from the merchant ship MV Bison.

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For more information on Ex Bluestokes see page 14.
All for a job well done

Michael Brooke

RECOGNITION for a job well done is always the icing on the cake for any ship’s company or shore establishment. But rarely can a ship’s company have its cake and eat it too.

That is what Assail Four managed when personnel were presented with the Kelly Shield and shared an afternoon tea with Commander Australian Fleet RADM Tim Barrett on June 8.

Assail Four received the Kelly Shield as the Armidale-class patrol boat (ACPB) crew foremost in operations, safety and unit level training.

The annual award was presented when HMAS Broome berthed at Fleet Base East during a break from patrolling maritime reserves around Tasmania.

CO Assail Four LCDR Kylie Beumer said the Kelly Shield recognised a long dedication to duty that included important Op Resolute taskings in 2011.

“It’s a really great day for Assail Four to receive the Kelly Shield,” LCDR Beumer said.

“We had a long and hard year that resulted in some fantastic successes.”

Assail Four’s milestones include boarding and apprehending a Type 4 fishing vessel, boarding and apprehending four SIEVs, a deployment to South-East Asia and preparing HMAS Ships Broome and Maitland for their first scheduled five-year docking.

“But for us, the highlight was going back to basics and doing a fishing boat boarding and being able to apprehend it and tow it into Darwin,” LCDR Beumer said.

“And that went to court and the crew was convicted.”

LCDR Beumer said the port visit to Sydney was a great opportunity.

“It’s a real joy to be here and marks a significant departure from our typical Op Resolute patrol taskings,” LCDR Beumer said.

“We’ve been able to promote the excitement and diversity of ACPB operations among the sailors posted to Fleet Base East and HMAS Kuttabul.”

The team from Assail Four also extended the gangway to sailors interested in going to Darwin or Cairns to gain operational experience on an ACPB.

CONGRATULATIONS: Commander Australian Fleet RADM Tim Barrett presents CO Assail Four LCDR Kylie Beumer and her crew with the Kelly Shield.

Photo: ABIS Richard Cordell

EYES RIGHT: Graduates of New Entry Officers Course 46 dress for inspection during the passing out parade at HMAS Creswell.

Photo: LSS Yuri Rayment

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Future leaders strut their stuff

Michael Brooke and LEUT Dave Roberts

MORE than 100 students of New Entry Officers Course (NEOC) 46 have taken their first significant step in their military careers.

The graduation parade, on June 21 at HMAS Creswell, marked the completion of an intense 22-week course that trained the NEOCs in leadership, seamanship, naval history, physical fitness and weapons handling.

The reviewing officer for the parade, Commander Australian Fleet RADM Tim Barrett, congratulated the graduates on completing the course.

“To our newest naval officers, today’s parade is a significant milestone in your career,” he said.

RADM Barrett said the new officers were joining the Fleet at an exciting and challenging time and they would help Navy integrate new defence technologies such as the Air Warfare Destroyers and Landing Helicopter Docks.

CO Creswell CAPT Brett Chandler said the graduates were ready to serve.

“The training we put the officers through can be arduous and demanding, but it properly prepares them for service as naval officers,” CAPT Chandler said.

A number of awards were presented to graduates in recognition of leadership, sea training, academic and sporting achievements.

Navy’s values and signature behaviours also played an important role in determining prize winners.

The NEOC graduation was particularly memorable for MIDN Patrick Hitchings, who received the RADM Hammond Memorial Sword in recognition of his self discipline, resolution and positive influence among his peers.

MIDN Hitchings also received the Australian Naval Institute Sea Training Deployment Prize for outstanding officer-like qualities and diligent application to his task-book journal while on sea training deployment.

LEUT Douglas Falconer received the W. H. Harrington Memorial Prize for outstanding participation, support and fellowship, as well as the CDRE Sir James Ramsay Prize for the best academic performance.

EYES RIGHT: Graduates of New Entry Officers Course 46 dress for inspection during the passing out parade at HMAS Creswell.

Photo: LSS Yuri Rayment
DIVER UNDER FIRE

“CONTACT — wait out.” This is not a common radio message for a sailor to hear.

Nor is it common for one of the Navy’s finest to be fighting on the battlefield 1000km from the nearest salt water.

POCD Justin Ramanauskas of EOD Troop Combined Team Uruzgan (CTU) is in charge of a four-man team at the Multinational Base Tarin Kot which responds to some explosive finds.

Their role as enablers for CTU and Mentoring Task Force 4 (MTF 4) is to clear improvised explosive devices (IEDs) from paths for troops and convoys in Uruzgan.

As a Team One clearance diver based at HMAS Waterhen, POCD Ramanauskas has been exposed to a completely different environment while working in Afghanistan to most roles as a sailor.

It was during a dismounted Afghan National Army (ANA) partnered clearance patrol with Mentoring Team One on March 22 where POCD Ramanauskas found himself receiving hostile fire for the second time during his first deployment.

The patrol was in the Char Chineh, a remote area of Uruzgan, and POCD Ramanauskas said they were informed of insurgents observing the troops and preparing an ambush.

“We were moving across open ground and had just taken cover when our combat team started to receive small arms fire,” POCD Ramanauskas said.

“The right flank returned fire immediately and we continued to engage the enemy while pushing ourselves forward.

“At that point the insurgents fired a recoilless rifle round at the overwatch position which was on a cliff and the team in that position was lucky not to be injured by the close explosion.”

The insurgent’s sporadic fire gave away their positions to the combat team on the right flank who continued to engage them as the engineers persisted in moving forward.

An air weapons team of two US AH-64D Apaches was called in and there wereulls in the three-hour battle as the insurgents hid until the aircraft moved away.

The insurgents then increased their rate of fire with automatic weapons and rocket-propelled grenades until the Apaches returned with two A-10 Warthogs in support, causing the insurgents to flee.

POCD Ramanauskas said his team pushed forward using fire and movement to the insurgents’ location.

“We continued on with our task and noticed there were no local nations in it so as we entered the compounds,” he said.

“To be honest, it just felt like a normal patrol — we came to Afghanistan fully prepared for this type of situation.”

POCD Justin Ramanauskas, of EOD Troop Combined Team Uruzgan, found these explosive ordnance and weapons and more during his deployment.

CPL Mark Doran

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A taste of Naval life for locals

Natalie Staples

MORE than 2700 Novocastrians took for locals
Newcastle to get a taste of naval life on HMAS Newcastle, with highlights during the three-day port visit.

Newcastle was reconnect with its Orthopaedic School.

Last year around 1800 people

said. "I am proud that we are able to take part in commemorations for this significant day in the defence of Newcastle and its people," CMDR Campbell said.

To acknowledge the historical milestone, Newcastle exchanged a gun salute with the coastal fort on entering harbour.

"Since 1993 the ship has been raising funds to make the lives of the kids a little easier," CMDR Campbell said.

Students were also given a personal and hands-on tour of the Adelaide-class frigate.

Newcastle's visit coincided with the 70th anniversary of Fort Scratchley firing on a Japanese submarine in World War II.

"On behalf of the ship's company, I am pleased to announce this year we will be presenting a cheque for $10,000," CMDR Campbell said.

Families queued up at Throsby Wharf to get a taste of naval life on HMAS Newcastle, with highlights during the main weapons systems, a chance to sit in the captain’s chair on the bridge and practical firefighting.

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HANS-ON: AB Michael Thompson, of HMAS Newcastle, shows a visiting student how to use the firefighting hose. Inset, families and visitors line up to board Newcastle at Throsby Wharf.

Cultural highlights on deployment

LSIS Paul Berry

A CULTURAL activities initiative proved a success with HMAS Ballarat’s crew during her North East Asian deployment.

Throughout the four-month deployment, Ballarat organised a range of guided tours and activities at each port.

Fleet Command also allocated $100 to each crew member to subsidise their tours.

Activities included an overnight trip to Seoul and the demilitarised zone (DMZ) on the North and South Korean border; a tour of Kure, Hiroshima and the Peace Park in Japan, and a zoo night safari or Changi Chapel Museum tour in Singapore.

The initiative was implemented by Fleet Command after the HMAS Success COI Implementation Team’s Report.

The report highlighted the importance of positive activities for deployed crews such as sport, community engagement and visits to areas of cultural or military historical interest.

Deputy Supply Officer Ballarat LEUT Natasha Connew said the crew was able to choose the tours and weren’t limited by the subsidy.

"Most people on board have taken up an activity and most have taken more than one," LEUT Connew said.

ABET Saif Shamkhi grabbed the opportunity to go on three tours during the deployment.

His highlight was getting a glimpse of the North Korean Army on the DMZ.

"We took a bullet train to Seoul, stayed at a five-star hotel and had the rest of the day to explore Seoul, which was spectacular," ABET Shamkhi said.

"The next morning we took a bus to the DMZ and a tour guide took us around to all the museums and the infiltration tunnel. We ended up on a podium where we could look out to North Korea and learn about the history.

"I think the cultural tours are a great thing, it gives people options to do things they wouldn’t otherwise do."

NEW EXPERIENCES: ABET Saif Shamkhi rings the Peace Bell at the Hiroshima Peace Park in Japan.

Photo: LEUT Natasha Connew

UNSW Canberra is a campus of the University of New South Wales located at the Australian Defence Force Academy in Canberra. UNSW Canberra offers a range of postgraduate programs and Professional Education courses for the general community and Defence personnel. These courses provide stimulating learning and networking opportunities within a supportive environment.

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- Modern Communication Systems, 13-14 Sept

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- Satellite Communications - Overview, 19 Nov
- Satellite Communications - Intermediate, 19-21 Nov
- Satellite Communications - Advanced, 19-23 Nov

Management
- Strategic Human Resource Management, 2 Nov

Military Systems
- Introduction to Radar Systems, 15-17 Aug
- Battlefield Ordnance, 21-23 Aug

Naval Architecture
- Introduction to Naval & Maritime Strategy, 20 Jul

Occupational Health and Safety/Laser Safety
- Laser Safety 1 Day (Adelaide) & 4 Days, 10-19 Jul
- Laser Safety 1 Day (Canberra), 17 Sept
- Laser Safety 1 Day (Sydney) & 4 Days, 1-4 Oct

Project Management
- PRINCE 2 Practitioner, 30-31 Jul, 29-30 Oct & 10-11 Dec
- Introduction to Project Management, 6-8 Aug
- Agile Project Management, 9-10 Aug
- Software Project Management, 26-28 Sept

Risk Management
- All-Hazard Response Preparedness-Minimising the Risk through Exercise Management, 1-2 Aug
- Risk & Resilience Management, 21-22 Aug
- Introduction to Risk Management, 6-7 Sept
- Risk and Contract Management, 18-19 Oct

Cultural Information Analysis
- Principles of Geographic Information Analysis and Remote Sensing Overview, 5-9 Nov

Expression of interest:
- Enterprise Architecture
- Introduction to Enterprise Architecture (2 day course)
- Systems Planning (2 day course)

Management
- Organisational Problem Solving for Managers (2 day course)

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06
CMDR Andy Nelson

AFTER one of its iconic moments was captured for posterity, Anzac-class frigate HMAS Perth continued on her journey to Exercise Rim of the Pacific (RIMPAC).

Perth left San Francisco on June 18 to join the RIMPAC Task Group transit to Hawaii, which will include ships from the US Navy, Japanese Self Defence Force, Royal Canadian Navy, Chilean Navy and Colombian Navy. Perth’s final mainland US port visit was in San Francisco – and it was there its iconic moment was captured on film.

Two of Perth’s best amateur photographers, medical officer LEUT William Ho and LSCTL Hayley Ford, were launched on a RHIB so they could photograph the ship as she passed under the Golden Gate Bridge on a brilliant early summer’s day. With some mid-tidal stream manoeuvring, the ship continued on to berth near downtown San Francisco.

The crew enjoyed some well earned R and R in what proved to be one of the more popular port visits of Perth’s North American and Pacific deployment.

Among the more popular tours undertaken were visits to the infamous Alcatraz Prison and Angel Island. Other activities conducted by Perth crew included stand-up paddle lessons in Hawaii, kayak tours in Canada and a day hike in the Yosemite National Park in California.

While berthed in San Francisco, Perth provided ship tours for USS Houston Association members and former crew of the WWII heavy cruiser that joined HMAS Perth (I) in the Battle of Sunda Strait in which both ships were lost with heavy loss of life.

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**Back to health: ABMED Karney Armstrong and POMED Jason Richardson treat a patient in Toowoomba’s sick bay.** Photo: CPL Max Bree

**Messy but vital work**

CPL Max Bree

MEDICS on HMAS Toowoomba won’t let the messy side of their profession stop them from doing all they can to look after their crewmates.

“Even the ship’s senior medic, POMED Jason Richardson, is no stranger to what’s inside the human body,” he said.

“I could tell this guy was going to throw up so I was trying to get him out the door and to the toilet,” he said, adding that he didn’t quite make it.

PO Richardson will be joined on the deployment by junior medic ABMED Karney Armstrong, who experienced a shark attack victim at HMAS Stirling in 2010.

“The medicos are keeping an eye on LS Ellison’s medical condition. He’s been admitted with a chest infection and will require 23 days of treatment on the ship. He won’t be going home until July 19,” he said.

**Search and repair:** AB Jarrod Davison and LS Anthony Ellison search for the source of an electrical fault in the engineering compartment. Photo: CPL Max Bree

**CPL Max Bree**

WHEN a propeller and driveshaft flash red on a monitoring screen in HMAS Toowoomba’s machinery control room, the stokers spring into action.

LS Anthony Ellison, the marine systems controller, spots a pressure drop in the starboard oil distribution box that feeds fluid to change the pitch of the ship’s propeller blades.

The propeller’s pitch is backed off and the team sent to investigate find a split hydraulic line with fluid pushing into the bilge.

LS Ellison sits in front of the control and monitoring system that keeps track of the ship’s engines, power, ventilation, fire suppression and alarm systems with more than 4500 sensors.

But LS Ellison is also one of Toowoomba’s marine technicians, better known as stokers, who repair and maintain the ship’s engines and systems.

It will be his second trip to the Middle East when Toowoomba returns there at the end of the year.

“I was with the engineering boarding team guys in 2009,” he said. “You always have to have an engineering team with the boarding party.

“The first thing we need to do is make sure the engines are stopped and check the condition of the engines.

“We’re naturals in an engineering room as we know what we’re looking for.”

The engineering command team arrive to take over the control room as LS Ellison goes with the other stokers to the engine compartments.

“Anything I can’t do by myself, floods, fires, fumes — we get the engineering department down here,” Ellison said.

PO Stuart Hall, with the command team, informs the bridge the ship needs to be stopped. Then the stokers below lock in the propeller pitch to the maximum ahead setting so the ship can get underway at speed if needed.

The bridge tells PO Hall that due to heavy traffic the repairs will have to be finished so the ship can get underway.

“Right, we’ve got about 10 minutes!” PO Hall yellis to all the rest of the control room.

According to LS Ellison, whenever there is an emergency, the stokers are the ones the crew want on the job.

“Every time there’s been an incident everyone stands aside and the stokers go straight through,” he said.

With the broken hose replaced, a stoker radioed the control room saying he would be the turning gear using the motor to remove the last lock pin holding the propeller pitch.

“Go ahead, we need to set the clutch back to normal to get underway,” PO Hall barks back.

The stokers returned to the control room, the exercise is over.

**Green thumbs and guns**

CPL Max Bree

FORGET saving trees, the greenies on HMAS Toowoomba are more interested in electronics and sending 5-inch shells up to 23.8km at the enemy.

The ship’s electronics technicians, better known as greenies, maintain the electric systems while some branch out and look after Toowoomba’s weapons.

LS Mark Baker used to fix 76mm anti-air guns on frigates and recently transferred to Toowoomba’s gun crew.

“We’re the guys who make big stuff like this work,” he said. “We do electronics courses then we go on to do hydraulic and pneumatic stuff.

“It’s basically a hybrid between a greenie and a stoker.”

Toowoomba’s 5-inch gun can fire 14-20 solid or high explosive shells a minute at aircraft and land targets something LS Baker said he would not want to be on the receiving end of.

“I’d be running away as fast as I could,” he said. “For large shells they’re very accurate.”

The shells are brought up from the magazine through a tube, rotated around a drum then individually swung up 90 degrees by a hydraulic arm and slammed into the gun breech ready for electronic firing.

The gun can be operated remotely or from a compartment under the gun.

According to LS Baker, the term greenie came from the green stripes on electronics officers’ rank slides.

HOLD FIRE: LS Mark Baker tries to fix an electronic fault with the ship’s 5-inch gun. Photo: CPL Max Bree

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[Image: Photo: CPL Max Bree]
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V8 champs roar in Darwin

THE Ford Performance Racing (FPR) team thrilled Navy personnel and brightened the day of locals while in Darwin for the V8 Supercar championship at Hidden Valley in June.

Navy then repaid the favour when FPR drivers Will Davison and Mark Winterbottom swapped their high-performance cars for a Zodiac in a visit to Darwin’s patrol boat base HMAS Coonawarra on June 13.

The visit included an autograph signing for kids from Coonawarra’s adopted family, cancer charity Camp Quality.

Winterbottom, driver of car 5 Orrcon Steel, said the jet-powered RHIB was different to what he was used to.

“I wish my ski boat handled like that,” he said. “They stop and turn on a dime and you generally don’t expect that from something that floats.”

Davison, driver of car 6 Tradingpost FPR Falcon, said the 30-minute trip wasn’t long enough.

“I’d love another hour on the water just to build my confidence and see what the boat can do,” he said.

Having the Camp Quality kids on base also made the visit extra special for the drivers.

“The track gets pretty busy and I am delighted we had some quality time with them,” Davison said.

LSCIS Renee Cox won a hot lap in David Reynolds FPR V8 Supercar on June 18 in a charity raffle hosted by HMAS Coonawarra.

“It was absolutely awesome,” she said.

“It was almost like being in a simulator or game except the bumps were real and they really hit hard. I’m glad I had my helmet!”

LSCIS Cox thought the car reached speeds of up to 280km/h on the main straight of the circuit but she couldn’t tell for sure.

“They stripped the car of everything that wasn’t vital so it could go faster, including the speedo,” she said.

LSPT Corinne Williams and LSWT Kathryn Morris were among the first ‘drivers’ to take the wheel in Team Navy’s V8 Supercar simulator at Hidden Valley.

“They’re very much part of the team and the work they do is integral to our success,” Winterbottom said.

“As a high-performance racing team, what we do is quite specialised and quite demanding.

“We share a synergy with Navy like that, and although the cars and boats are vastly different, the boys have brought their dedication and discipline to the team and their work ethos is fantastic.”

LSMT Ashley Schmidt are the current members of the outplacement program.

“We’re learning all the time, but the drivers seem to be just as interested in what we do in Navy as we are in them.”

Then they bolted the passenger seat in, which took about 20 minutes.

“We did two laps and it just felt amazing.”

LSPT Corinne Williams and LSWTR Kathryn Morris were among the first ‘drivers’ to take the wheel in Team Navy’s V8 Supercar simulator at Hidden Valley.

“They took a fast lap around the virtual Bathurst 1000 circuit under the watchful eye of V8 driver Chaz Mostert.

“You can see why I drive a Swift,” LSST Morris said.

“I wasn’t quite used to the power of a supercharged V8.”

Mostert said the simulator would whet the appetites of motorsport fans.

“With outstanding graphics and the seat’s high-tech motion, drivers will feel every bump and curve,” he said.

LSPT Williams said she wanted one at home.

“I do love my XR6 but I can go a lot faster in this,” she said.

Last year, Navy announced a five-year partnership with FPR, which gives two marine technical sailors the opportunity to embed in the FPR team and work as mechanics for Team Navy, every year, until the end of 2016.

POMT Clint MacGregor and LSMT Ashley Schmidt are the current members of the outplacement program.

“They’re very much part of the team and the work they do is integral to our success,” Winterbottom said.

“As a high-performance racing team, what we do is quite specialised and quite demanding.

“We share a synergy with Navy like that, and although the cars and boats are vastly different, the boys have brought their dedication and discipline to the team and their work ethos is fantastic.”

LSMT Schmidt said participating in the program was the opportunity of a lifetime.

“We’re learning all the time, but the drivers seem to be just as interested in what we do in Navy as we are in them.”

NEWS

July 5, 2012

LEUT Andrew Ragless

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Leadership sessions with WO-N

Michael Brooke

SENIOR sailors gained invaluable insights into the issues confronting Navy when WO-N, in company with CWO-Fleet, CWO-CM and CWO-DS, conducted leadership engagement sessions in Sydney from June 4-8.

WO-N WO Mark Tandy said the warrant officer and senior sailor engagement sessions addressed the strategic challenges facing Navy and allowed for discussions about cultural and leadership change.

“The leadership engagement initiative is designed to provide enlisted personnel with a better understanding of the strategic issues confronting CN,” he said.

“The leadership engagement is a component of NGN’s Signature Behaviours of communicating well and frequently, to improve workplace understanding of organisational tasks and goals.”

The leadership discussions focused on removing training bottlenecks that impact on sailors, restructuring FSU-Australia, the Rizzo Review recommendations, absorbing new technologies such as the Landing Helicopter Dock and the Air Warfare Destroyer, cultural reform initiatives, Navy’s capacity for high-end warfighting and the implications of the recent budget.

WO Tandy said challenges were compounded by the economic climate which has seen some Strategic Reform Project(SRP) savings fast-tracked along with general belt tightening across Defence.

“However, importantly for Navy this budget also includes the reaffirmation of the Government’s ongoing commitment to the future submarine program, commitments to hold our uniformed workforce strength at current levels and to provide additional funds to maintain Navy’s ageing capabilities,” he said.

“In managing the impact of these adjustments on Navy, CN’s focus remains on the provision of ships, aircraft and properly trained people for operations and the generation of our core maritime and war fighting skills,” WO Tandy said in terms of leadership and culture there were signs of success with Navy’s three cultural change programs – NGN, SRP and Pathway to Change.

He said although the NGN initiative was only three years old it had already contributed to a 35 per cent drop in unauthorised alcohol consumption, 70 per cent reduction in illicit substance abuse, 60 per cent drop in unacceptable behaviour and a 77 per cent reduction in abuse of power.

“It’s going to take time, but the benefits are already being seen across the organisation” he said.

The sessions were conducted at Fleet Headquarters, HMAS Cairns, HMAS Penguin, HMAS Watson and HMAS Waterhen as well as Defence Plaza.

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NEWS
July 5, 2012

Reservists honoured

CURRENT and former reservists who attended the Reserve Forces Day celebrations on July 1 were presented with an official commemorative certificate signed by the Governor-General Quentin Bryce.

“I join my fellow Australians in honouring our reservists, their compassion, and their dedication to the safety and security of our nation,” Ms Bryce said.

This year’s celebration paid tribute to Australia’s Boer War servicemen and recognised their descendants, marking the 110th anniversary of the war.

Michael Brooke

THE Navy signature behaviour of ‘communicate well and regularly’ was the major theme when the Command Warrant Officer Divisional System (CWO-DS) visited Naval establishments in Sydney. CWO-DS WO Robert Drew visited Fleet Headquarters, HMAS K came, HMAS Penguin, HMAS Watson and HMAS Waterhen as well as Defence Plaza from June 4-8 to explain the importance of regular divisional meetings and the new divisional Handy Billy system.

WO Drew said divisional meetings ensured regular communication to the chain of command, “he said.

WO Drew said divisional meetings were important, relevant and current information to be used in supporting and managing Navy people,” he said.

Handy Billy had also been rolled out to further assist divisional staff to locate information within the Defence intranet.

“The site is designed to act as a favourites page, containing links and redirections to reference documents and web pages containing important, relevant and current information to be used in supporting and managing Navy people,” he said.

Hardy Billy is also designed for personnel to research information, personal development and education, to promote self reliance and personal independence.

For further information contact CWO-DS WO Robert Drew on (02) 6265 3623 or robert.drew@defence.gov.au

MAYBE THE AFFIRMATION OF THE GOVERNMENT’S ONGOING COMMITMENT TO THE FUTURE SUBMARINE PROGRAM, COMMITMENTS TO HOLD OUR UNIFORMED WORKFORCE STRENGTH AT CURRENT LEVELS AND TO PROVIDE ADDITIONAL FUNDS TO MAINTAIN NAVY’S AGING CAPABILITIES,” HE SAID.

“In MANAGING THE IMPACT OF THESE ADJUSTMENTS ON NAVY, CN’S FOCUS REMAINS ON THE PROVISION OF SHIPS, AIRCRAFT AND PROPERLY TRAINED PEOPLE FOR OPERATIONS AND THE GENERATION OF OUR CORE MARITIME AND WAR FIGHTING SKILLS,” WO TANDY SAID IN TERMS OF LEADERSHIP AND CULTURE THERE WERE SIGNS OF SUCCESS WITH NAVY’S THREE CULTURAL CHANGE PROGRAMS – NGN, SRP AND PATHWAY TO CHANGE.

HE SAID ALTHOUGH THE NGN INITIATIVE WAS ONLY THREE YEARS OLD IT HAD ALREADY CONTRIBUTED TO A 35 PER CENT DROP IN UNAUTHORISED ALCOHOL CONSUMPTION, 70 PER CENT REDUCTION IN ILICIT SUBSTANCE ABUSE, 60 PER CENT DROP IN UNACCEPTABLE BEHAVIOUR AND A 77 PER CENT REDUCTION IN ABUSE OF POWER.

“IT’S GOING TO TAKE TIME, BUT THE BENEFITS ARE ALREADY BEING SEEN ACROSS THE ORGANISATION” HE SAID.

THE SESSIONS WERE CONDUCTED AT FLEET HEADQUARTERS, HMAS CAIRNS, HMAS PENGUIN, HMAS WATSON AND HMAS WATERHEN AS WELL AS DEFENCE PLAZA.

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NEWS
JULY 5, 2012

RESERVISTS HONOURED

CURRENT AND FORMER RESERVISTS WHO ATTENDED THE RESERVE FORCES DAY CELEBRATIONS ON JULY 1 WERE PRESENTED WITH AN OFFICIAL COMMEMORATIVE CERTIFICATE SIGNED BY THE GOVERNOR-GENERAL QUENTIN BRYCE.

“I JOIN MY FELLOW AUSTRALIANS IN HONOURING OUR RESERVISTS, THEIR COMPASSION, AND THEIR DEDICATION TO THE SAFETY AND SECURITY OF OUR NATION,” MS BRYCE SAID.

THIS YEAR’S CELEBRATION PAID TRIBUTE TO AUSTRALIA’S BOER WAR SERVICEMEN AND RECOGNISED THEIR DESCENDANTS, MARKING THE 110TH ANNIVERSARY OF THE WAR.

MICHAEL BROOKE

THE NAVY SIGNATURE BEHAVIOUR OF ‘COMMUNICATE WELL AND REGULARLY’ WAS THE MAJOR THEME WHEN THE COMMAND WARRANT OFFICER DIVISIONAL SYSTEM (CWO-DS) VISITED NAVAL ESTABLISHMENTS IN SYDNEY. CWO-DS WO ROBERT DREW VISITED FLEET HEADQUARTERS, HMAS KUTTABUL, HMAS PENGUIN, HMAS WATSON AND HMAS WATERHEN AS WELL AS DEFENCE PLAZA FROM JUNE 4-8 TO EXPLAIN THE IMPORTANCE OF REGULAR DIVISIONAL MEETINGS AND THE NEW DIVISIONAL HANDY BILLY SYSTEM.

WO DREW SAID DIVISIONAL MEETINGS ENSURE REGULAR COMMUNICATION THROUGH THE CHAIN OF COMMAND.

“DIVISIONAL STAFF LISTEN TO DIVISIONAL MEMBER’S SUGGESTIONS AND OPINIONS, AND DISSEMINATE THEM UP THE CHAIN OF COMMAND,” HE SAID.

“THIS ENSURES THE STRATEGIC REQUIREMENTS OF NAVY ARE REINFORCED, INCLUDING INSTILLING ADF STANDARDS OF PERSONAL CONDUCT AND BEHAVIOUR, PROVIDING A BALANCED APPROACH TO DIVISIONAL EXPECTATION.”

ALL PERSONNEL ARE EXPECTED TO CONTRIBUTE AT DIVISIONAL MEETINGS, WHICH SHOULD COMPILE NO MORE THAN 15-30 PEOPLE AND BE HELD MONTHLY.

THE DIVISIONAL TOOLBOX, LOCATED WITHIN THE NAVYWEB TOOLBOX SECTION OF THE NAVYWEB HOME PAGE, CONTAINS A SERIES OF PRESENTATIONS FOR DIVISIONAL STAFF TO USE AS THE FOUNDATION OF MONTHLY DIVISIONAL MEETINGS.

THESE PRESENTATIONS CONTAIN ACCURATE, CURRENT AND KEY MESSAGES FOR ALL PERSONNEL, AND WILL ENSURE THEY ARE KEPT WELL INFORMED OF NAVY AND DEFENCE ISSUES.

WO DREW SAID THE DIVISIONAL HANDY BILLY HAD ALSO BEEN ROLLED OUT TO FURTHER ASSIST DIVISIONAL STAFF TO LOCATE INFORMATION WITHIN THE DEFENCE INTRANET.

“THE SITE IS DESIGNED TO ACT AS A FAVOURITES PAGE, CONTAINING LINKS AND REDIRECTIONS TO REFERENCE DOCUMENTS AND WEB PAGES CONTAINING IMPORTANT, RELEVANT AND CURRENT INFORMATION TO BE USED IN SUPPORTING AND MANAGING NAVY PEOPLE,” HE SAID.

HANDBY BILLY IS ALSO DESIGNED FOR PERSONNEL TO RESEARCH INFORMATION FOR PERSONAL DEVELOPMENT AND EDUCATION, TO PROMOTE SELF RELIANCE AND PERSONAL INDEPENDENCE.

FOR FURTHER INFORMATION CONTACT CWO-DS WO ROBERT DREW ON (02) 6265 3623 OR ROBERT.DREW@DEFENCE.GOV.AU

‘HANDY BILLY’ TO HELP WITH OVERALL COMMUNICATION

STRAATEGIC THINKING: CWO WO Martin Holzberger addresses senior sailors in Sydney to discuss leadership engagement and communication. Photo: ABIS Richard Cordell
LETTER FROM CN VADM RAY GRIGGS INTRODUCING SEAWORTHINESS

TODAY AND TOMORROW

The Defence Seaworthiness Management System came into effect on July 1 and will put into practice lessons learned from the Seaworthiness Board’s 2010 assessment. Seaworthiness is the assured ability of Navy ships and units to operate effectively and safely within tolerable risk. Seaworthiness is for today and for tomorrow.

SEAWORTHINESS is the key to Navy’s maritime capability. Navy’s systems, ships, and other assets, and all those who use them every day, need to support particular missions or functions well. Beyond that, Navy needs to be sure the whole ship can operate and be maintained. We need to be sure we can deliver and sustain all the essentials while we deploy them.

The Defence Seaworthiness Management System is another piece in the house upon which we deliver all our capabilities depend.

The Seaworthiness Management System is a response to the many recent reviews into failures by Defence to satisfy Government’s requirements for the delivery of capability.

The Seaworthiness Management System is a collection of processes, procedures, and standards, which help develop, maintain, and sustain capability. The Seaworthiness Management System will assist recognising and rectifying issues and balance this with current and future requirements.

This underlying Seaworthiness Management System and clear Seaworthiness Authority are vital to understanding the ADF has a maritime capability for today and tomorrow.

WORTHY ROLE: AB Keeley Sila and AB Zac Hind account for essential ship stores for HMAS Sydney during their maintenance period alongside Fleet Base East, Sydney.

LISTEN AND LEARN: ABIN Harry Wilson briefs officers and sailors of the day’s outstanding work, on the forecastle of HMAS Sydney.

FORWARD PLANNING: ABCK Marcus Dewberry and ABCK Matthew Scott prepare stores for HMAS Sydney to maintain capability and achieve its mission to fight and win at sea.

The Seaworthiness Management System establishes an overarching framework for RNAS Sydney to maintain capability and achieve its mission to fight and win at sea.

SEAWORTHINESS MANAGEMENT SYSTEM

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Life-saving skills at sea

LEUT Debra Holland

NAVY’S core values of courage and teamwork were put into practice when reserve and permanent health professionals came together for survival at sea training during Exercise Bluestokes.

Back in their civilian roles, the reserves rely on their training to make the correct life-saving decisions on behalf of their patients.

But what about saving their own lives should they find themselves as a passenger in a ditched helicopter at sea one night?

Would they have the ability to safely exit the aircraft and survive in open waters for a life raft until rescue?

Navy health personnel are classed as “frequent over water flyers” due to their call out on aeromedical evacuations.

That is why the helicopter underwater escape training (HUET) component of Bluestokes is a prerequisite for all reserve medical and nursing officers deployed to Bluestokes.

Air rescue and evacuation

THE afternoon is cold and wet from the sleeting rain and the downdraft from the low-hovering helicopter is making it difficult to maintain the grip of the para-guard supporting the critically wounded soldier.

It is hard going, but as part of an aeromedical evacuation team, your responsibility is to ensure the safe transport of your patient to a nearby ship for treatment.

Fortunately, the patient in this case was an 80kg mannequin at the HMAS Albatross airfield during the final day of rotary wing aeromedical evacuation (RWAME) training.

However, there was no let up in the focus and pace of the Exercise Bluestokes trainees as they carefully tended their “patient” and carried “him” across the muddy ground to safety.

This was the third year the consolidated training exercise for reserve health professionals was conducted following the success of the inaugural Bluestokes initiative in 2010.

RWAME training is one of the most sought after components within Bluestokes and a prerequisite for deployment to areas of operation, humanitarian missions and remote postings.

Under the guidance of instructors from Health Operational Conversion Unit, RAAF Base Amberley and with the support of 808 and 816SQNs from Albatross, the trainees were taught how to apply their professional skills within the confines of a Navy airframe.

Subjects covered in the intensive four-day course included physiology and the stresses of flight, in-flight patient care, aircraft and airfield safety and also equipment and emergency procedures.

Air rescue and evacuation

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Air rescue and evacuation
LONG days are nothing new for the crew at the ADF Basic Flying Training School (BFTS) in Tamworth, where Navy, Army and Air Force pilots get their first taste of flying.

According to CO WGCDR Dennis Tan, the professionalism of the staff and the enthusiasm of the students play a part in the school’s success.

“I think the school is the best basic flying training school anywhere in the world,” he said.

“It is the cornerstone of all ADF pilot training and our partnership with BAE Systems ensures it is, and remains, world-class.”

It is also where dreams are made and shattered.

Of the 275 candidates selected each year to attend a 10-day flight-screening course, between 100 and 150 get panelled to do the BFTS course and about a third of those don’t succeed.

Currently on the senior ADF BFTS course, MIDN Alex Clothier has been following his dream since the age of seven.

His opinion of the CT4B airtrainer as a hardworking and fun aircraft to fly is echoed by most of the students on course.

“The school is full-on, but it’s a lot of fun,” he said.

“You have to put in the effort but the payoff is definitely worth it.”

MIDN Lisa Blakiston said she enjoyed the course because she was working towards something she really wanted to do.

“I’m loving my time here on course,” she said.

“It’s such a unique situation to be in, it’s unlike anything else I have ever done.”

While on the initial 24-week course, students undertake theory instruction classes including aerodynamics, aircraft systems, airmanship, cockpit systems, morse code, navigation and meteorology.

And then, of course, there are flying lessons conducted on the CT4B.

The qualified flight instructors (QFIs) come from across the three services and can do more than 500 hours of flying a year. Ten QFIs rotate through the school each year.

Senior naval officer ‘A’ Flight Commander LCDR Nathan Lewis said navy students came from three different sources – ADFA, HMAS Creswell and seaman officers that wanted to become pilots.

“Three Navy QFIs are posted to BFTS, they fly over three times a day and conduct all levels of training,” LCDR Lewis said.

“BFTS operates at a very high tempo; it is an excellent facility and has everything that students and instructors need.”

LCDR Lewis encouraged any of the Navy squadrons to visit the school.

“It would give the students a real buzz,” he said.

FLYING HIGH: MIDN Lisa Blakiston attends a lesson while on the basic flying course. Inset, CO BFTS WGCDR Dennis Tan congratulates LCDR Nathan Lewis on completing 20 years of service.

Photos: LAC Bill Solomou

LAC Bill Solomou

TERMS AND CONDITIONS, FEES AND CHARGES AND LENDING CRITERIA APPLY. *The ADCU DHOAS Value Home Loan has had the lowest standard variable DHOAS Home Loan rate from 16 February 2012 to 09 May 2012. Visit dhoas.adcu.com.au for more details. ^Application fee of up to $400 waived for applications lodged before 29 June 2012. Australian Defence Credit Union Limited ABN 48 087 648 741 AFSL No. 237 988. Australian credit licence number 237 988.
Wild weather rocks Tamex

LEUT Tony White

SEAHAWKS typically carry an all-weather tag during their missions, but crews weren’t expecting the weather they faced when 816SQN arrived on an Air Force C-17-A Globemaster for the Tamex anti-submarine warfare (ASW) exercise off Perth in June.

The storms hit during the middle of the exercise, requiring some sorties to be cancelled and others reprogrammed. Some Navy members also helped out with storm relief following the equivalent of a category two cyclone.

The storm left 160,000 houses without power, saw a mini tornado damage parts of Perth, and produced fronts that had civilian authorities urging their employees to go home early.

Exercise planners factored in mountains of meteorological data as they plotted out a program that was designed to safely but surely test their planning skills, as much as those of air and ground crews.

Navy’s ‘submarine killers’ then prepared for an anti-submarine exercise that would test the flying skills of Navy pilots and their integration with both Air Force AP-3Cs and the US Navy’s new P-8-A Poseidon aircraft, set to replace the existing P-3 Orion.

The USN and RAAF aircraft joined the Seahawks to provide ASW surveillance and interdiction that brought a new level of technology and warfighting capability.

CO 816SQN CMGR Grant O’Loughlan described the exercise as a step up in intensity for squadron personnel that would serve them well in any future actual ASW.

“Our Navy members were doing a great job in storm recovery but the thing about training for warlike activities is that they can occur in any weather,” CMGR O’Loughlan said.

“Our air and ground crews need to be fully prepared for fast turnarounds in the middle of the hunt for a hostile submarine, so they are in and out and refuelled and rearmeed in the fastest, yet safest manner possible.”

“Sure some of the flying weather was rough, but the whole point of this type of exercise is to get our members up to speed within the safety and mission effectiveness parameters that are expected of them.”

CMGR O’Loughlan said while flying at 200 feet above the ocean searching for a hostile sub in rough weather was not for everyone, Seahawk crews demonstrated they knew how to do it well and safely over the course of Tamex.

“Anti-submarine warfare is at the higher end of the ADF’s technical capability and combined with the new capability provided by the US Navy over the course of this activity, the Australian people can be entirely confident we are fully capable of operating at that higher end,” he said.

Skills Sharing:

LSATV Michael Evans and ABATV Nathan Sharpe prepare to load the counter-measure dispenser system into a Seahawk.

Photos: ABIS Alan Lancaster

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Wild weather rocks Tamex

LEUT Tony White

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"PERMISSION TO CLOSE GRANTED": These words signalled the start of a unique experience for HMAS Ballarat during a short-notice passing exercise with the USS George Washington Carrier Strike Group on June 13 while transiting from Japan to Guam. Above, LEUT Sarah Nash is welcomed to HMAS Ballarat by SBLT Miquela Riley, while below, HMAS Ballarat steams alongside the Ticonderoga-class guided missile cruiser USS Cowpens while in formation with the US Navy's aircraft carrier USS George Washington.

ON DECK: Enjoying a deployment in summer rig, sailors from HMAS Darwin pose in front of the ship’s embarked Seahawk while en route to Hawaii for RIMPAC.

ALL CLEAR: ABCD Jon Broad passes a signal via portable radio during Clearance Dive Team 1’s Unit Readiness Evaluation at the Australian Maritime Museum in Darling Harbour, Sydney. The assessment included searching the wharf and waterline for suspicious activity and objects.

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GANGWAY July 5, 2012 17
Nuala Bethell

THE Junior Warfare Application Course (JWAC) Mentoring Program has given experienced maritime war- fare officers the opportunity to transfer their wisdom and experience to the next generation of Navy leaders. The mentors provide career advice and guidance to junior officers commencing their JWAC training, helping them navigate new waters and decide what will be best for their careers and ultimately for Navy.

Director Navy Warfare Requirements CAPT Chris Smith said the mentoring system was a great way of linking personal and professional experiences to what the junior officers were learning on course.

“The nirvana for the mentoring program is to provide the best information to our junior officers so they can make a good decision about what specialisation they want to move into in the future,” CAPT Smith said.

Mentors help to strengthen relationships across Navy through the development of an open, inclusive and encouraging learning environment.

“Being a warfare officer is a demanding profession,” he said. “You spend a lot of time at sea. But through the mentoring program you can pick up a lot of tips about life at sea, your career, your family and your lifestyle. These are all things that people before you have dealt with.”

If you are interested in volunteering as a mentor, or you want to learn more about the JWAC mentoring program, visit the NGN website at: http://intranet.defence.gov.au/navyweb/sites/NGN

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WISDOM AND EXPERIENCE: LEUT Darren McDevitt, 2IC RAN Diving School, says mentoring young Navy people is rewarding.

THUMBS UP
EVENT: Two nurses assisted in a medical emergency on a commercial flight from Sydney to Perth. A female passenger became unresponsive and received emergency first aid from the two nurses. On their advice, the pilot diverted the plane to Adelaide where the patient was transferred to hospital.

OUTCOME: The nurses demonstrated professionalism, leadership, compassion and devotion and are a great credit to themselves and Navy. This action has improved awareness of the good work being done by Navy and its people within the wider Australian public.

THUMBS DOWN
EVENT: A senior sailor who was found to have engaged in inappropriate relationships with members under his command was the subject of an administrative inquiry into his conduct.

OUTCOME: The senior sailor accepted responsibility for his actions and acknowledged the consequences his conduct had on his ship, his command team, and his career. He had a censure imposed on him.
Pastoral care on high seas

Wise advice for future brides and grooms

SBLT Sarah West

WHEN CHAP Barry Porter joined HMAS Ballarat in February for a four-month deployment, he found that a number of the ship’s company were planning on getting married when they returned to Australia. This led the Presbyterian chaplain, who has been married for 32 years, to think about the challenges associated with marriage and the preparation required to get a person ready for such a commitment.

To help personnel prepare to tie the knot, CHAP Porter planned a marriage preparation course for interested members.

The course aims to give participants the basic core skills they need to begin a relationship by preparing them to think about issues they probably hadn’t thought about in the rush of love,” CHAP Porter said.

“Any successful relationship is built on friendship first and 1 encourage all of the young lovers to become friends before they enter into a physical relationship.

Ten members of Ballarat’s crew took part in the course, which was completed in five sessions at sea.

LS Michael Hines will marry his partner Kylie on Ballarat’s flight deck later this month on the same day the Anzac-class frigate returns to Australia.

LS Hines said he took part in the course to get some tips on how to have a successful marriage.

“I have learned a lot of skills through the course, like how to communicate in different ways, and how to make time to communicate,” he said.

“When you get communication down pat, everything else just falls into place.

“If you can’t communicate, then you shouldn’t be getting married.”

The course was designed to be run for both partners, but CHAP Porter said it had been adapted for life in the Navy.

“The idea is that the officers and sailors take the lessons they have learnt home, and teach them to their partners,” he said.

Members of Ballarat’s crew who completed the course, and those already wed, will now have the opportunity to take part in a marriage enrichment course.

“To help them steer the right course and have long and happy unions,” CHAP Porter said.

MARRIAGE TIPS: CHAP Barry Porter with the marriage preparation course he ran on board HMAS Ballarat.

Photo: LSIS Paul Barry

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Keeping an eye on things

JulEYE is eye health month and Dr Dorothy Coote, of JHC, says it is a timely reminder to think about how we treat our most valuable asset.

The human eye is a complex sensor capable of extraordinary feats. It’s actually like a camera.

Rod and cone cells in the retina (the ‘camera film’ of the eye) allow light perception and vision. We can differentiate colour – up to 10 million different shades – and both our eyes working together allow us to perceive depth with amazing accuracy.

Unfortunately, Australians suffer disabling eye injuries each year and almost all are preventable with a little forethought.

Owing to the conditions experienced on deployment, and the nature of some ADF workplaces, personnel should be mindful of the need for eye protection when needed.

The use of ballistic eye protection on operations is an obvious example but light is reflected from surfaces such as altitude (snow blindness), or when sun-glare and general irritation, including acute eye damage results from exposure to light is reflected from surfaces such as water, sand or concrete.

Long-term UV damage can result in the formation of cataracts, growth of cancers on the conjunctiva, the thin membrane covering the eye, and skin cancers on the eyelids.

So how do we prevent these types of short and long term sun-related eye injuries?

By simply wearing a good pair of sunglasses and a wide-brimmed hat.

When choosing sunglasses it is essential to purchase a wrap-around style pair and ensure they have a high sun protection factor (SPF) rating to give as much protection from UV radiation as possible.

Many activities also have the potential to cause eye injuries, including everyday tasks such as mowing the lawn, doing jobs around the house and playing sport.

The workplace can also be an unfriendly place for the eyes, with the most common eye-related injury being a foreign body in the eye.

Foreign bodies such as wood splinters, metal fragments, sand and dust can cause abrasions or lacerations to the cornea, the surface of the eye that covers the iris and pupil, and objects may become embedded in the cornea, requiring urgent removal.

If you suspect you have an acute eye problem or injury, medical assistance should be sought urgently.

For more information on eye care, eye conditions and fact sheets visit www.visionaustralia.org.au

TIPS FOR EYE CARE

➤ Wear sunglasses and a wide-brimmed hat when outside on a sunny day
➤ Wear protective eyewear when there is any chance of eye injury
➤ In the workplace use the appropriate safety eyewear for your job
➤ Ensure that your personal protective eye safety equipment complies with Australian standards and that you WEAR IT when using power tools, hammering metal on metal, welding or engaging in any activity where an eye injury could occur
➤ Don’t stand or walk close to where anyone else is drilling or grinding
➤ Use protective goggles when pruning, mowing or using a whipper-snipper
➤ Always protect your eyes when using chemicals such as bleach, as many substances can cause severe pain and irreparable eye damage if splashed into the eye
➤ Wear protective eyewear appropriate for your sport
➤ If you have sustained an eye injury or have a visual problem, seek medical advice immediately

Are you relocating soon?

If you are a Member with Dependents and relocating soon, you can access DHA’s Homefind to view available Service Residences.

Even if you have not yet completed your removal paperwork, DHA can provide you with Homefind ‘Preview Access’.

‘Preview Access’ allows you to see all available housing that meets your housing entitlement. This access allows you the flexibility to change your arrival details to see houses ready for occupation on different dates. You can also reserve a property online.

I have ‘full Homefind Access’. What does this mean?

‘Full Access’ shows you all the available housing suitable for occupation two weeks before and four weeks after the arrival date that you nominated on your removal paperwork.

‘Full Access’ allows you to ‘lock’ a property in, securing that residence for your family. Your DHA Housing Consultant will then contact you to discuss the occupation arrangements.

TOP TIPS FOR EYE CARE

➤ Wear sunglasses and a wide-brimmed hat when outside on a sunny day
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➤ Ensure that your personal protective eye safety equipment complies with Australian standards and that you WEAR IT when using power tools, hammering metal on metal, welding or engaging in any activity where an eye injury could occur

DEFENCE HOUSING AUSTRALIA

Your housing update

Important: In order to have ‘Preview Access’, you will need to nominate a date that your current housing will be vacated.

Your reserved property can be held for ten days. During this period, you must submit your removal paperwork to Toll Transitions in order to secure the property. The arrival date on your paperwork will need to fit the availability of your reserved property. If your dates do not align with the reserved property, DHA will remove the reservation to allow for other incoming members.

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Defence Housing Australia
Skydivers jump at chance for crests

TEN enthusiastic ADF skydivers launched themselves from a plane at 14,000ft, during a free-flying skills camp at Picton.

The Australian Defence Parachuting Association (ADPA) skydivers hurtled at 250km/hr on June 9-10 to enhance their skills of belly-to-vertical formation skydiving and vertical flight.

LS Glenn Hoyes, HMAS Albatross, has been parachuting since 14,000ft, during a free-flying skills camp at Picton.

The Australian Defence Parachuting Association (ADPA) skydiving skills camp at Picton.

The free-fly crest is the civilian Australian parachuting regulatory authority qualification allowing skydivers to free-fly with others who are not qualified vertical flight tutors, and the teams now hope to represent Defence in national and international events and also the Defence National Parachute Championships in December.

Australian free-flying skydiving tutor Erica Tadokoro coached at the free-fly camp.

To join the ADPA or for more information email sky.diving@defence.gov.au

SAILORS from Fleet Base East and HMAS Kattendub tackled their counterparts from the Chilean Navy in rugby and soccer on June 20, but found the foreigners too hot to handle.

The RAN sailors drew 1-1 in the soccer but surprisingly lost the rugby 29-15 in a match dominated by the sailors from the Esmeralda training ship.

Esmeralda berthed in Sydney for a five-day port call and playing the RAN in rugby and soccer was at the top of the wish list for the visiting sailors.

In rugby the RAN opened the scoring early in the first half, but ran out of steam in the second half after an even half-time score-line of 12-12.

LS Lyle Smith, of Fleet Support Unit Sydney, scored two great tries but even his attacking brilliance wasn't enough to keep the RAN in the hunt in the second half.

Team captain, LTJG Haydn Jenkins, said his squad played extremely well considering it included five Australian Rules players from HMAS Sydney, Esmeralda, Tobruk and Choules, who had not played rugby before.

"It was a fun game, with no injuries, that achieved the aim of strengthening bonds between the RAN and the Chilean Navy," he said.

The Chileans were helped along by a New Zealand exchange student and four ring-ins from JIMAS Sydney and Fleet Support Unit Sydney.

The soccer match was a thrilling encounter with both goals coming late in the second-half...
Queensland rules the hockey field

Michael Brooke

SMN David Bolger won the Eastern Australian Areas Squash Competition at Willoughby Squash Club in Sydney. SMN Bolger, of HMS Watson, edged out AB Matt Brown, of Fleet Support Unit Sydney, in the final.

After a series of grading rounds in which all players played at least four games, the final eight battled it out in knockout form, with SMN Bolger emerging triumphant.

“I was able to get on top early because AB Brown had a harder road to the final than I did so he was more worn out than me,” SMN Bolger said.

SMN Bolger is ready for the Defence national tournament to be played at RAADF Willawong from August 5 to 10.

“It will be a tough event. There are some good players from all the services. I’m looking forward to it and hoping I’ll be fit enough to be competitive,” he said.

The other semi-finalists in Sydney were CPO Doug Tebbitt, of 808 Naval Air Station, and LS Dale Walker, of Fleet Support Unit, with encouragement prizes being awarded to AB Will Norton and C in the teams event. The Air Force won the interservice challenge trophy.

LAC James Wood won the singles competition and the Masters and SGT Gordon Evans (RAAF) won the GB plate.

The ADTBA national team is: Mark Jordan, LAC James Wood, AC Dan Soderman, Maj Jamie Arnell, LS Francis Standen, SGT Keiran Wyllie (RAAF), WO2 Rod Parker, SGT Michael Linker (RAAF), Maria Hane, WO2 Stephen Harland, Brett Kildon, FSGT Brett Byers, SGT Paul Verral (RAAF), CPL Dave Hogan (RAAF), Brian Elrick (APS), PO Brendan Par; WO2 Steve Ritchie, SMN Chris Adams, CPL Jason Lindsay (RAAF).

Three named in tenpin strikeforce

THREE Navy players have been named in the Australian Defence Tenpin Bowling Association (ADTBA) for the national championships at Rooty Hill, NSW, in October.

They are PO Brendan Parr, LS Francis Standen and SMN Chris Adams who were named after the ADTBA Combined Services championships at Campbelltown Tenpin Bowl in NSW from June 4-8.

AB Kelly Robinson was half of the ACT F combination that won the state-based doubles title.

LS Standen was part of the NSW B team that finished as runner up to NSW.

Queensland rules the hockey field

CPL Max Bree

QUEENSLAND teams were victorious at the Australian Defence Hockey championships in Sydney from June 10 to 22.

The Queensland women upset a star-studded NSW 4-1 and the men downed the ACT 3-2 with a goal in the dying seconds of the respective finals.

Members of the three services played in the tournament, representing their states rather than Air Force, Army or Navy.

The Queensland players wore black armbands in memory of Queensland or Navy.

Though I’m not from the state. They’ve been very inclusive even for; they’ve been very inclusive even

The Queensland men got locked in an arm wrestle through most of the first half but slotted two goals before halftime in their final against ACT.

ACT hit back in the second half and locked the scores 2-2 with 15 minutes to go.

Things looked like going into extra-time until the Queenslanders surged into ACT territory in the dying seconds.

Their first shot bounced off the goalpost but the second slammed into the back of the box wrapping up the game.

The Queensland girls were all over it,” she said. “There were only a couple of times where there was a bit of pressure on, but the girls handled it really well.

“They’ve been a great team to play for; they’ve been very inclusive even though I’m not from the state. They’ve been absolutely wonderful!”

NSW captain LS Talei Stoll blamed a communication breakdown for her team’s shock loss.

“Just our basic passing was probably where we were let down,” she said.

“Queensland really worked together as a team, they were looking to pass the ball to each other and really just had it all over us.”

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WIN CAPS YEAR

Sharon Palmer

AFTER being crowned ADF triathlon champion in April, CPO Shanon Purcell went one better in the final race of the season to take out the Defence triathlon national ironman in Cairns on June 3.

In doing so, CPO Purcell, of ADF Counter IED Taskforce, has decided he is not a big fan of sugar cane fields.

“About half of the 42.2km run leg was in the cane fields in the heat of the day and it was the biggest challenge of the race for me,” CPO Purcell said.

“The temperature reached about 26 on the day, but in the fields it is quite protected, there is no breeze and it feels like it’s about 40 degrees.

Unlike a lot of the other competitors I am based in Canberra so I am sure getting a taste of the extremes.”

He said the support of other ADF competitors and his wife and friends helped him get through the gruelling run.

“My wife cycled out and really encouraged me to keep going and a couple of friends did the same and that really helped,” he said.

CPO Purcell finished the 3.8km swim, 180km ride and 42.2km run in an impressive time of 10hr 27min 52sec.

“For me it’s all about the challenge,” CPO Purcell said.

“I was listening to a woman being interviewed the other day who had done something big in sport and she said that it shouldn’t be about time, it should be about the personal challenge and I really believe that.”

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