12 ships, three squadrons and thousands of personnel participate in Fleet Concentration Period – East

– PAGE 7

HMAS Canberra conducts its first ever replenishment at sea with HMAS Sirius, with HMAS Darwin on lifeguard station, during a replenishment at sea as part of the Fleet Concentration Period in the East Australian Exercise Area.

Photo: LSIS Helen Frank

FLEET UNITED

CAPT Mona Shindy wins business woman of year – Page 3

Personnel show their support for White Ribbon – Pages 4-5
T

HIS has been an exceptionally important and busy year in our history, and I believe the teamwork we have never been more exciting to serve in Navy. Our achievements in 2015 have demonstrated that we are on track to meet the targets that will build the future Navy. This is what Plan Pelorus is all about.

We have decommissioned HMAS ships Sydney and Tobruk. Over their long lives they were stalwarts of the Navy and made great operational contributions. Sydney’s final service was as a harbour training ship, a key test of Plan Pelorus clearly on display, before attending the Pacific 15 Sea Power Conference.

In March, Tobruk went to Vanuatu to assist the victims of Cyclone Pam. These ships’ record of great service is now in the vault of our long naval tradition. We are now recapitalising the Navy with new, more capable ships.

We have seen our first new destroyers: Hobart, enter the water. Her sister, Brisbane, is being prepared for launch and the keel of the next, Sydney, is laid. These ships will be at the heart of the future fleet and will provide significant combat power.

I congratulate the team in Adelaide working on the AWD project on its successes this year. The commissioning of Adelaide and the achievement of Intermediate Operational Certification for Canberra are major Plan Pelorus headmarks for 2015.

We have conducted trials with the Anzac and Hobart Class ships, particularly in the region in Canterbury, and deployed troops from Choules during Exercise Talisman Sabre.

We have commissioned 725SQN and we now have in country 13 of the 24 Seahawks we have ordered. The rest will be in Australia in 2016. They are proving to be the ideal aircraft for our purposes. Well done to the teams that made that achievement possible.

Navy deployed three submarines for long periods this year. This significant achievement is the result of another year of a high rate of effort by the submarine community, for which I thank everyone involved.

These are all game-changing events and demonstrate how quickly the face of the Navy is changing.

As always, what defined the year were our operations and exercises: Resolve, Manitou, Pacific Assist, Northern Trident and many others, along with our North and South East Asian deployments. We have worked hard at sea this year and, from my perspective, we have done well.

Border protection has continued to be a major operation in terms of hulls at sea and people deployed. I thank all those who have been engaged in our essential commitment to patrolling our maritime boundaries.

Again, our impact in the Middle East has been substantial with drug interdictions helping to demonstrate our resolve as well as the value of our national contribution. During Operation Manoona, Newcastle, in six separate drug searches, seized 139kg of heroin – a significant blow to the funding of terrorism.

Anzac represented Australia at the Centenary of Anzac commemorations in the Dardanelles and in the Sea of Marmora before going to the UK for Exercise Northern Trident.

In April, Success went from the Gulf to the Mediterranean and provided Navy support during the Centenary of Anzac commemorations on the island of Lemnos.

Anzac Day was officiated by a happy Christmas and a prosperous New Year. Your contribution is vital. Our operational capabilities depend on you and I thank you for your year of work.

As I have moved around this year I have noted how hard people are working. I am grateful to the concerns you have raised and the innovative ideas you have put forward, and referred these for further consideration and, where appropriate, implementation.

We have achieved significant milestone this year, but there are many more Plan Pelorus headmarks to meet as we progress towards the future fleet. Thank you for your dedication to continuing improvement in the workplace.

As we end the year, I want to reinforce the commitment to you to act against those who do not live our values and signature behaviours.

I wish everyone a safe and merry Christmas and I look forward to seeing you in 2016.
Building a career on hard work and good faith

CPL Max Bree

THE sight of a dark-skinned female weapons engineer pecking many sailors’ interest in the early ’90s, but CAPT Mona Shindy’s Islamic faith was never quickly apparent. “It wasn’t like I was going around openly advertising I was a Muslim,” CAPT Shindy said.

“People would generally find out after they noticed I was fasting during Ramadan or when I told them it was the reason I didn’t drink.”

By that time, CAPT Shindy had built a relationship with her team, who saw her as hard-working and approachable.

“I would often then be asked about my beliefs. Those in my direct sphere were, in the majority, supportive and inquisitive,” she said. But not everyone CAPT Shindy served with was so interested or understanding of her faith.

“I will never forget observing some shipmates scramble off the flight deck when I pulled up to practice live pistol firing en route to operational areas. Some group discussions, where participants were unaware that I was Muslim, could also be quite confronting and hurtful,” she said.

CAPT Shindy’s family migrated from Egypt to Australia when she was three. She went on to join the Navy and study engineering.

After serving for more than 26 years and “earning her stripes”, CAPT Shindy said it was rare to get direct challenges about her faith today. Though if they did occur, CAPT Shindy said it was better to emphasise with the detractors.

“Instead of becoming angry or withdrawn, I invest time to reflect and try to understand why a person might be driven to make such remarks. With a philosophical view on the troubled state of the world today, I see greater long-term benefit in educating people about what Islam is about,” she said.

CAPT Shindy also developed way to work at sea during the month of Ramadan without any food or water during daylight hours. “Getting stuck into work is an excellent way to keep your mind off food,” she said.

“Front loading the day with more complex tasks and providing some flexibility with more routine tasks in the afternoon is likely to achieve the best outcomes.”

After a pilgrimage to Mecca last year, CAPT Shindy started wearing the hijab that she said was a religious obligation for Muslim women. Support to Muslims, such as tailored dress, chaplaincy representation and prayer facilities were brought in thanks to her role as the CN’s Strategic Adviser on Islamic Cultural Affairs.

CAPT Shindy said people’s opinion of Muslims shouldn’t be shaped by evil and barbaric groups who claim an association with Islam.

“Muslims are just as, if not more, outraged by acts of terrorism and more likely to be enduring significant suffering, fighting or fleeing from violence,” she said.

“They also must work to defend themselves against unfair community backlash and protect their children from the lure of these misguided groups.”

Best in the business

CAPT Mona Shindy in the spotlight at the Telstra Business Woman of the Year awards in Melbourne in November. Photo courtesy of Telstra

CPL Max Bree

EXEMPLARY work with the Fast Frigate Systems Program Office has earned CAPT Mona Shindy the honour of becoming the first serving ADF member to win Telstra’s Australian Business Woman of the Year award.

She received the award on November 19 for managing the $130 million upkeep, enhancement and logistic support business for the fast frigates.

CAPT Shindy, Director Littoral Warfare and Maritime Support, said that besides the operational aspects of service life, the Navy offered career-defining roles that required strong business acumen for success.

“It’s a true business in the sense that we’re dealing with huge amounts of money,” she said.

“I would often then be asked about my beliefs. Those in my direct sphere were, in the majority, supportive and inquisitive,” she said. But not everyone CAPT Shindy served with was so interested or understanding of her faith.

“I will never forget observing some shipmates scramble off the flight deck when I pulled up to practice live pistol firing en route to operational areas. Some group discussions, where participants were unaware that I was Muslim, could also be quite confronting and hurtful,” she said.

CAPT Shindy’s family migrated from Egypt to Australia when she was three. She went on to join the Navy and study engineering.

After serving for more than 26 years and “earning her stripes”, CAPT Shindy said it was rare to get direct challenges about her faith today. Though if they did occur, CAPT Shindy said it was better to emphasise with the detractors.

“Instead of becoming angry or withdrawn, I invest time to reflect and try to understand why a person might be driven to make such remarks. With a philosophical view on the troubled state of the world today, I see greater long-term benefit in educating people about what Islam is about,” she said.

“True to yourself at all times, know who you are and be proud of that. Follow your dreams and interests with passion and vigour,” she said.

“If those interests and dreams happen to include a life of adventure, pride in serving your nation and a passion for challenging and rewarding roles, then the ADF is not at all a bad choice.”

Next year CAPT Shindy will attend the Centre of Defence Strategic Studies to study a Masters in Politics and Policy.

“Somewhere, somehow I’m hoping to give back to Defence and the communities that supported me,” she said. “I’d also like to continue mentoring young people out there trying to navigate the myriad of challenges that inevitably come up in all careers.”

CAPT Shindy’s family migrated from Egypt to Australia when she was three. She went on to join the Navy and study engineering.

After serving for more than 26 years and “earning her stripes”, CAPT Shindy said it was rare to get direct challenges about her faith today. Though if they did occur, CAPT Shindy said it was better to emphasise with the detractors.

“Instead of becoming angry or withdrawn, I invest time to reflect and try to understand why a person might be driven to make such remarks. With a philosophical view on the troubled state of the world today, I see greater long-term benefit in educating people about what Islam is about,” she said.

“True to yourself at all times, know who you are and be proud of that. Follow your dreams and interests with passion and vigour,” she said.

“If those interests and dreams happen to include a life of adventure, pride in serving your nation and a passion for challenging and rewarding roles, then the ADF is not at all a bad choice.”

Next year CAPT Shindy will attend the Centre of Defence Strategic Studies to study a Masters in Politics and Policy.

“Somewhere, somehow I’m hoping to give back to Defence and the communities that supported me,” she said. “I’d also like to continue mentoring young people out there trying to navigate the myriad of challenges that inevitably come up in all careers.”

I’d be in for anywhere near 20 years,” she said. She encouraged junior officers to make the most of different jobs and opportunities available to them.

“The ADF can offer much more than anything an employer outside would,” she said.

CAPT Shindy’s advice for young Muslim women is the same she has for all people.

“True to yourself at all times, know who you are and be proud of that. Follow your dreams and interests with passion and vigour,” she said.

“If those interests and dreams happen to include a life of adventure, pride in serving your nation and a passion for challenging and rewarding roles, then the ADF is not at all a bad choice.”

Next year CAPT Shindy will attend the Centre of Defence Strategic Studies to study a Masters in Politics and Policy.

“Somewhere, somehow I’m hoping to give back to Defence and the communities that supported me,” she said. “I’d also like to continue mentoring young people out there trying to navigate the myriad of challenges that inevitably come up in all careers.”

CAPT Shindy’s advice for young Muslim women is the same she has for all people.

“True to yourself at all times, know who you are and be proud of that. Follow your dreams and interests with passion and vigour,” she said.

“If those interests and dreams happen to include a life of adventure, pride in serving your nation and a passion for challenging and rewarding roles, then the ADF is not at all a bad choice.”

Next year CAPT Shindy will attend the Centre of Defence Strategic Studies to study a Masters in Politics and Policy.

“Somewhere, somehow I’m hoping to give back to Defence and the communities that supported me,” she said. “I’d also like to continue mentoring young people out there trying to navigate the myriad of challenges that inevitably come up in all careers.”
All in for White Ribbon Day

November 25 was White Ribbon Day. CMDR Fenn Kemp takes a look at what personnel did to honour their allegiance.

The crew of the RAN’s second LHD, NUSHIP Adelaide, has taken time out from preparing for its commissioning ceremony on December 4 to honour the White Ribbon cause. Nearly 400 sailors and officers in their dress whites formed themselves into the shape of a White Ribbon on the LHD’s flight deck after their arrival at Fleet Base East.

The ship’s Air Commander CMDR Mat Bradley said the ship’s company was enthusiastic about taking part.

“As the Navy’s newest amphibious capability, we just can’t do our job without being an inclusive ship’s company,” CMDR Bradley said.

“Today we wanted to show that we are all united for a common good.”

The task of shaping the people ribbon became an exercise in cat herding.

Personnel shuffled about patiently under a hot sun as the imagery specialists from Navy’s Imagery Unit at FBE did their best to form the White Ribbon logo from above. The result was as impressive as it was ambitious.

This particular White Ribbon took on a green hue, with Adelaide’s Army contingent also taking part. This was particularly significant as Army this year became a White Ribbon accredited workplace.

“The White Ribbon Campaign is about recognising the positive role that men play in preventing violence against women,” CMDR Bradley said.

“This is an issue we need to talk about more. If what we did today sparks a conversation, then it’s been worth the effort.”

White Ribbon is Australia’s only national, male led campaign to end men’s violence against women, which it achieves by encouraging men to never be silent about domestic violence.

Navy became the first of the services to become a White Ribbon accredited workplace.

The Army, ADFA and RAAF’s Air Mobility Group joined 11 nationwide organisations awarded accreditation this year, with the Air Force expected to undergo the accreditation program in 2016.

Accreditation lasts for three years and is measured through an ongoing, sustainable commitment from these workplaces to the prevention of men’s violence against women.

CEO White Ribbon Australia Libby Davies congratulated the workplaces receiving their accreditation for their efforts.

“Over the past 18 months, these organisations have dedicated time and resources to review and enhance their Human Resource policies and procedures,” Ms Davies said.

“They have also reviewed the way in which they communicate with staff and have delivered training on what it means to work in a safe and respectful workplace.”

Sirius marks day with cake

The crew of HMAS Sirius was on deployment for White Ribbon day, but that didn’t stop them from marking the event.

The ship, which is on a two-and-a-half month deployment to Asia, honoured the cause with a morning tea to raise awareness and funds for victims of domestic violence against women.

SWO Sirius Jodi Bonney said the morning tea provided an opportunity to canvas an issue that not everyone liked to discuss.

“To many of us, domestic violence can be an uncomfortable topic,” WO Bonney said.

“We can’t let that stop us from talking about it.”

It wasn’t the first White Ribbon activity held on Sirius during its travels. The ship recently held a White Ribbon movie night to raise cash and start a conversation about White Ribbon.

By the end of the evening, $239 had been raised for the cause.

“Even if we haven’t experienced domestic violence first hand, there are many who have,” WO Bonney said.

“We are talking about standing up for the mothers, wives, girlfriends and sisters of people we care about. I can’t think of a better cause than that.”
ADFA officially received its White Ribbon workplace accreditation on November 25. Among the attendees at the event were CDF ACM Mark Binskin, VCDF VADM Ray Griggs and Service Chiefs. “ADFA plays an important role in training and educating the future junior leaders of the Navy, Army and Air Force,” VADM Griggs said.

“We are embedding positive cultural change in our organisation, and the graduates of ADFA will play a key role in influencing this change throughout their future careers.”

VADM Griggs said accreditation exemplified the ongoing commitment to shaping Defence’s attitudes, systems and behaviours to increase diversity and improve capability.

“Respect is crucial to ensuring Defence has an inclusive, supportive and diverse workforce,” VADM Griggs said.

“Treating every member of the ADF with respect means we all have the opportunity to contribute and work as a team to achieve the greatest outcomes.”

Commandant ADFA AIRCDRE Alan Clements said the journey towards accreditation had been positive for ADFA.

“The staff and trainee officers now have a clearer understanding of the issues surrounding domestic violence, and violence against women,” AIRCDRE Clements said.

“ADFA’s accreditation is not the end of the journey. We will continue to reinforce the White Ribbon principles in our cultural reform program. In the past 18 months, more than 300 ADFA officer cadets and midshipmen have become White Ribbon advocates.”

THE RAN’s commitment to the White Ribbon Campaign has taken a major step forward, with Navy being granted partner status in the Northern Territory.

CO HMAS Coonawarra CMDR John Navin said the decision to step up Navy’s involvement in White Ribbon sent a clear message.

“Our aim is to encourage members at all levels to participate in White Ribbon Day,” CMDR Navin said.

“We will clearly demonstrate that Navy is an employer which will not tolerate violence against women.”

Navy personnel featured in a number of White Ribbon activities during White Ribbon week with RAN members taking part in a White Ribbon Parade through Darwin on November 25.

Last year, members of the ADF involved in the Northern Territory Police Fire and Emergency Services (NTPFES) for the first time for the White Ribbon Day march. This year, the ADF formed an even greater alliance with the NTPFES and once again marched together.

Navy’s new status in the Top End was illustrated by a display of 52 life-sized silhouettes of women, each one representing a life lost to domestic violence every year in Australia – that is an average of one life a week.

The New Generation Navy cultural change program has a strong focus on stamping out incidents of unacceptable behaviour.

“Respecting the contribution of every individual and promoting their wellbeing are key Navy signature behaviours,” CMDR Navin said.

“White Ribbon exemplifies these signature behaviours and sends a clear message both to our own people and to the community in general.”

– CMDR Fenn Kemp

ADFA officially received its White Ribbon workplace accreditation on November 25. Among the attendees at the event were CDF ACM Mark Binskin, VCDF VADM Ray Griggs and Service Chiefs. “ADFA plays an important role in training and educating the future junior leaders of the Navy, Army and Air Force,” VADM Griggs said.

“We are embedding positive cultural change in our organisation, and the graduates of ADFA will play a key role in influencing this change throughout their future careers.”

VADM Griggs said accreditation exemplified the ongoing commitment to shaping Defence’s attitudes, systems and behaviours to increase diversity and improve capability.

“Respect is crucial to ensuring Defence has an inclusive, supportive and diverse workforce,” VADM Griggs said.

“Treating every member of the ADF with respect means we all have the opportunity to contribute and work as a team to achieve the greatest outcomes.”

Commandant ADFA AIRCDRE Alan Clements said the journey towards accreditation had been positive for ADFA.

“The staff and trainee officers now have a clearer understanding of the issues surrounding domestic violence, and violence against women,” AIRCDRE Clements said.

“ADFA’s accreditation is not the end of the journey. We will continue to reinforce the White Ribbon principles in our cultural reform program. In the past 18 months, more than 300 ADFA officer cadets and midshipmen have become White Ribbon advocates.”

THE RAN’s commitment to the White Ribbon Campaign has taken a major step forward, with Navy being granted partner status in the Northern Territory.

CO HMAS Coonawarra CMDR John Navin said the decision to step up Navy’s involvement in White Ribbon sent a clear message.

“Our aim is to encourage members at all levels to participate in White Ribbon Day,” CMDR Navin said.

“We will clearly demonstrate that Navy is an employer which will not tolerate violence against women.”

Navy personnel featured in a number of White Ribbon activities during White Ribbon week with RAN members taking part in a White Ribbon Parade through Darwin on November 25.

Last year, members of the ADF united with the Northern Territory Police Fire and Emergency Services (NTPFES) for the first time for the White Ribbon Day march. This year, the ADF formed an even greater alliance with the NTPFES and once again marched together.

Navy’s new status in the Top End was illustrated by a display of 52 life-sized silhouettes of women, each one representing a life lost to domestic violence every year in Australia – that is an average of one life a week.

The New Generation Navy cultural change program has a strong focus on stamping out incidents of unacceptable behaviour.

“Respecting the contribution of every individual and promoting their wellbeing are key Navy signature behaviours,” CMDR Navin said.

“White Ribbon exemplifies these signature behaviours and sends a clear message both to our own people and to the community in general.”

– CMDR Fenn Kemp

ADFA officially received its White Ribbon workplace accreditation on November 25. Among the attendees at the event were CDF ACM Mark Binskin, VCDF VADM Ray Griggs and Service Chiefs. “ADFA plays an important role in training and educating the future junior leaders of the Navy, Army and Air Force,” VADM Griggs said.

“We are embedding positive cultural change in our organisation, and the graduates of ADFA will play a key role in influencing this change throughout their future careers.”

VADM Griggs said accreditation exemplified the ongoing commitment to shaping Defence’s attitudes, systems and behaviours to increase diversity and improve capability.

“Respect is crucial to ensuring Defence has an inclusive, supportive and diverse workforce,” VADM Griggs said.

“Treating every member of the ADF with respect means we all have the opportunity to contribute and work as a team to achieve the greatest outcomes.”

Commandant ADFA AIRCDRE Alan Clements said the journey towards accreditation had been positive for ADFA.

“The staff and trainee officers now have a clearer understanding of the issues surrounding domestic violence, and violence against women,” AIRCDRE Clements said.

“ADFA’s accreditation is not the end of the journey. We will continue to reinforce the White Ribbon principles in our cultural reform program. In the past 18 months, more than 300 ADFA officer cadets and midshipmen have become White Ribbon advocates.”

THE RAN’s commitment to the White Ribbon Campaign has taken a major step forward, with Navy being granted partner status in the Northern Territory.

CO HMAS Coonawarra CMDR John Navin said the decision to step up Navy’s involvement in White Ribbon sent a clear message.

“Our aim is to encourage members at all levels to participate in White Ribbon Day,” CMDR Navin said.

“We will clearly demonstrate that Navy is an employer which will not tolerate violence against women.”

Navy personnel featured in a number of White Ribbon activities during White Ribbon week with RAN members taking part in a White Ribbon Parade through Darwin on November 25.

Last year, members of the ADF united with the Northern Territory Police Fire and Emergency Services (NTPFES) for the first time for the White Ribbon Day march. This year, the ADF formed an even greater alliance with the NTPFES and once again marched together.

Navy’s new status in the Top End was illustrated by a display of 52 life-sized silhouettes of women, each one representing a life lost to domestic violence every year in Australia – that is an average of one life a week.

The New Generation Navy cultural change program has a strong focus on stamping out incidents of unacceptable behaviour.

“Respecting the contribution of every individual and promoting their wellbeing are key Navy signature behaviours,” CMDR Navin said.

“White Ribbon exemplifies these signature behaviours and sends a clear message both to our own people and to the community in general.”

– CMDR Fenn Kemp
ADFA officially received its White Ribbon workplace accreditation on November 25. Among the attendees at the event were CDF ACM Mark Binskin, VCDF VADM Ray Griggs and Service Chiefs.

“ADFA plays an important role in training and educating the future junior leaders of the Navy, Army and Air Force,” VADM Griggs said.

“We are embedding positive cultural change in our organisation, and the graduates of ADFA will play a key role in influencing this change throughout their future careers.”

VADM Griggs said accreditation exemplified the ongoing commitment to shaping Defence’s attitudes, systems and behaviours to increase diversity and improve capability.

“Respect is crucial to ensuring Defence has an inclusive, supportive and diverse workforce,” VADM Griggs said.

“Treating every member of the ADF with respect means we all have the opportunity to contribute and work as a team to achieve the greatest outcomes.”

Commandant ADFA AIRDRE Alan Clements said the journey towards accreditation had been positive for ADFA.

“The staff and trainee officers now have a clearer understanding of the issues surrounding domestic violence, and violence against women,” AIRDRE Clements said.

“ADFA’s accreditation is not the end of the journey. We will continue to reinforce the White Ribbon principles in our cultural reform program.

In the past 18 months, more than 300 ADFA officer cadets and midshipmen have become White Ribbon advocates.

THE RAN’s commitment to the White Ribbon Campaign has taken a major step forward, with Navy being granted partner status in the Northern Territory.

CO HMAS Coonawarra CMDR John Navin said the decision to step up Navy’s involvement in White Ribbon sent a clear message.

“Our aim is to encourage members at all levels to participate in White Ribbon Day,” CMDR Navin said.

“We will clearly demonstrate that Navy is an employer which will not tolerate violence against women.”

Navy personnel featured in a number of White Ribbon activities during White Ribbon week with RAN members taking part in a White Ribbon Parade through Darwin on November 25.

Last year, members of the ADF operating in the Northern Territory Police Fire and Emergency Services (NTPFES) for the first time for the White Ribbon Day march. This year, the ADF formed an even greater alliance with the NTPFES and once again marched together.

Navy’s new status in the Top End was illustrated by a display of 52 life-sized silhouettes of women, each one representing a life lost to domestic violence every year in Australia – that is an average of one life a week.

The New Generation Navy cultural change program has a strong focus on stamping out incidents of unacceptable behaviour.

“Respecting the contribution of every individual and promoting their wellbeing are key Navy signature behaviours,” CMDR Navin said.

“White Ribbon exemplifies these signature behaviours and sends a clear message both to our own people and to the community in general.”

– CMDR Fenn Kemp
**Cape Byron starts patrols**

LEUT Des Paroz

THE RAN quietly introduced a new capability into its patrol boat fleet this year, with two Cape-class patrol boats brought in to complement Navy’s Armidale-class patrol boat capability.

The two Cape-class boats – ADV Cape Byron and ADV Cape Nelson – have been loaned to Navy by the Australian Border Force to support an intensive program of maintenance for the remaining 13 Armidale-class vessels, and to fill the gap created by the loss of HMAS Bundaberg in a fire.

Cape Byron was introduced into Navy service in July, followed by Cape Nelson in October, with both vessels being home-ported in Cairns.

Each ship has been assigned two full Navy crews who operate on rotation, an arrangement which mirrors that used by Australian Border Force, and which allows the ships to operate almost continuously on assigned maritime security duties.

POH Christian Duncan has spent many years working on various Navy patrol boats in northern Australia, and is now part of one of the first Navy crews to introduce the Cape-class capability.

"The transition from the old Fremantle-class patrol boats to the Armidale-class saw a massive increase in both capability and also lifestyle for the crew," PO Duncan said.

"The Cape-class boats are a more incremental change, with a number of subtle changes in the way things are configured and how the ship is set up – changes that have occurred as a result of lessons gained from several years use of the Armidale-class.

"Some of the differences are less subtle – the Cape-class boats have retained their blue colour scheme from the Australian Border Force, so outwardly the boats look different. Underneath, however, the work and the people are the same as on other Navy platforms."

Cape Byron has just completed the first Cape-class patrol of the northern approaches to Australia by the RAN, focusing on the Ashmore Islands and the Kimberley Coast. Cape Nelson will shortly start patrols.

Cape Byron’s port crew is based at HMAS Cairns in Far North Queensland and is under the command of LCDR Andrew Dobb.

"The employment of Cape Byron and Cape Nelson means Navy will continue to meet its commitments to government for maritime security following the unfortunate loss of HMAS Bundaberg and other Armidale-class fleet availability issues."

"The boats have been well accepted by our crews, and are quickly making an important contribution to Navy operations."

With a length of 57.8m, and a beam of 10.3m, the Cape-class patrol boats are slightly larger than the Armidale-class boats on which their design was based.
Task group tests best of Fleet

TWELVE ships and three Navy aviation squadrons completed important task group training during Fleet Concentration Period East 2015.

HMA Ships Canberra, Sirius, Anzac, Arunta, Stuart, Warramunga, Darwin, Rankin, Dechaineux, Diamantina, Gascoyne and Jervu along with 723, 808 and 816 Squadrons and elements of the Mine Warfare Team, took part in the intensive two-week exercise in the East Australian Exercise Area.

Exercise Director CDRE Peter Leavy said the task group was required to exercise sea control in a contested maritime battle space during the exercise.

“FCP was designed to test and enhance our ship’s ability to work together,” CDRE Leavy said.

Using fictional scenarios, the task group needed to maintain sea control and remain responsive to evolving threats from the air, surface, sub-surface, from the land and from mines.

“Improving our ability to work together is very important. Navy is transitioning from a Fleet to an expeditionary force. That means doing two things at once.”

Navy is developing an enhanced expeditionary capability based around the ADF’s amphibious force, but also able to conduct combat operations at, and from, the sea if required, to support Australia’s national interests.

“This will ensure we remain responsive to government requirements in what are increasingly uncertain times ahead.”

CDRE Leavy said.

“Tasks we could be asked to perform include projecting power in support of regional partners, supporting humanitarian assistance and disaster relief, non-combatant evacuation operations, or providing support to global security in the form of maritime security operations such as counter-piracy and counter-terrorism.”

RAAF units also supported the exercise with AP-3C, FA-18A and H-127 aircraft. The Australian Army mortar platoon and forward observers also took part along with contracted aircraft.

COMAUSFLT RADM Stuart Mayer congratulated the ship’s company of HMAS Canberra on their efforts over the last year and said the FCP aimed to bring all of that hard work to fruition.

“You are ahead of the curve in introducing the biggest amphibious capability the ADF has ever operated,” RADM Mayer said.

“We are doing things here that no other nation in the world is doing,” RADM Mayer said.

“Our power to achieve is in the minds of each and every individual on this ship and in this Navy,” RADM Mayer said.

First fill-up for Canberra

LEUT Nicholas Robinson

JUST a year after its commissioning, HMAS Canberra has conducted its first replenishment at sea, in company with HMAS Sirius.

The refuelling evolution was completed as the ship maintained its focus on warfare activities, as a part of Fleet Concentration Period East.

CO HMAS Canberra CAPT Chris Smith believed the two ships to be the largest RAN vessels to have ever under- gone a replenishment at sea together.

“The refuelling evolution was a challenge for both the navigation and sea- manship teams, as the two ships sailed within 60m of each other to complete the fuel transfer.”

PO1 Niall Rankin, of HMAS Canberra, appreciated the chance to advance the ship’s capability.

“This is what we train for and it is great to be able to finally put it into practice,” CP0 Shand said.

“This is an easy task and it requires close communication with the navigation team, who are sailing the ship.”

Up on the bridge SBLT Ben Couch managed the challenge of navigating the course for the refuelling, while remaining mindful of the evolving scenario of the warfare exercise.

“Having to coordinate multiple tasks is demanding, but this is why we train so extensively, to make sure we can conduct them professionally,” SBLT Couch said.

“At the end of the day, the skills of our people and the capability of the ship need to be ready to respond to any situation the government may require and sometimes that means doing two things at once.”

When you join Defence Health, it’s our job to take care of you like part of the family. And we love our job. We understand the lifestyle of serving members, which is why we offer tailored health cover with higher benefits exclusively for ADF and Reservist families.”

Our ADF Total Package includes higher benefits on dental, speech therapy, physiotherapy, psychology, antenatal and postnatal services and more.

Join the family. Call 1800 335 425 or visit defencehealth.com.au
Lifelines across Pacific

Members of the Pacific Patrol Boat Program gather in Canberra for their annual conference, SGT Dave Morley reports.

MARITIME Surveillance Advisers (MSA) and Technical Advisers (TA) from across the Pacific took a break from the tropical humidity to gather for an annual forum in Canberra from November 9-13. They listened to, and gave, presentations on their roles and activities in support of Australia’s Pacific Patrol Boat Program (PPBP).

The program involves 22 Australian-gifted patrol boats to 12 Pacific island countries, the majority of which are operated by police services. The boats are supported by a network of Navy MSA and TA posted throughout the region and they provide a significant sovereign capability for Pacific island nations to protect their own maritime security.

CDF ACM Mark Binskin said the PPBP was the centrepiece of Australia’s defence engagement in the Pacific region. “It serves as a model for sustainable and effective ‘defence diplomacy’,” he said. “The PPBP is a sustainable and effective ‘defence diplomacy’.”

The MSA and TA served as an invaluable resource for participating Pacific island nations.

“The boats are often the only assets available to these countries to combat illegal maritime activities and protect the security of their exclusive economic zones.”

ACM Binskin said the MSA and TAs did a first-rate job, often in difficult circumstances. “Despite the ‘postcard view’ of a Pacific island country, many live and work in austere conditions and some postings are unaccompanied,” he said.

“You are not just advising the relevant Navy or maritime police service but also managing contracts and acting as the POC for search and rescue missions.”

“In many countries, there is no Australian embassy or high commission, so many of you are the only Australian official in-country. Australian ambassadors and US officials from PACOM and the US Coast Guard regularly comment on our advisers’ efforts, particularly in extending the reach of our embassies and high commissions in those countries where there is little or no diplomatic presence.”

Two MSA and a TA received commendations during the conference for their work in the Pacific. LCDR Bobby Lewis received his award for his tireless efforts during and after Tropical Cyclone Pam which devastated Vanuatu in March. Part of his commendation reads, “you also provided primary assessments on infrastructure, volunteered to conduct a range of difficult tasks, and ensured your own staff maintained a positive and energetic outlook throughout the immediate response period.”

LCDR Ashley Goode was recognised for capably representing the Australian Government in Tuvalu in the aftermath of Tropical Cyclone Pam.

He performed a number of important roles outside his normal duties, including on consular matters, ensuring that all Australians in Tuvalu were safe and accounted for.

CPO Danny Burgess was commended for his “outstanding performance in the planning, preparation and undertaking of the biennial slipping of Palau’s Pacific Patrol Boat PSS President H.I. Remelik during the period September 2013 to March 2014.”

A number of Defence Cooperation Program personnel from Army and International Policy Division also attended the conference, as did representatives of the NZ Defence Force and Customs Service, AFP, Australian Border Force, the French Armed Forces in the Pacific and the US Coast Guard.

Part of the PPBP👶 Todd & the Defence Community

↑ Military Rewards Account

Australian Military Bank

australianmilitarybank.com.au

Apply in branch, online or call 1300 13 23 28 today

*Deposit a minimum of $150 per month (excluding transfers from other Australian Military Bank accounts) to be eligible for the 2% cash back offer. The cash back offer applies on contactless Visa payWave purchases under $100 that are made in Australia. Consider the Terms and Conditions and schedule of Fees and Charges available at australianmilitarybank.com.au.

Australian Military Bank Ltd, ABN 48 087 649 741. AFSL and Australian credit licence number 237 988.
“We also did extensive environmental impact studies into what the reef was like beforehand and then we recovered the vessel using one of the local tugs to pull it off the beach and back into open water. The floating was well and we've been using other regional partners to assist, so RSPV Juki from Solomon Islands conducted a patrol for us after the cyclone with Vanuatu Police members on board,” LCDR Lewis said. According to LCDR Lewis, the PPB on the beach did 80 days at sea last year and the longer 20 days this year, which for the Pacific is quite a high statistic, and they've been quite operationally effective and have been working multi-laterally with other countries as well.

“While Tukoro is out of action we've been using other regional partners to assist, so RSPV Juki from Solomon Islands conducted a patrol for us after the cyclone with Vanuatu Police members on board,” LCDR Lewis said. According to LCDR Lewis, the PPB on the beach did 80 days at sea last year and the longer 20 days this year, which for the Pacific is quite a high statistic, and they've been quite operationally effective and have been working multi-laterally with other countries as well.

“While Tukoro is out of action we've been using other regional partners to assist, so RSPV Juki from Solomon Islands conducted a patrol for us after the cyclone with Vanuatu Police members on board,” LCDR Lewis said. According to LCDR Lewis, the PPB on the beach did 80 days at sea last year and the longer 20 days this year, which for the Pacific is quite a high statistic, and they've been quite operationally effective and have been working multi-laterally with other countries as well.

“The Anzac partnership continues in the remote Cook Islands, where Royal New Zealand Navy (RNZN) members are now responsible for supporting the Australian-gifted PPB Te Kukupa.

LCDR Grubb said Australia and New Zealand, as leaders in the Pacific, had a great responsibility to assist Pacific island neighbours.

“That assistance will always be aligned to Pacific needs,” he said.

“Australia’s PPB is an example of that responsibility to respond to need.”

According to LCDR Grubb, engaging directly with government agencies and encouraging cross-agency cooperation was one of the things he enjoyed about his job.

“It’s also rewarding to see competent and professional maritime police officers performing their work to a high standard,” he said.

LCDR Grubb said the annual MSA/TA conference updated him on Australia’s strategic view on the Pacific and gave him an understanding of the emerging new projects for the Pacific, including the replacement of the current fleet of PPBs.

“I was also able to refresh relationships through the MSA/TA network and discuss ideas and innovations with other MSAs and TAs,” he said.

CPO Andrew Orr (RNZN) has just started his two-year tenure in the Cook Islands. He said he was looking forward to working with the crew of Te Kukupa, to advise and assist where needed to ensure successful availability and deployment of the boat.

“I’m also looking forward to becoming part of the team and being able to test my skillset in a new environment,” he said.

“In the short time I’ve spent in the Cook Islands, the policemen have been friendly and welcoming and are proud of Te Kukupa and the work they do with her.”

CPO Orr said the MSA/TA conference allowed him to establish networks to enable him to perform his new role.

“I gained a background to the program and how it fits into it and an understanding of challenges facing other nations involved.”

— SGT Dave Morley
One keel closer to fruition

CN VADM Tim Barrett joined two ASC apprentices to lay the keel for the RAN’s third destroyer, NUSHIP Sydney, on November 19, at ASC shipyards in Adelaide.

First-year electrical apprentices Rebecca Stevenson and Billy Hewitt played an integral role in the ceremony, helping CN secure the keel.

Sydney is the last of three AWDs under construction and VADM Barrett said he had confidence those building the ship would ensure it was the best it could be for the Australians who would serve in it.

“Two weeks ago I decommissioned Sydney IV,” VADM Barrett said.

“That ship, well built, had travelled 962,000nm in its 32-year life. When I look at this and when I look at you as the builders of this ship, I have every faith you will be able to replicate the sort of challenges that Sydney IV had, and that you will produce a fine ship that the Navy will be proud of.

“Thank you for your efforts to date, I look forward to seeing Sydney V in the water.”

CEO AWD Alliance Rod Equid said the keel-laying was the latest in a series of important achievements across the project, with the start of the hull consolidation phase as well as the progression to the system activation phase for NUSHIP Hobart in advance of sea trials next year.

Mr Equid said the second destroyer, NUSHIP Brisbane, was also on track to meet the completion of hull consolidation next month.

“We are proud of this further progress. Production is now more than 70 per cent complete across the project and significant productivity improvements are being realised from ship to ship,” Mr Equid said.

“We have come a long way since our first keel-laying ceremony three years ago.

“We recognise the importance of the work being done on the third ship, as this is where we will achieve the highest levels of productivity, based on the lessons from Sydney’s sister ships.”

Interim CEO ASC Mark Lamarre said the AWDs would not be where they were today without the dedicated workforce.

“I would especially like to thank all of the outstanding people who work to make these warships a reality – all of the boiler makers, welders, mechanical fitters, painters, insulators, electricians, engineers, planners, purchasing agents and so many more,” Mr Lamarre said.

“Thank you for all of the work you do, for being part of this effort, and for making sure that we learn every day and apply that learning to following ships.”

CN VADM Tim Barrett and AWD apprentice Billy Hewitt hammer the keel for NUSHIP Sydney into place at a ceremony at ASC in Adelaide.

Full terms, conditions, fees, charges and eligibility criteria apply (available upon request), including $50,000 minimum loan plus hold a NAB Velocity Credit Card and a NAB Transaction Account. Not available with any other offer, including Home Loan cash back.

Velocity Rewards Card and Velocity Rewards Premium Card bonus points offers. To earn and redeem Velocity Frequent Flyer Points you must be a Velocity member ©2015 National Australia Bank Limited ABN 32 000 044 937 AFSL and Australian Credit License 230541.

Take out a NAB Home Loan plus make us your main bank and you could be eligible for 250,000 Velocity Frequent Flyer Points

Apply between 21 Sept and 31 Dec 2015

Visit your local NAB branch or nab.com.au/homeloans

more give, less take
Honoured in book

The first volume of Capt Ian Pfennigwerth’s (retd) book on honours and awards to the Commonwealth Naval Forces and the RAN from 1900 to 1974 is expected to be released in May 2016. With a Foreword by CN VADM Tim Barrett, the book tells the stories behind the honours and awards on a backdrop of Australia’s naval history over this tumultuous period. “It would have been impossible without the help of the hundreds of recipients and their families who provided my research team with personal data,” Capt Pfennigwerth said. “I want to acknowledge their support publicly.” Volume 2 (1975-2014) will follow later next year.

Cooperative exercise

EXERCISE Cooperation Spirit, a humanitarian assistance and disaster relief exercise involving military personnel from Australia, China, the United States and New Zealand, ended on November 20. The week-long exercise was held at RAAF Base Williamtown, Newcastle, and involved 10 ADF personnel, five personnel from the Chinese People’s Liberation Army, four from the United States Pacific Command, and two from the New Zealand Defence Force. End PS-OFF 150126

WITH the potential to save up to 300 lives, Director Navy Communications and Coordination CMDR Chloe Wootten has reached an amazing milestone of donating blood 100 times for the Australian Red Cross Blood Service.

Blood is vital to life and for many people, blood donors like CMDR Wootten are their lifeline. Currently only one in 30 people give blood, but one in three people will need blood in their lifetime.

CMDR Wootten is part of the RAN Red 25 team for the Defence Blood Challenge, helping raise much needed stocks for the Australian Red Cross Blood Service. The 2015 Defence Blood Challenge started on September 1 and finishes on December 8 and is the seventh challenge of its kind. It is the Australian Red Cross Blood Services’ largest group challenge and targets all Defence members, employees and families.

Many people donate whole blood, but CMDR Wootten, who has been donating for over 20 years, donates plasma, because it can be done up to every two weeks.

“My father was a plasma donor, and it was his influence that made me donate for the first time,” CMDR Wootten said.

“Although I have had significant gaps over the years, being at sea or in a remote location, plus having two children, donating is something I come back to as it’s vital to so many medical procedures and blood products.”

Her 100th visit was to the Canberra Donor Centre, and was educational as well as celebratory, as she realised she had been a recipient of one of those life-saving products.

“I didn’t realise that I had received a blood product that derived from plasma, one that helped both of my children to be born without complications,” she said.

Anti-D is a plasma product produced from the blood of selected Rh (D) negative donors.

The product is given to pregnant women who are Rh (D) negative to prevent their babies from developing Haemolytic Disease of the Newborn.

Approximately 17 per cent of mothers in Australia will need anti-D injections during each of their pregnancies and after the birth of an Rh (D) positive baby.

A significant proportion of plasma is used for direct transfusion to patients, but the majority of donated plasma is further processed into a number of very important plasma products. These plasma products include immunisations against chicken pox, hepatitis B and tetanus; clotting factors for the treatment of patients with haemophilia; and protein products for the treatment of patients with burns, liver and kidney diseases; and immune-globulin products for the treatment of patients with antibody deficiencies and other disorders of the immune system.

As at November 27 a total of 5762 donations had been made in the Defence Blood Challenge with Navy personnel rolling up their sleeves 931 times.

For more information on donating blood and the Australian Red Cross Blood Service, you can visit http://www.donateblood.com.au and sign up for the Navy team.
Package a new car and save on tax

Did you know that as a Defence Force member, you have priority access to salary packaging your next car?

Let the team at Fleet Network show you how to save thousands when buying your next new car. It’s all about using your pre-tax salary, and taking advantage of all the additional benefits only Fleet Network can offer.

It’s worth a call – it’s your salary, after all.

Call us for an obligation free quote

1300 738 601

Fleet Network Pty Ltd. To qualify for this offer you must mention this advertisement to Fleet Network prior to the completion of your initial contract. Vehicle must be new and supplied by Fleet Network. Not valid in conjunction with any other current Fleet Network offers. Employees should consult their employer’s salary packaging policy before entering into a contract.*Subject to Employer policy. Vehicle for illustration purposes only.
HMA Ships Sirius and Arunta are heading home after wrapping up a challenging series of evolutions with the Indonesian Navy (TNI-AL) in the Java Sea. Exercise New Horizon has been held regularly since 1972. The four-day event began in Surabaya with an official welcome for both ships. The land-based component provided the opportunity for each side to become better acquainted and also to plan the sea phase ahead.

The Combined Task Group Commander and CO Sirius, CMDR Darren Grogan, said meeting face-to-face with the Indonesian commanders of participating ships was critical.

“When you sit down with another nation’s navy, the language barrier can initially be a challenge,” CMDR Grogan said. “Then you both realise that navies across the region and indeed the world share the same concerns and general practices. Suddenly everyone understands each other and we can get on with planning a safe and successful activity.”

Exercise New Horizon is now recognised as the most important naval activity Australia conducts with the TNI-AL.

“This needs some efforts to maintain mutual understanding. Exercise New Horizon is part of this effort.”

After two days alongside, Sirius and Arunta returned to sea with the TNI-AL ships KRI Usman Harun and KRI Diponegoro. They conducted two days of evolutions including under-way refuelling, communication serials, anti-submarine exercises and a live-fire gunnery activity.

CO Arunta CMDR Cameron Steil said that all the exercises at sea counted significantly towards building interoperability, breaking communication barriers and learning from each other, apparently even when things went wrong.

“We had considerable difficulty in obtaining a clear range to ensure the safety of other mariners in the area and combined efforts such as this only serve to deepen the cooperation and understanding between our navies regardless of the final tactical outcome,” CMDR Steil said.

“I am very pleased to say we ended the week feeling that we have made new and genuine friends.”

CMDR Grogan agreed New Horizon had improved Australia’s relationship with our nearest neighbour.

“It was only a quick visit but our relationship is strong,” CMDR Grogan said. “We look forward to returning soon.”

CMDR Fenn Kemp

HMA Ships Sirius and Arunta are heading home after wrapping up a challenging series of evolutions with the Indonesian Navy (TNI-AL) in the Java Sea.

Exercise New Horizon has been held regularly since 1972. The four-day event began in Surabaya with an official welcome for both ships. The land-based component provided the opportunity for each side to become better acquainted and also to plan the sea phase ahead.

The Combined Task Group Commander and CO Sirius, CMDR Darren Grogan, said meeting face-to-face with the Indonesian commanders of participating ships was critical.

“When you sit down with another nation’s navy, the language barrier can initially be a challenge,” CMDR Grogan said. “Then you both realise that navies across the region and indeed the world share the same concerns and general practices. Suddenly everyone understands each other and we can get on with planning a safe and successful activity.”

Exercise New Horizon is now recognised as the most important naval activity Australia conducts with the TNI-AL.

“This needs some efforts to maintain mutual understanding. Exercise New Horizon is part of this effort.”

After two days alongside, Sirius and Arunta returned to sea with the TNI-AL ships KRI Usman Harun and KRI Diponegoro. They conducted two days of evolutions including under-way refuelling, communication serials, anti-submarine exercises and a live-fire gunnery activity.

CO Arunta CMDR Cameron Steil said that all the exercises at sea counted significantly towards building interoperability, breaking communication barriers and learning from each other, apparently even when things went wrong.

“We had considerable difficulty in obtaining a clear range to ensure the safety of other mariners in the area and combined efforts such as this only serve to deepen the cooperation and understanding between our navies regardless of the final tactical outcome,” CMDR Steil said.

“I am very pleased to say we ended the week feeling that we have made new and genuine friends.”

CMDR Grogan agreed New Horizon had improved Australia’s relationship with our nearest neighbour.

“It was only a quick visit but our relationship is strong,” CMDR Grogan said. “We look forward to returning soon.”

Language no barrier to making friends

CMDR Fenn Kemp

SBLT Stephanie Baulch couldn’t quite believe her luck. Less than a year after completing a language course in Indonesia, she was back in the country again and ready to put her language skills to the ultimate test.

SBLT Baulch was the Assistant Maritime Logistics Officer on board HMAS Arunta for Exercise New Horizon.

“I spent six months on exchange as an ADFA cadet at the School of Languages in Jakarta until late last year,” SBLT Baulch said.

“We had a great time and it eventually got easier. But coming back meant testing my language skills. It’s pretty daunting but the Indonesians we have met since our arrival have been very supportive. “They are just as keen to practise their English on me as I am to speak Indonesian to them.”

Both HMA Ships Sirius and Arunta hosted several parties of TNI-AL cadets or ‘Taruna’.

MIDN Ashleigh Hill was among those to accompany the cadets on their visit to Arunta.

“To begin with everyone seemed very serious,” MIDN Hill said. “But it didn’t take long for them to relax and feel comfortable.

“The language barrier made things a little difficult at times, but a smile and a handshake seemed to go a long way.”

“When you sit down with another nation’s navy, the language barrier can initially be a challenge,” CMDR Grogan said. “Then you both realise that navies across the region and indeed the world share the same concerns and general practices. Suddenly everyone understands each other and we can get on with planning a safe and successful activity.”

Exercise New Horizon is now recognised as the most important naval activity Australia conducts with the TNI-AL.

“This needs some efforts to maintain mutual understanding. Exercise New Horizon is part of this effort.”

After two days alongside, Sirius and Arunta returned to sea with the TNI-AL ships KRI Usman Harun and KRI Diponegoro. They conducted two days of evolutions including under-way refuelling, communication serials, anti-submarine exercises and a live-fire gunnery activity.

CO Arunta CMDR Cameron Steil said that all the exercises at sea counted significantly towards building interoperability, breaking communication barriers and learning from each other, apparently even when things went wrong.

“We had considerable difficulty in obtaining a clear range to ensure the safety of other mariners in the area and combined efforts such as this only serve to deepen the cooperation and understanding between our navies regardless of the final tactical outcome,” CMDR Steil said.

“I am very pleased to say we ended the week feeling that we have made new and genuine friends.”

CMDR Grogan agreed New Horizon had improved Australia’s relationship with our nearest neighbour.

“It was only a quick visit but our relationship is strong,” CMDR Grogan said. “We look forward to returning soon.”

Language no barrier to making friends

CMDR Fenn Kemp

SBLT Stephanie Baulch couldn’t quite believe her luck. Less than a year after completing a language course in Indonesia, she was back in the country again and ready to put her language skills to the ultimate test.

SBLT Baulch was the Assistant Maritime Logistics Officer on board HMAS Arunta for Exercise New Horizon.

“I spent six months on exchange as an ADFA cadet at the School of Languages in Jakarta until late last year,” SBLT Baulch said.

“We had a great time and it eventually got easier. But coming back meant testing my language skills. It’s pretty daunting but the Indonesians we have met since our arrival have been very supportive. “They are just as keen to practise their English on me as I am to speak Indonesian to them.”

Both HMA Ships Sirius and Arunta hosted several parties of TNI-AL cadets or ‘Taruna’.

MIDN Ashleigh Hill was among those to accompany the cadets on their visit to Arunta.

“To begin with everyone seemed very serious,” MIDN Hill said. “But it didn’t take long for them to relax and feel comfortable.

“The language barrier made things a little difficult at times, but a smile and a handshake seemed to go a long way.”

“By the end of it, they were laughing and joking around just like we would.”

The Australian sense of humour would have been familiar to some of the locals too.

Some of the cadets had recently been to Australia on exchange where they visited a number of establishments including ADFA and HMAS Creswell.
On road for men’s health

WO2 Andrew Hetherington

FUNDRAISING for prostate cancer research and fanatical discussions about motorbikes and next year’s long ride, began early with a ‘show and shine’ held at Brindabella Park, Canberra, on November 19.

More than $1100 was raised by 51 ADF, Defence civilian and civilian riders and their supporters for the Prostate Cancer Foundation of Australia.

Special guest, CDF ACM Mark Binskin grilled the owners with questions about their bikes while judging the four categories in the competition.

ACM Binskin said men’s health was important to him and the ADF.

“Even with the diversity focus within the ADF today, the fact is, a large part of our workforce will continue to be male,” ACM Binskin said.

“Based on the national prostate cancer statistics, 8000 of the men who are serving in the ADF today will be affected by the disease in their lifetime.”

“This is a large number and when I look at it from my role as CDF, obviously the first aspect of this which comes to mind is the welfare of my people, but secondly it is also a capability issue for the ADF.”

He said anything he or the ADF could do to raise the awareness of prostate cancer was a priority for him.

“This is why I’m a keen participant of the Long Ride,” ACM Binskin said. “I also participate because I enjoy riding motor bikes and want to promote motorcycle safety.”

One of Navy’s entrants in the show and shine was CMDR Gary Brown, who entered his 2013 Harley Davidson Soft Tail Slim.

“It has a 1700cc engine and I bought it brand new,” CMDR Brown said.

“I’ve just returned from a 3000km ride to Brisbane and back with my club, the Christian motorcycle club, God’s Squad, and it purred all the way.

“We go to schools, hold men’s breakfasts and go on rides.”

He said the best thing about his Honda was the noise it made.

“I like the pace it generates; it’s got oomph and guts to get you out of trouble on the road.”

“Sometimes when I go around roundabouts I scrape the foot side boards,” he said.

He said he liked the thought of riding his bike from Sydney to Margaret River on the Long Ride.

“I think the long ride is fantastic, if I had the time I would go next year,” he said.

“It’s really important for men to discuss health issues as we tend to bottle things up and not talk about our problems.”

The 2016 Long Ride begins on April 8 in Sydney and finishes on April 16 at Margaret River Western Australia.

Registration for the event closes on December 19. ADF winners on the day were WGCDR Fleur James who won the classic category with her Vespa scooter and WO2 Peter Hodgson won the cruiser category with his Harley.

For more information on how to register for the ride and information on prostate cancer, visit www.freewebs.com/longride2010/ or the ride and information on prostate cancer, visit www.freewebs.com/longride2010/ or visit www.prostate.org.au/get-involved/events/find-an-event/the-long-ride-2016/
LEUT Shane Neil

SINCE returning to Fleet Base East in September, it has been a busy couple of months for the crew of HMAS Warramunga.

The new anti-ship missile defence systems have undergone testing and evaluation during a sea qualification trial and the ship has started a unit readiness period.

Warramunga has also been conducting sea acceptance trials for the new electronic surveillance system as part of project SEA 1448 Phase 4A.

Deputy Weapons Electrical Engineer Officer LEUT Matthew Durrington said the trial period allowed weapon and radar systems to be aligned.

“We need to ensure the combat management system is in the best state possible before starting gunnery, air warfare and anti-submarine training,” LEUT Durrington said.

During the first three weeks of unit readiness, Warramunga conducted training exercises, covering anti-ship missile defence, anti-submarine warfare and force protection exercises. The exercises increased in complexity during the period.

Operations Officer LCDR Elizabeth Raymond said the period was an excellent opportunity for the crew to develop core skills.

“It was important that we could work with the new combat system, phased array radar and other sensors installed on Warramunga during the upgrade at BAE Dockyard at Henderson, Western Australia,” she said.

In addition to undertaking warfare training, the crew conducted damage control exercises that tested their ability to deal with a wide range of damage control scenarios, including floods, compartment fires and toxic hazards.

CPOMT Andrew Border stressed the importance of damage control rehearsal.

“It plays a large part in ensuring a ship can fight and win at sea,” he said.

“During the unit readiness period we focus a lot of our training on battle damage received during warfare exercises, however we are also assessed on dealing with incidents which can occur during peacetime operations.”

Other key areas tested included Warramunga’s ability to conduct replenishment at sea and flying operations with 725SQN, using a MH60R helicopter.

Warramunga is among the 12 RAN ships that was involved in task group training during the Fleet Concentration Period in the East Australian Area.
All I want for Christmas! 
$20,000 Cash giveaway!

Prizes include:
⭐ $20,000 Cash!
⭐ $100 Fuel Vouchers
⭐ Double Pass Movie Tickets

Take out a novated car lease for your chance to WIN!* 

Get an obligation-free quote today!

navyleasing.com.au
1300 115 947

*Promoter is Smartsalary Pty Ltd ABN 24 096 796 100, 133 Castlereagh St Sydney NSW 2000. Permit numbers: ACT TP 15/08130, NSW LTPS/15/09065, SA T15/2057. Promotion period is 1.11.15–17.12.15. Prizes drawn on 18.12.15, and winners will be published on smartleasing.com.au on the same date. Terms & Conditions apply. Visit smartleasing.com.au for full details. You must be aged 18 or over to enter.
Salute to Sydney

Natalie Staples

THE 645 sailors and officers who lost their lives when HMAS Sydney II was sunk by the German raider Kormoran in 1941 were commemorated at a ceremony at the Cenotaph, Martin Place, on November 19.

The former CO HMAS Sydney IV, CAPT Guy Holthouse, addressed those gathered and said there had been no greater tragedy in the history of the RAN.

“The loss of Sydney came as a tremendous blow to the entire nation, during a particularly dark period of WWII, with Japan entering the war in the Pacific around the same time,” CAPT Holthouse said.

According to German accounts, on November 19, 1941, about 209km off the Western Australian coast, Sydney encountered a vessel and closed to identify it. The vessel was, in fact, the German raider Kormoran, disguised as a Dutch merchant ship. In the ensuing battle the ships destroyed each other. Sydney was last seen by the crew of Kormoran, on fire, and slowly heading in a south-easterly direction.

On November 24 a passing tanker rescued stranded German seamen and this provided the first evidence for Australia that Sydney had been involved in an engagement. No personnel were ever recovered and Sydney had not yet been positively located. The only objects recovered were a life float and life belt.

“Today is an opportunity to represent and respect the legacy of those brave men and boys who made the greatest sacrifice, for our family, 74 years ago,” CAPT Holthouse said.

“Every sailor in the RAN salutes the mast of the first of our family member Sydney IV when rounding Bradley’s Head in Sydney Harbour, in this beautiful city. “It will not be long before we are introduced to our next family member, the destroyer, HMAS Sydney V,” CAPT Holthouse said.

Warfare officers near assessment

LEUT Patrick McGuire

IN OCTOBER, the students of 70 Aviation Warfare Officers Course (AvWO 70) left RAAF Base East Sale for Wagga, Wagga, NSW. Their departure heralded the start of their visual navigation assessment period, the culmination of eight weeks ground school and a significant amount of after hours planning and chart preparation.

Throughout the detachment, students conducted duties as both co-pilot and navigator of RAAF 32 Squadron, Beechcraft 350 Super King Aircraft. Students were assessed on their ability to conduct low level visual navigation across outback NSW and the Victorian High Country at speeds in excess of 300km/h.

Student ASLT Brent Stephens said the course had prepared him well for his career choice.

“The deployment is the culmination of several weeks of hard work,” ASLT Stephens said.

“We all appreciate the opportunity and challenge of conducting low level visual navigation in an unfamiliar environment.”

“This detachment has prepared me well for the rest of the course and my future career in the Fleet Air Arm”. Aviation Warfare Officers conduct a 12-month basic course at RAAF Base East Sale before being posted to 723SQN for conversion on to the Bell 429 helicopter.

Once qualified, Aviation Warfare Officers act as the tactical co-coordinator and mission commander of MH60RNs.

From the start to the finish

SGT Dave Morley

IT IS only fitting a ship’s commissioning CO is on hand to see her off at decommissioning, and this was the case with HMAS Sydney IV.

CDRE Paul Kable (retd), who commissioned the ship in January 1983, was at the ship’s decommissioning on November 6, and said it took a lot of effort to get her back to her home port of Sydney in mid-1984.

“We did work-ups and battle scenarios, missile and gun firings and operated helicopters,” he said.

“We were part of the American 9th Destroyer Squadron, part of the Pacific Fleet, so we did two years of hard work before we came back, and coming back was a delight.

“Berthing at the overseas passenger terminal was special and then we marched through the streets of Sydney to the Town Hall – it was a big day.”

According to CDRE Kable, Sydney IV was only built to last about 15 years. “It will not be long before we are her going all that time,” he said.

“We did have a midlife upgrade but she’s pretty old now by ship standards.” CDRE Kable said Sydney V would have big shoes to fill.

“The Sydney’s that came before her all distinguished themselves in WWII, WWIII Korea and Vietnam, and this Sydney, of course, in the Middle East and Gulf and lots of peacekeeping missions, including Bougainville,” he said.

Former Sydney sailors were like a big family according to CDRE Kable.

“We meet often, we march together on Anzac Day and we meet on November 19 each year to remember Sydney II, which was sunk in the Indian Ocean in an engagement with the Germans where all the officers and sailors were lost,” he said.

“My father, LEUT (Observer) Garvon Kable, served in the Fleet Air Arm’s 817SQN in Sydney III during the Korean War and I served in her during the Vietnam War.

“Then my father-in-law, as a young man, was a welder and he helped build Sydney III, so there’s a big family connection there.”

Do you want a PHAT Tax Return?

DEFENCE FORCE TAX SPECIALISTS

We have extensive experience across all ranks and specialties, including:

- Investment properties
- Members who have served overseas
- Late lodgement of tax returns

Maximum returns - We know all the specific deductions, so you get a great tax return every year

Phone consultations - All tax returns are completed over the phone, so you don’t have to leave your base, ship or assignment

One Tax agent - We are not limited by locality so you and your family don’t ever have to look for another tax agent again

1300 763 575
or visit us online at
www.phatreturns.com.au
CHRISTMAS ON PATROL

While we all tuck into our Christmas lunches and enjoy our break, these sailors will still be on patrol in the Middle East region aboard HMAS Melbourne. CPL Mark Doran recently went on board the ship and interviewed and photographed them.

How many jobs can you do where you get to keep fit and go flying in a helicopter every day?
— LSA Dean Kinna

My days consist of 12-hour shifts and every day the GWS is tested to ensure the gun is ready for action at any moment.
— LSET Stephanie Hood

We ensure the aircraft’s airworthiness is maintained. We are a small team with a high level of responsibility.
— POATV Aaron Little

We face different challenges every day but these only make us closer.
— ABBM Makinlee Clarke

The junior sailors on Melbourne live and work closely together and we all get along well. We are a fantastic team.
— ABML-S Georgia Watson

If one part is out of alignment, even by a small amount, it can stop the gun working. My job is to make sure it works perfectly.
— LSET CF-Anna Smith

My goal is to gain more competencies on different machinery so I can be more versatile with skills on the ship.
— ABBM Trey Norey

I get to see everything when the suspected vessels are being boarded during searches for illegal drugs.
— SMMBM Jessica Muir

It could be a fire, flooding, toxic hazard or a casualty we need to deal with, so we practise every day.
— ABBM-P Jason Dove

I enjoy watching the crew transform their bodies and change their lifestyle for the better.
— LSPT Callan McDonald

We don’t often have opportunities to have a space to ourselves but I have found running my hair salon on the ship a great way to relax.
— ABBM-P Jason Dove

Seeing what Navy does on Operation Manitou allows me to understand the bigger picture of how we stop illegal drugs hitting our streets.
— LSPT Callan McDonald

The junior sailors on Melbourne live and work closely together and we all get along well. We are a fantastic team.
— ABML-S Georgia Watson

If one part is out of alignment, even by a small amount, it can stop the gun working. My job is to make sure it works perfectly.
— LSET CF-Anna Smith

My goal is to gain more competencies on different machinery so I can be more versatile with skills on the ship.
— ABBM Trey Norey

I get to see everything when the suspected vessels are being boarded during searches for illegal drugs.
— SMMBM Jessica Muir

It could be a fire, flooding, toxic hazard or a casualty we need to deal with, so we practise every day.
— ABBM-P Jason Dove

I enjoy watching the crew transform their bodies and change their lifestyle for the better.
— LSPT Callan McDonald

Seeing what Navy does on Operation Manitou allows me to understand the bigger picture of how we stop illegal drugs hitting our streets.
— LSPT Callan McDonald

Life on this ship is fast paced and the routine is constantly evolving, but it is the crew that makes Melbourne special.
— LSML-C Jansen Wilks

We ensure the aircraft’s airworthiness is maintained. We are a small team with a high level of responsibility.
— POATV Aaron Little

The junior sailors on Melbourne live and work closely together and we all get along well. We are a fantastic team.
— ABML-S Georgia Watson

If one part is out of alignment, even by a small amount, it can stop the gun working. My job is to make sure it works perfectly.
— LSET CF-Anna Smith

My goal is to gain more competencies on different machinery so I can be more versatile with skills on the ship.
— ABBM Trey Norey

I get to see everything when the suspected vessels are being boarded during searches for illegal drugs.
— SMMBM Jessica Muir

It could be a fire, flooding, toxic hazard or a casualty we need to deal with, so we practise every day.
— ABBM-P Jason Dove

I enjoy watching the crew transform their bodies and change their lifestyle for the better.
— LSPT Callan McDonald

Seeing what Navy does on Operation Manitou allows me to understand the bigger picture of how we stop illegal drugs hitting our streets.
— LSPT Callan McDonald
GET YOUR HOME LOAN PAID FOR A YEAR*

Talk to us today about making your dream home a reality.
Plus, there are 6 x $1,000 EFTPOS Gift Cards to be won.

Competition ends 31 December 2015.

1800 033 139
defencebank.com.au/homeloanpackage

*Full terms & conditions are available at defencebank.com.au. Competition permit numbers: NSW - LTPS/15/04908, ACT - TP 15/06332, SA - TIS/1075.
Terms, conditions, fees & charges apply & are available on request. Approval subject to Defence Bank’s lending criteria. Please refer to defencebank.com.au for current rates.
In arranging this insurance, Defence Bank acts under its own AFSL and under an agreement with the insurer CGU Insurance Limited (ABN 27 004 478 371, AFSL 238291). Information detailed above is general advice only and does not take into account your personal circumstances. Terms and conditions apply. Please also refer to the relevant Product Disclosure Statement (PDS) before making any decision to acquire an insurance product. Defence Bank also receives a commission from CGU for insurance product sales, details of which can be found in our Financial Services Guide (FSG). Both the PDS and the FSG are available from defencebank.com.au or any branch. Defence Bank Limited ABN 57 087 651 385, AFSL/Australian Credit Licence 234582.
ABMUSN Samual Sheppard tickles the ivories during a recording session with the RAN Band at Trackdown Studios, Sydney. 

Photo: ABIS Chantell Brown

An assistance dog, trained to help people with post-traumatic stress disorder, takes part in the commemoration of HMAS Sydney II at Martin Place Cenotaph, Sydney. 

Photo: ABIS Chantell Brown

Jenny Packwood, from South Coast Wildlife Rescue, accepts an injured tawny frogmouth from HMNZS Te Kaha’s LCDR Alex Trotter at HMAS Albatross. The crew of Te Kaha were surprised to discover the injured stowaway on the boat deck while on a recent deployment to Jervis Bay. A planned flying serial within range of Nowra enabled the crew to transport the bird to base via chopper. 

Photo: LSIS Yuri Ramsey

CMDR Gareth Marjoram, right, hands over HMAS Waller to new CO CMDR Richard Lindsey at Camp Markham, HMAS Stirling. 

Photo: ABIS Chris Beerens

PO Peter Gillam, left, joins forces with CAPT Joseph Thomas and FLGOFF Sean Gardner in support of commando parachute operations with the E-7A Wedgetail over the Exmouth Gulf. 


Deployed this Christmas?

YOUR FAMILY COULD ENJOY EXTRA COMPANY DOING Pet Sitting

JOIN NOW!

FREE to join
Flexible hours
Insurance included
Great furry company
Earn up to $300 / night
Pick the pets they want

www.petcloud.com.au

PRUDLY PARTNERED WITH

RSPCA

Your text here
On the home front

THE 2015 ADF Families Survey was launched on November 11 by Gitte Binskin, Defence Community Organisation (DCO) patron and wife of CDF ACM Mark Binskin.

The afternoon tea at DCO in Canberra enabled local Defence community groups that support the families of ADF members in the region to come together.

Mrs Binskin spoke of her family’s experiences managing the Defence lifestyle, including some of the unique challenges faced by partners, children and parents of ADF members.

“As a wife and a mother of serving members, I understand what families face each day when moving house and changing schools, but particularly when members need to be away from home on duty,” she said.

“It is one thing to say goodbye to a partner, but quite another when your child packs their bags.

“This survey is an opportunity for all ADF family members to give Defence feedback about their own experiences of military life, and I would encourage all families to take part.”

Navy partner Cheree Lewis, said she and her partner, LSCIS Shayne Lewis, of HMAS Harman, were married for 12 years before he joined the ADF.

“Making the decision for Shayne to join as a family and, while it has had its ups and downs, it has been more than eight years now and, for the most part, we love it.”

“We have seen more of Australia since Shayne joined the Navy and we are currently preparing for an overseas posting in Hawaii.”

Cheree said one of the biggest challenges had been getting used to being away from each other, and having Shayne away for key events in their lives, like missing their youngest child’s birth.

“We cope by doing as much as we can together when he is home and keeping to a good routine when he is away,” she said.

“We get as involved as much as we can with our ‘Navy family’, even helping to organise a family fun day when Shayne was on deployment.”

This year’s ADF Families Survey focuses on how relocations and absences from home impact on families, and what Defence can do better to support families during these times.

The survey closes on December 7 with the results expected to be available in early 2016.

The survey only takes about 20 minutes and can be accessed online through the Defence Community Organisation at www.defence.gov.au/ and Defence Families of Australia at www.dfa.org.au/

If you are moving and have not yet submitted your Application for Relocation (AFR) go online at www.tolltransitions.com.au/defence as soon as possible so we can lock in your dates.

December and January are very busy times for relocating members and their families. Here are some helpful hints for those who are on the move.

• Please advise Toll if you have any change to your inventory or contact details.

• Prior to the day of uplift, please read Your Defence Relocation Guide (available online at www.tolltransitions.com.au/defence) to ensure you understand your and the removal provider’s responsibilities.

• Vehicles and towables being freighted are not covered by Toll’s Warranty provisions. Check with your insurer to see if they are covered while in transit, otherwise you are advised to arrange your own insurance cover.

• Your removal provider will contact you the day prior to pre-pack/uplift to confirm a start time. The contracted work hours are from 7:00 am to 7:00 pm. Please contact Toll if you are concerned the uplift or delivery will not be completed within these hours.

• If you do not agree with the uplift or delivery condition as recorded by the removalist, note this on the eICR then call Toll for assistance.

• If for any reason you are delayed in transit or otherwise require a change to your temporary accommodation advise Toll immediately.

• Remember that any request for long term storage, or overflow storage, must be approved by Toll.


UPDATE ON OSM-BPs

WITH the introduction of the Operational Service Medal – Border Protection (OSM-BP), a remediation project was set up as part of the Directorate of Naval Personnel Information Systems Management.

The mandate is to remediate OPLOG data for border protection deployments retrospectively from August 1, 1997 – the start of Operation Cranberry.

This work also includes auditing OPLOG data and scheduling medals.

OSM Research Officer CPO Mark Guthrie said the project had been extended until the end of 2016.

“As all the operations except Resolute are now complete the work is almost entirely dealing with patrol boat operations from 2005 to today – more than 800 patrol boat BP deployments,” CPO Guthrie said.

“Servicing personnel are reminded not to apply for the OSM through the Directorate of Honours and Awards but to, in the first instance, see their ship’s office before approaching us to check their eligibility.”

“The remediation team is provided with a monthly report which allows it to determine newly qualified personnel eligible for the OSM-BP.

“At the beginning of November, there were almost 12,000 serving and ex Navy personnel eligible for the award, with more than 8300 awarded the medal.”

“The operations that count days towards the OSM-BP medal are: Cranberry, Dirk, Relex, I & II, Resolute, Gemsbok, Celesta, Mistral, Techrone, Sutton and Stanhope.”

For more information Freecall: 1800 819 167
Applications for 2016 now open

More information is available at

Suitability screening will be conducted at RAAF Base Williamtown over the period 29 Feb - 04 Mar 2016

Applications via EOI will close 06 Feb 2016

4sqn.combatcontrol@defence.gov.au

INTEGRATE, SYNCHRONISE AND CONTROL AIRPOWER AT THE TACTICAL LEVEL TO ENABLE THE EXECUTION OF PRECISION STRIKE AND ADVANCE FORCE OPERATIONS
Moving On?
Moving Up or transfers and deployments. The flexibility of our online degrees and deep understanding of the demands that come with life in the armed forces, allows you to stay on track even through transfers and deployments.

Balancing study with life in the military requires a university that understands the unique needs of Defence personnel. Whether you're preparing for promotion or a switch to civilian life, UNE has been working with Defence personnel for more than 70 years. In fact we invented university distance education for Defence personnel returning from World War II and we've been perfecting it ever since.

The flexibility of our online degrees and deep understanding of the demands that come with life in the armed forces, allows you to stay on track even through transfers and deployments.

UNE recognises your rank, training and the workplace qualifications you've received on the job which may give you advanced standing into UNE courses through recognition of prior learning (RPL). We even have a dedicated pathways program to help you get started.

So check out the UNE Defence website, or talk with our team about your situation to help you get started.

Applications are now open to begin study in 2016.
Redesigned to deliver

LCDR Tonia Bainbridge

THE most comprehensive review of the Maritime Logistics Branch (MLB) has confirmed its crucial part in supporting Navy capability in both maritime and joint operations.

The three-phase Project Demeter reviewed the structural balance, sustainability, affordability, and skill and education levels of the MLB workforce, to ensure it has the ability to live up to its “provide and deliver” motto in the coming 15 years.

After the first phase of the project, the branch and categories were renamed to reflect current and future roles and capability.

The second phase investigated the future and operational requirement and roles for maritime logistics (ML) officers and sailors, and developed options for a transition to a sustainable model.

Phase three then implemented these options.

Some of the significant results from the review are outlined below.

Workforce:
- Rethink of job priorities to ensure staff are all working where they are most needed;
- Development of career pathway models for all categories;
- A new ML career handbook to be published on December 15 on the DRN, on ForceNet and in hard copy;

Training:
- Restructure of the Training Authority to improve delivery of, and support to, courses;
- Redesign of training facilities to provide a more modern and collaborative learning environment;
- New simulators to provide realistic training;

Operations:
- Implementation of a Defence-wide travel management policy resulting in the removal of Roman Store and Forward;
- Explosive Ordnance accounting responsibility at sea to be fully transferred to the MLB by December 16;
- Introduction of the PMKeyS self-service online enquiry process, allowing removal of payroll processing from all platforms;
- Updating ABR 501, helping the ML-5 Category to move to the support operations model;
- LNIDS installed in MFUs, improving business processes by reducing routine signal traffic;
- MFU Stocktaking Team concept tested with options being developed to enhance stores inventory governance.

To keep up with ML issues, join ForceNet at www.force.gov.au and become a member of the ML Group Page. ForceNet is now the primary channel for all ML Branch communications. You will be able to join discussions, ask questions, view important branch documents and see upcoming ML events. ForceNet is also available outside of the DRN.

AUSTRALIA’S LEADING DEFENCE CAREER TRANSITION SPECIALISTS

Some of the significant results from the review are outlined below.

Workforce:
- Rethink of job priorities to ensure staff are all working where they are most needed;
- Development of career pathway models for all categories;
- A new ML career handbook to be published on December 15 on the DRN, on ForceNet and in hard copy;

Training:
- Restructure of the Training Authority to improve delivery of, and support to, courses;
- Redesign of training facilities to provide a more modern and collaborative learning environment;
- New simulators to provide realistic training;

Operations:
- Implementation of a Defence-wide travel management policy resulting in the removal of Roman Store and Forward;
- Explosive Ordnance accounting responsibility at sea to be fully transferred to the MLB by December 16;
- Introduction of the PMKeyS self-service online enquiry process, allowing removal of payroll processing from all platforms;
- Updating ABR 501, helping the ML-5 Category to move to the support operations model;
- LNIDS installed in MFUs, improving business processes by reducing routine signal traffic;
- MFU Stocktaking Team concept tested with options being developed to enhance stores inventory governance.

To keep up with ML issues, join ForceNet at www.force.gov.au and become a member of the ML Group Page. ForceNet is now the primary channel for all ML Branch communications. You will be able to join discussions, ask questions, view important branch documents and see upcoming ML events. ForceNet is also available outside of the DRN.

Win with write stuff

THE CAF Essay Competition provides an opportunity for all Australian citizens and foreign military exchange personnel serving with the ADF to present their ideas on air power and be rewarded with $2000 and, for ADF personnel and subject to medical clearance, a back-seat ride in an F/A-18.

Submissions of 3000 to 5000 words are required, due by January 29 on a topic selected from the Air Force Master Studies List or approved by the Air Power Development Centre.

For details, visit airpower.airforce.gov.au/Contents/APDC-Pages/139/Essay-Competition.aspx

Wrap for women’s series

CAPT Megan McDermott

THE Defence Women’s Speaker Series panel discussion was held at the Australian War Memorial in Canberra on November 16.

More than 100 women attended the event, which is open to all APS and ADF women at the executive level and above.

Deputy Secretary Defence People Rebecca Skinner hosted the panel, which included Assistant Secretary Enterprise Reform Shannon Frazer and Gender Adviser Joint Operations Command COL Amanda Fielding.

“The events are vitally important for women in Defence so they can share their experiences and learn from each other so we have a better way of doing business,” COL Fielding said.

Since 2012, Defence Women’s Speaker Series events have been held in Canberra as part of Pathway to Change. Guest speakers are invited to address senior Defence women about their careers with the aim to encourage and guide success in leadership roles.

Head SeMPRO CAPT Christine Clarke, has been to most of the WSS events since its launch, noting the benefits in terms of learning from others and professional development.

“We’ve had the opportunity to hear from a wide range of women from both the private and public sectors,” she said.

“I think every woman has her own experience. I’ve had the opportunity to share my own story in other forums, so it’s interesting for me to hear other perspectives and strategies on how I can mentor my junior staff and overcome challenges.”

OCTOBER TRIAL RESULTS

OTHER RANK

Defence Force Magistrate
1 x Assault – DFDA s 33(a)

The member was accused of assaulting another member. The member pleaded not guilty to the charge but was found guilty. The member was dismissed from the ADF.

Defence Force Magistrate
30 x Obtaining a gain – DFDA s 81(3) and Criminal Code s 135.1(1)
The member was accused of obtaining a gain from the Commonwealth through the personal use of a fuel card. The member pleaded guilty to the charges and was found guilty of the charges. The member was sentenced to 45 days detention and ordered to pay repayments totalling $1644.63 to the Commonwealth in one lump sum.

NCO

Defence Force Magistrate
2 x Assaulting a superior officer – DFDA s 25(1)

The member was accused of assaulting a superior officer. The member was also accused of attempting to commit an act of indecency without consent. The member pleaded guilty to the charges and was found guilty of the charges. The member was reduced in rank and sentenced to 60 days detention (with 30 days of it suspended).

All trial results are subject to command review and appeal. The results are of trials across the ADF.
On high road to success

A maritime warfare officer is making a difference in Kabul, LEUT Andrew Ragless reports.

ANDWICHED in the middle of her four sisters from the tiny New South Wales community of Tooraweenah, LEUT April Betts likes to joke about having middle-child syndrome.

While the down-to-earth 23-year-old does not cry out for attention, she does have a penchant for the extraordinary.

It’s a deep-seated passion that has seen her travel far from family and friends to some of the most remote and diverse corners of the globe.

A maritime warfare officer, LEUT Betts has sailed to Hawaii, Singapore, New Zealand and circumnavigated Australia. She now finds herself in Kabul as Staff Officer to Commander Task Group Afghanistan.

She has taken the controls of HMAS Perth and test-fired the anti-ship missile defence system, including the launch of the evolved Sea Sparrow missile against multiple sea-skimming and supersonic targets in the Pacific Ocean.

Despite describing these adventures as career highlights, LEUT Betts claims she has no idea why she chose the Navy.

As career highlights, LEUT Betts claims to having the evolved Sea Sparrow missile against multiple sea-skimming and supersonic targets in the Pacific Ocean.

Despite describing these adventures as career highlights, LEUT Betts claims she has no idea why she chose the Navy.

“Just to get back to a bit of normalcy and being able to cook my own food,” she said.

“I can’t wait,” she said. “I’ve already got a plan in my head of how I want to train my crew.”

“Just to get back to a bit of normalcy and being able to cook my own food,” she said.

“I can’t wait,” she said. “I’ve already got a plan in my head of how I want to train my crew.”

A maritime warfare officer, LEUT Betts will start the Executive Officers Designate Course before relocating to Darwin to fulfil the role of XO HMAS Corregidor.

“I wouldn’t be here today if not for the guidance and support of others, particularly my divisional officer at HMAS Cerberus and I want to do the same for others.”

Christmas has come early!

At Fleetcare, we’re excited to offer a free gift with all new Novated Leases!*

As a special Christmas offer, all new customers who sign up before 31st December can choose a free gift from an iPad mini 2, Fitbit Surge or Tomtom GO Sat Nav*.

A novated lease is a salary sacrificing solution that saves you money on everything from vehicles and finance, to fuel, maintenance and roadside assistance. It’s all paid for from your pre-tax salary and the entire process is managed on your behalf – so you don’t have to worry about pushy salesmen, paperwork or out-of-pocket expenses.

**Call Fleetcare today on 1300 777 600 or visit fleetcare.com.au/defence**
A Navy officer found himself in the thick of things when NATO staged its largest joint exercise in more than a decade.

In a sea of multicoloured uniforms, one officer in an unfamiliar camouflage with gold badges and reflective tape didn’t quite fit in.

That officer, Navy’s LCDR Scott Dixon, was in the unusual position of being the only non-NATO country representative among more than 700 planners at the Main Planning Conference in Ulm, Germany, in May for NATO’s Exercise Trident Juncture 15 (TRJE15).

TRJE15, which wound up in early November, was NATO’s largest joint exercise in more than a decade. Covering an area from Sardinia in the central Mediterranean through to the east Atlantic, it involved more than 36,000 personnel from 27 alliance members, plus several partner countries.

They were spread across 60 maritime units, a land and air component and a joint multinational headquarters. The main aim of the exercise was to test the NATO Response Force for 2016 and improve allied forces’ ability to work together in a crisis, while providing unit-level training in an advanced warfare environment.

LCDR Dixon, serving on exchange with the Royal Navy’s Commander Amphibious Task Group (COMATG), said he had the daunting task of leading the planning role for the task group’s participation in the exercise.

For almost a year, LCDR Dixon worked in a small team with planners from NATO headquarters’ maritime command, and with counterparts from Dutch, Canadian, Spanish, Italian, German and Turkish task groups.

“A detailed program was developed and deconflicted with air, land and other national exercises,” he said.

“This process required travel to numerous site surveys and in situ planning to bring such a complex exercise to life.”

During the “live” phase of the exercise, LCDR Dixon was responsible for managing the program for all units east of the Straits of Gibraltar, in addition to his normal duties.

COMATG is embarked in HMS Bulwark, the flagship of the Royal Navy’s annual Cougar deployment, from which he took part in Exercise Trident Juncture 15 while on exchange with the Royal Navy’s Commander Amphibious Task Group.

During the “live” phase of the exercise, LCDR Dixon was responsible for managing the program for all units east of the Straits of Gibraltar, in addition to his normal duties.

COMATG is embarked in HMS Bulwark, the flagship of the Royal Navy’s annual Cougar deployment, which has been focused on the Mediterranean this year.

LCDR Dixon said the task group’s involvement with TRJE15 started with an amphibious training period in Sardinia, followed by a theatre-entry exercise across the western Mediterranean.

“We were escorted by ships of Standing NATO Maritime Group 2 against an air and submarine threat,” he said.

“This first phase completed with a maritime ‘show of force’, with over 20 ships coming together off the south coast of Spain to destroy a coastal radar site. “With the landing force recovered and action complete, the task group then conducted an opposed transit of the Strait of Gibraltar, joining the main force in the Gulf of Cadiz and prepared to support the Netherlands task group in conducting a major amphibious assault in Sierra del Retin.”

As the tactical phase drew to a close, the UK task group and several other ships repositioned in Troia, Portugal, to host the maritime component’s Distinguished Visitors day.

“An amphibious capability demonstration for over 300 VIPs and media, including the North Atlantic Council members, who were then hosted on board, marked the conclusion of a highly successful exercise,” LCDR Dixon said.

He said the exposure to the NATO organisation and the planning and participation in TRJE 15 was one of the highlights of his posting.

Information from NATO website

AT A GLANCE

Exercise Trident Juncture 15

♦ NATO’s largest exercise since 2002
♦ tested allied forces’ abilities to respond to crises
♦ live-exercise phase conducted from mid-October to early November
♦ involved more than 36,000 personnel from more than 30 nations (27 NATO allies plus partners, including Australia)
♦ at least 200 units, 140 aircraft and 60 ships took part
♦ took place in 16 locations, primarily in Spain, Portugal and Italy

The scenario

The exercise was based on a fictitious scenario, portraying a conflict in fictitious East Cerastia, where one nation invades a smaller neighbour and threatens to invade yet another country. The resulting crisis is caused by competition for resources and has ethnic and religious dimensions. The scenario’s implications are global, with impact on maritime navigation and energy security and risks such as terrorism and cyber attacks.

Cerasia, where one nation invades a smaller neighbour and threatens to invade yet another country. The resulting crisis is caused by competition for resources and has ethnic and religious dimensions. The scenario’s implications are global, with impact on maritime navigation and energy security and risks such as terrorism and cyber attacks.
FREE ONE-DAY PROPERTY COURSE

Every year hundreds of thousands of Australians buy investment properties but do not get results. Why? Because they lack the knowledge they need to succeed.

There are a lot of decisions you’ll need to make as a property investor. For example, would you purchase a property near to where you live? Should you rent or buy your own home? Knowing the right answer to these questions is key to ensuring you make good decisions that help your portfolio to grow.

The right education can make the difference between choosing a property that goes up in value or one that ends up costing you money. Do you have this kind of education?

Most people get their financial education from their parents. Think about that. What did your parents teach you about wealth? Would you be satisfied to achieve the same kind of financial success as them? If not, you need to get your education elsewhere.

When investing in property, you need to know what to buy, where to buy, when to buy, how to reduce your risks, and how to manage the whole process. Sounds logical, right?

Only after you have this knowledge, you can be confident that you’re investing in the best possible property to grow your portfolio. Before you know it, you’ll have enough equity in your property to finance another one.

The exciting part? The more properties you have, the faster you can grow your portfolio, and the closer you get to achieving your goals.

The first step towards success is to get your property education sorted. Register for the next property investment course in your area and get the knowledge you need to succeed.

FREE Training Days
Equip yourself with the knowledge and tools needed to become a successful property investor.

What you will learn:
- How to maximise your tax strategies.
- The little known strategies to achieve financial freedom—quickly and safely.
- How to know what, when to buy, where
- The secret and ‘under-the-radar’ property locations that can provide the best returns.
- What they don’t teach you at school about investing, loans, products and tax.
- How to access $200K in one year from capital growth in addition to his salary, while serving full time in the ADF.
- How to access approximately $18K+ and $400/month in ADF housing entitlements for your own property.
- How to know where, what and when to buy.
- The little known strategies to achieve financial freedom—quickly and safely.
- How to make sure your properties will pay for themselves.
- How to maximise your tax strategies.

Next training courses

Cronulla, NSW
Tues, 5th January, 10am-4pm
Rydges Hotel
Adelaide, SA
Tues, 5th January, 10am-4pm
Adelaides Hill Hotel
Darwin CBD, NT
Wed, 6th January, 10am-4pm
Eaton's Hill Hotel
Amberley, QLD
Wed, 6th January, 10am-4pm
Springlake Hotel, Springlake Lakes
Parramatta, NSW
Wed, 6th January, 4pm-8pm
Novotel Hotel
Sunshine Coast, QLD
Thurs, 7th January, 10am-4pm
(Venue to be confirmed)
Dee Why, NSW
Thurs, 7th January, 6pm-9pm
(Venue to be confirmed)
Cairns
Fri, 8th January, 10am-4pm
(Venue to be confirmed)
Townsville, QLD
Sat, 9th January, 10am-4pm
(Venue to be confirmed)
Sydney CBD, NSW
Sat, 9th January, 10am-4pm
(Venue to be confirmed)
Canberra CBD, ACT
Sun, 10th January, 11am-4pm
Crowne Plaza Hotel
Melbourne CBD, VIC
Sun, 10th January, 10am-4pm
(Venue to be confirmed)
Albury, VIC
Mon, 11th January, 6pm-9pm
(Venue to be confirmed)
Wagga Wagga
Tues, 12th January, 6pm-9pm
(Venue to be confirmed)
Perth, WA
Wed, 13th January, 10am-4pm
Cottesloe Golf Club
Newcastle, NSW
Wed, 13th January, 10am-4pm
(Venue to be confirmed)

What attendees are saying

“It was really good. Made me realise how little I know. I now feel well informed.”
- Stella, Sydney (October 2015)

“Enjoyed it greatly. Nic is a really knowledgeable guy who communicates in an easy and natural way.”
- Jason, Sydney (October 2015)

“What they don’t teach you at school about investing, loans, products and tax.
- Jay, Parramatta (October 2015)

“Great information, built my confidence.”
- Jay, Parramatta (October 2015)
One split second was all it took for his life to change forever. When he returned home he was told he was the lucky one – he had survived. He tried to wipe it all away. With RSL’s support, his physical and emotional wounds are starting to heal.

At RSL Queensland, we are here to look after the men, women and families of those who cared enough to risk their own lives. To lend a hand. To support and guide. To show respect. And to say thank you.
December 3, 2015

**30**

**2015 YEAR IN REVIEW**

**YEAR IN HIGHLIGHTS**

**January:** Success has busy start to MER deployment; Heron mission ends; Canberra sets sail for first time.

**February:** First Romeos embark in Perth; Success the big winner in Fleet Commander Awards; Huon triumphs on Op Resolute.

**March:** RAN’s 115th birthday; Sydney sails into Sydney for final time; LCHs gifted to Philippines; Tobruk heads to Vanuatu after Cylone Pam; ADF warrant officers march at mardi gras; International Women’s Day.

**April:** National Op Slipper marches.

**May:** Centenary of Anzac coverage; Defence budget; Newcastle leaves for MER; 10-year anniversary of Shark 2; CN launches Navy strategy; Gallipoli remembered in liftout.

**June:** Success returns home from MER; Newcastle seizes 1305kg of narcotics; Navy celebrates NAIDOC Week; NUSHIP Hobart launched; 725SQN returns to fold.

**July:** Perth and Sirius conduct security patrol of North West Shelf; Exercise Talisman Sabre; MV Besant welcomed to Fleet.

**August:** Tobruk decommissions; Anzac returns after Northern Trident deployment.

**September:** Newcastle returns from MER as Melbourne starts first patrol; Inaugural AUSINDEXDEX conducted.

**October:** Melbourne seizes 427kg of heroin; Broome helps rescue 12 people; ADF’s amphibious element achieves interim operational capability.

**November:** Sydney IV decommissions; Pirie rescues ill mariner; Stuart, Arunta and Sirius wrap up Asian deployment; Launceston catches illegal fishing vessel; mine-counter measures exercise with seven navies in Hobart.

**December:** FCP involving 12 ships and three squadrons conducted in East Australia Area; CAPT Mona Kershaw wins Telstra businesswoman of the year; Navy supports White Ribbon Day.
Save now, pay later

Interest-only loans are popular, but aren’t always the best option, ASIC chairman Greg Medcraft writes.

FOR many people, a mortgage is one of the most significant financial decisions they will ever make. Many people buying a house, or refinancing their mortgage, consider taking out an interest-only loan. An ASIC report found interest-only (IO) loans accounted for around 42 per cent of all new home loans issued in the March 2015 quarter.

It is important to understand the risks of these loans, and to think carefully about whether an interest-only loan will be the best option for you in the long run.

**How IO loans work**

Most home loans are principal-and-interest loans, which means your regular payments reduce the principal and pay off the interest. With an IO loan, you only pay off the interest on the amount you have borrowed, for an agreed period – usually up to five years. During that time you do not repay any principal. At the end of the agreed time, the loan reverts to a principal-and-interest loan and you then start repaying principal as well as interest.

**Risks of IO loans**

IO loans may seem more affordable because their repayments are initially lower, but they cost much more in the long run.

During the IO period, you do not reduce the amount of money you owe, so you pay more interest over the life of the loan; and you have to manage higher repayments when the interest-only period ends.

After you start repaying the principal, you’ll have less time to do it in. For example, if you take out a 30-year loan with a five-year IO period, you will only have 25 years to pay back the principal, and your repayments will be much higher.

If your property does not increase in value during the IO period, you risk having no equity in your home at the end of this period, despite making payments every month. This can be risky if there is a downturn in the market or your circumstances change and you have to sell the house.

**Using an offset account**

Some people make extra payments into an offset account to reduce the interest they pay on their home loan. This is a good strategy with an IO loan, but will only work if you can keep making these extra repayments without making any withdrawals. If you need to dip into your offset account, you might be better off with a principal-and-interest loan instead.

**Issues to consider**

If you’re considering an IO loan, think carefully about whether:

- you can afford the higher repayments when the IO period ends
- you can manage a rise in interest rates
- you can avoid dipping into your offset account.

Use ASIC’s MoneySmart IO mortgage calculator to find out what the loan will really cost you; and make sure you have a clear plan of action for when the interest-only period ends.

ASIC’s MoneySmart website www.moneysmart.gov.au provides impartial guidance and online tools to help you manage your money.
Continuing our series on fitness devices, two PTIs give their thoughts on technology’s place in a workout, WO2 Andrew Hetherington reports.

SOME people like electronic fitness devices and mobile apps, and some don’t, including ADF fitness instructors. Army PTIs SGT Marko Trandafilov and CPL Laurie Ilajazov have their own opinions on what place devices and apps have in their training programs and what support technology can offer.

SGT Trandafilov uses a basic phone app that allows him to input his results during training sessions.

“When I train I write down my reps and information and enter it into a computer on an excel spreadsheet I developed,” SGT Trandafilov said.

“I monitor my fatigue levels and morning heart rate. If my heart rate is elevated over a week, I know I’m over training and I introduce a recovery session.”

He said depending on what people wanted to achieve and what sport they used devices for, devices had their place.

“Although when I think of these devices I have two concerns; is the data they provide valid and is it accurate?” SGT Trandafilov said.

“If the data isn’t then what the user is seeing and recording will be useless.”

SGT Trandafilov said users needed to consider how they used the information.

“One question you should ask yourself is now you have the data, what are you going to do with it?” he said.

“Users could consult their PTIs to improve their training and receive further advice on training principles, personal goal setting and technique correction.”

SGT Trandafilov said for devices and electronic applications to be taken seriously, research needed to be conducted to determine their accuracy.

“I understand there are a lot of good devices and applications out there, but as a PTI, when I conduct physical training classes I’m looking at the students and how much they sweat and how fatigued they are,” he said.

“If I then determine if they are safe and getting something out of the activity.

“After attending the Army Innovation Day this year, I was excited to see the latest devices and programs and I would be more than happy to implement a device and or application that could improve individual conditioning.”

CPL Ilajazov frequently trains for and competes in triathlons. He digitally tracks all his training and race activity.

“I use a Garmin watch and it allows me to capture data while I run, swim and ride,” he said. “I can see my pace, heart rate, power output and interval times.”

He said it was a valuable training tool.

“I use it to quantify my workouts against my training program to see if I’m hitting my targets,” he said. “I can then adjust my training program.

“I like being able to upload my data to my Garmin and Training Peaks accounts via a mobile device or computer.”

CPL Ilajazov said devices could be used in the future by ADF PTIs to gather extra data to improve the physical performance of personnel.

“I don’t think we should rely on them entirely and none of our doctrine supports them fully,” he said.

“If we did implement their use, ADF doctrine would need to be changed.”

Let’s get technical

WHAT’S YOUR NEXT MOVE?

Exciting business opportunity available with a sea change.

Muffin Break Halls Head, Mandurah, WA

Visit www.muffinbreakfranchise.com.au for more information plus other available sites OR

Contact Vic on 0401 989 549 or vic@muffinbreak.com.au

muffinbreakfranchise.com.au

Finance available to approved applicants. Minimum of $150k in fixed net assets required.
The Defence blue team conducts their last training session on Lake Burley Griffin before the Corporate Rowing Regatta. Inset, the Defence red team finished first.

Photos: CPL Max Bree

Row, row, row your boat

CPL Max Bree

A TEAM of eight novice Defence rowers took first place in the Corporate Rowing Regatta in Canberra on November 22.

The event was designed for own competitive rowers and to give people with no previous rowing experience a chance to get on the water and develop skills and teamwork.

Defence had three teams of eight made up of RAN, Army, RAAF, APS and contractor personnel in the six-boat event and spent four weeks training.

CPO Andrew Horsburgh, coached the winning Defence Red team and said it could take up to five years to become a competitive rower, but he aimed to teach the basics in a four-week program.

“It’s important to keep in time with each other as a crew of eight,” he said. “Even if you row badly but you row badly in time, you’ll get a better result.

“In regattas like that, they’re lost by something like getting an oar caught in weeds under the water, so we try to train so that doesn’t happen.”

CPO Horsburgh said about 60-70 per cent of people who participated in the annual event continued rowing afterwards.

“It’s a very technical sport,” he said. “They go through this and they can row well but they find out there’s a lot more work to get competitive against established rowers.”

Of the six teams, Defence boats finished first, second and fourth.


Navy keeps title

WO2 Andrew Hetherington

NAVY’S Victorian golfers defended their interservice 2014 title during the Victorian championships held at the Sanctuary Lakes Golf Club, from October 12-14.

The team of 15 took on Army and Air Force in singles and foursome matches on the challenging course.

Navy team captain CPO David Houston said his team went into this year’s competition without some of their strongest players.

“Last year we had our strongest ever team compete and completely dominated the competition,” CPO Houston said.

“However this year we lost five of our top eight players due to postings and service commitments, meaning all three service teams this year were more evenly matched.”

During the three days of competition, Navy only lost to one other service, Army, in their singles going 7.5 to 5.5 points.

Navy’s standout player this year was LSPT Ashley Correa.

Last year he played as number 12 in the 12-player team, but this year he had to step up into the unfamiliar number two position for three games and to number one for the final game. He has only been playing golf for four years.

“When I first started I had a handicap of 24 and I was terrible,” LS Correa said.

“I knew I could play better than that and that’s where I got the bug from.

“During the competition we played the foursomes in the morning and then the singles in the afternoon. We had some very long days when players from both teams were playing well.

“The course was the most challenging aspect of the event for LS Correa.

“It was quite long and was very tough when the wind got up in the afternoon for the singles matches,” he said.

“I’d never played there before, but it was an enjoyable course to play on and being familiar with it would definitely be an advantage.

“I felt like I played pretty well during the event, but the thing with golfers is good is never good enough.”

CPO Houston said the main reason his team performed so well was due to the foursome player combinations. “We matched our foursomes teams up really well, which showed in their results,” he said.

“The meeting was a great opportunity to meet a group of players who love what they do for a living,” he said.

“Ben addressed the team on the level of commitment required to win championships.

“Having a championship player like him address the players on the dedication and team values required to win is just what our team needs as NSW men’s and women’s teams look to win their first championships in more than five years.”

Sgt Dave Morley

REPRESENTATIVES from the NSW combined basketball team received some inspiration from Sydney Kings’ assistant coach Ben Knight on November 12.

NSW team coach Army CAPT Peter Liston said the team met with Sydney Kings’ players to talk tactics before the ADF Basketball Association National Tournament being held at RAAF Base Laverton from November 27 to December 6.

“The meeting was a great opportunity for Defence players to mingle with Kings players and shoot a few hoops,” he said.

“Ben addressed the team on the level of commitment required to win championships.

“Having a championship player like him address the players on the dedication and team values required to win is just what our team needs as NSW men’s and women’s teams look to win their first championships in more than five years.”

The game is a double-header with the Sydney Flames women’s team playing in the lead-up game,” he said.

“Tickets are available through the Ticketek site and Defence members should use the code word ‘Defence’ to access the reserved seating area.”
Triathletes go the distance – again

Sgt Dave Morley

The Australian Defence Triathlon Club was well represented by 46 triathletes among 850 competitors in the 32nd running of the Noosa Olympic Triathlon, the world’s second biggest triathlon, on November 1.

Each competitor had to swim 1.5km, ride 40km and run 10km. A major change this year was all competitors were required to swim off the beach opposite the Noosa Surf Club, instead of from the inland canal.

Navy’s fastest was CMDR Daniel Crocker, in 2hr 20min 4sec, followed by LEUT Natalie Davies, in 2:26:25, and PO Aaron Hannan, in 2:26:46.

723 Squadron pilot LEUT Davies, who competed in the Ironman World Championship in Hawaii on October 10, said she had been involved in triathlon since 2008, when she joined the Defence Triathlon Club.

“Noosa this year was a great race for me, I love the course and always enjoy it,” she said.

“I ended up coming fourth in my age category, which I was really happy with, considering it is the most popular event in the southern hemisphere.

“It is also one of the Defence Force Triathlon Club’s big races for the year, where we have maximum participation from our club members, so I was happy to be first Defence female over the line as well.”

She said the hardest part of the event was coming off three weeks of rest and recovery after the Hawaiian Ironman.

“I hadn’t had any training since the Ironman and I was still going through my recovery and nursing an injury from the race,” she said.

“I was glad I had a good race and my body was able to perform, because it could’ve easily gone the other way.

“Although I wasn’t completely recovered, I was confident about the much shorter distance of the Noosa Triathlon.”

Another eight ADF Triathlon team members – four from Navy, two from Army and two from Air Force – competed among 1300 others in the fourth annual Mandurah Ironman 70.3 on November 6.

The event, which is held an hour south of Perth, consisted of a 1.9km swim, 90km cycle and a 21.1km run.

First across the line was Army’s WO2 Megan Webber, in 5:07.

LCDR Brett Flynn, also of HMAS Stirling, came in third, in 5:08.

LCMacallister said he was relatively happy with his result leading up to Ironman Busselton in December.

For more information on the ADF Triathlon Club, go to www.deffence-triathlon.asn.au.
A TRIP to Thailand to play in the esteemed Bangkok International Rugby Sevens in early November was the Navy women’s rugby team’s first overseas tour in more than a decade.

And, despite the lack of overseas experience, it still finished a credible fourth.

While still jellagged from the trip, the women played a warm-up match against the Thailand Air Force women’s team, which fielded a number of national players and is one of the tournament’s most consistent and impressive teams.

The game was a challenge for the Navy team, which mostly plays 15s rugby and so had to quickly adjust to the speed of the sevens format, along with the intensity of the Thai heat.

Although going down 33-12, Navy used the game as valuable preparation for the tournament.

In its 21st year, the tournament attracted 12 women’s teams from the Asia region. It was played over two days, during which the Navy team – initially regarded as almost a social entrant – established itself as a force to be reckoned with.

It was first in its pool at the end of the first day, having beating Bangkok University 21-0, Cambodia Kampucheal Balopp 39-5, and Singapore HBD 40-0.

On the final day, Navy defeated Singapore Bedok Kings Skyllas, 26-5, in its qualifying match to earn the right to compete in the semi-final against the Thailand Air Force.

Navy fought hard against the Thaiis but struggled to combat a fast and well-drilled outfit, bowing out 24-0.

The team then discovered its results had secured it the chance to challenge for the tournament’s ADF Women’s Rugby.”

“After the final game, the Navy players donated their boots and spare kit to Kampucheal Balopp (which means “embrace the ball” in Khmer), a Cambodian non-profit organisation that helps disadvantaged children to develop themselves through sport.

Navy Women’s Advocate and team manager LCDR Rose Apikota was upbeat.

“The ability to travel to Bangkok and compete has been through the culminations of years of growth and progression for ADF Women’s Rugby,” she said.

“It has been amazing to receive Facebook messages of support and positive feedback from shocked competitors in response to how well Navy competed in this competition.

“Despite the disappointment, they’re all proud to be wearing the Australian white ensign on their chests, and they’ve certainly made Australia proud.”

She said the Navy women were now looking forward to applying the skills and experience gained during the event to the Australian Services Rugby Championships to be contested at Ballymore, Brisbane in May next year.

SMNMT Shannon Evans breaks through the defence of Singapore University at the Bangkok International Rugby Sevens tournament.

Photo: Courtesy of Robert P Lincoln

Women go in boots and all

With only 10 minutes’ notice, exhausted from the previous game and under orders from team captain and veteran player PO1S Nicole Palmer to “leave nothing in the tank”, Navy played a strong game only to be narrowly beaten, 19-12.

Head coach LCDR Amanda Folkes said she was proud of the team’s achievements, especially considering that was its first overseas experience in many years.

“We are disappointed that we didn’t get to bring home the silverware but this is a huge stepping stone, where we were able to showcase and demonstrate that the Navy are competitors.”

After the final game, the Navy players donated their boots and spare kit to Kampucheal Balopp (which means “embrace the ball” in Khmer), a Cambodian non-profit organisation that helps disadvantaged children to develop themselves through sport.

Navy Women’s Advocate and team manager LCDR Rose Apikota was upbeat.

“The ability to travel to Bangkok and compete has been through the culminations of years of growth and progression for ADF Women’s Rugby,” she said.

“It has been amazing to receive Facebook messages of support and positive feedback from shocked competitors in response to how well Navy competed in this competition.

“Despite the disappointment, they’re all proud to be wearing the Australian white ensign on their chests, and they’ve certainly made Australia proud.”

She said the Navy women were now looking forward to applying the skills and experience gained during the event to the Australian Services Rugby Championships to be contested at Ballymore, Brisbane in May next year.

SMNMT Shannon Evans breaks through the defence of Singapore University at the Bangkok International Rugby Sevens tournament.

Photo: Courtesy of Robert P Lincoln

Courting selection

The Australian Defence Force Netball Association Combined and Interservice Tournament will be held from December, 5-12 in Mt Gravatt and Enoggera, in Queensland.

Men’s, mixed and women’s teams from around the country will compete for the title of best region.

After the combined tournament, men’s, men’s and mixed teams for each service will be selected for the interservice carnival.

The tournament’s best players, ‘all stars’ and ADF squads will be selected after the competitions.

ADF teams will participate in the Australian Men’s and Mixed National Association tournament in Victoria in March and April, and the ADF might also host a Defence World Championship next year.

Good time indeed for Albatross

SGT Dave Morley

A TOUCH football team from HMAS Albatross cleaned up at the Kapooka K-Series on November 7, winning every game it played by a large margin.

Team member ABATA Steve Holmes said his team played five games on the day.

“The scores were a little one-sided,” he said.

“We won 6-0 against RAAF Wagga in our first game, and 7-1 against Kapooka Army. The scores were similar for the next round games against the same teams. We won the final 8-1 against Kapooka Army, however the score wasn’t a reflection of the match.

“We were just lucky enough to consolidate our chances when they appeared, and covered well in defence.”

AB Holmes said finishing undefeated for the day was pleasing.

“We had no expectations heading into the competition other than having a good time and being competitive,” he said.

He said the team’s best player for the day was Army ring-in LT Simon Moore, an education officer from Holsworthy Barracks.

“He played the game in great spirit, always encouraging teammates and was a workhorse around the park in attack and defence. He got the best and fairest award on the day,” he said.

More than 400 competitors attended the Kapooka K-Series at one of the ADF’s premier sporting venues.

Organiser CAPT Ian Marston said it was a great outcome, considering it was the first time five sports were played over one day at the event.

“HMAS Cerberus and Albatross, 16 Aven Bde, and RAAF Base Wagga all put in a big effort by sending more than one team, but I realise it’s often hard for units to send more than one side,” he said.

“While the competition was well represented by Navy and Air Force, numbers were low in Army, however it went extremely well.

“The heavy rains leading up to the day prepared the grounds well, resulting in few and minor injuries.”

The touch football team from HMAS Albatross after its clean sweep in the Kapooka K-Series.

Photo: Courtesy of Sharpshots, Wagga
SPORT

INSIDE

Women’s 7s in Bangkok
Page 35

ADF soccer tournament
Page 35

Navy wins Victorian golf
Page 33

CAPT William Heck

OPENING bat and Navy vice captain ABML-S Sarah Beard led from the front in the finals of the International Defence Cricket Challenge (IDCC) hitting 47 not out in the semi-final against Army and smashing 67 off 68 balls in the final against the British Army on November 27.

In an exciting game, Navy lost five wickets in setting the British Army a target of 118 to win. The British Army won the match with two balls left in the game, finishing up with score of 2-118.

In the semi-final played on November 25, Army set an imposing 112 from 20 overs to win. Navy openers made their intentions clear when they took 16 runs off the first over to set the tempo and record an impressive win in the 12th over for the loss of only one wicket.

AB Beard, of HMAS Cairns, said her 47 not out in the semi-final win was her personal highlight of the competition.

“That was a huge win; the chase was a big ask and I couldn’t have done it without the support of SMN Chelsea Veney,” she said.

“That first over was the clincher because in six balls Army went from being on top to being in trouble, and the game was there for us to win.”

The men’s team also made the semi-finals but didn’t fare as well against an in-form Pakistan Navy team, losing by six wickets inside 20 overs.

AB Kyle Wright, also of HMAS Cairns, said the Pakistan team had the best batsmen he had ever bowled against because “the faster you bowled to them the faster the ball went to the fence”.

“The semi-final aside, the highlight for me personally, and for the team, was our win over the Malaysian Air Force where we showed what Navy was made off,” he said.

“This tournament was everything they said it would be and more.”

Sixteen teams from six countries came together in Canberra over two weeks in November to contest the fourth iteration of the IDCC.

President ADF Cricket RADM Mark Campbell said the IDCC tournament was one of the most important events conducted in services sport and the women’s final was one of the best he had seen.

“This was a showcase of women’s cricket,” he said.

“I believe this to be unequivocally the best defence cricket tournament in the world and I acknowledge the outstanding work done by everyone in what is the culmination of two years’ work,” he said.

Help fight the invisible battles hidden within our veterans.

Our veterans are in desperate need of crisis support.

We need your help urgently.

Donate generously at defencecare.org.au

DefenceCare is a leading provider of IBD, Veterans and Servicemen Trustee, RSL, ANZAC, Australian Army Wartime Veterans and public benevolent institutions. -the charity is dedicated to helping young veterans and war veterans -the support of fellow veterans -donate today -defencecare.org.au