On the radar:

Air traffic in focus – centre

6SQN success:

Ex Northern Challenge – P5

ORION LIFT

TOP GRADE CAPABILITY: The AP-3C fleet will be fitted with new technologically-advanced sensor systems as part of a $68 million facelift just announced by the government (see Page 2). Pictured is 10SQN aircraft technician LAC Kingsley “Punky” Brewster giving the all clear to an Orion crew as they prepare for take-off during Exercise RIMPAC in Hawaii (see Page 16).

Photo: CPL Ricky Fuller

$68 million AP-3C upgrade gets the thumbs up Page 2
It’s all good for our Air Force

By FLTLT Jaimie Abbott

It’s a $68 million facelift which will provide a whole new capability for the AP-3C Orion fleet.

The fleet will be equipped with a high-gain optical/infra-red sensors, a high data-rate communications system (Tactical Common Data Link), and a replacement video recorder system.

Defence Minister Joel Fitzgibbon MP made the announcement at RAAF Base Edinburgh on August 28.

“This valuable real-time information and high-speed streaming of data will further allow us to support a wide range of allied and coalition armed service partners, as well as our Air Force units, the Australian Army and Navy, Australian Federal Police and Coast Watch,” Mr Fitzgibbon said.

“The information gained from this technology will help protect coalition forces by warning them of hostile or suspicious activity.”

Joining him at the announcement was Minister for Defence Science and Personnel Warren Snowdon MP and Federal Member for Wakefield Nick Champion.

CAP 1 has been developed in partnership with Australian industry through the PJ Accord, which is an alliance between the Defence Materiel Organisation, BAE Systems Australia Defence and Australian Aerospace Ltd.

The news was welcomed by 92WG GPCAPT Stephen Osborne said the AP-3C is already among the world’s most capable maritime patrol and response aircraft and this upgrade will enhance its effectiveness.

“It is an extremely versatile aircraft that provides important information to coalition forces in the Middle East Area of Operations (MEAO),” GPCAPT Osborne said.

“The Orions have been deployed to the MEAO since early 2003 to conduct surveillance operations in support of the reconstruction and rehabilitation of Iraq (Op Catalyst) and the fight against terror (Op Slipper).

“Most of the aircraft currently being used in the MEAO have already been fitted with many of the systems that will be fitted to the whole AP-3C fleet through CAP 1,” he said.

Commander of Surveillance and Response Group AIRCREDRE Warren Ludwig said the CAP 1 program was part of a number of upgrades planned for the AP-3C prior to its planned withdrawal from service around 2018.

“The new sensor systems will enable us to provide both higher-quality and faster support to the Army and Navy, and to other agencies such as the Federal Police and Coast Watch.”

AIRCREDRE Ludwig said: “It will be a major step towards further improving the effectiveness and utility of the Orions.”

Aircrew training and engineering support will also be provided to reinforce this modern technology.

The CAP 1 Program is expected to be rolled out across the fleet by November 2013.

BIG NEWS: Defence Minister Joel Fitzgibbon MP announces the Orion upgrade project to media at RAAF Base Edinburgh, flanked by Minister for Defence Science and Personnel Warren Snowdon MP (left) and Federal Member for Wakefield Nick Champion. Right, the Minister is joined by OC Maritime Patrol Systems Program Office GPCAPT Tim Pedley (left) and OC 92WG GPCAPT Stephen Osborne.

Photos: LAC Dan McCarthy
New guide to help families

By Andrew Stackpool

"WOULDN'T it be great if I had never had to write the book?" was the question posed by SQNLDR Kay Ellis.

She was speaking at the launch of the ADF Commanders Guide (Looking after families following a Service death) at Russell Offices on August 6.

CDF ACM Angus Houston launched the book in front of the three Service Chiefs or their representatives and other Service personnel.

"The reality is that I did have to write it and there will be people who have to use it. So, I hope it helps," she said.

In 2002, the then FLTLT Ellis wrote a comprehensive report for Air Force on the management of bereaved families following the death of a Service member. She had lost her husband, FLTLT Tim Ellis, in a B707 accident in 1991.

She examined the practices of the RAF and US Air Force and discovered that they had complete sets of orders on how to look after families following a death.

"This was important," she said. "Firstly, the ADF had no such orders and, secondly, it did not acknowledge that people would die and therefore would have families to whom it would have an ongoing commitment.

Subsequently, her report was produced as a 30-page guide for Air Force commanders at the then CAF, AIRMSHOL Houston. Its worth was proved in 2005 as a 30-page guide for Air Force commanders now are much better placed from about 20 years in the Service. I think than good judgement and my experiences covered a wide range of topics ranging from immediate action after the death through to the use of supporting organisations, and long-term support for families as part of the wider Defence 'family'.

It is supported by a range of more personal aspects, including illustrations, case studies and comments from people who have suffered the grief of loss.

"I wanted it laid out so that, like a novel, once a person picked it up they couldn't put it down," she said.

The new guide also stressed that commanders must consider the members of their units and provide them support and keep them informed.

Launching the guide, ACM Houston said that as the CO of 9SQN, he had lost a member in a flying accident.

"More recently, there have been a number of deaths on active service in Afghanistan, Iraq, East Timor and the Solomon Islands," ACM Houston said.

"I had to deal with this [9SQN member's death] with nothing to rely on other than good judgement and my experiences from about 20 years in the Service. I think commanders now are much better placed with a guide like this," he said.

To SQNLDR Ellis, he said: "Thank you. This guide does everything you set it out to do and the Services will find it useful in the years ahead. Like you, I'd like to see no deaths at all, but it is a part and parcel of what we do in the ADF. We need to deal with it in a professional and compassionate way."

It is imperative that commanders read and understand the guide.

"I expect every commander in the ADF to read this so they can handle the challenge of a death on their watch. It will assist everybody in dealing with a set of very difficult and challenging circumstances," he said.

"I am thrilled that this [launch] has finally happened," SQNLDR Ellis said. "I feel that it has had a long gestation."
Fifty for doggies

Half a century of training for MWDs

By FLGOFF Anita Green

The Air Force celebrated 50 years of Military Working Dog (MWD) training with a special guest in CAF AIRMSHL Mark Binskin, when he attended the graduation of the newest MWDs and their handlers at RAAF Base Amberley on July 31.

MWDs have played an essential role in the security of air bases since their formal introduction in 1958. They have served in Australia, Butterworth Malaysia, Singapore, and East Timor.

AIRMSHL Binskin, who reviewed the parade, was a former foster carer of an MWD and was reunited with his dog ‘Mig’ on the day. As thanks for his continued support of the Air Force dogs and the Puppy Foster Program, AIRMSHL Binskin was presented with a keepsake MWD coat.

“This parade is significant for a number of reasons,” CO of the RAAF Security and Fire School (RAAFSFS), WCDR Simon Sauer, said.

“Firstly, we welcome the newest MWD teams to Air Force, and will see these teams move out to a number of Air Force bases as a key part of our security capability.

“Secondly, we recognise the history and experience associated with MWD operations in the Air Force.”

After the parade, puppies from the Puppy Foster Program and fully-trained MWDs entertained the crowd with an impressive display of their skills.

Present and former security police and MWD handlers were on-hand to celebrate this important milestone.

The anniversary was also celebrated with a special dinner on August 1.

The Puppy Foster Program gives the opportunity for individuals or families to ‘adopt’ a puppy before it is trained as a MWD.

This gives the puppy the love and attention that is essential for its early development.

For more information about the Puppy Foster program, contact FSGT Alan Grossman from RAAFSFS at email: alan.grossman@defence.gov.au

Op Kiribati Assist underway

AIR Force has joined an ADF Joint Task Force in the small Pacific Island nation of Kiribati for Operation Kiribati Assist. The deployment, due to finish on August 26, is the ADF’s contribution to Australia’s response to a request from the Government of Kiribati to help dispose of WWII unexploded ordnance (UXO) within Kiribati. The task force, being ferried by a 37SQN C-130, are disposing of UXO identified during a 2007 reconnaissance of the islands and scoping any future UXO disposal requirements.

The JTF comprises approximately 22 people, including a Navy Clearance Diving Team, Army and Air Force EOD teams and a medical team.

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Era nearing an end

Ex Northern Challenge the climax of 6SQN’s F-111 conversion duties

By FLGOFF Bettina Mears

EXERCISE Northern Challenge, conducted from RAAF Base Townsville from June 30 to July 18 marked one of the last official duties of 6SQN as a separate entity. It is in the process of amalgamating with 1SQN to form the one squadron.

Approximately six 6SQN F-111 aircraft from RAAF Base Amberley deployed to Townsville, along with more than 150 support personnel.

The exercise represented the final phase of the Operational Conversion Course for the training of F-111 aircrew. The new aircrew are FLTLT Shannon Kennedy, FLGOFFs Andrew Kloeden and Conrad Stalling, and PLTOFFs Adele Merriman and Scott Merrick.

With activities involving the release of live and inert weapons into the Shoalwater Bay Training Area near Rockhampton, Northern Challenge provided comprehensive instruction in all aspects of F-111 operations by day and by night, as well as providing the squadron’s ‘gunnies’ with an important opportunity for training.

“Northern Challenge 2008 was a great success; we achieved all the aims we set out to achieve and graduated five operational conversion students,” CO 6SQN WGCGR Stephen Meredith said.

“1SQN now has three new F-111 C-category aircrew. Due to the opportunity to practise live and inert weapon training, a whole lot of really valuable training for our ‘gunnies’ was completed, which is really fantastic. An important milestone was also reached because this was the last exercise that 6SQN will complete before the amalgamation of 1 and 6SQNs.”

WGCGR Meredith also expressed his gratitude to Townsville residents for their understanding during the exercise.

“On behalf of my squadron, I would like to thank the local Townsville community for their support with our training requirements,” he said.
Katherine’s welcome

Tindal freedom of entry marks 20 years as a modern Air Force base

By LAC Aaron Curran

KATHERINE in the Northern Territory rolled out the welcome mat to the personnel of RAAF Base Tindal on August 1.

In celebration of the 20th anniversary of its ‘modern’ era, Tindal was invited to exercise its right to Freedom of Entry to Katherine with a parade along the main street. A family day was also held at the base for all Service members and their families.

A young base in comparison with other RAAF bases around the country, the history of Tindal still dates back to World War II, when it was originally constructed to house a squadron of B-24 Liberator bombers.

The airfield, or Carson’s Field as it was originally known, was constructed by the American 43rd Engineer Regiment in April, 1942.

By the time construction was complete, the war in the Pacific had changed as the Japanese began withdrawing from the region, so subsequently no squadron was ever deployed to operate from Tindal.

After WWII, the airfield was renamed Tindal after WGCDR Archie Tindal, who was the first RAAF casualty on mainland Australia during the initial raid by the Japanese on Darwin in 1942.

Twenty years after its initial construction as an airfield, restoration of Tindal as a ‘bare base’ began in 1963 and was completed in 1970. This allowed jet aircraft to operate from Tindal and act as a back-up base for Darwin, which was becoming congested through local housing development and an increase in civil aviation, which was beginning to restrict airspace.

In 1984, Tindal began further redevelopment to allow for a squadron of F/A-18s to be permanently based there. On October 1, 1988, Tindal became an operational base as part of the defence-in-depth policy and became the new home to 75SQN.

Granted Freedom of Entry in March 1990, the last time it was exercised by the base was in 2005. This year, about 260 base personnel from No. 322 Expeditionary Combat Support Squadron, 75SQN, No. 3 Control and Reporting Unit, 44WG, No. 1 Airfield Operations Support Squadron and No. 2 Air Transportable Health Squadron took part in the march up Giles St in Katherine.

“CO 322ECSS WGCDR Rohan Gaskill led the parade,” Base WOD WOFF Scott Chenery said.

“There were several hundred people along the route and children from the local schools to watch the challenge by Police Inspector Michael Stevens.

“The Mayor of Katherine, Anne Shepherd, took the salute from WGCDR Gaskill.”

The next day, more than 600 people attended the family day. There were static displays of weapons, the US Talon IED robot, fire and ambulance vehicles, Australian and US Hornet aircraft, and a US KC-130. Entertaining the crowd were the Air Force Band, Military Working Dogs, firefighters and a flying display. Lunch was provided by RAAF Tindal welfare.

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**6 News AIR FORCE August 21, 2008**
Muzzaffarabad, Neelum and Poonch – or for at least 30 days between October 8, October 8 and November 8, 2005, or operation for at least 14 days between have served in the approved areas of the Pakistan Assist medal.

By Barry Rollings

BEING a member of an award-winning team – and the first foreign national to do so – will be one of the highlights SGT Brad Edwards will bring home from his three-year American posting.

He was attached to the 2nd Space Warning Squadron (2SWS) at Buckley Air Force Base, Colorado, as part of the Multi-National Satellite Based Infrared Systems (SBISS) detachment.

The 2SWS provides missile warning for the US and its allies around the world.

He arrived in May, 2005 and is due to return to No. 3 Control and Reporting Unit at RAAF Base Williamtown this month.

Recently, SGT Edwards was a member of the 460th Operations Group (OG) awarded ‘Best Space Operations Crew’ for the prestigious US Air Force Space Command (AFSPC) Guardian Challenge 2008. After three weeks’ training, the challenge pitted about 200 space professionals in space communications, missile maintenance, spacecraft launch, security forces and space operations against each other in competitions around various bases during March-April.

In his role as Mission Crew Chief, SGT Edwards – an air surveillance operator – was identified for his superior operator skills and selected for the challenge.

As part of the 460th OG Space Operations crew, SGT Edwards was required to undergo extremely rigorous training and an evaluation. The 460th OG Space Operations crew had a starting score of 900 points.

After an evaluation conducted by 14th Air Force, SGT Edwards and his crew finished with 866 points with no critical errors assessed; an achievement unheard of during a Guardian Challenge evaluation in the Space Operations category.

The 460th OG crew was awarded Best Space Operations Crew for Guardian Challenge, making SGT Edwards the first foreign national to win this category in the history of the challenge dating back to 1994.

“To be able to represent the RAAF and Australia in Guardian Challenge 2008 was the crowning moment of my three-year posting in the US,” SGT Edwards said.

“It was a great honour to be given the opportunity to represent the 460th Space Wing and repay the faith that the squadron leadership showed in my ability. It is the first time the 460th Space Wing has won any category at Guardian Challenge, so all of the participants and the 460th leadership were very excited when the scores were posted and our team won the Best Space Operations’ category.

“Being the first Australian to compete and win at Guardian Challenge reminds me what former CAF AIRMSHL Geoff Shepherd often said: ‘The RAAF may be little but we’re not little league’. We can mix it with the best in the world, and win.”

Pakistan Assist medal

ADF personnel who served on Operation Pakistan Assist can now apply for the Humanitarian Overseas Service Medal.

To be eligible, ADF personnel will have served in the approved areas of the operation for at least 14 days between October 8 and November 8, 2005, or for at least 30 days between October 8, 2005, and May 31, 2006.

Service must have been in the affected area of Pakistan in the districts of Pakistan-administered Kashmir – Bagh, Murzaffarabad, Neelam and Poonch – or the administrative north-west frontier province – Abbottabad, Batagram, Khyber, Manshera and Shangla.

Acting Director of Honours and Awards, Pat Clarke, said to apply for the award, personnel are to submit their applications to the Department of the Prime Minister and Cabinet (PM&C).

“Application processing involves PM&C, the Governor-General and the Department of Defence, so a firm estimate of the time taken to approve awards for successful applications cannot be given,” he said.

Application forms can be found at: www.defence.gov.au/honours/nominating or for inquiries, contact Peter Maher on (02) 6266 1314.

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Historic win for our Brad Edwards

OUT OF THIS WORLD: The then CPL Brad Edwards from 3CRU was the first foreign national to be part of a winning team during the US space exercise Guardian Challenge.

Photo: SGT Edwards

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Future is bright for Wedgetail

By Barry Rollings

NO. 2 SQUADRON at RAAF Base Williamtown will begin training mid next year in preparation for the delivery of six Wedgetail Airborne Early Warning and Control (AEW&C) aircraft from Boeing. The first is due to arrive at Williamtown in July next year.

“This will be possible through the delivery of an aircraft on which the squadron’s maintainers and aircrew will be able to familiarise themselves with this brand-new capability,” OC 42WG WGCDR Nathan Christie said.

“The objective was to deliver the first cutting-edge aircraft to 2SQN in March 2009, however, this has been extended to January 2010 primarily because of integration challenges.”

“But this is a great step forward because it allows the Air Force to begin training on an aircraft earlier than would otherwise be possible if we had waited for delivery of a fully mission-capable aircraft.”

The Wedgetail is an extremely complex program that merges a multitude of disparate systems and technologies, he said. As the first customer to purchase a ‘first of type’ aircraft, there has been significant challenges.

“The men and women who are ‘Team Wedgetail’, including Boeing, Boeing subcontractors, the Defence Materiel Organisation (DMO) and the Air Force, are some of the most highly qualified and respected professionals in their chosen fields.

“Despite the Boeing announcement late last month of an additional delay to Australia’s first aircraft under project Air 5077, the close and professional working relationship between Boeing, DMO and the Air Force will result in an initial capability on the 2SQN hardstand in July 2009.

“Although we wait for Wedgetail, when seen as a force multiplier in the Australian Defence context, an additional 10 months will not affect our ability to project air power, nor the ADF’s to protect Australia,” WGCDR Christie said.

“Wedgetail is a key node in the networking of new-age Defence acquisitions like the Super Hornet, Joint Strike Fighter, Multi-Role Tanker Transport and the Air Warfare Destroyer, making it critical in the realisation of a joint force in the defence of Australia.”

WGCDR Christie said that the future is bright for Wedgetail.

“CAF AIRMSHL Binskin has issued his commander’s intent that highlights the Future Air and Space Operating Concept. Wedgetail is key to ensuring the Air Force, as a force, can meet CAF’s direction and end state,” he said.

“Fortunately for the Air Force, Wedgetail has an outstandingly talented and dedicated team whose sole focus is meeting the challenges of delivering this world-class AEW&C platform and then successfully operating it on the world stage.

“Wedgetail is the future of Airborne Command and Control, one that the ADF will be proud to have in its inventory of highly-sophisticated and synchronised war-fighting assets.”

WE'RE HOME: 2SQN's first Wedgetail overflies Sydney on its maiden flight on March 15, 2005.

Photo: CPL Euan Grant

Future is bright for Wedgetail

Six aircraft are to be obtained.
They were ordered in 2000.
Construction began in 2002.
The first flew in May, 2004.
The first arrived here in March, 2005.
2SQN moved to Wiliamtown in 2004.
Delivery is scheduled from July.

Wedgetail facts

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Runway reborn

By FLGOFF Anita Green

THIRTY-THREE Air Force personnel have recently returned from the Kimberley region of Western Australia where they refurbished a C-130 standard a disused cross-runway from a WWII airfield.

The works are part of the Army Aboriginal Community Assistance Program 2008 (AACAP 08), which includes: demolition of Kalumburu’s existing health clinic and construction of a new one; hanger landing and access road upgrade; upgrading the existing airstrip and access road; and sealing some internal community roads.

The main body for AACAP deployed to Kalumburu during June. This was possible only after members from the Airfield Engineering and Maintenance Flight from No. 1 Air Operations Support Squadron from RAAF Base Townsville reconstructed an airfield that was originally built by hand by local community members.

They had been supervised by members of the airfield construction squadrons, the predecessor to the airfield engineers, during WWII.

“It was a great opportunity to return to this historic area and bring it back into service,” detachment commander FLGOFF Simon West said.

The original airstrip was used extensively by RAAF aircraft in WWII before they moved to Truscott Airfield nearby.

Later, the main runway was used by the local community with an upgrade in 2000. The cross-runway was allowed to deteriorate, becoming unusable by all aircraft types.

The airstrip is the critical means of access for all forms of emergency assistance in this remote part of north Western Australia. Consequently, the works completed by the team were priority tasks to allow the main runway works to begin without interrupting air traffic.

The work included upgrading the cross-runway, parking apron and turning pad, which will be used while the main airfield is surfaced with asphalt.

It will cater for 10-15 movements a day and will ensure Kalumburu’s air supply throughout AACAP 08 activities.

Hercules will also use the airstrip for the movement of Army personnel into Kalumburu, supply flights and aeromedical evacuations, if required, during AACAP 08.

The team also constructed a 150-person capacity field camp, which the Army component will use for the rest of the project. This included substantial ring roads, heavy vehicle parking areas and supporting services.

“The airfield construction was a great follow-on task from other projects such as the Joint Rapid Airfield Construction 2007 (JRAF), which was completed during Exercise Talisman Sabor last year,” FLGOFF West said. “Working closely with the community of Kalumburu has given us a much greater appreciation for the difficulties of living in such a remote area of Australia. I expect that AACAP will give Kalumburu a great hand in becoming a better place to live,” he said.

Despite the challenges that a very remote location brought daily, all members pushed together and finished the works on time and to a very high standard.

Although firefighting was not in their original job description, the team unexpectedly helped to save the township of Kalumburu after one fire threatened the local mission and another threatened the town.

The skills consolidated during projects like AACAP and JRAF provide important stepping stones to a specialised airfield capability for the Air Force and will be an essential capability in future projects and emergencies similar to the 2004 tsunami.

The Air Force will be able to react quickly to provide airfield engineering services to move quickly to clear the area and construct airfield assets when and where needed.

HELPING HANDS: Above, the team gathers for an historic photo with their equipment after completing the cross-runway. Below, team members survey the old runway during the refurbishment operations. 

Photos: FLGOFF Anita Green

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A day in the life of an H crew

By CAPT Joe Nyhan

Flight engineer WOFF Chris Sinfield said he never became complacent in the Middle East Area of Operations (MEAO), where he was called on to fly 37SQN’s C-130Hs deep inside Iraq and Afghanistan.

“We always reviewed our procedures before going ‘over the fence,’” he said, referring to the borders of Iraq and Afghanistan.

“We never knew if it was the day someone was going to try to shoot us down.”

Three H model Hercules and their associated 37SQN workforce recently returned home after a 10-month rotation in the MEAO. Air Force News takes a look at a day in the life of an H model crew during their deployment.

In the two hours before take-off, the crew discussed the day’s mission and received information about the aircraft, payload, weather, intermediary destinations and an intelligence brief on what conditions and an intelligence brief on what the crew expected to encounter.

Most of the crew flew approximately 100 missions during their deployment.

As the aircraft entered Iraqi airspace, the mood in the cockpit and cargo area became more serious.

The crew spent a lot of time together and got along well but it was strictly business once they were ‘over the fence’.

Passengers put on their helmets, crew members donned body armour and checked the pistols strapped to their legs; eyes focused outside, scanning for the flash of a rocket launch or a smoke trail.

For decades, the C-130H has been the heavy lift workhorse of the Air Force. Most 37SQN crews have done multiple rotations to the MEAO and understand the vital role they play in the MEAO.

The Hercules approached the top of descent point for a landing in Baghdad, but there was nothing routine about landing in the Iraqi capital.

Sometimes the descent took place at night but normally at that time of year, operations in and out of Baghdad occurred in the midst of sand storms that greatly reduced visibility.

No time was wasted offloading passengers and pallets of cargo – often more troops and equipment loaded, the C-130H was airborne again, a process that could be repeated half a dozen times on any given day at any one of a number of airfields throughout the MEAO.

Each afternoon as the C-130Hs taxied back on to the flightline at their home bases, 37SQN maintainers stood ready to work through the night to ensure the Hercules were ready for their next mission.

Some challenges for the H crews but also challenges for the H crews but also brought enormous satisfaction for doing it all again.

Each day presented its own set of challenges for the H crews but also brought enormous satisfaction for doing it all again.

No time was wasted offloading passengers and pallets of cargo – often the engines weren’t shut down. With more troops and equipment loaded, the C-130H was airborne again, a process that could be repeated half a dozen times on any given day at any one of a number of airfields throughout the MEAO.

Each afternoon as the C-130Hs taxied back on to the flightline at their home bases, 37SQN maintainers stood ready to work through the night to ensure the Hercules were ready for their next mission.

The flight crews de-briefed and headed back to their accommodation area to clean-up, eat and sleep before doing it all again.

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A lot has changed in 20 years.

In 1988, we were watching 'The Cosby Show', Bob Hawke was Prime Minister, Kylie Minogue won a Gold Logie, Allan Border was the Australian cricket captain, the SLR L1A1 was the standard rifle for the Army and kids were playing with Teenage Mutant Ninja Turtle action figures. Now, it’s 'Gordon Ramsay's Kitchen Nightmares' on TV, Kevin Rudd is the Prime Minister, Kate Ritchie won a Gold Logie, Ricky Ponting is our cricket captain, the Steyr rifle is the weapon of choice and Kung Fu Panda collectibles are all the rage!

What hasn't changed over the years is DHA's commitment to providing Australian Defence Force (ADF) members with a diverse range of housing solutions to suit their lifestyles, and quality service in arranging the smooth relocation of members and their families. DHA manages 17,000 residences across Australia, in every state and territory, close to major defence sites. These consist of a mix of freestanding family homes, townhouses, units and apartments. Twenty years ago, some Defence homes were unheated and uninsulated, and it was not uncommon for members to have to carry curtains, pieces of carpet and other fittings from one posting to the next.

Today, DHA's homes are modern, meet the standard of quality, amenity, and location required by the Department of Defence and most importantly, are of community standard – the same standard enjoyed by members’ friends and families. Our houses now quite commonly have lounge, dining and family rooms, ensuites, double lock-up garages with internal access, and covered outdoor patio areas. DHA regularly upgrades housing stock each year and replaces some of the older homes with newly constructed ones. In the acquisition and development of property, we use local materials, suppliers and contractors wherever possible.

DHA arranges approximately 24,500 relocations for ADF members and their families each year. This presents a number of challenges to DHA's Housing Management Centre (HMC) staff.

For example, Bob Haylett and his team at the Townsville HMC have been providing high quality support to Defence members deployed on active duty overseas and their families. ‘Some of our members have been on deployment in places like Iraq, Timor Leste, the Solomon Islands or Bougainville’ says Bob.

‘We understand that with their loved ones away overseas this can be a particularly stressful time for Defence families. We try to do everything we can to make sure things are hassle-free on the home front.’ Bob believes that peace of mind and faith in DHA is of great importance. ‘Members who are on deployment overseas want to know that their families back home are being well supported.’

‘We are here to help by providing high quality and well maintained housing for Defence families.’ he says. DHA does this by providing face-to-face service in the vicinity of most major military establishments around the country, and have approximately 700 staff positioned in our HMCs and offices across Australia. Many DHA staff are Defence spouses and understand the pressures and issues faced by ADF members and their families.

DHA has also improved its systems to make it easier for members to access information. In 1988, the Commodore 64 was the world’s favourite PC and the Internet was still the stuff of sci-fi movies. In 2008, members can communicate with their Relocation and Housing Consultants by email from many miles away, complete their relocation paperwork online and even search for their next home using DHA’s ‘HomeFind’ online search tool.

The past 20 years has been a learning and growing journey for DHA and its staff, and we look forward to continuing to provide the very highest levels of service to ADF members and their families.

DHA is 20 years old. From humble beginnings in 1988, we have become Australia's foremost provider of quality housing to Australian Defence personnel, and offer unrivalled investment property conditions for investors. Defence Housing Australia, helping make houses a home, for you and your family.

www.dha.gov.au
Family fun at Amberley

THE Family and Friends Day at RAAF Base Amberley on August 2 attracted about 600 visitors as 1 and 6SQNs celebrated yet another step along the road to their merger.

The end of 1SQN’s 25 years of squadron-based maintenance was celebrated with the special day to mark the amalgamation of 200 maintenance personnel of 1SQN with 6SQN.

“The merging of the maintenance workforces is an exciting milestone in the eventual transition to the Super Hornet at 1SQN and ultimately 6SQN,” CO 1SQN WGCDR Michael Gray said.

“1SQN, 6SQN and 82WG personnel and their family and friends were invited to celebrate the merger of the maintenance sections and to thank everyone for their ongoing support to 82WG capability.”

The day was held at the squadrons’ hangars where participants were encouraged to purchase a ticket for an F-111 taxi ride for $1. The winner was Brad Butler, who enjoyed a high-speed ride with 1SQN pilot FLTLT Shannon Hudson. The raffle raised more than $750 for Legacy.

1 and 6SQN personnel operating 10 barbecues catered for the visitors. 1SQN social club funded activities to keep children entertained, including a Spiderman jumping castle and face painting. Both social clubs also sold a wide range of squadron merchandise. Visitors witnessed a right engine change on an F-111 by 6SQN maintenance personnel. In the 1SQN hangar, another F-111 was set up on jacks and the maintenance personnel conducted undercarriage retractions throughout the day. Other static displays included an F-111 and the F-111 capsule.

The Amberley Museum provided a Mirage and a Canberra bomber. The RAAF Amberley Scale Model Aircraft Club provided several volunteers with their models. They included F-111s in varying scales and a large-scale Army Black Hawk helicopter with rotating blades.

Visitors also inspected two fire trucks from 382 Expeditionary Combat Support Squadron and a Bushmaster from No. 2 Airfield Defence Squadron.

Two personnel from the National Welfare Coordination Centre flew in from Sydney and brought along a range of giveaway items to educate all personnel and families about their support services.

The squadrons’ administrative personnel also provided several items including Air Force stickers, wrist bands, posters and DCO leaflets.

The final event of the program was a breathtaking F-111 flying display which included high and low-speed manoeuvres and a ‘dump and burn’. 1SQN Executive Officer SQNLDR Neville O’Donnell and 1SQN Air Combat Officer FLOFF Grant Leader flew the display.

WGCDR Gray thanked everyone for making the day a success and also for the ongoing dedicated service of all the maintainers. It was a great opportunity for everyone to mix with their new and old colleagues.

“It was a way of thanking the families and friends who provide so much support to our hardworking people who regularly work long hours and are frequently away from home,” WGCDR Gray said.

HAPPY SNAP: Above, LACW Lauren Graham from 1SQN escorts her husband Brian and daughter Kaylee around the displays at the 1 and 6SQN’s family day.

ME ’N’ DAD: Below left, WGCDR Michael Gray shows his face-painted five-year-old daughter Tara inside the cockpit of an F-111.

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Photos: AC Craig Barrett

BIG BOYS’ TOYS: 1SQN’s SGT Dan Wales shows his two-year-old son Angus the ‘toys’ he plays with at family and friends day.

HAPPY SNAP: Above, LACW Lauren Graham from 1SQN escorts her husband Brian and daughter Kaylee around the displays at the 1 and 6SQN’s family day.

ME ’N’ DAD: Below left, WGCDR Michael Gray shows his face-painted five-year-old daughter Tara inside the cockpit of an F-111.

Photos: AC Craig Barrett

BIG BOYS’ TOYS: 1SQN’s SGT Dan Wales shows his two-year-old son Angus the ‘toys’ he plays with at family and friends day.
**NORTHERN EXPANSION:** Above, Darwin ATC Officers FLTLTs Jordan Willy and做到以及技术掌握适合于在东帝汶执行Operation Astute.**

**ON TARGET:** From the RAAF Base Edinburgh ATC tower. FLTLT Tim Sadler controls aircraft movements at the joint RAAF base and international airport.

**SA CONTROL:** Above, FLTLT Tim Sadler controls aircraft movements from the RAAF Base Edinburgh ATC tower.

**LIGHTING THE WAY:** Above left, RAAF Base Tindale ATC Officers PH1/AVG Captain FAYE Thompson and FLTLT Andrew Oates watch the aircraft on approach to the Combined Air Operations Centre (CAOC) in Darwin, NT. Right, AP-3C maritime patrol aircraft operations.

**FIELD OPS:** Above left, FLTLT Dave Riley, an ATCO posted to the Army's 2nd Division from the School of Air Traffic Control (SATC) at East Sale, Victoria. Above right, RAAF Base Richmond. FLTLT Simon Marks, on the job at the base tower.

**FIGHTING THE FUTURE:** Above left, APS technicians Walter Euzqueda works on a radio frequency receiver assembly.

**AIR FORCE August 21, 2008**
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By FLTLT Jaimie Abbott

AIR Force has used a great recruitment tool to lure future aircrew to the Orion – a flight on the AP-3C for some of the Gap Year students at RAAF Base Williamtown.

The 47 Gap Year students were given a tour of the Orion recently and a select few were treated to a 90-minute flight.

11SQN flew the Orion in from RAAF Base Edinburgh to show the students everything from the aircraft’s equipment to how it is employed.

OFFCDT Darren Just already knew he wanted to be a pilot but after the flight he had his sights set on the Orion.

“I now know more about what they do and it’s so exciting; there is so much interaction between the aircrew onboard,” OFFCDT Just said.

“If I don’t end up flying the Orions, I would love to fly the Wedgetail aircraft.”

The 19-year-old from Mackay plans to head to ADFA to study science before applying for pilots’ courses.

The appeal of the Orions is not limited to those who hope to fly them. OFFCDT Katie Fenton, 20, from Narrabri, dreams of being a radiographer in the Air Force and even she was impressed with the importance of the AP-3C, particularly its role in search and rescue operations.

“We’ve also been to Amberley and everyone has seen the F-111’s and F/A-18’s, but the contribution the AP-3C makes is really significant,” OFFCDT Fenton said.

The cadets had the opportunity to chat to 11SQN captain FLTLT Matt Lunmey, who took time to show them the cockpit.

Commander Surveillance and Response Group AIRCDRE Warren Ludwig said the AP-3C static display and familiarisation flight was an opportunity to showcase the airborne capability, with a focus on the Orion’s multi-role capability.

“We are taking every possible measure to expose the Gap Year students to a variety of occupations across Air Force, including 92WG elements,” AIRCDRE Ludwig said.

As the students move through their Gap Year, the interest in Air Force careers is becoming diverse, with many now wanting to branch off into education, intelligence, medical, engineering, administration, logistics and flying.

By LAC Aaron Curran

SALE was ‘invaded’ recently by Air Force trainee photographers, and not for the first time.

Each year students from the Photographic Training Flight (PTF), School of Air Warfare, head into the main street of Sale on a scavenger hunt. They have to seek out people and objects in a given timeframe to photograph.

The nine Air Force and three Navy students were let loose on the town for their hunt on July 16, with many stores and shop owners in the street welcoming and assisting the new students to meet their objectives.

WOFF Bennell and his instructors were quite surprised to hear that when the 12 students fronted in their finest dress uniforms ready to barter and haggle for their photos, shop owners responded with lines such as, “Oh, you’re back again on your scavenger hunt” and promptly collected the items from under the counter that last year’s students had photographed.

“The staff at PTF, formerly the RAAF School of Photography, would like to take this opportunity to thank the Sale community for their many years of assistance in supporting photographic trainees that have passed through Sale. It is really appreciated,” WOFF Bennell said.
A SAD chapter in Air Force history was remembered recently with a presentation in Canberra.

SQNLDR Warner managed operational data and liaised with other departments to produce a permanent improvement to conditions in indigenous communities. “It enabled me to experience a unique aspect of a military role and I have seen parts of the Northern Territory privy to few,” she said.

FLGOFF Scutt performed a combination of personal and logistical tasks and organised visits to remote communities. “It was a busy job but extremely rewarding,” she said.

SQNLDR Harris ensured MAJGEN Chalmers was privy to all three Services on July 17 at the ADF Physical Training School. The Student of Merit Award for the student deemed by staff and students to have shown leadership, along with outstanding results both academically and physically, went to CPL Dale Richardson, who is posted to Defence Support Group, RAAF Base Richmond.

BULLETIN BOARD

FIT AND READY: CPL Dale Richardson is presented with his Student of Merit award by CMDR Michael Murray at HMAS Cerberus.

Air Force three helped make a difference in NT

THREE Air Force officers were among the Defence personnel involved in the Northern Territory Emergency Response (NTER), which continues to rise to the challenge for a “noble cause”, according to NTER operational commander MAJGEN Dave Chalmers.

SQNLDR Paul Warner was staff officer to MAJGEN Chalmers, SQNLDR Fiona Harris his public affairs officer and FLTLT Sarah Scott his aide-de-camp.

MAJGEN Chalmers coordinates the various government departments to produce a permanent improvement to conditions in indigenous communities.

HAPPY TIMES: Heather Perdjert (right) and Phillip Kauri share a laugh at the Wadeye cadet unit.

Top shape results from our new PTIs

By SGT Gary Ewart

TWO Air Force members took major awards at the 1/2008 Physical Training Instructors’ (PTIs) course at HMAS Cerberus recently.

The graduates paraded before dignitaries from all three Services on July 17 at the ADF Physical Training School.

The Student of Merit Award for the student deemed by staff and students to have shown leadership, along with outstanding results both academically and physically, went to CPL Dale Richardson, who is posted to Defence Support Group, RAFF Base Richmond.

The Academic Excellence Award is decided by staff and students judged solely on academic results and went to CPL Rebecca Draper, who is posted to No. 1 Recruit Training Unit.

By LAC Aaron Curran

A SAD chapter in Air Force history was remembered recently with a presentation in Canberra.

FLGOFF Graham Scott’s granddaughter Taylah Wittwer and widow Janne Blunden were among family members to receive an Air Force Bereaved Family lapel pin. Other family members (pictured inset) include daughter CMDR Jennifer Wittwer (back left) and granddaughters Chaeleigh Wittwer and Kellie and Grace Armour.

Moving gift

When family members of personnel who died prior to this date can be identified and located.

Pins provided retrospectively are normally mailed to the family members, but noting that 2FTS still awards a prize in memory of FLGOFF Scott and OCĐT Davey, Air Force agreed to have the pins presented personally to the family.

“As Director of Navy Organisational Culture, I was aware of the pin,” CMDR Wittwer said. However, it was only through discussions in June with SQNLDR Peter Greenacres, in our capacity as group equity coordinators, that we entertained the idea of a presentation to my mother.

“Actually, it was SQNLDR Greenacres’s idea, particularly because my family resided here in Canberra and as it might also lift the profile of my mother.

“I have separately organised for some form of formal recognition of my family resided here in Canberra and as it might also lift the profile of my mother.

“My mother was grateful for the acknowledgement by Air Force of Graham’s service, but found the event quite emotional as she has never fully recovered from Graham’s death,” she said.

“My mother was grateful for the acknowledgement by Air Force of Graham’s service, but found the event quite emotional as she has never fully recovered from Graham’s death,” she said.

While my daughters and nieces are quite removed from dad’s history, I am pleased to be able to offer mum some form of formal recognition of Graham’s service as she always felt that it was not forthcoming after his death.”
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Mental health under review

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We provide advice and assistance to you on veterans’ benefits, entitlements and compensation

We are there when you want help and advice

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This offer is only available to Australian Defence Force (ADF) personnel eligible for the Defence Home Ownership Assistance Scheme. For eligibility, refer to www.defence.gov.au; fees, charges and eligibility criteria apply: terms and conditions are available on request. ©2009 National Australia Bank Limited ABN 12 000 644 527. NAB Financial Planners are representatives of National Australia Bank Limited, AFSL 230908. NAB1725

Air Force Personnel

ANOTHER Air Force medical ‘first’ occurred recently when LAC Blake Reeve, a basic medical assistant (MEDASST) from 323ECSS Health Services Flight, successfully gained registration as an Enrolled Nurse (EN).

He gained this recognition through Queensland Nursing Council (QNC) after the council recognised his Defence qualifications.

OIC 323 Health Service Flight (HSF) SQNLDR Sharon Cooper presented him with his certificate, saying she was encouraged to see her staff being recognised for their extensive training.

323HSF senior MEDASST SGT Libby Smith said she believed LAC Reeve was the first MEDASST to achieve the important qualification after the recent restructure of MEDASST competencies.

“MEDASSTs are broadly scoped, highly-trained members of the Air Force. Historically, however, they have had difficulty attaining any sort of civilian qualification,” SGT Smith said.

“LAC Reeve attained his qualification through the QNC. It was a battle for the QNC to recognise the accredited training that he has had in his MEDASST career. Fortunately, he used his Certificate IV in Health (Defence), attained through Air Force accreditation to convince the council that he had the required skills an EN needs,” she said.

Currently, MEDASSTs can only participate in ‘ride-alongs’ as observers with the Queensland Ambulance Service.

“Although I don’t intend discharging and working as an EN, [this recognition] opens up doors for me to participate in clinical placements at civilian hospitals in Queensland,” LAC Reeve said about his recognition.

SGT Smith said that, as the process was possible, she was keen to see other MEDASSTs seek to gain civilian accreditation as well.

“SUBMISSIONS are invited for the review into Defence mental health care and the transition to non-military life.

Headed by Professor David Dunt, the review will provide an independent assessment of the effectiveness of mental health programs and support across the ADF and the Department of Veterans’ Affairs.

Written submissions are being sought from Defence members, veterans and interested members of the public. All submissions will be confidential.

Defence, Science and Personnel Minister Warren Snowdon said the review “will study the mental health care needs of ADF personnel and the ex-service community and assist us in ensuring the very best care is available”.

Veterans’ Affairs Minister Alan Griffin said the review would be particularly helpful in examining the transition from military to civilian life.

Submissions close on September 20. Email them to: MentalHealth.Review@defence.gov.au, or post them to: Melbourne University Post Shop, PO Box 4285, Melbourne University, Victoria 3052.

For more information, visit http://www.defence.gov.au/health/DMH/MH.htm

We acknowledge the Aboriginal and Torres Strait Islander owners of country throughout Australia. We pay our respects to them and their cultures; and to the Elders past, present and emerging.
IT’S THAT time of year – when Performance Appraisal Reports (PARs) need to be raised and submitted to the Directorate of Personnel – Air Force (DP-AF).

You’ve worked hard all year; you’ve exceeded your supervisor’s expectations and met all goals for this reporting period. Surely you must be looking good for promotion? Not necessarily.

Do not make the mistake of assuming that high PAR scores are the narrative.

To stand out from the crowd, make sure your PAR provides an accurate report of your performance and potential to perform at higher rank.

To enhance your prospects for promotion, ensure your PAR provides an accurate assessment of your performance.

Assessors should ensure they provide a promotion recommendation on any SR raised.

Refer to DI (G) PERS 4-29 – Performance Appraisal Reporting – Air Force for information and tips on completing the PAR.

Take time to plan your PAR/SR before it is submitted to enhance your promotion prospects.

Members identified for promotion are advised to have PARs or SRs raised.

Members should check the Air Force People Central website regularly to confirm if their PAR and/or SR has been received.

Do you have $24,500 cash? Then you can invest in property.

For Corporate Services please contact our Head Office on 07 5437 8707.

What is RSL Legal Aid?

The RSL Legal Aid Scheme is an initiative of the RSL in cooperation with National Legal Aid (NLA). It is a scheme designed to facilitate the provision of free legal information and preliminary legal advice to Australian Defence Force personnel wherever they may be serving.

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

For information about how to access the scheme, visit the RSL website at: http://www.rsl.org.au
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Books r us

By Martin James

RECENTLY, the Office of Air Force History (OAFH) launched its third book in what has been a very busy year.

Since January, the OAFH has run a very successful history conference, released three books and has three more in the pipeline.

The latest book release, Three Passions and a Lucky Penny, is the autobiography of AVM Eric Stephenson (ret’d).

Known by many in the Air Force as ‘Steve’, AVM Stephenson was a navigator in RAF Bomber Command during WWII before becoming a doctor in the RAAF after the war. In a life that included bombing raids over Germany and time as a prisoner of war, AVM Stephenson became one of the Air Force’s iconic figures during his 53-year Service career.

The book launch took place in front of the Australian War Memorial’s Lancaster exhibition, which depicts a Bomber Command raid over Berlin on December 16, 1943; the same mission on which his Lancaster was shot down by a German nightfighter. He was in the same prison of war camp as CDF ACM Angus Houston’s father.

CDF was the keynote speaker at the launch as he recounted the adventures of a man he described as “an institution in the RAAF”.

The book launch was one of many noteworthy events this year. The first was the RAAF history conference which was held in Canberra in April. Its theme was ‘Air Expeditionary Operations’.

It was the venue for the first book launch, Operation Pelican – The Royal Australian Air Force in the Berlin Airlift, 1948-1949 by Air Force historian, Dr Chris Clark.

The next, Song of the Beauforts, occurred at Caboolture airfield over the Anzac Day long weekend. Author Colin King recounts the exploits of the personnel of 100SQN and Australia’s experiences with the aircraft.

The next major milestone was the simultaneous release of George Odgers’ book Mister Double Seven, and The Forgotten Few by Doug Hunt on July 23 at the Fighter World aviation museum at Williamtown.

The first book tells the story of WCDR Richard ‘Dick’ Cresswell, three times CO of 77SQN in WWII and the Korean War. The second book details the experiences of 77SQN in Korea.

The OAFH is planning further book launches this year and the history conference proceedings also will be published. Entitled Air Expeditionary Operations – from World War II until today, it provides an account of RAAF expeditionary operations from the last 69 years.

Treasured memories for Verdun Sheah’s sister

Former nursing sister Lorraine Sheah shows the medals of her older sister, former RAAF flight nurse Verdun Sheah, who was killed in a RAAF aircraft crash in New Guinea during WWII. She also holds a copy of the annual on behalf of Air Force.

The accident occurred as the mountain’s height was incorrectly marked on the air charts by 500 feet. There were no survivors.

Recently, military aviation researcher and historian Bob Piper and his wife Misako visited Sister Sheah for morning tea and presented her with the copy of the annual.
Knee injuries are rife among those undertaking physical activity. **Vincent Kouwenhover** takes a look at one of the most common.

The knee is one of the main weight-bearing joints in the body and, as a result, is susceptible to repetition injuries. This is due, in part, to the structure of the patellofemoral joint, but is largely due to the large forces produced by the biggest muscles in the body. Training inappropriately or maintaining poor posture can cause over-development of some of these muscles, while inhibiting others, causing imbalance and inappropriate weight and force distribution through the knee. One of the most common injuries as a result, is patellofemoral pain syndrome (PFPS).

### What is PFPS?

PFPS is the term used to describe pain on and around the patella or kneecap. PFPS is a chronic degenerative injury which results in pain to the back of the patella due to the wearing of the smooth surface at the back of the knee cap by the rubbing of the bones underneath. It is made worse by abnormal movement of the patella during bending.

During normal movement, muscles and tendons move the patella medially or towards the inside of the leg to sit in the groove of the femur (thigh bone) allowing for fluid movement. Problems and pain occur when the patella does not track correctly in the groove. This is common in people who do a lot of weight-bearing exercises and/or run long distances.

### Common causes

- **Overloading**: Placing large forces on the knee, which increase during bending, such as stair-climbing or running on hard surfaces;
- **Gait**: Gait refers to the normal natural movements of the foot. A break-down in any of these, for example flat feet, often changes the alignment of the patella, resulting in increases in uneven forces on the joint. Impact even during walking sends shock waves up into the knee and hip.
- **Muscle imbalance**: The quadricep muscles are responsible for moving the patella three of the quadriceps pulls in a lateral direction towards the outside of the leg, whereas the vastus medialis oblique muscle on the lower section of the femur or thigh pulls towards the inside of the leg in a medially direction to balance the patella.

If the lateral outside muscles pull and work more than the inside muscles due to a strength imbalance, then a greater lateral pull occurs causing patella mal-tracking. Over time, this may lead to PFPS.

When the outside fibres are shorter than the inside lower fibres, then this can also cause patella mal-tracking with time, possibly leading to PFPS.

### Symptoms

- Aching at front of the knee, around and under the patella.
- Pain on bending or straightening the knee joint.
- Tenderness around the knee.
- Swelling especially after prolonged activity and activity up and down hills or stairs.
- Clicking or cracking when bending.
- Uncomfortable sitting for long periods.
- Wasting to the quad muscles, especially the vastus medialis oblique muscle on the lower inside section of the femur around the knee joint.
- Tight calves, hamstrings, iliobial band (muscle on the outside of the thigh). This band is often tight with runners and cyclists.

### Exercises

- Use a knee support underneath to reduce swelling.
- Rest until pain has gone and resume with lower loads.
- Apply RICE - rest, ice, compression and elevation to the injured knee. This will help reduce swelling.
- Use a knee support underneath; these should be temporary if possible while you learn to control functional movement of the joint.
- **Vincent Kouwenhover** is a civilian corrective exercise specialist.

### Treatment

- Correct firing of muscles for balance and stability to ensure smooth gait during walking and running.
- Work on switching on the vastus medialis oblique muscle on the lower inside section of the femur around the knee joint for heel strike to assist with impact and tracking (see your base trainers).
- Examples of exercises that can be employed: static lunges; controlled full range 90-degree squats; one-legged wall squats; wobble board exercises; leg extensions; static quadriceps holds; step ups; and stretches to increase stability, and controlled range of motion within the affected limb.

### Prevention

- Gait refers to the normal natural movements of the foot. A break-down in any of these, for example flat feet, often changes the alignment of the patella, resulting in increases in uneven forces on the joint. Impact even during walking sends shock waves up into the knee and hip. Use a knee support underneath; these should be temporary if possible while you learn to control functional movement of the joint.
- **Vincent Kouwenhover** is a civilian corrective exercise specialist.

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**DFA’s New Website**

[www.dfa.org.au](http://www.dfa.org.au)

DFA’s website provides you with a family focused portal on ADF information. It also provides DFA with the opportunity to inform and update you on our advocacy role in family related policy and entitlements. For more information phone 1800 100 509

**FREE Shopping Bag**

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

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

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**All you knee-d to know**

Vincent Kouwenhover takes a look at one of the most common injuries to the knee. The knee is one of the main weight-bearing joints in the body and, as a result, is susceptible to repetition injuries. This is due, in part, to the structure of the patellofemoral joint, but is largely due to the large forces produced by the biggest muscles in the body. Training inappropriately or maintaining poor posture can cause over-development of some of these muscles, while inhibiting others, causing imbalance and inappropriate weight and force distribution through the knee.

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### What is PFPS?

PFPS is the term used to describe pain on and around the patella or kneecap. PFPS is a chronic degenerative injury which results in pain to the back of the patella due to the wearing of the smooth surface at the back of the knee cap by the rubbing of the bones underneath. It is made worse by abnormal movement of the patella during bending.

During normal movement, muscles and tendons move the patella medially or towards the inside of the leg to sit in the groove of the femur (thigh bone) allowing for fluid movement. Problems and pain occur when the patella does not track correctly in the groove. This is common in people who do a lot of weight-bearing exercises and/or run long distances.

### Common causes

- **Overloading**: Placing large forces on the knee, which increase during bending, such as stair-climbing or running on hard surfaces;
- **Gait**: Gait refers to the normal natural movements of the foot. A break-down in any of these, for example flat feet, often changes the alignment of the patella, resulting in increases in uneven forces on the joint. Impact even during walking sends shock waves up into the knee and hip.
- **Muscle imbalance**: The quadricep muscles are responsible for moving the patella three of the quadriceps pulls in a lateral direction towards the outside of the leg, whereas the vastus medialis oblique muscle on the lower section of the femur or thigh pulls towards the inside of the leg in a medially direction to balance the patella.

If the lateral outside muscles pull and work more than the inside muscles due to a strength imbalance, then a greater lateral pull occurs causing patella mal-tracking. Over time, this may lead to PFPS.

When the outside fibres are shorter than the inside lower fibres, then this can also cause patella mal-tracking with time, possibly leading to PFPS.

### Symptoms

- Aching at front of the knee, around and under the patella.
- Pain on bending or straightening the knee joint.
- Tenderness around the knee.
- Swelling especially after prolonged activity and activity up and down hills or stairs.
- Clicking or cracking when bending.
- Uncomfortable sitting for long periods.
- Wasting to the quad muscles, especially the vastus medialis oblique muscle on the lower inside section of the femur around the knee joint.
- Tight calves, hamstrings, iliobial band (muscle on the outside of the thigh). This band is often tight with runners and cyclists.

### Exercises

- Use a knee support underneath to reduce swelling.
- Rest until pain has gone and resume with lower loads.
- Apply RICE - rest, ice, compression and elevation to the injured knee. This will help reduce swelling.
- Use a knee support underneath; these should be temporary if possible while you learn to control functional movement of the joint.
- **Vincent Kouwenhover** is a civilian corrective exercise specialist.

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**DFA’s New Website**

[www.dfa.org.au](http://www.dfa.org.au)

DFA’s website provides you with a family focused portal on ADF information. It also provides DFA with the opportunity to inform and update you on our advocacy role in family related policy and entitlements. For more information phone 1800 100 509

**FREE Shopping Bag**

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

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Make a careful choice

Australian Securities and Investments Commission Chairman Tony D’Aloisio gives you the ASIC home loan checklist.

The ADF Consumer Council reminds personnel that on July 1 Defence launched a home loan subsidy scheme (Defence Home Ownership Assistance Scheme). Assess how the scheme can benefit you by visiting www.dhoas.gov.au.

FINANCE August 21, 2008

PAIN OR GAIN: Choose your lender carefully.

Step 1: Work out how much your loan costs

The interest rate charged on your loan is by far the biggest single factor in determining how much your loan costs you over the long term. Also consider the ongoing fees being charged.

When comparing loans, the ‘comparison rate’ is a better indicator of the real cost of a loan than just the interest rate, because it includes most of the fees and charges of the loan.

However, the comparison rate doesn’t include exit fees (also known as early termination or deferred application fees). So you need to look at these separately (see Step 4).

You should also take into account your personal circumstances when working out the cost of the loan. For example, if you are planning to sell in the near term, an interest rate saving might not add up to much when you take into account the fact that the loan will only last a year or two. Like anything, there is no ‘one size fits all’ answer to home loans – and sometimes your personal circumstances mean the costs will depend on you.

Step 2: Work out what features you want

Do you want a variable or fixed interest rate? Many people look at fixing the interest rate on some or all of the loan, to give themselves certainty with their repayments. If this is something you’re interested in, speak to your lender.

Other features you may want are the ability to redraw any additional repayments you have made, the ability to take your home loan with you if you move (loan portability), or the ability to set up a connected business loan. Once again, the type of loan you want will depend on your personal circumstances.

Step 3: Shop around

Check out a number of loans and lenders and create a shortlist. You can find information by searching in the news, on websites and ratings agencies like InfoChoice (www.infochoice.com.au) and RateCity (www.ratecity.com.au).

Talk to two or more lenders to find out the best deal they’re prepared to offer you. Often, you can get a discount on the advertised ‘standard’ rate or a contribution to the break fees on your old mortgage. It is a great investment of time to speak to more than one lender – the potential savings will more than compensate for the time you spend researching and bargaining.

Step 4: Work out how much it costs to switch

Before you make any decision to leave your current loan, work out how much it will cost you to switch to a new one. Include exit fees with your existing loan, and start-up and ongoing fees with the new one.

Exit fees in the early years of a loan can sometimes be thousands of dollars, and will include the legal fees of the lender in discharging your mortgage.

You will need to decide whether the lower interest rate with a new loan outweighs the costs of switching from your existing one.

The lower the exit and start-up fees, the more you stand to gain by switching.

If the fees are high, you may be better off staying with your existing loan.

Step 5: Talk to your lender

Before you switch, contact your current lender and tell them you are planning to switch to a cheaper loan offered by another lender. They may be able to suggest an alternative loan for you at a cheaper rate, or offer to reduce the interest rate in order to keep your business.

There are a number of other things you can do to pay off your loan quicker. For example, making additional repayments, consolidating your debts, and revisiting your budget.

Our new eLearning module can help you get Financial Advice.

Do you need a Financial Adviser?

How do you find an Adviser?

How does an Adviser get paid?

What should you ask the Adviser?

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Lawn bowlers hit the green in inter-Service comps

DEFENCE II, one of the three Defence teams that entered, won the Pierce Cup in competition with local government and small business teams from the western Sydney and Hawkesbury region at Windsor Bowling Club recently.

The tournament was played in three games over 11 ends, with the winners being decided on wins and shot margins.

RAAF Base Richmond fielded three Defence teams and organised sponsorship by the Defence Reserves Support Council (DRSC) for lunch.

All three Defence teams won their opening games and success continued to be the name of the game for Defence II in game two, with all three teams involved in cliff-hangers. Defence I drew its second match and Defence III lost its second game by five shots.

In the final game, Defence I lost by two shots, Defence III won by six and Defence II clinched a thrilling victory against Blacktown Diggers II with three shots on the last end. Defence II ultimately went on to win the Pierce Cup with three wins and plus-20 shots.

On the horizon for Air Force bowlers is the national inter-Service lawn bowls carnival in Ipswich from October 13 to 17.

Air Force has two representatives on trial for the ACT-Southern NSW team. They were chosen after the 2008 ACT/SNSW inter-Service championships played in bitter conditions at Canberra’s West Deakin Hellens club on June 26 and 27.

Navy had six players selected, APS five and Army one.

The ACT title went to Defence APS from Combined RAAF/Army, with Navy third. FSGT Vedette Morris was voted best RAAF/Army lead. Best bowler for the championships was Rob Swallow from the APS.

A team of at least 16 will be chosen over the next few months to represent ACT/SNSW at the nationals.

By Michael Brooke

FEAR of being responsible for the end of a sports dynasty inspired the Air Force to a thrilling victory in the women’s open of the 2008 Sydney Metro Defence Touch NSW Inter-Service Sports (ISS) competition recently.

The Air Force pipped Army 5-3 in the final at Victoria Barracks on August 1 to maintain its winning streak that dates back to 1994, when the competition began.

The unavailability of players due to deployments resulted in Air Force and Navy entering a combined team that performed extremely well together against a well-drilled Army.

LACW Dannielle Burns said that her team mates were determined to win to preserve Air Force’s sports dynasty in women’s touch.

“Victory is always sweet compared to the bitter pill of defeat,” she said with a chuckle.

The final was a thrilling spectacle that featured slick passing, fast running, calculated attacking moves and desperate, diving defence, with several players treated for injuries before the final whistle.

The women’s victory was even sweeter because of the narrow defeats the men suffered in the open and over-30s finals.

The Air Force went down 4-7 to the Army in the men’s open final in which they nearly snatched victory from the jaws of defeat late in the second stanza when the soldiers faded. The men’s over-30s team was unlucky to lose 3-4 to the Navy, with their sole consolation being a 10-0 thumping of the Army in a round-robin match, which left the soldiers utterly demoralised by full-time.

The competition was a means to select the Combined Services teams to compete in the Australian Defence Touch Association (ADTA) National Championships at RAAF Base Williamtown from October 12-18.

ON THE BENCH: FSGT Vedette Morris from HMAS Harman with Navy’s LCDR Steve House at the ACT/SNSW inter-Service championships. Photo: CPO Gavin Locke

Diggers’ carnival

All current and former Service members are invited to contest the National Diggers’ Bowls Carnival in Dubbo from September 16-18.

The entry fee is $30 a player and the organisers are expecting to raise $10,000 for the Starlight Foundation.

Nomination forms and inquiries should be registered through: www.dubboralakewaybowlingclub.com.au

ON THE BENCH: FSgt Vedette Morris from HMAS Harman with Navy’s LCDR Steve House at the ACT/SNSW inter-Service championships. Photo: CPO Gavin Locke

WE RULE: The Air Force women’s open champions with their trophy.

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Calling all ACT golfers

AIR Force is looking for ACT men and women golfers keen on representing it in the inter-Service golf competition at Mollymook Golf Club on the NSW South Coast from October 20-24. The team will consist of 11 players and one reserve. 

Play will be held on the Tuesday to Saturday, after practice on the Monday.

Interested players should contact SQNLDR Mark Wilkins, e-mail Mark.Wilkins22@defence.gov.au or phone (02) 6265 5035; or FLTTLT Wayne Thompson, e-mail Wayne.Thompson.261@defence.gov.au or phone (02) 6127 2596.

EYE ON THE BALL: WGCDDR Paul Millett from Defence Establishment Fairbairn prepares to volley a high ball at the ACT inter-Service squash titles at ADFA. APS took out the competition.

Photo: LAC Aaron Curran

CANDIDATE CPLS Scott Bateman and Owen Eastoe played major roles for Air Force at the ACT inter-Service squash competition from July 31-August 1.

The champs were held at the Australian Defence Force Academy’s (ADFA’s) Indoor Sport Centre.

Their excellent winning records kept their service in the running to win right to the end of the titles at the centre.

This year the men’s and women’s teams combined to form one team to lift the standard of competition. Air Force, Navy and the APS contested the inter-Service event, with Army unable to field a team.

Air Force had won the title in the previous two years and was confident of retaining it with a similar team to last year’s.

Navy entered a team that had good depth and the skills to cause a major upset if underestimated.

The APS was the team to beat with several Premier League players and some players who don’t play competition but have a natural flair for squash.

After day one, Air Force was several points in front of the APS with Navy a close third.

Day two promised to be interesting, with the public service’s Premier League players to play most of their matches.

With that depth of talent, APS was too strong for the Navy and Air Force, and went on to win narrowly.

The standard of play was excellent with several competitors currently playing Premier League squash and putting on a great display of shots and endurance,” one of the organises, FSgt Brett Parker, said.

“All matches were played in great spirit and with each player programmed to play at least six matches (125 games in total) over the two days, enthusiasm remained high even though fatigue hit many by day two.

The APS had great players right through its line-up but a couple of names worth mentioning who turned out to be the dark horses of the competition were Doug Wirt and Hart McPhee,” he said.

For more information on the squash titles, visit: http://intranet.defence.gov.au/activities/squash/

EY ON THE BALL: LGCT Dave Whyte prepares to volley a high ball at the ACT inter-Service squash titles at ADFA.

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Our surgeon, Dr. Rick Wolfe, is a member of the ADF and an Ophthalmic Advisor to the ADF. As a result of his role, he has an understanding of how valuable clear vision is, especially in challenging activities. Dr Wolfe is very familiar with the visual standards of the ADF and the visual requirements for each role.

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Air Force double tops ADF runners in the City2Surf

By Michael Brooke

OUTSTANDING track athlete FLGOFF Marnie Ponton, running in her first City2Surf, was the ADF’s top female runner, finishing sixth outright in 52min and 23sec in Sydney on August 10.

A nursing officer with No. 3 Combat Support Hospital, FLGOFF Ponton smashed the best time in this event by an ADF female runner by 3 minutes.

In the men’s category, a banana for breakfast provided Air Force runner SQNLDR Richard Gardiner with the energy he needed to smash through the pain barrier ahead of 70,000 competitors and conquer the 14kms in 46min and 30sec.

SQNLDR Gardiner, of the Tactical Fighter Systems Programs Office at RAAF Base Williamtown, ran the race of his life to finish in the top 50 runners and just 5 minutes behind the winner.

SQNLDR Gardiner, 32, said this was his fifth City2Surf race, and he struggled to overcome the biting six-degree cold when he arrived at the start line at Hyde Park for the 14km canter to Bondi.

“I spent 20 minutes just warming up because it was very cold,” he said.

“It was pretty hard going against a very talented field of runners and I was hurting a bit because the race took a lot out of me.”

SQNLDR Gardiner surged up the infamous ‘heartbreak hill’ to break clear of APS triathlete Luke Grattan and Army’s SGT Mat Skate.

The president of the ADF Running and Athletics Association, CAPT Frank Kresse, said SQNLDR Gardiner was one of 42 Defence Athletics Club runners in the City2Surf, 12 of whom were female.

CAPT Kresse said the objectives of sport in the ADF were to encourage participation, develop a competitive ethos and esprit-de-corps.

“Competitions, such as this race, provide the perfect opportunity to build qualities in the respective work places, units and ultimately, the ADF,” he said.

HIGH-FLYING RESULTS:

SQNLDR Richard Gardiner was first over the line for the ADF, finishing only 5 minutes behind the overall winner in the City2Surf in Sydney. The ADF’s top female runner was FLGOFF Marnie Ponton, finishing sixth outright.

Photos: Bill Cunneen