Air Force security restructure

Medics now civilian qualified

Air Force’s ‘best of the best’ wrap up Exercise Aces North
A TEAM of six Air Force security police are part of the Force Protection Security Section (FPSS) keeping watch over the 7,000 ISAF troops and locally engaged employees at Multinational Base Tarin Kot (MNB-TK).

They integrate closely with the airfield defence guards who form the Security Force (SECFOR) at MNB-TK to achieve a unified approach to force protection.

They provide ground defence, security and policing functions and conduct screening, base entry and exit searches, biometric testing and enrolment and prohibited substance testing.

In September 2012, the last of the US military police completed their tour at MNB-TK, leaving the four Air Force security police responsible to ISAF for coordinating force protection.

CIC FPSS and Provost Marshal for MNB-TK FLTLT Geoff Jarrett said his team does not stop as they are on call 24 hours a day.

“FPSS operate in teams of two and we all perform the same hands-on tasks,” he said.

“There is so much happening on the base but 60 per cent of what we do is old fashioned crime detection and communication and the ability to listen are very important.”

Prohibited substance testing includes testing for explosive residue and the ingredients and components used in explosive devices.

FPSS also facilitate airport security by screening and searching incoming and outgoing passengers flying on the Afghan civilian airline which uses the airbase.

FLTLT Jarrett said the main offences investigated by FPSS included major fraud, vehicle accidents and possession of narcotics by civilians.

“Narrow roads and heavy machinery combined with local drivers are the most common causes of ISAF vehicle accidents,” he said.

“There are occasional minor thefts, but there have been no report –ed cases of violence within the ISAF forces at MNB-TK.”

ADIPS jurisdiction at MNB-TK is solely for Australian forces while FPSS are responsible for policing the Australian, US, Slovak and Singaporean military personnel.

Two female security police joined the FPSS team in March, to help with the cultural requirements of screening Afghan women.”

“Communication is generally easy with the locals, but there is a need to work with interpreters to ensure we are speaking the language they can understand and make sure our intentions are clear,” he said.

“We have a very close-knit team, so it’s hard to have a bad day because if you are feeling down it takes two seconds for someone to realise and do whatever they can to pick you up!”

A BIG step towards Afghan independence was taken on June 23 when the last ISAF-managed Forward Operating Base (FOB) in Urungwa province was closed.

COF Douglas Cardinale, Deputy Commander Combined Team Urungwa (CTU), said FOB Hadrian, in the Dari Rawud district, was closed after the final relocation of remaining ISAF personnel and equipment.

Australian Mentoring Teams worked out of FOB Hadrian from 2010 mentoring the 1st Kandak, 4th Brigade, Afghan National Army until the Kandahar Air Field integrated operational independence in November last year.

The Afghan National Police and the Afghan National Army have been doing a good job, and showing they are capable of conducting independent operations,” COF Cardinale said.

“The insurgency wasn’t expecting the resilience that the ANSF has put up against them.”

Australian and US Army engineers worked from December last year to remediate the large base and reduce the tactical infrastructure, which included two M777A2 howitzers from the US Army’s 1-9 Field Artillery.

CTU deputy chief engineer CAPT Michael Jasny said the ground was handed over in a clean and sustainable condition with only the base’s perimeter walls left to be dismantled by contracted support.

“The two howitzers were airlifted to Kandahar Air Field by US Army CH-47 Chinooks from Task Force Knighthawk on June 18 along with containers of stores and equipment.”

“The site will be returned to bare earth.”

SECURITY: LACW Meegan Chadwick, of Multinational Base Tarin Kot FPSS, takes a biometric image of an Afghan local at a Secure Electronic Enrolment Kit. Inset, CPL Barry Twomey conducts an explosive and bomb-making component swab test. Photos: CPL Mark Doran

“The progress to date marked a significant transition and a remarkable achievement. We have been committed to the Afghan National Police and the ability of its government to re-establish law and order and build public confidence has improved markedly since the ISAF first arrived to assist in restoring public order,” he said.

“Security in Solomon Islands and the ability of its government to re-establish law and order and build public confidence has improved markedly since the ISAF first arrived to assist in restoring public order,” he said.

“Australian personnel and equipment will be progressively withdrawn in the coming months,” he said.

“All ISAF personnel will return to Australia by the end of September.”

The Australian-led Combined Task Force 635 has included rotations of personnel from New Zealand, Tonga and Papua New Guinea who will now begin the task of redeploying personnel and equipment.

LTGEN Power commended the efforts of AF personnel who have been committed to the country continuously since July 24, 2003.

“Security in Solomon Islands and the ability of its government to re-establish law and order and build public confidence has improved markedly since the ISAF first arrived to assist in restoring public order,” he said.

“The progress to date means the time is now right for us to return home.”

More than 7200 Australian personnel have deployed to Operation Anode since 2003.

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ADVERTISING and SUBSCRIPTIONS
A new era for security

THE Security Force Squadron parade held at RAAF Base Amberley on July 4 marked the beginning of a new era for Air Force security mustering. CAF AIRMSHL Geoff Brown reviewed the parade, heralding a new chapter for the role.

“Today marks a significant change to Air Force security that will enable us to more effectively meet security needs associated with our new highly technical aircraft and systems,” he said.

The new Air Force police and Air Force security integrate all the previous police and security core skills together with airfield defence guards and explosive ordinance demolition technicians, giving Air Force a highly enhanced security capability.

The RAAF security police (SECPOL) mustering disbanded, splitting into two new mustering: Air Force Security (AFSEC) and Air Force Police (AFPOL).

Restructuring key security and service policing (SP) capabilities was part of the transition to SECFOR, under the command of OC 395 Expeditionary Combat Support Wing (ECSW).

Provost Marshal Air Force (PM-AF) WGCDR Tony Monson said SECPOL contributed to effective Air Force command and control of fixed base and expeditionary operations by playing a fundamental role in the maintenance and enforcement of discipline, service policing and investigations, discipline, and security requirements.

Under the changes, AFSEC and AFPOL will play a significant part within the SECFOR construct. AFSEC will no longer be recognised as SP, while AFPOL will focus on policing and base-level investigations. Both OC 395ECSW and PM-AF APFOL, contributed to effective Air Force command and control of fixed base and expeditionary operations by playing a fundamental role in the maintenance and enforcement of discipline, service policing and investigations, discipline, and security requirements.

Under the changes, AFSEC and AFPOL members will now have the opportunity to post in and out of the ADFES and base environment,” WGCDR Monson said.

“The added bonus to this is that it will offer greater location stability to members who wish to stay in a particular area for longer.”

OC 395ECSW GPCAPT Peter Davis acknowledged the SECPOL workforce and their achievements to date and highlighted the fantastic opportunities ahead, such as the enhanced security and policing capability made possible by SECFOR.

“Support for Air Force operational and exercise commitments will also be enhanced, with the move to SECFOR squadrons giving us an increased capacity to move resources to meet priorities,” GPCAPT Davis said.

“The integration will ensure Air Force security remains flexible, adaptable, agile and responsive to the wider Air Force security needs, both at home and overseas bases.”

Both OC 395ECSW and PM-AF recognise the challenges and rewards ahead, ensuring the security forces transition not only meets CAF’s requirements but incorporates effective change management principles.

“The devil is in the detail. We will make sure transition matters are planned and executed to limit the impact on personnel while identifying and gaining benefits and efficiencies,” WGCDR Monson said.

“We are working with OC 395ECSW on a range of these aspects and are very closely aligned to achieve the best possible solution for the provision of security and policing within Air Force.”

The security police category will remain and continue to support the Air Force security, policing and investigation needs. They will continue to wear the existing gold Security Police Badge, while AFPOL are now wearing a newly designed Air Force – Service Police badge.

NEW SQUADRON: Reviewing Officer CAF AIRMSHL Geoff Brown inspects members of the newly formed Security Force Squadron (SECFOR) during the inauguration parade. Photo: LACW Kylia Gilson

Farewell to gallant soldier

CPL Nick Wiseman

“I will never be forgotten by his regiment,” said CAN 2nd Commando Regiment LTCOL B at a moving funeral for CPL Cameron Baird, a gallant soldier who was killed by small arms fire in Afghanistan on June 22.

The funeral, held at the Reedy Creek Baptist Church on the Gold Coast, was attended by CPL Baird’s family, friends and his fellow commandos.

LTCOL B said the Army had lost a great soldier, one who led from the front and whose life was full of stunning accomplishments.

Today we honour Cam, we remember him and we thank him for all that he has given and all that he has shared with us over the years,” LTCOL B said.

“Conspicuous gallantry, composure and leadership under fire”, reads the citation for this Medal for Gallantry, and this is how his team mates described his actions every time he went out on an operation.

CPL Baird was serving with the Special Operations Task Group on his fifth tour of Afghanistan when he was killed during an engagement with insurgents in the Khod Valley.

His body was returned to RAAF Base Richmond on June 29 where members of his unit formed an honour guard, escorting CPL Baird back to his waiting family.

ALWAYS REMEMBERED: Comrades from 2nd Commando Regiment carry CPL Cameron Baird’s coffin at his funeral service on the Gold Coast. Photo: AB Lee-Anne Mack

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News

New housing at Edinburgh

New accommodation has been officially opened at RAAF Base Edinburgh, resulting in 432 new units for single members living on base. The accommodation features self-contained apartments with secure storage, parking and recreational facilities. Project Single Living Environment and Accommodation Precinct Phase 2 will improve the standard of accommodation across 14 bases around Australia, delivering 2015 units nationally.

Boss Lift leaves Sollies

A GROUP of 28 employers deployed on the final exercise Boss Lift to the Solomon Islands from July 4 to 8, to see the contribution their staff made to the Solomon Islands on Operation Anode. Over the past 11 years, Defence has taken more than 1000 employers to the Solomons Islands. The drawdown of ADF personnel from the region means the Boss Lift focus has shifted to major domestic exercises.

 Hawk contract awarded

BAE Systems UK, the original Hawk aircraft manufacturer, has been awarded a multi-million dollar contract to upgrade the Lead-In Fighter Hawk fleet. Defence Materiel Minister Mike Kelly said both BAE Systems UK and BAE Systems Australia have worked closely with Defence to define the scope of the upgrade. “This provides a solid foundation for the future conversion of aircraft on the F/A-18 Hornets and Super Hornets and the Joint Strike Fighter when it is introduced into service,” Dr Kelly said.

Maintenance changes

REFORMS to the maintenance of the 12 C-130J Hercules have delivered the equivalent of an extra aircraft being available for missions, by increasing their availability by eight percent. Head of the Defence Materiel Organisation’s Aerospace Systems Division, AVM Colin Thorne, said the changes made considerable savings in workforce and maintenance costs. A review was launched in 2011 and Australian Aerospace has been approved to increase servicing intervals from 30 to 38 weeks, extending the full cycle of scheduled maintenance from 480 to 608 weeks.

Lync up with colleagues

AN INSTANT messaging and video conferencing tool called Microsoft Lync was expected to be made available to all users of the Defence Restricted Network as of July 15. Following an upgrade of the Defence Secret Network to Microsoft Lync 2010 by the Chief Information Officer Group in March this year, a requirement for similar functionality on the Defence Restricted Network was also identified. Microsoft Lync provides users with an instant messaging capability to enhance business communication between people and work groups. For further information on Microsoft Lync 2010 and its functionality on the DNS visit the Lync website http://cio/infrastructure/ictservices/lync/pages/default.aspx

Clarification

IN the July 4 edition of Air Force News, special coverage of the Combat Support restructure incorrectly reported that all security force personnel had been approved to wear the Air Force blue beret. All security force personnel except for explosive ordnance disposal technicians are approved to wear the beret.

IN BRIEF

Protecting troops

Talisman Saber 13 kicks off

SGT Dave Morley

AIR Lift Group is expecting to be well in demand during Exercise Talisman Saber 13 (TS13), taking place from July 15 to August 5 at Shoalwater Bay in Queensland.

KC-30A tankers will put recent experience gained in Guam during Exercise Cope North and Darwin during Exercise Acex North into practice. They will conduct air-to-air refuelling support to Super Hornets.

C-17A will conduct a cooperative airdrop mission with their US Air Force (USAF) counterparts, which is expected to include delivery of container delivery systems stores.

These systems, weighing up to 16 tonnes each, will be delivered to the Shoalwater Bay Training Area from July 20-22.

Richmond-based C-130Js will support ground forces in the form of airdrop and airlift missions throughout the exercise.

Up to three C-130Js will support Army’s 3 Brigade’s mass insertion of troops to the SWBTA, also from July 20-22.

King Air 350 light transports from Townsend’s 38SQN will provide a flexible transport solution, airlifting key exercise personnel around Australia during the exercise.

Combat Support Group (CSG) will be kept busy as well.

CO 382 Expeditionary Combat Support Squadron (ECSS) WGCDR Andrew Lancaster said TS13 was a unique opportunity for elements of CSG to deploy in support of a Joint Task Force (JTF), conducting combined force entry operations in a hostile environment.

“CSG force elements, together with personnel from the USAF 36 Contingency Response Group, are responsible for opening and operating the main air point of entry for ground forces conducting the exercise,” he said.

“The success of opening and maintaining the air bridge is critical to the overall success of the JTF mission and showcases all CSG’s enabling functions, notably airfield engineering, communications, health support, logistic support and base operations,” he said.

WGCDR Lancaster said 382ECSS will be activating Williamair Airfield in the SWBTA for the exercise.

DefenceCare is a charity helping current and air-service veterans of the Australian Defence Force and their families in times of injury, illness and crisis. DefenceCare is a part of RSL, Welfare and Benevolent Institution and is a Tier 1 ABN, NSW registered charity. ABN 41 603 206 488. DGR: 752 766 491. CFIN: 12371.
DEFENCE personnel are helping improve the lives of people across the Pacific as key contributors to Pacific Partnership, the US-sponsored humanitarian and civic assistance mission.

This year Pacific Partnership is delivering medical, dental, veterinary, explosive remnants of war disposal and engineering aid to Papua New Guinea (PNG), Samoa, Tonga, the Marshall Islands, Kiribati and Solomon Islands. About 100 medical and engineering personnel from Australia, the US and Japan are embarked in landing ship HMAS Tobruk for the mission in PNG.

Director General Joint Exercise and Evaluation Branch AIRCdre Ken Quinn said the support from the Wewak Provincial Authority in the lead up and preparation to this year’s program had been outstanding.

Papua New Guinea is Australia’s closest neighbour, and the ADF acknowledges and remembers the assistance and sacrifice of the people of Wewak and the region in WWII,” AIRCdre Quinn said.

So it is significant that Australian, US and Papua New Guinea defence force members are working together, as we have worked together alongside each other for many years.

“The Spirit of Pacific Partnership is about working collaboratively to build capacity, community and our neighbours.”

Australian, US, Japanese and Canadian military medical practitioners are training local doctors and nurses and running medical clinics and basic health awareness fairs.

Deputy Chief of Joint Operations RADM Steve Gilmore said as well as embarking specialist medical and engineering personnel, Tobruk’s ship’s company was assisting the townships in Vanimo and Wewak which have a combined population of about 40,000.

“Volunteers from Tobruk’s crew have been hard at it for two weeks now refurbishing sport facilities, memorials, public buildings and assisting with bringing awareness of health and hygiene issues to locals,” RADM Gilmore said.

FLTLT David Liu is a dentist posted to RAAF Base Williamtown in both Expeditionary Health Squadron and Williamtown Health Centre. He joined the Air Force in 2011 after graduating from the University of Melbourne’s dental school.

“We’re providing simple extraction, fillings and cleaning,” he said.

“We have brought consumables with a view to improve oral health and awareness. We are integrating with American, Japanese and local dental providers to improve interoperability and exchange information.

“It’s hot and humid here so the doctors are seeing a lot of different conditions. It’s hard work, but we are all having a good time.”

Pharmacy officer FLGOFF Stuart Benson, of 3 Aero Medical Evacuation Squadron at RAAF Base Richmond, said it had been a great opportunity.

“I have visited the hospital pharmacy and provided some education — and been educated myself — regarding pharmacy supply, clinical pharmacy, and antibiotic stewardship,” he said.

“I’ve learnt enough Tok Pisin to talk to locals about medicines and seen conditions we don’t see in Australia like leprosy, malaria and parasitic diseases.

— FLGOFF Stuart Benson, pharmacy officer

“My main role within Pacific Partnership was that of force protection of the visiting contingent,” he said.

“It has been a great experience working alongside an array of ADF personnel.

The ADF contribution to Pacific Partnership this year also includes US Navy and an Australian National Command Element on board HMAS Tobruk.

ADF medical and engineering personnel are also aboard the USN Pearl Harbor and an Australian Tobruk.

ADF medical and engineering personnel are also aboard the USN Pearl Harbor and an Australian National Command Element on board HMAS Tobruk.

The ADF has been involved in every Pacific Partnership mission since it started in 2006 and has visited around 20 countries, treated more than 400,000 patients and built more than 180 engineering projects.

Pacific Partnership 2013 ends on August 19.

PREVENTATIVE MEDICINE: FLTLT Joshua Bamford makes learning about health fun for children at the community health fair in Vanimo.

For FLGOFF Pollock the exposure to working in an operational environment has been interesting.

“I’ve been involved in public health workshops with local nurses, community health workers and local environmental health staff raising awareness of health matters, particularly for people isolated in the rural communities here,” he said.

“We’ve been focusing heavily on public health issues like communicable diseases vector-borne illnesses such as malaria, which are serious problems here. We have found preventative health advice is important in rural and isolated communities that have found new and inventive ways to use their mosquito bed nets for fishing.

“We’re aiming to drive home the importance of preventative health and change those behaviours.

“Educating children and health professionals about water quality and food safety is also important.”

FLGOFF Pollock has served as an EHO since 2010 after transferring from Security Police.

He has participated in exercises within Australia, but said his first overseas deployment as an EHO has been an experience to help him build on his skills.

FLTLT Bamford and FLGOFF Pollock will return to Australia with HMAS Tobruk in late July.

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“For us it’s been eye-opening and he said was learning a lot.

“We’ve moulded our approach to what’s here and what’s needed to improve the health of the communities, particularly through preventative medicine,” he said.

“The combined experiences of the ADF and the partner nations we’re working with have allowed us to have a stronger impact than if we were here alone.

“It’s good to learn how culture and limited resources can play a part in how we work in the Pacific region so in the event of a disaster we know how to best help.”

A healthy impact

LEUT Ryan Zerbe

FOR two Air Force environmental health officers (EHO), deploying to PNG has been an ideal chance to help improve the health of local people.

FLTLT Josh Bamford and FLGOFF Joel Pollock are currently deployed on Pacific Partnership 2013, in the townships of Wewak and Vanimo in PNG.

They are the only EHOs deployed and have been busy working at local hospitals and schools to provide health education to residents of the two townships.

The pair sailed to PNG in HMAS Tobruk in early June before commencing work in Wewak.

FLTLT Bamford said the experience has been eye-opening and he was learning a lot.

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A healthy impact
Top-quality medical care

ADF medics now earn recognised civilian qualifications in nursing and paramedicine and can work in civilian hospitals under changes to the medical assistants course.

Just as the Australian healthcare system has had to evolve and continually seek improvements to patient safety and quality of care, the ADF also strives for excellence.

All health personnel must now register with the Australian Health Practitioners Regulation Agency (AHPRA) before being able to undertake any on-the-job training or employment in civilian hospitals. ADF medics have not previously had to register with AHPRA and have largely been restricted to working within Defence facilities.

Senior mustering adviser WOFF Tim Lempriere said on-the-job experience was previously maintained within Defence health care facilities, with support from local area hospitals and ambulance service providers. “This support had mostly been limited to members observing clinical procedures,” WOFF Lempriere said.

While it provided exposure to varied clinical presentations and environments not conventionally experienced by Defence medics, it fell short of the required “hands-on” experience desired by Defence health personnel.

Last year medical assistant training underwent a significant transformation. Instead of a number of different phases to training, medics now complete one combined course at the Army School of Health in a triservice environment.

“Civilian qualifications obtained on the course now provide Air Force medics with significant clinical skills and a range of other qualifications that support their employment in both Defence and civilian health care environments,” WOFF Lempriere said.

The new course is challenging and slightly longer than previous training but is delivered at recognised tertiary level. Medics who complete the ADF medical assistants course will have civilian-recognised qualifications in both enrolled nursing and paramedicine.

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“Air Force medics need to adapt to changing environments and situations and really need to think on their feet,” WOFF Lempriere said.

“Healthcare delivery by medics in the field must be more than basic first aid. It must be appropriate for a modern and well-equipped medical response. The nature of warfare now demands an aggressive and action-oriented skill base in medical personnel so wounded troops receive expert care and, most importantly, can be returned to duty quickly.”

WOFF Lempriere said the ADF medical assistants training continuum provided the required knowledge and skills to directly support deployed personal in the field and their commanders. It is critical that the support medics provide contributes substantially to the mission success and the survival of personnel.

“The introduction of the ADF medical assistants course as initial employment training for Air Force medics will have direct and significant influence on Air Force health and will contribute directly to enhanced operational capability.”

Air Force medic training will continue to evolve and adapt in line with Air Force, ADF and civilian agency future platforms and capability requirements.

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A CLASS ACT: 34SQN crew attendant WOFF Heath Ross proudly displays his Category A certificate with his son Jack at Fairbairn in Canberra. He is Air Force’s only A Category crew attendant. Photo: CPL Guy Young

WOFF Ross’ recommendation to become the first mustering member to attain A Category status was based on a consistent standard of excellence and effectiveness of the highest levels practicable as a crew attendant and display of outstanding leadership and instructional ability.

“He has professional knowledge unparalleled,” WGCDR Davidson said.

“WOFF Ross is capable of the best in any situation, and people respect that. So you can’t do any more than that. He is a remarkable individual.”

The ceremony was held at 34SQN on Fairbairn in Canberra on July 1. Also present at the ceremony, along with members of 34SQN, was Commander of Air Lift Group AIRCDRE Gary Lindley Ghee and incoming CO 34SQN WGCDR John Martin, CSC OC 84WG GPCAPT of Air Lift Group AIRCDRE Gary Lindley Ghee and incoming CO 34SQN WGCDR John Martin, CSC OC 84WG GPCAPT of Air Lift Group
DEFENCE personnel gathered at the Australian War Memorial on July 10 to celebrate the military service of indigenous Australians.

The memorial, held annually during NAIDOC Week, recognises the contribution of indigenous servicemen and women.

After a Navy musician opened the ceremony by playing a piece on the didgeridoo, a canytophaphy parade from Australia's Federation Guard marched into position.

"It's an awesome thing to be a part of something like the big family we are," he said.

"I told them they should plan for the future not the present. My mother was a guiding factor in my direction as she promoted education all the time."

"Today, Australian servicemen and women are deployed on operations around the world, in Afghanistan, on peacekeeping operations throughout the Middle East and North Africa, and on maritime and border protection tasks closer to home."

"I'm in the next thing to heaven and the Country never forgets us, she said.

"We thank them for their service and we must never forget who they were, and what they did for us, and what we saw their indigenous comrades not for the colour of their skin, but for their courage, endurance, mateship and sacrifice."

"We come from the land, we acknowledge our country allows me to become a part of something like the big family we are," he said.

"We remember all Australians lost in conflict, particularly those of Aboriginal or Torres Strait Islander descent," he said.

"We thank them for their service and welcome the contribution of those indigenous Australians who continue their legacy."
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**A show of tactical skill**

Eamon Hamilton

THE spectacle of four C-130J Hercules flying low over New South Wales on June 21 represented an important step for 37SQN. During a four-hour sortie, the C-130Js practised their formation flying skills along a 1100km route, simulating an airstrike at low level.

The mission represented the CHS’s move towards taking on more of the tactical airlift roles left vacant by the retirement of the C-130H in late 2012.

CO 37SQN WGCDR Darren Goldie said the formation allowed Lt Col DIO pilot FLTLt John Calvert to become qualified to lead a multi-formation crew.

“It was also an opportunity to expose the more junior formation crews at the unit to multi-element formation procedures,” WGCDR Goldie said. The majority of the C-130Js’ missions are military flights, meaning little opportunity for crews to practice formation flying, which is required in some missions. As the Air Force’s primary tactical mobility platform, the CHS is required to be able to safely and effectively insert or resupply Defence personnel anywhere in our region of interests,” WGCDR Goldie said.

As the new Air Marshal, this is most effectively achieved using formation procedures. “This squadron has worked hard to regain this skill set in our crews, and will further develop it over the coming years.”

The success of the June 21 mission went beyond the aircrew. The Air Mobility Control Centre carefully planned 37SQN’s workload to ensure sufficient C-130Js were available. The 37SQN maintenance teams worked hard to ensure five aircraft – four C-130Js and a spare – were available for the mission. Taking into account aircraft in the Middle East, 37SQN flew nine C-130Js on that day, with the remaining three aircraft in scheduled servicing.

At 2.30am on June 21, the maintenance teams pre-flighted the five Hercules. Shortly after 5am the aircrew walked out to their aircraft. The spare C-130J was called in when one of the aircraft had difficulty starting an engine, and as dusk broke at RAAB Base Richmond, the hum of 16 Rolls Royce turboprops could be heard across the base.

The formation’s return was enthusiastically met by the remaining 37SQN members on the ground. “The response to the formation at 37SQN is exactly what you’d expect; pride in a difficult job done well,” WGCDR Goldie said.

“It also serves as a very visual statement where the Squadron is going,” he said. “We called it TOPS – trying there for all the teenage kids,” he said. “We ran a youth group ministry here for all the teenage kids,” said WGCDR Goldie. “We provided them with entertainment and fun and shared the gospel with them.”

Bishop Lambert said he was enthusiastic about his appointment as the Anglican Bishop of the ADF.

“I trust I can serve the Defence units and communities, at home and overseas. I can see, with 20/20 hindsight, how God has been moving, and I think there’s a lot of optimism at the moment as well.”

**Right job at the right time**

SGT Dave Morley

A FORMER Royal Military College graduate who left Duntroon as a Royal Australian Corps Transport lieutenant in 1976 recently returned to be commissioned as the new Anglican Bishop of the ADF.

Bishop Lambert received the appointment at the Anzac Memorial Chapel of St Paul on July 5, after two decades in the Army and two with the Anglican Church.

He said he was excited about the appointment. “I can see, with 20/20 hindsight, how God has been moving in and through my life and I can see how this is the right time and the right appointment for me,” he said.

“I trust I can serve the Defence community well.”

Bishop Lambert said while he came into the job with excitement, he also came in with a lack of knowledge. “Things have changed so much since I left the Army,” he said. “I understand the culture but not the mechanisms within, so I’ve got a fairly steep learning curve there,” he said.

“I did Exercise Long Look with the British Army of the Rhine, but I think the highlight of my career was the posting to Puckapunyal. I became a Christian there and had the pleasure of integrating my faith with my life and my work.”

Bishop Lambert said he became an authorised lay minister at Puckapunyal.

“We ran a youth group ministry there for all the teenage kids,” he said. “We called it TOPS – Teenagers of Pucka – and worked on the basis these kids had nothing. We provided them with entertainment and fun and shared the gospel with them.”

Bishop Lambert said he was putting together a visits schedule to all the bases and chaplains around Australia. “Hopefully I’ll get most of that in by the end of the year,” he said. “I would also like to go to Afghanistan before the troops withdraw.”

As the new chief minister and pastor within the Defence community, his role is to guard the faith, promote unity, discipline and the mission of the church in all Defence units and communities, at home and overseas.

Bishop Lambert was previously the regional bishop for the NSW South Coast, Southern Monaro and Snowy as well as being rector of the Anglican parish of Batemans Bay.

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Above, An F/A-18F Super Hornet taxis before they depart the Delamere

Top, pilots run through Aces North firsts:

➤ fast facts

Aces North off-loaded tonnes of fuel.

33SQN off-loaded while FLTLT Cath Friend, and wife, SQNLDR Hannah Jude's course as the first WSO and to try and WSO and completed the conversion job with the Super Hornet Project.

In 2008, FLTLT Feldhahn, then an air battle manager (WSO) and later on the FCI course as the last step in career pro-

it was just the beginning.

The punishing exercise made up the final four weeks of the FCI course, involving more than 300experienced and close to 60 aircraft. Seven fighter control instructors, two fighter controllers (FCI) and two fighter interpreters (FI).

“The aim of the course is to take our most talented pilots, weapon systems officers, air battle managers and intel-

telligence officers and put them through a rigorous six months of training to ensure they are ready to work in the air and on the ground. They had to sign a contract to be involved in combat,” CPCAPT Chapman said.

In typical Aces North emotion they had to fight their way into a large area, with external weapons on board, where they would be heavily outnumbered by enemy aircraft.

For the first time in Aces North history, students were required to operate together and immerse them-

selves in scenarios that are as complex as the instructions and Air Force could make them,” he said.

“We make it as close to combat as we can achieve. We was the 23rd FCI course (2020) had conducted.

“The best part of finishing is you don’t realise how you are improving until you look back,” said FLTLT Cath Friend.


IN THE HOT SEAT: Left, a fighter combat controller, FLTLT Jeremy Feldhahn, on the FCI course. Right, LACW Adrielle Juju, of 36SQN, on the flightline to check C-17s. Photos: LAC Dene Doreen and Craig Barrett.

FLTLT Cath Friend

What a journey.

Can’t believe it’s been over 10 years since I started flight control college (FCC). The opportunity to go back to that and truly understand the impact it has had on my career, not only in the ADF but in my life, has been life changing.

This was the second time I have been involved in a FCC course with my first being the 19th February 2002. It is hard to believe it was that long ago.

FLTLT Jeremy Feldhahn Welcome to the FCI course.

FLTLT Feldhahn was scheduled to be the TA-18A Hornet. It was a challenging four days. It was a fantastic improvement in the control effectiveness across so many platforms.”

FLTLT Cath Friend

Best in the business

The FCI course is run uncontrollably with the fighter Combat Instructors (FCI) course and both control sections (CCS) and battle sections (BS) attend the course as part of their regular training.

The FCI course gets the real-time tactical air battle management functions in the world. At short range we need to fix things fast. High level information is required to go into a high threat area and fix the threat and get home. Without the CCS, FCI course would be much harder. The course was hard work but a rewarding experience.

“Being a FCI student meant very high workloads, very high intensity and very high velocities. The pay off for the student is a course is a valuable skillset you can apply in any in the Air Force for any job.”

The role of the FCI

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Leaders are out in front

FLTLT Gavin Briggs
SqnLdr Samantha Freebairn juggles being a mum and a pilot. While not every day is easy, she loves being a leader in the Air Force.

SqnLdr Freebairn spoke about her experiences at the Queensland Public Sector Young Leaders Conference last month.

A Globemaster pilot with 36SQN, SqnLdr Freebairn spoke of the challenges women face in trying to successfully juggle their many roles and demands.

In her speech titled “Fostering a Culture of Commitment and Accountability”, she spoke about her own experiences with respect to gender diversity and accountability.

“I’d like to spend a few moments telling you about women in the military. Firstly, I am a woman and I am serving in the military, I am a pilot of the C-17 aircraft, I am a wife and I am a mum,” she said.

SqnLdr Freebairn acknowledged days were often busy and challenging for any working parent, but said she had “a great family, a job I love, a supportive boss and an organisation that is supporting women returning to work after children, and in many other ways is extremely progressive”.

“This transition period is one I am very proud to be a part of and the reason I am choosing to stay in the Air Force. I want to ensure this change is enduring,” SqnLdr Freebairn said.

She said women should not be scared to reach for their dreams.

“First, someone has to be interested in flying or the military, and then we, as an organisation, have to get them to be interested in flying in the military,” she said.

“This is sometimes perceived as too hard or too dangerous by women when in fact anyone can learn to fly. Women learn differently to men and require different support networks.

“The Air Force is currently trying to even the playing field to ensure everyone has the best chance of success.”

One of the themes SqnLdr Freebairn discussed in her speech was Air Force’s commitment to increasing gender diversity with a requirement to comprise 25 per cent women.

Currently, Air Force is made up of 17.5 per cent women. Attention is being focused on supporting, retaining, recruiting and progressing women within the more non-traditional employment roles like air crew (3 per cent), and technical trades (6 per cent), because even small gains in these areas will have an enormous impact in decreasing the occupational segregation of these fields.

SqnLdr Freebairn’s speech illustrated to the audience that Air Force has hard-working leaders who are unafraid to confront problems and seek solutions to challenges women face in securing a flying career in the military.

LEADING THE WAY: C-17A pilot SqnLdr Samantha Freebairn, of 36SQN at RAAF Base Amberley, impressed the crowd at the Queensland Public Sector Young Leaders Conference.

Photo: LACW Kylie Gibson
ONE of Australia’s two northern bare bases paused briefly in early June to acknowledge its first quarter-century.

RAAF Curtin, situated in a remote area near Derby in Western Australia’s West Kimberley region, was officially opened in the late 1980s and provides Air Force with an enhanced capability to conduct operations from mainland Australia.

CO 13SQN WCDR Robert Graham attended from RAAF Base Darwin and joined Air Force caretaker FLTLT Bettina Mears and their families for a morning tea to celebrate the anniversary.

The facility was named in honour of Australia’s wartime prime minister John Curtin, who led the nation in WWII.

The base was opened on June 11, 1988 by then prime minister Bob Hawke and hundreds of residents from across the West Kimberley region attended the ceremony.

Aleta Lee-James, partner of base acting caretaker CPL Dennis O’Connor, was present at the anniversary.

“It was a great day. The local community was very proud to welcome the RAAF to Derby and continue to be a part of the Air Force presence today,” Ms Lee-James said.

The base underwent significant enhancements during the 1990s and beyond.

Responsibility for RAAF Curtin was transferred from 396 Expeditionary Combat Support Wing to 13SQN on January 1 this year.

Unit safety adviser and acting caretaker CPL O’Connor has been working at the base for the past 18 months, and said the community provided strong support to Air Force and its people.

“The local community is quite interested in the base,” he said. “They have a lot of affection and enthusiasm for the work we do.”

Along with contractor services, a four-person detachment maintains the base and provides airfield maintenance to a constant state of readiness.

The base can be fully operational within 24 hours. Until Exercise Pitch Black in 2006, RAAF Curtin had only been activated once.

The airfield is suitable to handle a variety of aircraft, from tactical fighters to civilian airliners.

AUSTRALIAN Air Force Cadets (AAFC) can now proudly wear new proficiency badges and wings, designed specifically for them.

The new badges began being distributed last month to more than 2000 AAFC and staff eligible to wear them.

Flt Lt Sean Watson

The badges were designed on behalf of the AAFC by Air Force Cadet Branch Logistics Officer, WOFF Michael Papa.

“The AAFC Proficiency Badge resembles the Air Force Operational Readiness Badge – featuring an outstretched Wedge-tailed Eagle surrounded by a circular disk with ‘Australian Air Force Cadets’ embossed around it,” he said.

“The badge will recognise those cadets and instructors who achieve a designated number of AAFC proficiencies.”

The new AAFC Pilots Wings feature an AAFC national crest superimposed over upswept dove wings. The wings were re-designed to prevent confusion between the old AAFC design and Air Force badges currently in service.

Examples of both badges have been presented to CAF AIRMSHL Geoff Brown.

“It is very pleasing to see our young cadets have badges that appropriately recognise their achievements in the AAFC,” AIRMSHL Brown said.

Cost-conscious approach pays off

NEW BADGES: Air Force Cadets now have proficiency badges and wings designed specifically for the AAFC.

ACTING OIC 1 Combat Communications Squadron (1CCS) Airfield Systems FSGT Jason McLaren has implemented cost-saving initiatives that have saved Air Force $142,000.

For his commitment to the initiatives, FSGT McLaren has been presented with an OC Commendation.

Since 1965, 1CCS has been focused on the delivery of efficient and tactical communications support to enable airspace control and FSGT McLaren took the lead on a costs analysis review to identify economically viable alternatives.

OC 395 Expeditionary Combat Support Wing (395ECSW) GPCAPT Peter Davis said the review resulted in the development of sustainable cost saving initiatives for the squadron and the wing.

AWARDED: CO 395ECS Wg

“Since assuming his role as OIC of ICCS Airfield Systems capability in 2012, FSGT McLaren has displayed great leadership and dedication to refining what we do,” GPCAPT Davis said.

“The revised processes have also assisted in the prevention of equipment damage.”

FSGT McLaren instigated a project to install a base mains power feed to the tactical Air Surveillance Radar site at RAAF Base Williamtown which negated the need for costly transport.

He also identified transport savings relating to the Transportable Air Operations Tower (TAOT) acceptance testing at RAAF Base Tindal, the communications support requirements provided by TAOT for Exercise Leadfoot at RAAF Learmonth and for the support provided at the 2013 Avalon air show.

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What activities can I perform on HomeFind with ‘Preview Access’?

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The property must be available two weeks before and four weeks after your nominated arrival date. Your DHA Housing Consultant will then contact you to discuss your relocation arrangements.

I have submitted my removal paperwork. What is the next step?

Once you have submitted your removal paperwork you will be given full access to HomeFind. You can then view and lock down properties that meet your housing entitlement.

The property must be available two weeks before and four weeks after your nominated arrival date. Your DHA Housing Consultant will then contact you to discuss your relocation arrangements.

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Flt Lt Gavin Briggs

The nature of intelligence work goes largely unnoticed and for good reason. However, this meant a lot of the work done by Air Force intelligence officers (INTELLOs) during WWII remained hidden for many years. This situation rings true for the service personnel of 1 Photographic Reconnaissance Unit (1PRU).

He was formed on 8 June, 1942 in Laverton, Victoria, and two months later moved north to Hughes Airfield in the Northern Territory.

In David Vincent’s Mosquito Monograph: A History of Mosquitoes in Australia and RAAF Operations, he described the unit’s objectives as “to carry out long-range strategic reconnaissance to the enemy and its tactical reconnaissance.”

Air Force historian Dr Gregory Gilbert described intelligence “as the glue that binds the different elements of Air Power together.”

“Without good air intelligence you cannot run an effective air campaign,” said Mr Guppy.

“The thing that interests me the most about the anniversary events is being able to talk again to men who flew the reconnaissance mission in 1PRU. They did all our photography for us,” Mr Guppy said.

“It was a difficult time for them as they were a long way from home and unarmed. That was to save weight, so they could fly the long distances through enemy territory. I am rather looking forward to it.”

In June 1944, a detachment of three aircraft was based briefly alongside the RAF 136SQN on the Cocos Islands. Their top secret mission was to fly over Singapore but continued to weather the Indian Ocean region hampered their efforts, forcing them to fly just one sortie over Christmas Island before their eventual return to Coomalie Creek, in the NT.

In July 1945 the squadron flew its longest photo reconnaissance mission over targets in Java – a flight which covered more than 3700km. On August 15, the day the war ended against Japan, the squadron flew its last wartime operation. One hour into its flight to Timor, the Mosquito was disarmed by the victorious Allied forces.

The final operational flight against the Japanese was a mapping run over Timor on October 3. The squadron had continued conducting flights over identified Japanese formations until they could be disarmed by the victorious Allied forces. Soon after the war’s end, the squadron returned to Australia and was disbanded.

The squadron was formed from elements of 1PRU at Christmas Island and returned to Australia and was disbanded, in December 1945.

Mr Guppy is looking forward to celebrating the 50th anniversary of Air Force Intelligence. Photos: CPL Aaron Curran

Out of the shadows

Mr Guppy’s wartime service began a decade before the formal establishment of the Air Force Intelligence 50th anniversary activities to be held later this year in Adelaide and Canberra, commemorating the efforts of the Air Force Intelligence Officer Branch.

Canberra resident and former intelligence officer Douglas Guppy, now aged 91, is eager to attend the celebrations.

“I am looking forward to seeing if any of the people I knew and served with are still around,” Mr Guppy said. “It’s very hard to know how many, unfortunately, but it will be interesting nonetheless.”

Mr Guppy’s wartime service began a decade before the formal establishment of the Air Force Intelligence Officer Branch in 1953. He served with the RAAF during WWII, alongside 1 Photographic Reconnaissance Unit (1PRU) and 87SQN.

“Mr Guppy’s war-time service began a decade before the formal establishment of the Air Force Intelligence Officer Branch in 1953. He served with the RAAF during WWII, alongside 1 Photographic Reconnaissance Unit (1PRU) and 87SQN.

“A group of fellow geologists I knew before the war joined the RAAF as Intelligence officers in special duties,” he said.

“They wanted more people so I asked them to help me get in.”

As a geologist at Adelaide University, Mr Guppy’s employer was famous Antarctic explorer Sir Douglas Mawson.

“He was in control of manpower at Adelaide University’s geology department and he wanted me to work in the uranium deposits for the American bomb trials,” Mr Guppy said.

“Douglas Mawson tried to stop me joining, however geologists were sought after as we are trained to study things very carefully and we are good at looking at things and picking up unusual activity and inconsistencies. We proved to be very useful to the RAAF.”

After the war, Mr Guppy resumed his civilian career as a geologist which took him to places such as Persia (modern-day Iran). Mr Guppy is looking forward to seeing other WWII veterans.

“The thing that interests me the most about the anniversary events is being able to talk again to men who flew the reconnaissance mission in 1PRU. They did all our photography for us,” Mr Guppy said.

As a geologist at Adelaide University, Mr Guppy’s employer was famous Antarctic explorer Sir Douglas Mawson. He was in control of manpower at Adelaide University’s geology department and he wanted me to work in the uranium deposits for the American bomb trials,” Mr Guppy said.

When looking back on Mr Guppy’s experience in WWII, a quote by Governor-General Quentin Bryce is fitting:

“Looking back: Clockwise from left, 1PRU members at their Reunion at Coomalie Creek in 1943, FLTOLD F. Basser, FLTLT W.J. Ryan and SGNLDR C.L. Laverie in 1944. Photos courtesy of the Australian War Memorial and donor N.M. Waite. The 50th anniversary of the formation of the RAFAF Intelligence Officer Specialisation will be celebrated at a number of events this year in Adelaide and Canberra. On September 20, 1953, the RAFAF Intelligence Officer Specialisation was established and has since proved to be a critical component of Air Force’s intelligence capability, enabling air operations throughout the RAAF’s diverse and significant operational history. Events include: 87SQN, RAFAF Base Sydney, September 20 ➤ Air Force Intelligence (AFINT) Symposium ➤ Opening of new 87SQN HQ building ➤ Emplacement of AFINT 50th anniversary time capsule ➤ Formal dinner Canberra, Weston Creek, October 5 ➤ Presentation ceremony and semi-formal dinner, October 6 ➤ Informal brunch

For more information regarding event details email RAFAF Reunions defence.gov.au or call 1300 DEFENCE (1300 333 362) and ask to be put through to RAFAF Reunions.

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History

July 18, 2013

50 years of memories

50 years of memories

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Career Shift
**Flexible reserve training**

**WGCDR Judith McCann**

NEW reserve positions have been created and the Reserve Training Wing and associated training flights in city squadrons have been disbanded under training refreshments requested by CAF AIRMSHL Geoff Brown.

His ‘Intent for Education and Training of Air Force Reserves’ Directive means recruiting targets are being reinvigorated with an integrated training model concept introduced.

This will support reservists in upskilling and use both full-time and flexible delivery options for Induction and Initial Employment Training.

Commander Air Force Training Group (AFTG) AIRCDRE Brian Edwards said the review will ensure reservists are trained more efficiently, and their unique circumstances are taken into account as much as possible.

“One of the new arrangements, reservists will be provided more one-on-one support, and proactively managed and assisted throughout their training,” he said.

HQ AFTG will soon call for expressions of interest to fill positions within that area, at selected schools and at major bases to provide local support to reservist trainees.

Staff officer AFTG Training Systems and Standards John Fisher said “the training system must cater for the flexible workforce, in order to better utilise and capture the skills on offer to the Air Force”.

“The changes to more flexible methods of learning will not just benefit reservists – there will also be flow-on effects for Air Force trainees,” he said.

**The skills to make improvements**

**LEAN Continuous Improvement** (CI) training helps personnel gain the skills to remove inefficiencies from the workplace.

There are courses in awareness briefings, improvement practitioner training, executive change leadership training and advanced training to improve executive leader level.

The Air Force Improvement (AIF) awareness briefings are delivered on Air Force promotion courses as communication packages, but CDs can also request a briefing at their unit.

The improvement practitioner training is aimed at specific personnel who have been assigned to lead an improvement project and those who have been appointed as a CI coordinator within their Force Element Group. It provides them with the basic change management and project management skills to define and establish improvement. It also provides more in-depth training on specific LEAN tools and techniques.

Executive change leadership training is aimed primarily at OCs and directors, COs and other executive-level officers who occupy key change leadership roles.

The course introduces concepts associated with whole of enterprise Lean business improvement, change leadership and elements of governance needed to effectively implement and lead a program of reform.

Advanced training for improvement leaders is provided using Green Belt Training in Lean Six Sigma. Members joining AIF as base consultants complete this intensive course at the University of Technology, Sydney. It is designed for the AIF consultants to advance their skills to provide more specialist Lean CI support across Air Force.

**Air Force events**

**Air Force Band**

*July 18: Fromelies service at Melbourne Shrine, Melbourne.*

*July 25: Chamber Series at St Paul’s Cathedral Melbourne.*

**For full details on upcoming displays, go to: www.airforce.gov.au**

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CAPT Scott Ritchie
Director Military Discipline Law

WHEN a person assaults another by touching, kissing, handling or otherwise interfering with them in an indecent manner and without their consent, it is a sexual offence. What makes an assault indecent is determined by current community standards; however, any unwanted physical attention that is lewd or sexual could be seen as being indecent.

Overall, indecent assault can be characterised as behaviour or touching that is forced upon people against their will. The ADF does not tolerate any form of indecent assault and it breaches the Defence Force Discipline Act 1982 and civilian criminal law.

An offender is liable to a term of imprisonment for, in the case of the ADF, where it is referred to as an act of indecency, up to seven years. In addition, an offender can face administrative sanction for indecent assault, including dismissal from the ADF.

A member can be suspended from the ADF while an allegation of indecent assault is investigated. Indecent assault can cause enormous and long-lasting trauma to the victim. It also can impair unit morale, cohesion and effectiveness in the workplace and on operations.

The prosecution by the ADF of recent cases of indecent assault demonstrate the resolve of the ADF to ensure that those members who engage in such criminal and offensive behaviour are held accountable.

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RCEAIR F
July 18, 2013

Justice

Other rank
Defence Force Magistrate

One charge of assault occasioning actual bodily harm
DFDA s 61(3) and Crimes Act (ACT) 1900 s 24(1)

One charge of assaulting a subordinate
DFDA s 34 (in the alternative)

One charge of creating a disturbance on service land
DFDA s 33(b)

One charge of failing to comply with a general order
DFDA s 29(1)

The member was accused of creating a disturbance and hitting another member in the face, causing injury. The member was also accused of being in an inappropriate workplace relationship. The member pleaded not guilty to the charges of assault and creating a disturbance, and guilty to the remaining charge. The member found not guilty of all charges except for failing to comply with a general order. The member forfeited seniority.

Defence Force Magistrate

Eight charges of misuse of a Commonwealth credit card
DFDA s 61(3) and Financial Management and Accountability Act 1997 s 60(1)

The member was accused of obtaining Commonwealth funds totalling $5406.54 when not authorised to do so. The member pleaded guilty to the charge and was found guilty of all charges except for failing to comply with a general order. The member was dismissed from the ADF and sentenced to imprisonment for three months.

Officer
Restricted Court Martial

One charge of prejudicial conduct
DFDA s 60(1)

The member was accused of being in a relationship with a member married to another member under their direct command. The member pleaded guilty to the charge and was found guilty. The member was reduced in rank and severely reprimanded.

NCO
Restricted Court Martial

One charge of attempted act of indecency without consent
DFDA s 61(3) and Criminal Code Act 2002 (ACT) s 44(1)

The member was accused of attempting to take an inappropriate photograph of another member without their consent. The member pleaded guilty and was found guilty. The member was fined $4530 (with $2265 suspended), to be paid in fortnightly instalments of $87.12. The member was also severely reprimanded.

Defence Force Magistrate

Eight charges of misuse of a Commonwealth credit card
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The member was accused of obtaining Commonwealth funds totalling $5406.54 when not authorised to do so. The member pleaded not guilty to the charge and was found guilty. The member forfeited seniority, was fined $2000 (to be paid in fortnightly instalments of $120), and ordered to return the electronic items.

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Note: All Court Martial and Defence Force Magistrate trial results are subject to command review and appeal. The results indicated are of trials across the ADF.
In-home care for children

Bruce Jackson

CHANGES to Defence housing policy will enable ADF members to have a non-dependant person reside in their Defence-subsidised housing for the purpose of providing child care.

As of July 1, a family member or au pair can occupy a service residence or a rent allowance property on a full-time basis to assist members and their families.

Military Conditions and Housing Policy assistant director Bob Jones said the changes would give members a greater degree of flexibility.

"Defence is committed to being an employer of choice and this change is another example of Defence’s commitment to supporting members through the changing stages of their life and careers," Mr Jones said.

It also recognises the unusual patterns of work commonly associated with Defence service.

The changes complement a range of enhancements to family-friendly policies, such as the recent improvements to carer’s leave, which is also aimed at assisting Defence families who need help with the care of children.

In-home child carers will not be recognised as dependants by Defence and there is no change to benefits such as the number of bedrooms or removals.

It is a member’s responsibility to inform Defence Housing Australia in writing when their housing circumstances have changed.

Defence will not be part of any contract or arrangement between the member and the carer or any organisation that facilitates the arrangement and members will be responsible for providing remuneration to the carer, complying with relevant labour laws and providing the necessary liability or worker’s compensation insurance.

A resident child care form has been developed to gather information and feedback and to notify Defence Housing Australia of changes. It is available on the People Connect website and further information is available at http://intranet.defence.gov.au/pac or www.defence.gov.au/dpe/pac for enquiries about Defence housing policy email housing.policyinquiry@defence.gov.au

SUPPORT: Changes to the Defence Housing Policy mean ADF members can have a non-dependant person live in a service residence or rent allowance property to care for their children. Image: Bob Dikkenberg

New online living-in service

PERSONNEL will be able to check availability and book live-in accommodation with a new online service.

Defence’s Head Defence Support Operations Mark Jenkin signed a five-year contract with Defence Housing Australia (DHA) on June 21 to provide a national living-in accommodation booking and allocation service to ADF members.

There are more than 33,000 rooms available as living-in accommodation across Australia, which are used as permanent, course, exercise and transit accommodation.

The living-in accommodation booking and allocation system will provide ADF personnel, unit and Defence administration with 24/7 access to real-time information on accommodation availability and options.

Acting head of Defence Support Operations Sue Parr said the system would provide a streamlined consistent process for ADF members.

"The booking and allocation system will allow ADF members to book living-in accommodation at all locations across Australia, through a convenient online national system," Ms Parr said.

A pilot program will begin in South-East Queensland in September with the remaining regions to transition to the DHA-managed system in the first half of next year.

There are dedicated DHA field implementation teams currently working in each Defence Support and Reform Group region, focused on gathering issues to ensure service and local requirements are captured in the new service.

Contact LIAProject@dha.gov.au

Take advantage of your entitlements

FLTLT Gavin Briggs

A NEW tool to help members understand the value of their ADF pay and benefits is set to be launched on August 1.

The user-friendly Compare Your Package (CYP) service will provide full-time ADF members with an up-to-date estimation of the financial value of their conditions of service and an overview of the intangible benefits available in their Defence service offer.

"People Policy and Employment Conditions Branch project manager David Scott said it was hoped the service would give a comprehensive view of members’ entitlements and the rewards and benefits available.

"How members use that information is up to them – hopefully they will be influenced to stay longer in the ADF," he said.

The CYP report pulls together many of the benefits available to ADF members, including allowances, top-up superannuation and retention bonuses.

As a whole package, members can use it to understand how the Defence service package provides a wide range of benefits that other employers might not offer.

“That’s why we would say that it is an approximation,” Mr Scott said. “It’s not an actual 100 per cent representation but it is very close.”

The program was authorised by the Chief of Services Committee to assist with retention of full-time ADF members, especially those who are critical to maintaining capability.

Members thinking of leaving the ADF are being encouraged to use the CYP to make an informed decision. The online tool will allow them to compare their Defence package of pre-tax financial and non-financial benefits with what is available outside of Defence.

The CYP can be accessed on the intranet from August 1 at http://cass/apps/cyp.
READY TO ROLL: LACW Andrea Lee checks out the Chris Stillwell Ford Mustang at RAAF Base Tindal.

DEPLOYED: LAC Alan Williams is a fire-fighter at Al Minhad Air Base.


ON THE GO: FLTLT Craig Gillies, an operations officer with 92WG, as watch keeper for Joint Task Force 639 Air Component Coordination Element during Operation Resolute RAAF Base Darwin.

MEET AND GREET: LACW Laila Engle and LAC Salvador Blasco-Celda answer questions by students after the Air Force Wind Ensemble’s school concert at Karama Primary School, Darwin.

DONATIONS: 10SQN’s WOFF Lara McAuliffe, the Sergeants’ Mess historian, presents a book to MAJ Sue May. It is part of a collection donated to the Salvation Army.

ON SHOW: Military working dog handler LAC Luke Webber and dog Otto prepare for a display for Flagstone State School students.

Inset, FSGT Mark Cleary with his Air Commander Australia Silver Commendation for outstanding performance as the programming officer at the Officers’ Training School, RAAF Base East Sale.

Photos: LACW Shannon McCarthy, CPL Cam Scott and LAC David Cotton.
Supplementary questions

Protein powders, pre-workouts and other potions – what’s good, what’s not and do we really need them? LS Helen Frank weighs in to the world of amino acids in the first of a three-part series.

D O YOU want to increase your endurance during workouts, decrease your recovery time between training sessions, increase your strength gains or speed up your fat loss? Effective supplementation can augment your efforts in the gym and the kitchen, but you need to know what you are taking.

The most common supplement used by gym goers is protein powder. You need protein for a number of reasons.

Australian Institute of Sport dietitian Greg Shaw said protein was an essential nutrient in the diet and was necessary to build body proteins that have important structural and functional roles.

“Proteins are made up of various sequences of about 20 different amino acids,” Mr Shaw said.

“Eight of these amino acids are essential and must come from the diet. Some amino acids are used as a minor fuel source during exercise.”

Amino acids act as building blocks for most bodily structures, including hair, organs, skin and muscles. Using amino acids, we build new tissue and repair damaged tissue.

Defence’s Senior Medical Adviser for Occupational and Environmental Medicine, Mathew Klein, said Joint Health Command encouraged good nutrition in the form of a healthy, balanced diet rather than the use of supplements.

“While additional protein is beneficial when building muscle bulk, it can be obtained by adding protein-containing foods rather than by the use of supplemental protein powders,” Dr Klein said.

“Protein is needed to maintain quality of life, especially in the later years where bodies are more susceptible to skeletal muscle wasting.

Studies of men eating 1g of protein per kg of body weight showed they had a greater level of feeling full than similarly-aged men eating less protein. They also reported a superior ability to stick to an eating plan.

Most people don’t need a lot of protein. Mr Shaw said the recommended daily intake was 0.75g per kilo of body weight a day, but some people would need more.

“These undertaking resistance exercise have requirements that are slightly higher at 1.5-2g a day depending on age, nutrition, training focus, training age and gender,” he said.

Highly active athletes, powerlifters and crossfitters, people trying to gain muscle for 24 to 48 hours after resistance training if they are unable to access quality food within the next hour,” Mr Shaw said.

“I encourage real food protein sources, such as chicken, turkey, beef and eggs, at all main and mid-meal snacks to continue the growth and repair of muscle tissue if the person was looking to increase lean muscle mass.”

Mr Shaw said protein intake is an effective way of increasing muscle protein for 24 to 48 hours after resistance exercise, so regular intake of quality protein sources throughout the day would help muscle growth.
Father figures ride for charity

**FLLT Gavin Briggs**

RECENT family bereavements spurred RAF exchange officers of 92WG, FLLTL Kev Ross and SGT Stephen Barnes, to get on their bikes and ride for a good cause – in memory of their fathers.

They took part in the Star 2 Remember Charity Bicycle Ride, joined by LAC Andy Duncan. The three pedalled about 1000km over eight days from Adelaide to Melbourne, with only one tyre changing during the entire journey.

They raised $6500 that will be shared equally between the South Australian branches of the Heart Foundation and The Cancer Council.

These charities were chosen due to the recent deaths of FLLTL Ross and SGT Barnes’ fathers, whose illnesses are supported by the charities.

“A huge thank you on behalf of the team for everyone’s support, encouragement and donations to two special causes that are close to both our families,” FLLTL Ross said.

“The team received support from the RAF Sport Lottery Fund, the RAFF in the form of support vehicles, and Transfield Services for food and water.”

CO 10SQN WgCdr David Hombsch and OPSO 92WG HQ FLLTL James Magnussen joined the riders to Mount Gambier on the first three days of the charity event.

As a UK exchange officer with 293SQN, FLLTL Ross said the physical challenge was always going to be hard.

“As such, we started our training over six months ago, fitting in training sessions between deployments on Op Resolute,” he said.

“No amount of training was ever going to be enough, but with such personal commitment to the cause we were never going to give up. We couldn’t have done the event without our support team who were fundamental in protecting us along the route and followed us tirelessly, warning other vehicles of our position ahead.”

The support crew comprised FLGOFF Stuart Collett and SGT Mihai Rotaru from 92WG.

“We would like to thank the RAFF Base Edinburgh community for their donations and getting involved with supporting our two charities,” SGT Barnes said.

“Special thanks must go to LAC Andy ‘Goggles’ Duncan for getting involved at such short notice. He was an invaluable asset and a major strength of the team.

“A huge thanks goes out to our friends and families in the UK and Australia for their constant support and encouragement, both in the training and planning of this charity bike ride.”

FLLTL Ross and SGT Barnes intend to assist in the research and education of both diseases by raising awareness along with vital funds to help other families.

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**John Martin**

LAC Kaleb Tymko entered the cricket scene in a blaze of glory when he scored two Twenty20 centuries in one day for Air Force in 2011.

And the Australian Services Cricket Association (ASCA) is hoping he can repeat that form in Brisbane next month when he comes up against some fine bowlers at the International Cricket Council (ICC) East Asia Pacific (EAP) quadrangular Twenty20 Tournament in Brisbane.

LAC Tymko, of HQSOG, is one of three Air Force representatives chosen in the ASCA team that answered an SOS to compete in the tournament, from August 12-17 at venues across Brisbane.

FLLTJr Jack Moxey and CPL Adam Barnes took time out from the ride to take in the scenery of the 12 Apostles on their bikes and ride for charity.

**BIG HITTER:** LAC Kaleb Tymko is one of three Air Force cricketers selected in an Australian Services team for a quadrangular tournament in Brisbane.

Photo: LAC Bill Solomou 101 off 45 balls against Army in the final of the ACM Angus Houston Cup.

His opening batting partner, CPL Ricky Mace, said he had never seen such clean hitting.

“He’s definitely going to play a major part in the future of Air Force and Defence cricket,” CPL Mace said.

Although it’s still winter, LAC Tymko has been responsible for getting involved at such short notice. He was an invaluable asset and a major strength of the team.

“Thanks has to the ASCA selection staff for giving an opportunity,” SGT Roberts said.

“At the moment, I can’t think of a better selection. The ASCA selection staff are fundamental in progressing this team to the next level.”

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**Advanced air for OCDT**

ODCT Kube said he would like to continue jumping canopy formation under the ADPA, while an all-time goal would be to represent the ADP in national and overseas competitions or be part of large canopy formations.

He looks forward to building up the discipline across Defence and appreciates the support provided by ADPA.

Although Defence numbers are smaller for this discipline, they are steadily growing with a number of teams competing at the last Defence Parachute Championships and it is hoped to have future representative teams compete in national and international competitions.

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**Quadrangular cricketers set**

LAC Kaleb Tymko entered the cricket scene in a blaze of glory when he scored two Twenty20 centuries in one day for Air Force in 2011.

The other members in the team are: Army – SGT Roberts, MAJ Nic Griffith, SIG Beau Wright, SGT Don Mander, LCPL Al Ryder, CPL Corey Baker, SGT Martin Blackman, TPR Craig Holmes and SGT Mark Brown.

Navy – WO Gary Fuss and AB Al Kristensen.

If you are interested in representing Air Force at this year’s national tri-service carnival email raf.crickets@defence.gov.au.
ADVANCED AIR On a wing and a canopy for OCDT

FREE FALLING: OCDT Simon Kube is all smiles at 6000ft as a colleague drops in during the Canopy Formation Skills Camp at Goulburn. Photo: WO1 Phil Trainm