SPACE: THE NEXT FRONTIER

The mission to expand our space cadre

Air Surveillance Operator CPL Matthew Tilbrook inside the briefing room at 1RSU where a satellite launch is projected in the background. Photo: CPL Craig Barrett
The adventures of a test pilot

CPL Bill Solomou

SQNLDR Marija Jovanovich shared stories about flying and flight test with more than 200 enthusiasts at Questacon, Canberra, on August 15, as part of National Science Week. Once SQNLDR Jovanovich opened the floor to questions from the audience - made up of families, teenagers and budding top guns - hands went up as quick as one of the fast jets she had flown.

In fact, SQNLDR Jovanovich’s face lit up as she seemed to be in her element – talking to like-minded strangers interested in science – or “super nerds” as one attendee put it.

With more than 3000 flying hours and 30 different aircraft, SQNLDR Jovanovich says being a test pilot combined her passion for science and her passion for flying.

“Being a bit of a science nerd during high school – and I use the word nerd with great affection – I always looked to the skies and space and wanted to end up flying,” SQNLDR Jovanovich said.

“As a test pilot, you never have enough time to get comfortable,” she said.

“Firstly, it teaches you that all fixed wing aircraft, regardless of what they look like, are essentially the same. The second is to become comfortable being uncomfortable, to understand how to deal with an aircraft that you have not flown before,” she said.

“For a 27-year-old to be in charge of an Orion and its crew is an amazing thing to be doing, and I loved every minute of it,” SQNLDR Jovanovich said.

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Tribute to unity in war

FLGOFF Erika Seymour reports on the Battle of Milne Bay 75th anniversary

BATTLE of Milne Bay veteran CMDR Arthur John (Nat) Gould, 97, could not attend the service but spoke to Air Force News. CMDR Gould served in squadrons in the United Kingdom, in Russia, at the battle and finally in the Royal Navy Fleet Air Arm.

“Today for us, for the Air Force in particular, this is recognition of what 75 and 76 Squadron did during World War Two,” AIRMSHL Leo Davies said.

The battle was not just Air Force, but Air Force played such an important role, it is very easy for us to make the connection.

These types of events for me (Last Post ceremony), and many of us around here, the veterans who we talk to, is in many respects the same feeling that we have for our veterans, our fallen heroes. It is something that we can never go back and relive.

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The Royal Australian Air Force was pivotal in the success of the battle, providing air cover and air power against Japanese capability and protecting Australian troops.

“More generally we should remember those who served in the Second World War in which 40,000 Australians died. To honour that sacrifice and to recognise the freedoms that generation gave us is a very important thing to do,”

Navy also contributed, conducting a naval survey of the bay in Laurabada, which was manned by Navy personnel, while RN warships, including HMAS Darwin, escorted the transport vessels delivering earth-moving equipment, food, ammunition, aviation fuel and other essential supplies.

Prior to the dedicated Last Post Ceremony, the veterans attended a guided tour of a new exhibition at the AWM that highlights the conditions and physicality of the fighting at Milne Bay through technology and artefacts from the battlefield, as well as art and photographs.

FLTLT Grant Harvey, of 39OSB, takes part in Exercise Kangas’ Return 2017 in Papua New Guinea. Photo: Adam Campos

FLT Lt Julia Bell shares her Kokoda Trek experience

The opportunity to complete the Kokoda Trek commemorating the 75th Anniversary of the Kokoda Campaign was one that could not be missed by the Air Force members of the 39th Operational Support Battalion.

Seventy-five years after 39 Battalion fought the Japanese in New Guinea, men and women of 39OSB retracted their steps for Exercise Kangas’ Return.

What lay ahead for FLTLT Sam McAlene, FLTLT Grant Harvey, SGT Sean Seery and myself, was an eight-day trek in August through difficult jungle terrain, from Carmera to Owen Corner over the Owen Stanley Ranges.

Flying into Kokoda, we were greeted by local dancers welcoming the return of 39BN on this important anniversary. It was from here that we commenced the long journey onto the track.

While moving along the track we began to appreciate the struggles of 39BN would have faced 75 years ago.

Adding to the surreal experience was the evidence of weapon pits, defensive positions and pieces of aircraft wreckage still present.

With the assistance of our trek leader and porters, we arrived at Owen Corner relatively unscathed with just a few bruises and sore knees to remember the trip by.

Following the completion of the trek, we were fortunate to visit the Bomana War Cemetery, taking time to reflect on what we had experienced over the previous days and remembering the 4000 men buried in the cemetery who had lost their lives during the campaign.

During the trek we experienced the dawn service held at the Isurava Memorial, this was a truly moving experience which served as a poignant reminder of the sacrifice and dedication of those brave men who served and died at Kokoda.

Our trek would not have been possible without trek leader (Peter Morrison from Adventure Kokoda), whose knowledge of the campaign and direction added greatly to the experience; and without the generous support provided to 39OSB by RSL New South Wales.

This experience has given each of us a deeper understanding of the courage, teamwork, endurance and initiative demonstrated by those who fought in Kokoda 75 years ago – and for that – we are truly grateful.

‘We are truly grateful’
Digging deep to help Fiji

FLTLT Stephanie Anderson

AIR Force members participating in Exercise Pacific Angel 17-3 in Fiji were “humbled” by the experience.

Two dental officers, two dental assistants and one pharmacist deployed to provide dental and pharmaceutical support to communities in Tavua district.

Dental Officer FLTLT Jennifer Feng said participating in Pacific Angel was a highlight of her career and that the gratitude shown by a lot of patients following treatment was very humbling.

“Many of the patients we saw could not readily access health care, or could not afford it, so to be able to provide treatment that a lot of the community members needed gave us a sense of achievement,” she said.

“In the dental sphere, all our team members interacted and integrated with the USAF very easily. Although we had differences in naming systems and instruments used, we shared the same work ethic and had the same goal of treating as many patients as possible.”

“We saw a lot of children and elderly which is very different to what we see in the RAAF, so it was good to use our patient management skills in this way. I can honestly say that we all felt like we were making a difference knowing that we were positively impacting their lives.”

Pacific Angel 17-3 is the third version of the exercise in 2017. It is led by the United States Air Force (USAF) to provide health care to the communities in the Pacific region, as well as building capability and interoperability with international forces.

USAF conducts four Pacific Angel missions each year and extends invitations to regional militaries to join.

Pacific Angel 17-3 was mostly manned by the USAF with three US Navy personnel, two Indonesian and two Philippine military doctors, along with the RAAF team.

The RAAF team consisted of Dental Officers FLTLT Jennifer Feng and FLTLT Corey Wilson, Dental Assistants LACW Kellie Peters and LACW Amanda Walters and Pharmacist FLGOFF Luke Laws. It was located at Tavua for the entire exercise held from July 15-25.

The RAAF dental teams worked alongside one USAF dentist, three USAF dental assistants, one US Navy dentist, one US Navy dental assistant and three Fijian Ministry of Health dentists. Together, they were able to see over 600 patients and extract over 700 teeth.

FLGOFF Laws, who was the only pharmacist for Pacific Angel, was responsible for the organisation and running of the pharmacy, and dispensing medications with the help of two USAF pharmacy technicians.

“The pharmacy had the greatest influx of patients, and FLGOFF Laws’ hard work was recognised at the closing ceremony with the presentation of a certificate and coin from the US Ambassador to Fiji.

The exercise was conducted at two sites in Fiji, Tagiati Sangam School in the Tavua District and Savusavu on Vanua Levu Island. The range of health care provided during the mission included general medicine, physical therapy, paediatrics, optometry, dental, pharmacy and public health.

Throughout Pacific Angel, the dental officers provided patients with oral hygiene instructions, toothbrushes and toothpaste in an attempt to raise awareness on the importance of good oral hygiene.

Some of the Fijian community suffers from high rates of decay due to a combination of poor diet and lack of education in oral hygiene. The only clinical support provided by the dental officers was tooth extraction.

Passing the test with flying colours

LACW Jazmin Ohl

NO. 79 Squadron deployed successfully with BAE Systems to a remote locality for the first time since the technical trades were handed over in 2016.

This formed part of Exercise Western Phoenix which 79SQN conducted at RAAF Base Learmonth from July 11 to August 11. Seven Hawk 127 lead-in fighters were assigned to deploy to Learmonth, along with 79SQN support personnel and BAE Systems.

Michael West, of BAE Systems, said the deployment was a success.

“Since taking over operational maintenance in July 2016 our team have developed into a very capable workforce and this has been evident on this deployment,” Mr West said.

“The team have thoroughly enjoyed the whole experience along with developing our relationships with all 79SQN personnel.”

CO 79SQN WGCDR Graham Williams said the first remote deployment of BAE Systems personnel with 79SQN was an important milestone.

“Exercise Western Phoenix provided a valid test of BAE Systems’ ability to operate away from RAAF Base Pearce with the full squadron deployed,” WGCDR Williams said.

“This test was passed with flying colours with the squadron flying 100 per cent of planned sorties during the deployment.”

“Staying in the same location, socialising and dining together improved the rapport and sense of teamwork between BAE Systems and 79SQN.”

The exercise aimed to assess the squadron’s deployment capabilities and it allowed participants in the Introductory Fighter Course (IFC) the opportunity to develop and improve flying their aircraft in an unfamiliar airspace.

The ability to adapt to unknown airspaces and add complexity to their flying regimes will ensure IFC trainees embody the essential skill sets needed as future fighter aircrew.

PLTOFF David McGrath, an IFC trainee, said the location was perfect for the exercise.

“Excellent weather produced some great weather for formation flying, with the Ningaloo reef and incredible scenery providing an awesome background to conduct some close formation, re-joins and combat,” PLTOFF McGrath said.
THE team charged with bringing home Australia’s F-35A Lightning II in December 2018 has reached a few important milestones.

In May, 27 of the first cadre of Australia’s F-35A maintenance crew completed their technical training.

Senior Engineering Officer for the F-35A Transition Team SQNLDR Leigh Tinker said he now had 20 personnel stationed at Luke Air Force Base near Phoenix, Arizona, after the initial maintenance training was completed at Eglin Air Force Base in Florida.

“It’s great to see blue Aussie camo out there on the flightline, getting hands-on experience with the F-35A, working side-by-side with the USAF’s 61st Aircraft Maintenance Unit and Lockheed Martin,” SQNLDR Tinker said.

“A number of maintenance personnel have also returned to Australia to begin preparations for the arrival of the F-35As at RAAF Base Williamtown.”

Most of these personnel will form the core of No. 3 Squadron when it stands up as the RAAF’s first F-35A squadron, with officers posted to No. 2 Operational Conversion Unit.

The other Australian F-35A pilot currently under training, WGCDDR Darren Clare, is still part-way through their operational conversion but recently completed his first flight in the F-35A after comprehensive simulation training.

“The sims set you up very well for the flight,” WGCDDR Clare said.

“The jet feels very similar to a Hornet in most flight regimes, and it was exciting to take off in an airplane for the first time solo.”

The operations and maintenance teams made sure I flew an Australian aircraft (A35-002) for the flight, and I was also launched by an Aussie Crew Chief, which made it all the more special.

“I can see the momentum building, and our people will be ready when Air Force receives its next eight F-35As in 2018, as the transition hits full swing.”

WGCDDR Clare will become the Commanding Officer of 3SQN when the unit transitions from FA-18A Classic Hornet operations to the F-35A.

The RAAF personnel are fully embedded with the 61st Fighter Squadron “Top Dogs” and Maintenance Unit at Luke AFB.

CO 61st Fighter Squadron LTCOL Rhett Hierlmeier said he had noted how seamless the integration between the Australians and their US hosts had been.

“The Aussies are more than pulling their weight here in the Top Dogs,” LTCOL Hierlmeier said.

“They are highly professional operators and we feel privileged to be a part of Royal Australian Air Force history supporting their transition to the F-35A.”

THE memorial had two key elements.

“Along the back of the memorial will be a long horizontal beam recording peacekeeping missions in which Australians have served and an inclined plane to receive wreaths during memorial services.”

The national commemorative service to mark 70 years of Australian peacekeeping and a dedication service to open the memorial had two key elements.

“The memorial consists of two monoliths raised slightly off the ground in a stone courtyard surrounded by Australian trees, and in which Australians have served and an inclined plane to receive wreaths during memorial services.”

The national commemorative service to mark 70 years of Australian peacekeeping and a dedication service to open the memorial will begin at 10am.

The service coincides with Australian Peacekeeping Week, from September 11-16.

“Wreaths during memorial services. The memorial consists of two monoliths raised slightly off the ground in a stone courtyard surrounded by Australian trees, and in which Australians have served and an inclined plane to receive wreaths during memorial services.”

“The national commemorative service to mark 70 years of Australian peacekeeping and a dedication service to open the memorial will begin at 10am.”

During the week at the Australian War Memorial, there will be a photographic exhibition, a Remembrance Service will be held on September 13, and a Last Post ceremony on September 14.


WGCDDR Darren Clare discusses his first flight with WO2 Guy Erba (F-35A Transition Team WOE) and SQNLDR Leigh Tinker (F-35A Transition Team SENGO).
Brewing goodwill

CPL Mark Doran

GOVERNOR-GENERAL GEN (retd) Sir Peter Cosgrove unveiled the Everyman’s Welfare Service’s new brew truck at Government House in Canberra on August 23.

The new truck was bought and customised with funds donated by the Royal Edinburgh Military Tattoo for use throughout the ADF.

GEN Cosgrove is patron of the organisation, which serves sailors, soldiers and airmen and their families by providing a philanthropic support service not normally provided by the ADF.

In the field, the Everyman’s representatives turn up with their brew trucks in the most unexpected places, often at the most unexpected times.

GEN Cosgrove said the service was established 75 years ago to offer support, guidance and comfort for troops going to WWII.

“It continues to be here for those who serve today,” GEN Cosgrove said. “My Army career lasted more than 40 years and the Everyman’s was a constant, welcome presence.

“The new brew truck is already packed with the same comforts and will extend the same good will that can make all the difference.

“It addresses the timeless need for men and women in their country’s uniform, often very young men and women, for affectionate support.”

GEN Cosgrove thanked BRIG Phil Winter and LTCOL Gordon Lambie, of the Centenary of Anzac Planning Team, for suggesting the service as a worthy charity to the Royal Edinburgh Military Tattoo, which raised the funds in Melbourne last year.

Chief Commissioner of Everyman’s Welfare Service Ken Matthews said the donation was incredibly generous.

While not members of the ADF, Everyman’s representatives receive ADF accreditation and hold honorary officer status.

They work from recreation centres on bases and travel with troops on military exercises and operational deployments.

Apart from serving in Singapore and Malaya during World War II, the service’s representatives have supported troops in Vietnam, Cambodia, Timor-Leste and Solomon Islands and currently deploy to the Middle East region.
Responding to disaster

Communication has become the critical factor in humanitarian operations, CPL Mark Doran reports

The ADF Peace Operations Training Centre (ADF POTC) held its Humanitarian Operations Seminar from August 14-18.

The seminar gave participants a deep dive into the complexities surrounding the planning and conduct of humanitarian operations and allowed personal networks to be developed.

It explored how Defence, other Australian agencies and the international community can best work together in a domestic, regional or global response to a natural or human-induced disaster.

It also allowed global disaster response coordinators, such as the UN Office of the Coordination of Humanitarian Affairs (UNOCHA) and designated UN Cluster leads, to inform and brief on international standards, common plans, expectations and the requirements of host nations supporting a national response.

The 66 participants included 40 from the Department of Defence and other government agencies, such as the Department of Foreign Affairs and Trade (DFAT) and the AFP, along with members of non-government organisations including Oxfam and CARE Australia.

The 26 international participants represented 30 countries across the regions of South Pacific (Fiji, Tonga, Samoa, Tuvalu and Papua New Guinea), South-East Asia (Malaysia, Myanmar, Indonesia, Philippines, Thailand and Vietnam), South Asia (Pakistan and the Arabian Gulf States) and Africa.

Commanding Officer ADF POTC LTCOL Matthew Nash said the capability of the ADF had changed significantly in the past decade, which in turn allowed increased options for the Australian Government to respond to humanitarian operations.

“While warfighting remains our primary mission, Defence’s unique asset allows us to assist in the quick deployment of life-saving capabilities and supplies,” he said.

“While we should remain the last resort, military forces will continue to deploy on humanitarian operations and these operations will only increase in complexity as the populations’ relief needs are influenced by increasingly complex security environments.

Since 2008, the ADF has supported state governments and assisted international responses in Indonesia, Samoa, Tonga, Fiji, Papua New Guinea, Philippines, Haiti, Japan, Nepal, New Zealand and Vanuatu, providing disaster relief after tsunamis, earthquakes, cyclones and floods.

Australia’s response to humanitarian operations is guided by policies, agreements and international law, outlining how humanitarian actors and military forces work with host nations’ primary responders in a disaster-management situation.

LTCOL Nash said numerous humanitarian operations highlighted the importance of the ADF having understood the complementary roles of host forces on first responders, international civil agencies, the non-government sector and other military during disaster relief.

“The seminar’s value is the professional development provided to participants through presentations and discussions with representatives from regional governments and civil agencies, including the UNOCHA, the Red Cross and other government agencies such as DFAT and Emergency Management Australia (EMA),” he said.

The presence of key personnel from HMAS Adelaide and Choules, HQ 1 Div, Air Force and HQOAC at the seminar provided an opportunity to connect Defence to the humanitarian actors who coordinate and provide aid during international disasters within the region.

“These personal networks will be critical in the coming disaster season, in Australia and regionally,” LTCOL Nash said.

The ADF POTC is a joint unit established in 1993 and its core mission is to provide ADF members with United Nations pre-deployment training. However the unit also provides training and education in all aspects of peace, humanitarian and population security operations.

Located at ADEA in Canberra, it forms part of the Australian Defence College.

Some valuable lessons

The importance of using personnel to provide local knowledge was recognised as invaluable during the response to Tropical Cyclone Debbie.

This was one of the lessons shared on the final day of the Humanitarian Operations Seminar, which featured a case study on Operation Queensland Assist, the ADF’s response to the Cyclone Debbie response to Tropical Cyclone Debbie.

Commander Joint Task Force 661 consisted of about 1600 personnel from Navy, Army, and Air Force who assisted the affected communities and the state emergency services.

BRIG Field said the effect of ADF personnel arriving in the communities of the Whitsundays tourist region to help with the recovery was remarkable.

“It brought a calmness and certainty to people,” he said.

He said early and decisive engagement with the mayors of three local councils ensured they knew the ADF was there to protect life and ensure the recovery of essential public infrastructure.

LACW Rochelle Hattam, of 27SQN’s Air Load Team, guides LAC Joshua Evans on the forklift, to load a pallet of supplies for floodwater defences during Tropical Cyclone Debbie into a 37SQN C-130J Hercules.

“LACW Hattam was one of the first non-military assets on the scene, which kept the community reassured and engaged with what was happening,” he said.

“The affected area was treated as an area of operations and we used our battle management system to track military personnel,” he said.

“Social media was an important tool used by local government as a key tool for messaging.”

As the state recovery coordinator, BRIG Field said he spent a lot of time talking about the human factors as government, private enterprise, primary producers and not-for-profit organisations set about the recovery efforts.

“The work by these combined organisations is about gaining and maintaining human connections,” he said.
Tributes paid to war hero

PERSONNEL from No. 2 Squadron paid their respects to one of their own who sacrificed his life almost 100 years ago during a visit to the United Kingdom.

Air Combat Officer, FLTLT Joseph Noble said for a unit with a long and proud history as 2SQN, “the opportunity for members to visit its roots was not to be missed”.

“Men and women of the unit, joined by several 42 Wing personnel, conducted a memorial service for the first member of their unit killed in the course of duty,” FLTLT Noble said.

“CAPT Stanley Keith Muir MC is interred in the yard of St Mary and St Peter’s Church, which has occupied the site in the village of Harlaxton, Lincolnshire since the late 12th century. CAPT Muir served with the 4th Light Horse Regiment in 1914 and was wounded at the Battle of Lone Pine. He posted to No. 67 Squadron, Royal Flying Corps, which later became No. 1 Squadron and was awarded the Military Cross for his bravery and skill in air combat over Egypt.

CAPT Muir served with the 4th Light Horse Regiment in 1914 and was wounded at the Battle of Lone Pine. He posted to No. 67 Squadron, Royal Flying Corps, which later became 2SQN RAAF.

In preparation for the air war over France, the unit was training to fly DH-5 biplanes in Harlaxton, when on September 12, 1917, CAPT Muir’s aircraft suffered a structural failure and fell 300 feet, killing him instantly.

FLTLT Noble said: “One can imagine the impact his death would have had on the other men of the squadron.”

“The pilots of 68 Squadron were among the first military aviators in history, and here was one of their most experienced and skilled pilots suddenly snuffed out, just weeks before the unit was to deploy to the Western Front,” FLTLT Noble said.

“After the ceremony all attendees filed past the grave paying their respects, just as the first 2SQN member did almost 100 years before.”

Tributes paid to war hero

CPL Bill Solomou

WHEN FLGOFF Arthur Atkins (retd) was born, Australia’s Air Force was still in its infancy – in fact it was still three years away from its official formation.

On August 5, FLGOFF Atkins turned 100 and was celebrated as a father, a grandfather, a decorated war veteran, and a champion rower, among other accolades.

Air Force knows Arthur as one of its decorated heroes. Originally, he enlisted in the Army, and after some toing and froing FLGOFF Atkins found himself doing what he always wanted and that was to join the RAAF.

FLGOFF Atkins initially trained in Victoria at Sommers before moving to Benalla where he flew Wackett Trainers and Tiger Moths.

Arthur said he could not believe his luck, “flying Tiger Moths, and being paid to do so”.

“It was like being paid to drive sports cars. I loved flying and sports cars,” Arthur said.

He trained at Mallala in SA on twin engine Avro Ansons and then Airspeed Oxfords at Point Cook Victoria while waiting for deployment.

He recounts the story of a pamphlet-dropping mission over France with a new bombardier who was so nervous being over enemy territory, that he released the canister rather than the pamphlets, “probably causing an unnecessary hole in a cathedral roof over which they were flying”.

In July 1944, he transferred to No. 625 Squadron of the RAF. FLGOFF Atkins was one of the few people to survive 31 missions in a Lancaster over enemy territory and for his work; he was awarded the Distinguished Flying Cross.

He still regards his WWII experiences as the greatest adventure of his life and retains vivid memories.

And yes, Arthur did receive a birthday card from Queen Elizabeth II.
A DREADFUL scene confronted first responders to the crash site. The Bushmaster and a sedan had collided at high speed on the remote track.

And there were casualties. The Defence Force School of Policing (DFSP) and NSW emergency services held an emergency response exercise at the Holsworthy Training Area on August 11.

The initial response to the scenario of a crash with multiple casualties included tri-service members on the Service Police IET and ADF Investigative courses, as well as soldiers on the Subject 4 Sergeant (Military Police) course.

On arrival at the scene they found one person trapped in the car and another crushed underneath the Bushmaster, while inside was another casualty with a suspected spinal injury.

Sgt Simon Van Ballekom, of the Advanced Training Section, who organised the scenario, said the Air Force Police, Naval Police and Army Military Police provided the initial first aid at the scene and called for assistance from the civilian emergency services.

“The military trainees were quickly joined by personnel of Fire and Rescue NSW, whose capabilities included a heavy rescue vehicle and four fire suppression appliances,” he said.

NSW Ambulance Special Operations also responded with two ambulances and the paramedics worked alongside six Royal Australian Army Medical Corps trainees from the Army School of Health who were working at the Holsworthy Medical Centre.

“Because the injuries were critical a Toll NSW Ambulance Service air ambulance helicopter was called from the Bankstown Airport and only took 10 minutes to arrive at the site with a surgeon and an intensive care paramedic.”

Aviation support was also provided by Navy with a Bell 429 Global Medecin. "It was interesting to watch how both the defence personnel and civilian emergency services worked together,” he said.

“Everyone took the training seriously and ensured all the information they were given was passed on immediately.”

Investigation Unit also attended the scene.

Sgt Van Ballekom said the multi-agency response was managed using Australasian Interagency Incident Management System guidelines to ensure all participants had a common understanding of the command, control and coordination arrangements.

"The exercise allowed us to test the knowledge of the Service Police trainees at managing serious, complex and evolving incidents in collaboration with civilian emergency services,” he said.

"ADF Investigative course trainer CPL Hannah Licul, of 1SECFOR, observed the exercise from the control and said there was an incredible amount of activity during the event.

"It was amazing to see the amount of personnel involved from the emergency services and the assets and equipment they had with them,” she said.

"Everyone took the training seriously and ensured all the information they were given was passed on immediately.”

"It was interesting to watch how the ADF personnel did a handover of the crash scene to the emergency services, then took a step back to control the perimeter while they did their job.”

"The most remarkable part of the exercise was seeing the coordination between the Defence personnel and other agencies.”

Service Police IET course trainee LACW Samantha Richards said she was tasked to record evidence when she arrived at the crash site.

"Anything that had fallen off the vehicles or had been removed by the emergency services had to be collected and marked,” she said. “It required a lot of attention to detail.

“Both vehicles had significant damage and there were many bystanders watching, which made it a more realistic scenario. There was also a lot of fake blood.”

LACW Richards said the training was a good way to prepare service police, medics and other musterings for a possible real-life event.

"It was a great opportunity to learn how Fire and Rescue NSW and NSW Ambulance Special Operations personnel operated,” she said.

"It was amazing to see all the emergency services assets and watch how Defence personnel interact with civilian agencies.”

A local fire brigade attended the scene to the crash site. "It was amazing to see all the emergency services working at the Holsworthy Medical Centre. There was a lot of attention to detail."

"It was a great opportunity to learn how Fire and Rescue NSW and NSW Ambulance Special Operations personnel operated,” she said.

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‘Special place in my heart’

CPL Bill Solomou

IT was fitting that this year a moving speech by a Legatee stole the show at the launch of National Legacy Week in Canberra on August 28.

Junior Legatee Mark MacInnes gave an emotional and eye-opening speech about how his father, LTCOL Andrew MacInnes, suddenly passed away when Mark was 13.

When his father died, his mother lost a treasured and loving husband, Mark said.

“And my sister and I lost a figure of guidance, support and unconditional love. Love that we both needed.”

Mark said he initially turned his back on Legacy, and he felt alone.

“The once blue sky we all shared together became dark – black. I felt no one close to me would understand – I felt isolated and not able to turn anywhere,” Mark said.

In the first instance, Mark thought that Legacy meant the occasional Christmas voucher.

“We got in the mail invitations to events that I had no real interest in going to, and money towards uniform expenses,” he said.

“When Legacy first came to me, to be honest, I brushed them off, very quickly in fact.”

“But instead of them ceasing to include me or giving up on changing my mind, they still continued to bend over backwards for myself as well as my family.”

Mark said Legacy extended “an arm of love and support to include me in whatever they planned.”

“It was not until Mark was 16 that he became involved with Legacy.”

“They put me in contact with other teens in the same situation; this gave me a support network of people who understood my pain, helped me process it and then feel better,” he said.

“Since allowing Legacy into my life they have acted as the safety net. Legacy caught me mid-fall in a net of formidable support and love; it has given me a light inside of me that I used to see inside everybody else.”

Now aged 20, Mark said in hindsight he was wrong not to allow Legacy into his life earlier.

“In front of everyone here, I admit I was foolish and swallow the pride I once had,” Mark said.

“It has been an absolute privilege to be part of something so fantastic, something that has helped me grow and mature as a person.”

To me Legacy as an organisation and as a family will hold a special place in my heart. And for all it has done for me, my family and all others it assists, I thank them from the bottom of my heart.”

Representing CDF, CAF AIRMSHL Leo Davies said Mark “captured what Legacy was all about.”

AIRMSHL Davies said Mark “captured what Legacy was all about.”

“Mark tells a great story, the darkness he spoke of is real and Legacy do a fantastic job to complete the circle,” AIRMSHL Davies said.

“They offer support not just to those fighting, but to those families who allow them to fight, and that’s why we are here.”

Governor General GEN Sir Peter Cosgrove (ret’d) was the guest of Honour at this year’s launch.

Legacy Week, which ran from August 27 to September 2, was the annual, national appeal to raise funds and awareness for the families of incapacitated and deceased members of the ADF.


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Jaimie Abbott meets an Air Force husband-and-wife team in our new series profiling our people

If you ask CPL Luke Read what has been the highlight of his Air Force career he will tell you – it’s meeting his wife.

The Communications Electronic Technician (CETECH) now works alongside his other half, Air Surveillance Operator (ASOP) SGT Leonie Read every day at 3 Control and Reporting Unit at RAAF Base Williamtown (he is not in her chain of command). After first meeting in 2003, when they were both posted to 114MCRU in Darwin, they’ve since enjoyed many highlights with their combined careers in Defence.

“It’s great having us both in Air Force, we can bounce thoughts and ideas off each other, not only with male verse female but also technical verse operational perspectives,” CPL Read said.

They haven’t always worked full time in the Air Force together, with CPL Read leaving the RAAF just over a decade ago to work in the mining sector as an operator. He re-enlisted late last year and now brings the operational experience he gained to his technical role.

“As a CETECH at 3CRU, we primarily keep the equipment running for the operators to perform their tasks. We also keep the deployable equipment serviceable and ready to go for the next Homeland Defence operation or exercise,” CPL Read said.

As one of those operators, SGT Read is responsible for running the Unit Training Section, preparing new ASOPs coming into the unit. She oversees assessments and testing for members to progress in their field.

Her Air Force career has taken her to Hawaii for RIMPAC last year as well as to Nevada for Exercise Red Flag and Singapore for Exercise Bersama Lima.

“One of the highlights of my career has been my deployment to the Control and Reporting Centre in Kandahar, Afghanistan in 2008, which was just a few months after we got married,” said SGT Read, who grew up in Hervey Bay and joined the RAAF at 17 years old.

With two daughters, Darcie (5) and Holly (7) they both credit mastering their work and home-life balance to 3CRU which promotes a flexible working environment, based around 24-hours-a-day operations.

This ambitious couple has big plans for the future, with SGT Read setting a goal to become a WOFF in her ASOP mustering.

“I have seen how much of a positive impact a WOFF can have on people and the mustering, you have the influence to make changes that keep the organisation moving forward so that’s my goal over time,” SGT Read said.

As for CPL Read, he plans to eventually transfer to an operational role, using the experience he gained from working in the rail and mining sectors.

“I would like to remuster to ASOP – I am really interested in the operational side of things and I will be able to bring a technical mind and experience to that side,” CPL Read said.

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SPACE CAPABILITIES

Air Force Space surveillance systems either operate or plan to be operated by Air Force personnel include:

- Space-Based Infra Red System (SBIRS) Australian Mission Processor (AMP)
- The DISC may absorb the SBIRS constellation of satellites linked with orbital assets to provide enhanced capabilities for national security purposes

- Temporal warning of strategic or ballistic missile launches that may affect Australian interests, and the effectiveness of systems. The DISC may search to provide data critical for the safety of both spaceflight missions and satellites from space debris.

C-Band Space Surveillance Radar

The C-Band Radar, a single sensor within the US Space Surveillance Network (SSN) operated by the DISC personnel to detect, track and identify space objects in a near earth orbit. The network seeks to provide data critical for the safety of both spaceflight missions and satellites from space debris. The network of tracking assets is operated by a Space Surveillance Telescope (SST) in Edinburgh and physically located at the RAAF’s Echuca site near Echuca, Western Australia.

SSP0 provides OT&E support

Wide Area and Space Surveillance execution as directed by AUSSpOC personnel to detect, track and identify space objects in the Southern Hemisphere. The network seeks to provide data critical for the safety of both spaceflight missions and satellites from space debris.

Air Force Space Training

At the strategic level, the Defence Space Coordinating Office (DSCO) manages the planning and training of ADF personnel in ADF Space capabilities.

DSCO assumes the responsibility for operational employment of those capabilities, in conjunction with the US Joint Space Operations Centre (USJSpOC) personnel for orbital tracking and identification. Both ADF and USJSpOC personnel are at the forefront of this capability.

Air Force’s “Space Cadre” is rapidly expanding, with varied career opportunities available and increasing across many rank levels, both within Australia and overseas.

Most will find their current skills can be applied to, and enhanced within, a space operations role.

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Our motto – Through Adversity to the Stars – is fitting if you fancy a career shift into our rapidly evolving ‘space cadre’, Jamiee Abbott and FLTTL Melissa Vreugdenburg write.

The new high ground is space, and although mission success cannot be guaranteed when you control the space domain, without it you certainly may not win future conflicts.

— WSCDR Julien Greening

SPACE TRAINING

Space Career Awareness is a program that is in development at IRIS, designed specifically to increase awareness and capabilities for interested personnel across the traditional ADF/Airspace employment groups. Further information will be available once finalized. Other key space courses either provided or funded by the ADF include:

- Defence Space Operations Cadre (DSCO) – this course is not by DSCO and aims to provide personnel with an understanding of the extent of Australia’s reliance on space, and the technology and vulnerabilities to space operations. Successful completion confirms a Space career awareness and enables personnel to understand and engage in space related operations, ensure ADF space capabilities are fully employed, and prepare their career progression in this vital area. Full details are available via message, course or from the Space section of the DSCO internet page.

- Space 200 Course – The National Security Space Centre (NSSC) 200 Course is a 3.5-week course to enhance understanding of Australia’s role in space and being a Space military officer. Further information and application form are available via the NSSC intranet site.

- Space Cadet Officer Program (SOP) – This 18-month program is designed to provide 200 hours of space knowledge for Space ADF personnel.

Further information regarding these courses is available on the DSCO intranet site. These courses and postgraduate programs aim to provide opportunities to those interested in improving their knowledge of space as a potential career path.

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Talking about feelings

A new book aims to help parents understand how their children feel when they’re deployed

As the daughter of a serving ADF member, Jessica Love understands the highs and lows of having a parent deployed for extended periods of time.

“Sometimes when you are gone, I get upset and angry that you miss things that are important to me.” This is a line from Sometimes, a children’s book Jessica has written.

CDF ACM Mark Binskin launched the book in Canberra on August 18 at Campbell Primary School, where 40 per cent of the students are children of an ADF member.

Sometimes is the sequel to Soon, a book Jessica wrote about her emotions for an English assignment in 2015.

“Writing Soon helped me understand my feelings and also share these thoughts with my parents in a way that wasn’t confronting or scary,” Jessica said.

“The emotion in both books is the same, but Sometimes takes a deeper look at feeling scared, lost, angry and hopeful because I’m older now.

“I wrote the book to help parents understand how their kids are feeling, but spouses can also relate because they’re going through the same emotions.

“It’s also about returning servicemen and women, and the next stage for my Mum, Dad, brother and I, because now that Dad no longer gets deployed, we have to get used to being together again. I want to help people understand their feelings are normal and they’re not alone feeling this way.”

Sometimes has been published in a typeface that assists dyslexic children and features illustrated watercolour images.

The books have opened the lines of communication between Jessica and her father COL Shaun Love.

“Hearing first-hand how Jess feels means our family has an open dialogue and are not afraid to talk about our emotions. I believe this has made our family unit stronger,” COL Love said.

Jessica’s story captured the attention of MAJGEN Gerard Fogarty (retd), the CEO of Defence Health – a not-for-profit health insurer fund for the Defence community.

“Defence families move around so much and one of the hardest parts is feeling isolated and not part of a wider community,” MAJGEN Fogarty said.

“Hearing the Love family’s story, and Jessica’s in particular, we know this is something that’s felt across our membership, which is why it’s important for us to support it.”

Defence Health is the main sponsor of Soon and Sometimes, and paid for the initial print run of 1000 copies. It will give away copies of Sometimes to its members.

About 5000 copies of Soon were sold or donated to ADF families to help them understand how their children may have felt.

One dollar from the sale of each book will be donated to Soldier On.

‘Sometimes’ is available from Echo Books for $24.95 at echobooks.com.au

An online resource for ADF members and their families to find information on their posting location.

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Embracing diversity

Members of 24SQN reveal why they are so proud of their wide and inclusive representation.
Leaders sought

THERE is an exciting opportunity for permanent and reserve members to become leadership coaches within the Air Force.

Air Force Adaptive Culture (AFAC) is seeking 16 members with outstanding interpersonal skills who would like to assist high performing individuals become even better.

WOFF Sandy Nicholson, who is part of the AF leadership coaching program, said: “ Coaching encourages individuals to continually review the way they do things and to be motivated in achieving their goals.

“As it is self-directed, there’s a greater chance of success. Successful Air Force individuals make for a successful organisation.”

Successful applicants will participate in a five-day course at Glenbrook from November 20-24 that leads to a Certificate IV in Workplace and Learning competency.

The course will focus on leadership development at all levels and aims to produce coaches who assist other Air Force personnel be more effective and self aware. It directly supports Air Force personnel be more effective and self aware. It directly supports Air Force personnel be more effective and self aware.

Permanent members will be expected to provide 15-20 days each year in support of these activities. Reservists will be expected to provide up to 30 days. Funding for reserve days to undertake the training is limited and reservists should seek approval for the days required to undertake the one week, face-to-face course and follow on modules from within their existing allocation.

Total number of days required to complete the training is about 10-12 days.

Air Force leadership coach SQNLDR Jeff Newton said: “Gaining valuable skills for myself is great, but being able to use these skills to help others reach their goals is so very rewarding.”

To apply go to http://afnet.defence.gov.au/ naaf/AFAFAC/CoachingPages/Coaching.aspx. EOI’s are to be submitted using the ANYA ANVY Application form located on the Adaptive Culture website and email it to sqnldr.green@defence.gov.au. The EOI closing date for the November course is October 3.

DEFENCE industry partners have received two key awards for their improvements to environment, safety and health for the Jindalee Operational Radar Network (JORN) program.

Lockheed Martin Australia, in partnership with Wide Area and Space Surveillance Systems Program Office (WASS SPO) located at the Edinburgh Defence Precinct, were given the awards following a significant incident in 2012 at one of the JORN radar sites. Lockheed Martin Australia then worked closely with WASS SPO, representing RAAF stakeholders, to focus on improving safety for the JORN radar sites.

Officer Commanding WASS SPO GPCAPT Martin Nussio said the JORN radar sites were physically large, located in some of the most remote parts of Australia, and had a number of significant hazards that required management.

“Lockheed Martin has performed an outstanding job in reforming and improving the safety of the sites it manages, and it thoroughly deserves the international recognition it has achieved,” GPCAPT Nussio said. “This is a great example of how Defence and industry can work together to sustain complex Defence capability, while setting and achieving world-class safety standards.”

Some key focus areas included: education of staff and contractors, early identification of and response to hazards, improvements to safe systems of work, reporting of incidents and a communication and engagement strategy to support cultural change.

THERE were the ESH Excellence Awards which recognises an individual or team that has made a significant contribution to Lockheed Martin through their dedication to improving performance; and the Enterprise Business Services (EBS) Excellence Award, which is the highest level of recognition at EBS and celebrates the most extraordinary contributions across Lockheed Martin from the previous year.

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Members of Wide Area Space Surveillance Systems Program Office (WASS SPO), from left, John Salter, Duncan Roach, Ian Grubb, OC WASS SPO GPCAPT Martin Nussio, Lawrence Vernon and Keldyn Radan, with the Lockheed Martin International Work Health and Safety Excellence awards.

Partnership earns WHS awards

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Partnership earns WHS awards
ARRTS shout out

SONLDR Jamie Abbott

AIR FORCE members facing health and wellbeing issues are reminded that applications are open for the next round of the ADF Arts for Recovery, Resilience, Teamwork and Skills (ARRTS) program.

The program provides a rare and different opportunity to embark on a unique creative arts program unlike anything Defence has offered before.

Open to all ranks and services, the four-week program is held in Canberra for up to 30 participants.

They are offered training and practical experience in one of the following creative streams: acting and performance; music and rhythm; creative writing and visual arts.

Head of ARRTS BRIG Wayne Goodman said experience in these creative streams was not necessary.

“You will be mentored by professional artists, actors and creative staff over the four weeks and there is no audition process, you don’t even need any talent. Just a willingness to give it a go,” BRIG Goodman said.

Participants of the ARRTS program will include selected men and women who have been wounded, injured or ill.

Previous participants have reported improved resilience, and increased confidence and self-esteem as a result of attending the program.

CPL Caitlan Rickard completed the ARRTS program in May this year and chose music where she was a vocalist. She said she would keep doing the program if she could.

“It’s given me a lot of confidence, I felt better about myself to go back to work after completing the program,” CPL Rickard said.

The next ARRTS program will be held from November 6 to December 1.

Designed to support and enhance participants’ individual recovery, the program includes 24-hour-a-day access to health and support services.

ARRTS Creative Director LTCOL Geoff Grey said the program couldn’t be any more removed from a regular military environment.

“We don’t wear uniforms, we don’t have rank and we don’t have any of the normal structures of a day,” he said.

For more information or application forms, email ADF.ARRTS@defence.gov.au or phone Nina Craven (02) 6265 5923.

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Toll Move Plan App - easy access to details of your relocation itinerary.
Course hones skills for our warfighters

FLTLT Martin Tindall

EVER wondered how to nominate a target and get it into an Air Task Order (ATO), or how the Air and Space Operations Centre (AOC) tracks that mission when it is flying?

Twenty RAAF and Army personnel received a specialist AOC course to learn these and the other phases of Air Tasking Cycle at HQJOC.

The training, coordinated by HQJOC A8 Command Systems, was unique in that staff from the USAF’s 55th Command and Control Wing (55CCW) provided the training in a tailored package of lessons and practical activities.

The 55CCW instructional cadre included squadron commanders from the 55th Training Squadron (55TRS) and 765th Training Squadron (765TRS), key representatives from the USAF’s AOC Formal Training Units.

The Mobile Training Team (MTT) course was designed to deliver training to support personnel in the ATO production teams for Exercise Talisman Sabre, as well as providing training on the Joint Targeting Cycle process and associated command and control applications.

The training audience included personnel from HQJAC, HQSRSG, HQS 62WG, 3CRU, AWC and the Joint Fires & Effects Coordination Centre.

Attendees were given instruction on all facets of the ATO production cycle, such as the applications used to design and execute the ATO.

LACW Sophia Roberts said the course gave her a great opportunity to broaden her knowledge and organisational understanding, not only in the AOC, but in the wider Defence force.

“I learnt a lot in the space of five days that will become invaluable information for the rest of my career,” LACW Roberts said.

The MTT allowed AWC personnel, who will take over responsibility for command and control systems training from HQJAC in 2018, to discuss training models, course content, and future training opportunities with the USAF personnel.

The MTT also represented a broader engagement opportunity with the USAF, including discussions on lessons learned in incorporating the EA-1/HG Growler capability into the AOC, and Special Technical Operations training and integration opportunities.

Deputy Director Command Systems WGCDR Michael Rosenthal said the course was the first of its kind and judging from the feedback, it would not be the last.

“It was great to see RAAF and Army personnel being given a solid base of knowledge into how an AOC operates,” WGCDR Rosenthal said.

“It is essential that we continue to prepare a cadre of C2 professionals, not only in support of activities like Talisman Sabre, but also for the long-term generation of professional C2 warfighters able to exploit fifth generation C2 capabilities across an increasingly integrated battlespace.”

CSG offers care packs

WOFF Kylie Terry

COMBAT Support Group (CSG) participated in the Ipswich Care Package Challenge in July, as part of their White Ribbon awareness program, coordinated by local community support group CityHope Care.

The “A New Thing” initiative aims to reduce instances of domestic and family violence for victims returning to their abusers.

Over a number of weeks, members of the CSG Headquarters donated items to make up packs for women and children.

CSG WOFF, WOFF Lisa Sheridan attended the initiative launch and coordinated the activity within the HQ.

WOFF Sheridan said the activity would help victims leave situations of abuse without having to go back and risk their safety.

“A disturbing pattern exists among some victims which see them returning to the scene to retrieve basic items such as personal toiletries. In returning, they risk further abuse or being coerced and threatened into staying, unable to break the cycle,” WOFF Sheridan.

“I am really glad we’ve been able to help people in need.”

Items donated by CSG contributed to making over 20 care packs, well above the goal of five complete packs.

CSG units at RAAF base Amberley also got on board, with HOCU and JAMES both making significant contributions.

Defence One Self Service and Payslips Update

The new pay system for permanent ADF members, Defence One, has brought the ADF, APS and Reservists into a single system. This has included an expansion of Self Service and a change to how payslips look. Apart from the expanded Absence list available through Self Service, one of the biggest changes is that members will have the ability to submit, modify or delete a range of member initiated allowances and deductions.

Allowances:
The ADF Allowance functionality provides members with the ability to submit Allowance requests directly to their manager for approval. Remember, it is important to use Self Service where you have access to do so, rather than use paper forms. Members can also view/edit (for ongoing or continuous allowances only) and cancel allowance requests that are submitted, pushed back, reassigned or approved and submit the changes directly to their manager for approval. Supervisors are reminded that you need to action all requests in a timely manner to avoid reminders and escalations and to ensure accuracy for members.

Absences:
ADFA members are now able to enter all member-initiated absence applications via PSS. Remember: Submitting or approving absence and allowance requests through Self Service is equivalent to submitting a document that you (the member) have signed. Members are accountable for the information they provide and submit via Self Service.

Members are responsible for their pay, allowances and deductions, and must ensure their personal details are correct (e.g. Marital status/category, location, rank, leave balance, contact details, category/corps/mustering).

Key Payslip Differences:

» Rent Allowance is now displayed differently. In ADFPAY there was one line item on the payslip that showed the difference between the member’s allowance and their contribution. In Global Payroll these two elements will display separately, so there will be one item on the payslip in the Earnings section for Rent Allowance and another in the After-Tax Deductions section for Rent Contribution. Rent Allowance is untaxed and does not add to Taxable Gross.

» Annual salary in the header of the Payslip displays differently as well. In the ADFPAY Payslip, NRP and HDA were rolled up into the Salary displayed in the header section of the Payslip. On the Defence One Payslip the base annual salary is displayed in the header section and NRP and HDA are displayed as separate items in the Earnings section of the Payslip.

» Language allowances will not include language and level details that were previously displayed on the ADFPAY Payslip. Members with multiple allowance eligibility will see multiple instances of Language Allowance on their Defence One Payslip.

» District Allowance will not include categorisation and grade details that were previously displayed on the ADFPAY Payslip. Multiple instances of District Allowance may be rolled up to display as one item on payslips from Defence One.

Home Portal – Get it now

If you have not used the Home Portal before you only need your personal email address and mobile phone number recorded in your PMKeyS personal data to activate your Home Portal account. Information on how to set up your Home Portal access is available on the Defence One resources page.

Where to go for help or further information:

Refer to the instructions at the bottom of each Self Service page and use the Help link at the top of each Self Service page for further guidance on how to submit Self Service requests.

Please visit the Defence One Website regularly for further information and updates. 
The celebration of Aboriginal and Torres Strait Islander culture and language is one worth celebrating all year round. This was forefront in everyone’s minds as RAAF Base Tindal celebrated a NAIDOC Week event on August 9. Tindal enjoys a unique remote location with a prominence of surrounding local Aboriginal communities such as the Jaowyn, Dagoman and Wardaman peoples. In true spirit, these local communities joined in with air base personnel to enjoy a family-friendly event sharing language, food, culture and stories.

Formalities began with a local indigenous schoolboy from St Joseph’s Catholic College conducting a call of assembly on the didgeridoo. Ms May Rosas, and her dancers from the Wardaman/Dagoman community, delighted families by sharing and teaching traditional, local dance techniques. A F/A-18A Hornet flypast, fire truck display and climbing through the Defence ambulances, G-wagons, fire trucks and gun buggy were a popular hit with the local indigenous schoolchildren with many of them expressing their desire to be wearing blue one day.

The local Kalano community donated fresh produce and perhaps the biggest highlight was the kangaroo barbecue cooked and served by local Aboriginal community members.

FLGOFF Brian Yeung, Aircraft Maintenance Officer at No. 75 Squadron, said it was most interesting to meet some new people and learn more about the importance of integration between the local communities and Defence.

“It was great to have the local indigenous community come out to base, and not only see what we do at Tindal, but also to show us their culture,” he said.

“I hope we’ll be able to hold regular events like this, particularly during NAIDOC Week, because it strengthens the ties between the base and the local indigenous community.” The Senior ADF Officer and members of Tindal plan for further events of sharing to be conducted in the future, building up a stronger mutual relationship with the surrounding community.

Sharing culture at the Top End

FLGOFF Katrina Trimble
A new study by from London’s School of Public Health suggests that there is no such thing as being obese and healthy.

Photo: CPL Max Bree

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NOTIONS of having a big gut but still being healthy have been challenged by a European report released last month.

Overweight or obese people with otherwise normal blood pressure, blood sugar or cholesterol still had their risk of coronary heart disease increased by up to 28 per cent, according to the study.

Dr Camille Lassale, an epidemiologist from Imperial College London’s School of Public Health, now based at University College London, who led the research, told CNN their findings challenged the notion people would be “fat but healthy”.

“We conclude that there is no such thing as being healthy obese,” she said.

“You are at an increased risk of heart disease.”

Studies previously suggested some overweight or obese people didn’t have problems like fat in the blood clogging arteries or high blood pressure that usually came with added weight, and were classed as “metabolically healthy”.

This has been challenged by more recent studies that found overweight people were still at higher risk of heart disease than those of a normal weight.

This most recent study, published in the European Heart Journal, appears to confirm this.

The study examined more than 7600 adults with coronary heart disease – where coronary arteries are blocked and can cause a heart attack – then categorised them by body mass index (BMI) and metabolic health, such as high blood sugar levels.

Data from 10,000 healthy controls were used to represent the general health of the population sampled.

They were separated into healthy and unhealthy groups, based on whether they had three or more of the markers for being “metabolically unhealthy,” then separated by BMI to class them as normal, overweight or obese.

The “metabolically unhealthy” group were at greater risk for coronary heart disease, with unhealthy obese people being the highest risk.

But researchers found those in the “metabolically healthy” group who were obese or overweight showed a greater risk of heart disease than people of normal weight.

Those who were overweight were at a 26 per cent increased risk, while obese people were at a 28 per cent increased risk.

“Even if you are classified as metabolically healthy, excess weight was associated with an increased risk of heart disease,” Dr Lassale said.

“It’s another brick in the wall of evidence that being healthy overweight is not true.”

Though the risk is much higher in the unhealthy group, Dr Lassale said those without things like high blood pressure shouldn’t rest on their laurels.

“They seem to be at an intermediate risk,” she said.

“We saw that they went on to develop more heart attacks.”

The team could not say with certainty why overweight people went on to have heart disease.
Ice hockey hits the spot

WOFF Ross Chavasse, left, likes his newly-adapted sport. Photo: FLTLT Peter Cunningham.

Men’s ADF rugby in fierce contests

LEUT Kiz Welling-Burtonsah

THE men’s Australian Defence Force Rugby Union (ADFRU) team will take away many positives from their tour of New Zealand during the military Tri-Nations Cup from August 20-26.

The ADFRU team competed against the French Armed Forces (FAF) and the New Zealand Defence Force (NZDF), with AC Isaac Knipp, of 2Sqn, said the team put in a massive effort during the competition.

“It was really exciting to see the progression of our side over the last two weeks and it’s something I am proud to be a part of,” AC Knipp said. “Our team is in a really good position moving forward towards the 2019 World Cup.”

ADFRU’s first match was against the five-ranked military rugby union team in the world, the FAF.

In the first half the French drew first blood slotting away two penalties, which unfortunately became the theme of the rest of game, with the FAF winning 20-10.

The match against the NZDF team a few days later was a tale of two halves. ADFRU Captain, LEUT Joshua Friend lead from the front and scored the opening try, the team, which was then converted by PTE Shawn O’Bree, 6RAR. However, at the final whistle NZDF had won 39-14.

New Zealand won the competition overall after defeating the FAF 18-15.

Follow ADFRU team’s progress on Facebook @ADFRugby

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