

ISSUE 43

THE AUSTRALIAN MILITARY MAGAZINE

# CONTACT

AIR LAND & SEA

SEPTEMBER 2014



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## ISSUE 43 – SEPTEMBER 2014

For families of veterans,  
the battle goes on.

22



**12** The Big Picture  
Lancaster skies

**14** Heads Up  
News from around the world

**22** AASAM  
Skill-at-arms competition

**34** Mercy Mission  
Iraq humanitarian airdrop

**38** Invictus Games  
ADF team heads to London

**44** Two Z Specials honoured  
Buried 70 years after KIA

**46** RAF Photo Comp

**50** Kiwi truck flies  
LOV chucked from Herc

**52** AMTDU Banner

**54** Way of the future  
Exercising Plan Beersheba

**60** Letters home

**62** Q Store

**64** Frontline Africa  
A death in the family

**68** Not close enough  
Up for VC but not awarded

**72** Military Fitness

**74** Cadet Corner

**80** Gear Insider



78



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## EDITORIAL

Issue 43 – September 2014

**CONTACT**  
AIR, LAND & SEA



Page 22

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I'm very passionate about words – what they mean and how they are strung together into coherent sentences, paragraphs and stories.

As an editor, I am often asked to help non-writers to tell a story. When it comes to telling other people's stories, I usually say, "to start with, just jot your thoughts down on paper (or electronically) and then trust me to 'polish' them into a little gem". Other times it's a classic interview situation. But, in the end, deserving stories get told.

There are other times when I am asked to 'have a look at' manuscripts or, a situation that's more common in this digital age, to endorse or support or participate in projects of various types on the Internet. Some of these things have real merit, and I gladly help out where I can.

Recently, I was asked to help/endorse a guy who has a Facebook page and web site, whereupon he purports to "...serve the lives of Australian and New Zealand Serviceman and Women..."

The first thing I asked myself is, what does 'serve the lives of' even mean? After deciding that his gist is to shine a favourable light on the service and sacrifice of veterans whom he admires and respects, I decided this could indeed be a noble project and worth looking at.

Now, I don't want to embarrass this individual, so I won't name him or give too many specifics, but, on his Facebook page he calls himself Managing Director of xyz and his web site says he plans to make a five-part documentary, "about the lives of serviceman and women" and wants the "full support of the public..." which could be construed as a solicitation for the serious funds such a project would require.

I've since learnt (a fact not mentioned on his project web site or FB page) that this MD is 16 years old and still at school – and thus barred under Australian corporate law from being a company director.

Digging deeper, I've come to realise that, while this boy's heart is actually in the right place, his naivety and his poor English skills are probably doing his cause more harm than good.

One story he published, which he hopes will 'serve the serviceman', starts with, "X was sent to Vietnam in 1970 since he flew over he didn't get to acclimatize to the weather in Vietnam and had to sleep on a plastic covered mattress".

I'm not going to analyse this sentence (because there isn't enough room here – and I couldn't be bothered), but I think any right-minded English speaker would agree that the best advice I could give this 'Managing Director' is to stay in school and pay more attention, especially in English, because work of this 'quality' is doing the people you look up to a major disservice.

Am I right – or am I just a cranky old bastard?

Maybe I am the latter, but please don't be scared of me. I do not wish to discourage anyone from asking me for advice. I promise I will always try to be constructive if I can, and, while I will be honest – because I believe that's always the best policy in the end – I will try to be diplomatic too.

So many stories deserve to be told – but good stories deserve to be told well.

If you have a story to tell, I want to help you tell it. If you are not a confident 'writer', that doesn't matter to me – I can help just about anyone to put the essence of their story into plain, readable, coherent English, and then publish it in a reputable magazine.

In the end, reputation was the clincher when I decided I couldn't support MD16 – endorsing bad English was a bridge too far for CONTACT.

Sincerely,

Brian Hartigan  
Managing Editor



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# INCOMING

## SNAP SHOTS

Good magazines. Been reading for years when in the system – only now and then after discharge. Good magazines. Thank you

**Gerry E, via email**

Thanks mate, a great pair of products. You've really done well, a long way from Sub 1 at Canungra. All the best.

**Federal Agent Mark B, via email**

I'm subscribed to Contact Air, Land and Sea, but didn't receive issue 42 and I'm wondering how I get it?

**Rory P, via email**

*I can confirm that you are registered as a subscriber – so I'm not sure why you didn't get my email. Perhaps your email program marked it as spam? That happens. Other reasons are that organisation such as SA Police block me as a sender of spam. In this case, I try to resend my email in plain text, but if that doesn't work, I encourage people to also register with a civilian account as well as their work account – Ed*

## VET PRAISE

Thank you for the latest issue. It is a great mag. You and your staff do a great job. It is obvious that you put your self in harms way when you chase the great stories.

I served two tours of Vietnam. My first was with 9RAR '68/'69 and, I must have been dinky dow (stupid) and volunteered for a second tour with AATTV '71/'72.

Persevere.

**Peter M, via iPad**

*Peter, thank you for your feedback. It's very encouraging to hear that real soldiers and veterans such as yourself appreciate what we do, mostly from the safety of our office – Ed.*

## QUALITY HITS

I have been receiving several other Defence-related magazines for many years. My initial estimation of CONTACT Air Land and Sea was that it was of similar quality to those overseas-produced magazines.

However, after looking through the latest edition of CONTACT, I now believe it to be a magazine of higher quality than the others.

My work colleagues who were looking over my shoulder as I perused through the electronic version of issue 42, June 2014 were impressed at the quality of the photos. They have never voiced those types of opinions when I looked through the other magazines.

The range of topics covered in your articles is excellent with both Australian and NZ issues covered.

There's a little bit of something for everyone in the magazine. It's comforting to know that we are not in it alone.

I would like to say thank you for the opportunity to access it and keep up the great work.

**John H, via a defence.gov.au email**

You are doing a great job. I am always excited to receive a new issue. Every new issue seems to me to be an improvement on the last one.

I especially like hearing about new equipment or weapons. Aussie Bushmasters are great.

I tell and show many of my mates about your magazines and they have started to subscribe too.

Thank you and keep up the good work.

**GS, via email**

Hey Brian, I sure will tell everyone to subscribe to your magazines :-). They are a great help for guys like me who are joining Army.

You should get a Facebook page and mobile app for your magazine. People these days prefer it electronically and since the arrival of the smart phone, they seek it in apps.

**S, via email**

*Thank you for your feedback and your suggestions. We have had a [Facebook page](#) for some time now but, just recently began publishing the mag on [issuu.com/contactpublishing](http://issuu.com/contactpublishing)*

*While this isn't 'an app', the mag does actually now work on all devices and platforms – and the statistics prove you right – 34% of readers used a mobile phone and 15% used a tablet, leaving just 51% of readers on a desktop – Ed.*

## TARGETS UP!

This page is a great outlet for fans to vent or to praise. Please, let us know what you think of our magazines so we can deliver more of what you want. Feel free to write to [editor@militarycontact.com](mailto:editor@militarycontact.com) about CONTACT or any on other military subject – Ed

The Editor reserves the right to abbreviate and otherwise edit letters for any reason, including to make them fit.

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# Lancaster sixties

Two Lancaster bombers took to British skies on 13 August for the first formation flight of this aircraft type since the 1960s. "Thumper", which is part of the RAF Battle of Britain Memorial Flight, was joined by "Vera" from the Canadian Warplane Heritage Museum in Ontario at RAF Coningsby in Lincolnshire. The pair are scheduled to visit 60 air shows and public events across the UK during August and September. Of the 7377 Lancasters that were built between 1941 and 1946, these are the last two still flying anywhere in the world.

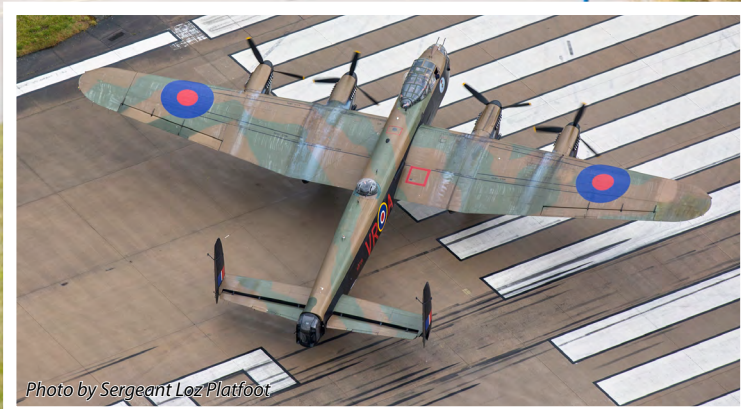


Photo by Sergeant Lez Platfoot



Photo by Corporal Sally Raimondo



Photo by Flight Sergeant Andy Carnall

Main photo by Gordon Elas



# HEADS UP

## LAST ROTATION

The 14<sup>th</sup> rotation of personnel to the Australian Heron Detachment at Kandahar Airfield, Afghanistan, has handed over to a new, and possibly the last, team after five months deployed to Op Slipper.

The transfer of authority to Rotation 15 was completed on 1 August.

Heron's mission was extended earlier this year to support ISAF until the end of 2014.

The capability is manned by 35 personnel from Air Force, Navy and Army, who have built a strong reputation for professionalism and dependability.

Commander Rotation 14 Wing Commander Matthew Bowers, awarded a US Bronze Star for his command, said the Heron had excelled in its role to provide high resolution intelligence, surveillance and reconnaissance in support of Regional Command-South.

More than 450 Aussies have deployed to the Heron Detachment.



## ANZAC UPGRADE

HMAS Anzac was undocked from the BAE Systems Henderson Shipyard mid July where it had been undergoing the Anti-Ship Missile Defence (ASMD) upgrade for the past 12 months.

Final outfitting and test and trials programs are now underway before commencing sea trials later this year.

Meanwhile, HMAS Arunta recently sailed from Fleet Base West to carry out sea trials after a similar upgrade.

BAE Systems Director of Maritime Bill Saltzer said the scope of the project for the full Anzac-class frigate fleet included integration of the CEA Phased Array Radar, Vampir NG Infrared Search and Track system, Sharpeye navigation radar and an upgraded Saab Combat Management System.

"In addition to performing this upgrade, which gives the Anzac frigates a significantly increased self-defence capability, DMO and Navy are using each ship availability period to implement other engineering changes and maintenance activities that serve to improve operational performance and extend the life of the fleet," he said.

"By combining all these activities, the RAN will avoid having to take the ships out of service multiple times."

Upgrade of all eight Anzacs is scheduled to be completed in 2017.

## ARRESTED DEVELOPMENT


US Navy aviation achieved another historic milestone on 17 August when the USS Theodore Roosevelt conducted simultaneous manned and unmanned flight operations.

An unmanned X-47B was launched immediately after an F/A-18 Hornet on side-by-side catapults and, after a brief flight, performed a textbook landing, folded its wings and taxied out of the way for the incoming Hornet.

Multiple cooperative launch and recovery sequences were repeated over the course of planned test periods, with the X-47B performing multiple arrested catapults, landings, flight-deck taxiing and deck-refueling operations.

Scheduled additional cooperative flight and deck operations with F/A-18s will include night operations and extended flying quality evaluations.



**WATCH VIDEO**  An unmanned X-47B lands on the flight deck of the USS Theodore Roosevelt, shadowed by an F/A-18. Photo by Mass Communications Specialist Seaman Apprentice Alex Millar

## FIRST AUSSIE JSF



Dignitaries at a ceremony in Fort Worth, Texas, lead applause as Joint Strike Fighter AU-1, the first F-35 for Australia is unveiled. The first two Australian F-35A aircraft, known as AU-1 and AU-2, rolled out of the Lockheed-Martin F-35 facility on 24 July 2014. The two aircraft will be initially live at Luke Air Force Base, Arizona, where the first Aussie pilots will be trained.

Photo by Beth Steel, Lockheed Martin Corporation

## STREAMING THE DREAMING

Soldiers from the 6<sup>th</sup> Engineer Support Regiment working in Indigenous communities at Wutunugurra and Canteen Creek are offering a digital, on-line format and streaming course so locals can record their Dreaming stories.

The soldiers are in the remote communities on an Army Aboriginal Community Assistance Program (AACAP).

Captain Nathan Peace, 6ESR, said recording stories from The Dreaming was important in keeping cultural heritage alive.

"Dreaming stories pass on important knowledge, cultural values and belief systems to later generations," he said.

"It is with respect for the Dreaming that the 6ESR soldiers are running this course, to help record and disseminate stories told by the elders."

AACAP aims to improve environmental health and living conditions in remote Indigenous communities and is jointly resourced by the Department of Prime Minister and Cabinet and the Australian Army.



## CHIEF WARRIOR

Chief of Army Lieutenant General David Morrison was presented with a traditional kangaroo-skin Warrior's Cloak by the Ramindjeri People of Kangaroo Island on 1 August.

Karno Walker, whose ancestor Private Arthur Walker served in WWI, presented the cloak in recognition of the Indigenous men and women who served with distinction in Australia's military history.

In return, Lieutenant General Morrison presented Mr Walker with framed memorabilia of his Great Uncle Private Arthur Thomas Walker, who was killed on the Western Front in 1916.

"I am humbled to receive this gift today and to proudly acknowledge the military service of Indigenous men and women throughout Australia's history," Lieutenant General Morrison said.

The Australian Army currently has more than 700 Indigenous members serving throughout Australia and on operations overseas.



## WATCH VIDEO OF TESTS

### GUIDED BULLET

DARPA – the US's Defense Advanced Research Projects Agency – is developing a sniper bullet that can change course in flight.

Called the Extreme Accuracy Tasked Ordnance or EXACTO, the .50 cal bullet was test fired this year with promising results.

The system combines a manoeuvrable bullet and real-time guidance system to track and deliver the projectile to the target, allowing the bullet to change path during

flight to compensate for unexpected factors that may drive it off course, thus increasing the probability of a first-round hit.

### MARATHON STRETCH

Wandering Warriors Inc – a registered charity for Aussie veterans – in conjunction with battlept.com.au are holding a fundraising stretcher challenge on 13 September to raise funds and awareness of young-veteran's issues.

The challenge is a 50kg stretcher carry over 42.2km (marathon distance) for teams

of 12.

It will be held in Gunnedah, NSW and is expected to take up to 10 hours to complete.

To donate or get involved, visit either the [battlept.com.au](http://battlept.com.au) or [wanderingwarriors.org](http://wanderingwarriors.org) web sites.

### FIRE DAMAGE

Armidale-class patrol boat HMAS Bundaberg suffered extensive fire damage in Brisbane on 11 August while undergoing routine, out-of-the-water maintenance.

Queensland Fire and Emergency Service took five

hours to extinguish the blaze.

The fire was thought to have started in the forward section of the vessel and burned right through to the aft.

### BIG DEALS

Defence signed a package of 10 separate contracts in July and August for support services at Defence bases around Australia.

Collectively worth about \$10 billion over 10 years, it was the largest single procurement of its type undertaken by the Commonwealth.

The contracts cover everything from routine

maintenance and security to pest control, waste management, transport, and support to range and training areas.

Deputy Secretary Defence Support and Reform Steven Grzeskowiak, who signed the contracts on behalf of the Commonwealth, said it was rare to get an opportunity to implement such a wide-ranging suite of contracts all at the same time.

"We have used this to drive improvements to service delivery while at the same time achieving savings and efficiencies," he said.

Contracts went to UGL Services, Aurecon Australia, Transfield Services, Veolia Environmental Services, Wilson Security, Brookfield Johnson Controls, Compass Group (Australia), DynCorp (trading as Augility), MSS Security, and Spotless Facility Services.

### FIRST FEMALE CO

Commander Catherine Hayes became the first female officer to command an Australian warship on operations when she took HMAS Toowoomba to the Middle East in August.

HMAS Toowoomba deployed on Operation Manitou support efforts to counter and deter terrorism and the trade of narcotics on the seas.

Defence Minister David Johnston said [Commander Hayes' command of HMAS Toowoomba] was another step in the right direction in providing leadership roles and opportunities for women in the ADF.

He said he hoped the deployment acted as an inspiration for all women currently serving or considering a career in the Navy or in the wider Australian Defence Force.



## PRE-DELIVERY SEA TRIALS



NUSHIP Canberra heads out for final sea trials. Photo courtesy BAE Systems

Nuship Canberra, the first of two landing helicopter dock (LHD) ships being built for the Royal Australian Navy, underwent final sea trials in August, ahead of delivery before year's end.

Final contractor trials involve testing of the combat and communication systems along with some platform-systems trials.

BAE Systems and DMO project personnel along with a number of Royal Australian Navy officers and sailors who will crew the ship

once delivered, as well as BAE Systems subcontractors Navantia, Saab, L3 and Teekay were on board for the trials.

As well as demonstrating the ship's capabilities, the trials also provided valuable feedback on the effectiveness of crew-training programs to date.

Initial crew training was conducted ashore at a BAE Systems facility in Mascot, near Sydney, using computer simulations and a virtual ship.

## FIRST HELLFIRE SHOT

Royal Australian Navy's newest maritime combat helicopter, the MH-60R Seahawk 'Romeo', successfully fired its first Hellfire missile in the US on 25 July.

The AGM-114 Hellfire air-to-surface missile was fired by Navy's 725 Squadron from aircraft currently deployed to the United States Navy's Atlantic Undersea Test and Evaluation Centre, off the Florida coast.

DMO's head of Helicopter and Guided Weapons Division Rear

Admiral Tony Dalton said the successful firing was a major milestone in delivering Defence's Project AIR 9000 Phase 8.

"This \$3.2 billion acquisition program is providing Navy with a state-of-the-art helicopter-based war-fighting capability," he said.

"The Seahawk Romeo is a quantum leap over Navy's current combat helicopter force, both in numbers and capability."

The first four of 24 Seahawk Romeos have been delivered.



Photo by Lieutenant Commander Stephan Immerz

WATCH VIDEO

## LUKE APPROVED

The American Food and Drugs Administration gave approval in May for the commercialisation of a prosthetic upper limb with near-natural control mechanisms developed with funding from DARPA - the Defense Advanced Research Projects Agency.

The limb, which took eight years from idea to market, will expand prosthetic choices for upper-limb amputees, who have to date had far fewer options than lower-limb amputees.

DARPA took up a Veterans' Affairs challenge to advance the field of modular upper-limb prosthetics for wounded soldiers and committed to making significant research and development investments.

Developed by DEKA Integrated Solutions, whose founder famously invented the Segway, the DEKA Arm System is affectionately dubbed 'Luke' (after Luke Skywalker) by the company.



WATCH VIDEO

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A 5 Squadron RNZAF P-3K2 Orion departs RNZAF Base Auckland for Operation Tiki VII, leaving behind family (inset). Photos by Roderick J. Mackenzie



## ORION TO MIDDLE EAST

A Royal New Zealand Air Force P-3K2 Orion aircraft left Auckland today bound for the United Arab Emirates, where it will join a multi-national task force focusing on counter-piracy.

During the four-month deployment the Orion will be conducting maritime surveillance tasks in the Gulf of Aden and the Indian Ocean in support of Combined Maritime Forces, NATO and the EU.

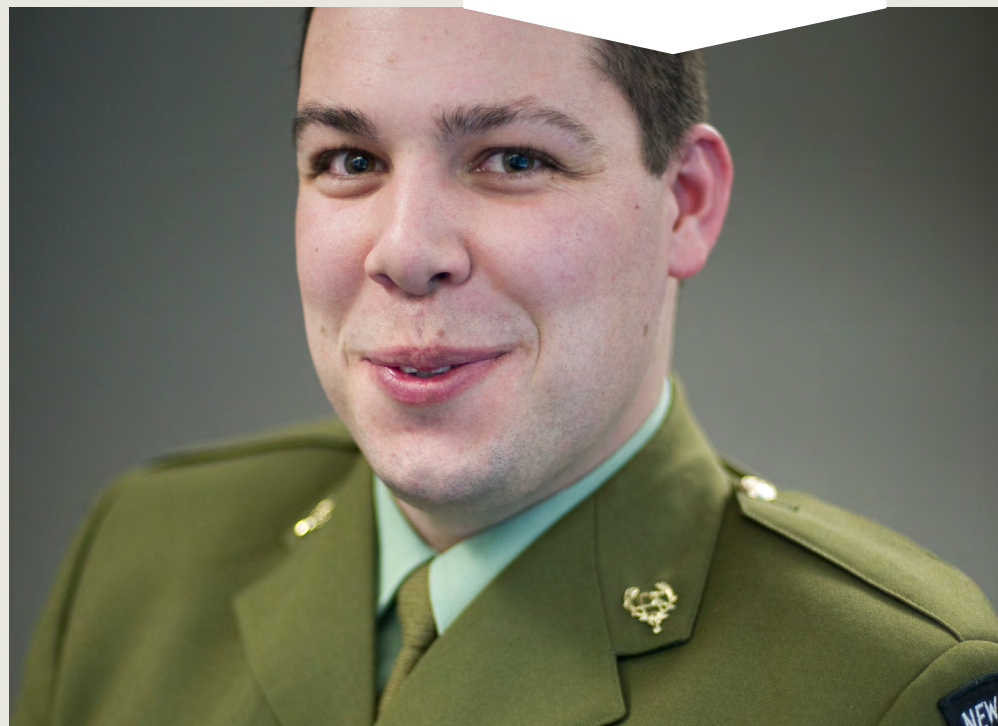
Chief of Air Force Air Vice-Marshal Mike Yardley said the Orion would provide a valuable contribution to reducing the number of piracy attacks in the area.

"Our P-3K2 aircraft is regularly used to conduct a wide range of maritime surveillance work, and the crew is highly skilled. I am proud they are able to contribute their expertise to this vital task force," Air Vice-Marshal Yardley said.

"We often work with other nations on operations and I know this group is looking forward to being involved in a large-scale operation that can make a real difference."

The RNZAF has 55 personnel deploying on the mission to support the Orion, including crew, maintenance and support staff.

The Orion's anti-piracy mission coincides with a 13-man contingent from the Royal New Zealand Navy assuming command of the CTF 151 counter-piracy taskforce ashore in mid August – and closely follows a successful seven-month (91 days on station) deployment by HMNZS Te Mana.



## Y20 BOUND

In a national first, Lance Corporal Toby Jordan, an NZDF reservist, will represent New Zealand at the Youth 20 (Y20) summit, the official youth summit of the G20.

Lance Corporal Jordan is one of two New Zealanders selected to attend the Y20 summit – the first time New Zealand has been invited.

"It is a huge honour for me to represent our country and the NZDF at this event," he said.

"I am really excited to be able to take the opinions of our under 30s to one of the highest levels of global governance."

"With one other New Zealand representative I will be negotiating with youth from the other countries to create a set of recommendations to present to the G20 ministers later this year."

Y20 is the official youth forum of the G20, a group of 20 major, advanced and emerging economies that make up 85 per cent of the world's GDP and 60 per cent of the world's population.

The New Zealand Defence Force is officially supporting Lance Corporal Jordan in his attendance, recognising his potential as a leader and his potential impact on a global stage.

Photo by Corporal Sam Shepherd

## LATE ENTRY TO OFFICIAL WAR RECORDS

Chief of Defence Force Lieutenant General Tim

Keating announced on 13 August that six new names would be entered on the New Zealand First World War official roll of honour.

The decision to include these servicemen is the result of ongoing research into service-personnel files carried out by the New Zealand Defence Force Historian.

"In the majority of these cases, the military authorities at the time acknowledged their deaths were as a direct result of their service with the New Zealand Expeditionary Force but, for various reasons, their names were not entered on the rolls of honour," Lieutenant General Keating said.

"It is important that these soldiers are now formally recognised. They, like more than 18,000 of their countrymen, died as

a result of their service to New Zealand in the First World War."

The six soldiers are Private Arthur Joseph Best, Private David Falconer, Trooper Matthew Gallagher, Private Percy Hawken, Sapper Robert Arthur Hislop and Private Lester Edward Quintall.

Sapper Hislop, aged 21 when he died on 19 August 1914, will also be formally recognised as the first New Zealand casualty of WW1. A sapper with the Railways Engineers Corps, he died six days after falling through a railway bridge in Auckland while on guard duty on the night of 13 August – just eight days after New Zealand officially entered the war.

The decision has been forwarded to the Ministry for Culture and Heritage for inclusion on the National War Memorial Roll of Honour and to notify the Commonwealth War Graves Commission.

Sarah Ingram, Heritage Services Branch Manager for the Ministry for Culture and Heritage, said the ministry would take over the care of the graves in perpetuity.

"The ministry, as agent

for the Commonwealth War Graves Commission, will assess the state of the graves and make arrangements for their refurbishment where necessary," Ms Ingram said.

"We have already made arrangements for Sapper Robert Arthur Hislop's grave to be refurbished in time for the centenary of his death."

The NZDF and the Ministry for Culture and Heritage have arranged to conduct a small service with Sapper Hislop's family on 19 August at Waikumete cemetery to mark the centenary of his death.

There are 3478 New Zealand casualties of the two World Wars commemorated in New Zealand in a total of 433 sites – including 570 casualties of both World Wars with no known graves.

As an agent for the Commonwealth War Graves Commission, the Ministry for Culture and Heritage inspects the graves every two years and arranges cleaning and repair. It also looks after Commonwealth graves and memorials to the missing in New Caledonia, Samoa, Tonga, Vanuatu and the Society Islands.



A modern-day soldier poses in replica WWI NZ Army uniform during official WW100 commemorations in Wellington on 4 August. Several of the uniforms were supplied for the occasion by New Zealand filmmaker Sir Peter Jackson. Photo courtesy ww100.govt.nz



The 16th Field Regiment of the Royal Regiment of the New Zealand Artillery fire a 100-Gun Salute from the Wellington Waterfront to mark the 100th Anniversary of the beginning of the First World War for New Zealand.

Photo by Corporal Judith Boulton





# NZ HEADS UP

## GUILTY PLEA

The New Zealand Defence Force pleaded guilty in the Wellington District Court in July to a charge under the Health and Safety in Employment Act 1992, of failing to take all practicable steps to ensure its people were not exposed to the hazard of a helicopter accident at work.

The NZDF accepted responsibility and apologised for failing to prevent the Iroquois crash at Pukerua Bay, near Wellington, on 25 April 2010 that claimed the lives of Flight Lieutenant Hayden Madsen, Flying Officer Dan Gregory and Corporal Ben Carson, and seriously injured Sergeant Stevin Creeggan.

Chief of Air Force Air Vice-Marshal Mike Yardley said the NZDF did not do all it could to ensure a safe working environment for its people.

"We pleaded guilty to failing to prevent this accident and we have unreservedly apologised for our shortcomings. I reiterate that apology to all of the next of kin and to Sergeant Creeggan," Air Vice-Marshal Yardley said.

"The failure here cannot be laid at the door of any one person, or small group – it was organisational – a variety of related flaws in our systems failed to prevent a fatal event.

"The only amends Defence can make is to ensure that the lessons of this tragedy never go away.

"Part of the legacy of this accident has been a complete overhaul of the Defence Force's approach to safety.

"We owe that to the crew of Iroquois Black 2, we owe it to the families, and we owe it to our Defence Force.

## FATHER OF RNZAF DIES



Air Marshal (Rtd) Sir Richard Bolt KBE CB DFC AFC, the man regarded by generations of Royal New Zealand Air Force personnel as the "Father of the Air Force", passed away in Lower Hutt on 27 July, aged 91.

Sir Richard joined the RNZAF in 1942 and trained as a pilot before serving with RAF Bomber Command during WWII in the Pathfinder Force, flying Lancaster bombers.

He took command of the RNZAF as Chief of Air Staff in 1974 and became Chief of Defence Staff in 1976.

He retired in 1980.

Current Chief of Air Force Air Vice-Marshal Mike Yardley said today that AM Bolt's decades of service at every level had established him as a cornerstone of the modern Air Force.

"The status of 'Father of the Air Force' was richly deserved. He had an outstanding career, culminating in the highest possible appointments," AVM Yardley said.

"He was an airman, and a leader of airmen and women, who has been a role model to us all."

Sir Richard stayed in close contact with the RNZAF after his retirement and was also actively engaged with the Bomber Command Association, the Brevet Club and the Royal New Zealand Air Force Association.

The Father of the Royal New Zealand Air Force was accorded a funeral with full military honours at St Paul's Cathedral, Wellington, on 1 August.

## KIWI TEXAN DELIVERED

The first two of 11 Beechcraft T-6C Texan II pilot-training aircraft for the New Zealand Air Force landed at RNZAF Base Auckland on 18 August.

The aircraft were flown from Wichita, Kansas, in the United States by the manufacturer, Beechcraft Defense Company.

New Zealand's Secretary of Defence Helene Quilter and Pilot Officer Nicole Brooke, an RNZAF trainee pilot, hopped in the jump seats for the aircrafts' final leg to RNZAF Base Ohakea on 22 August, where media

were invited to take their first up-close look.

The aircraft will be formally handed over to the RNZAF on 31 October after the completion of maintenance training in New Zealand and pilot conversion courses in the United States.

T-6C Texan II is scheduled to replace the in-service CT-4E Airtrainer in the basic-pilot-training role and the Beechcraft King Air B200 in the advanced phase, from 2016.

The Red Checkers aerobatics display team will also fly the Texan.

This delivery comes less than eight months after contracts were signed in January this year (reported in CONTACT 41 in March).

The contracts also include two flight simulators, training, logistics, spare parts and maintenance support for up to 30 years.

BAE Systems, teamed with Beechcraft and CAE, is proposing the same aircraft for Project Air 5428 for the ADF's future pilot-training needs.



Photo by Roderick J. Mackenzie

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# AUSTRALIAN ARMY SKILL AT ARMS MEETING

WORDS SERGEANT BRIAN HARTIGAN  
PHOTOS SERGEANT BRIAN HARTIGAN AND SERGEANT JOHN WADDELL

The Australian Army Skill at Arms Meeting at Puckapunyal, Victoria, attracted an almost-capacity field of shooters from around Australia and the world for its 30th anniversary in May this year.

The competition hosted teams from Brunei, Canada, East Timor, France (French Forces New Caledonia), Indonesia, Japan, New Zealand, Papua New Guinea, the Philippines, Singapore, Thailand, Tonga, the UK and the US (Army and Marine Corps).

Held from May 5-16 this year, AASAM is an annual soldiers' core-skills meeting using current in-service small-arms weapons.

The purpose of the meeting is to improve ADF operational capability through rigorous, challenging and combat-focused skill-at-arms competition.

Regimental Sergeant Major of the Army Warrant Officer Dave Ashley said AASAM was a key environment for honing shooting skills.

"Our primary core behaviour is, 'every soldier an expert in close combat' – and there is nothing more fundamental to that than proficiency with a personal weapon," WO Ashley said.

"There's not a soldier on the planet who would disagree with that, and training such as that which AASAM can provide is fundamental to achieving that level of expertise."

One soldier who agreed was NZ Army Combat Shooting Team member Private Travis Sherriff.

"You can see how other countries operate and handle themselves with weapons and the competition aspect really adds to the learning," Private Sherriff said.

"It's quite enjoyable too – the culture of shooting and everybody coming here just to shoot. We're all shooters and we're all here for the same thing, so it's really easy to get along with everyone.

"The language barrier can be difficult at times but we have managed to overcome it surprisingly well. It can even be a lot of fun trying to communicate across the language barrier, especially when multiple nations are involved in the same conversation.

"Everyone is a little shy at first, but when you ask about their day or their last shoot they really open up and real bonds are made quickly."

SEE AASAM EXPLAINED  
IN A VIDEO COMPILE



# AASAM 2014



WATCH SNIPERS V  
MOVING TARGETS

Clockwise from above:  
Leading Aircraftman Nigel Raddie, 23 Squadron, RAAF.  
A French Forces New Caledonia shooting team member.  
Corporal Michael Wex and Private Drew McClean, 6RAR.



# HONING CORE SKILLS



# AUSTRALIAN ARMY SKILL AT ARMS MEETING 2014

Private Sherriff said he and his teammates had one key goal in mind – to beat the Australians.

"I don't want to sound cocky, but I think it's looking good so far."

And good it was – for the Kiwis – who took home a swag of medals and trophies in several disciplines, most important among them the Anzac Trophy, representing the competition and camaraderie between the two neighbouring countries.

## Part-timer roles

After 30 years, AASAM is a world-renowned skill-at-arms competition attracting significant high-level Australian and overseas attention.

But from the individual viewpoint, it is a competitive learning environment and an enjoyable opportunity to hone core skills.

And it's run almost entirely by reservists!

One reservist who plays a major role at AASAM is Camp Commandant Captain Geoff Baker, who ensures that accommodation and barracks, messing facilities and all necessary amenities are fully functioning so the more than 500 competitors, team supporters and staff attending AASAM are bedded, watered and fed.

"It's all about setting up a camp so that when shooters turn up to shoot, they only have to worry about their own shooting – they can go to the range and focus wholly and solely on the competition," Captain Baker said.

"AASAM is like raising and re-raising a functioning unit from nothing every year.

"We arrive to empty buildings, with an empty mess hall, an empty Q-store, an empty armoury – and we create a unit on the ground every year.

"It's not just a unit doing exercises with blanks. This is a unit that is eating, sleeping, drinking and barracking – and shooting live ammunition."

Captain Baker said the amazing thing for him was that the whole show was organised and run by essentially the same 'family' of about 100 reservists who kept coming back year after year.

"I never really got my head around that as an ARA soldier, but I think that's a little bit amazing, because this is also an important international event, with governments around the world happy to spend the money to send a team of their soldiers to Australia, representing their country, with weapons and ammunition."

He said, two weeks after the last shot was fired, the last reservist turned off the lights and closed the gate.

## Twin perspectives

Competing at their first AASAM, twin brothers-in-arms Lance Corporals Trenten and Michael Troiano, of 11<sup>th</sup>/28<sup>th</sup> Royal Western Australia Regiment, said it was an awesome experience, especially interacting with and learning from international teams and the other Aussie shooters.

"The standard of shooting in our team has gone right up since we've been here, learning different tricks of the trade from the people we've met and spoken to," Lance Corporal Michael Troiano said.



Clockwise from above:  
Twin brothers representing 13<sup>th</sup> Brigade from WA, Lance Corporals Trenten and Michael Troiano.  
Philippines Sergeant Andy Guway 'dry fires' before competing.  
An Australian soldier in action on the pistol range.



**WATCH UP-CLOSE PISTOL-SHOOTING ACTION**



# AUSTRALIAN ARMY SKILL AT ARMS MEETING 2014

"AASAM is also great in that we get to fire far more rounds in these few weeks than we ever would back in the unit."

Lance Corporal Trenten Troiano said it was important to acknowledge that many on his team had recently finished a five-week Advanced Combat Shooting Course with the SASR, which also raised team members' skill levels before going to Victoria.

"We learnt a lot of tactics and techniques we might not have ever learnt had we not been given that opportunity," he said.

Both were surprised to learn that AASAM was run by reservists.

"I'd say this is by far the best activity I've ever seen run by reservists – in fact, I'd say it's one of the best-run activities regardless. There's no stuffing around, it all runs smoothly," Michael said.

"This level of organisation should be passed back through 2 Div and the rest. One of the biggest issues in ARes is that there's just too much admin. You only have guys for a weekend, so if you stuff them around with loads of admin you lose their attention and retention goes down – and Army Reserves is all about retention.

"One of the biggest practical things I've noticed about AASAM is the weapons' tags – it's the best idea I've ever seen.

"You walk into the armoury, pass your tag over and get handed a weapon. You're not sitting there for 45 minutes to an hour trying to put a couple of platoons through just to get a weapon.

"Getting cleared on the mound is another big one. No hanging around until everyone is done – you get cleared, get off the mound and go straight to another shoot or another task.

"And people are comfortable up there. That really comes down to how the whole thing is being run. It's an adult learning environment where you're not treated like a kid.

"That's what I'm enjoying about AASAM. That's the way all range shoots should be run."

## Fired up for more

It all had to end eventually. But, even before the guns fell silent and the smoke dissipated, planning for the Australian Army Skill at Arms Meeting 2015 was already well underway.

More than a week before this year's competition ended, organisers had already started planning a skill-at-arms meeting that will be even more significant and poignant for the home side, the New Zealand visitors and an anticipated observer team from Turkey.

Coinciding with the Anzac Centenary, AASAM 2015 is anticipated to attract a lot more attention – and emotion – than usual, so long-range planning is even more vital than usual.

Captain Baker said AASAM was a year-long logistics exercise.

"For example, Commanding Officer Lieutenant Colonel Angus Bell and the director of practice Lieutenant Commander Wayne Richards work all through the year, ensuring that everything is up to speed internationally for the competition and to ensure that the competition events are world standard," Captain Baker said.



Clockwise from top:  
Philippines Army Technical Sergeant Eric B. Guiniling.  
New Zealand Army Corporal Aaron Horrell.  
US Army Staff Sergeant Brian Ostos.



# AUSTRALIAN ARMY SKILL AT ARMS MEETING 2014

"Others such as WO1 Charles King work all year coordinating the international teams and their domestic, logistic and match requirements.

"The Q staff have to ensure that the equipment ordered now is collated throughout the year, and organise the delivery of ammunition and the return of ammunition, and the delivery and return of weapons."

He said AASAM was a very important meeting that was seen both nationally and internationally as an event of some significance.

"AASAM attracts the Chief of Army himself – who must have a schedule that stretches two years in front of him – yet he makes time in his schedule to come down and visit AASAM, as does Forces Commander and a veritable conga-line of other high-ranking generals from home and overseas."

Captain Baker said he believed the key to the success of AASAM was that it attracted the same logistic and command staff each year.

"There is no need for new people to quickly learn a new job – they are always up to speed on what's required, or where things come from, and they are always able to anticipate problems and shortcut holdups to keep AASAM running smoothly.

"The large majority of the staff are here because they are passionate about shooting, not because they've been sent here or are forced into it.

"Some of them have been participants in their earlier lives and careers.

"The director of practice is a perfect example. Although he is a Navy lieutenant commander, he's been attending AASAM since he was a junior rating, way back when it was called something else and was held somewhere else.

"Now he's the director of the practice and is heavily involved in the planning of all the competitions over the 12 months between each AASAM.

"There's very little he doesn't know about shooting or weapons."

Such dedication does not go unrewarded in the long run, with Lieutenant Commander Richards, as well as another long-time Navy AASAM attendee, Chief Petty Officer Bob Muir, awarded Operational Service Medals at a farewell dinner.

On what was his last AASAM, WO2 Lance Nader was also singled out for special mention and presented a trophy for his dedication to AASAM, having been involved with the competition since its inception 30 years ago.

Winner

The overall winner and Champion Shot of the Army this year – for the fourth time – was Warrant Officer Class Two Peter Richards, 6<sup>th</sup> Engineer Support Regiment, with a score of 1248.41.

Having first competed at AASAM in 1985, WO2 Richards said he was thrilled to win again.

"It's fantastic to be able to come here and compete. It's a combination of many years with the Australian Army Combat Shooting Team, which is the highlight of every trip," he said.



**WATCH OBSTACLE  
COURSE HIGHLIGHTS**

Clockwise from above:

Private Taylor Fordham, 1<sup>st</sup> Military Police Battalion.

Private Elenya Dixon, a 'GD' (general duties soldier), shows off her targets after having a shoot at the pistol range. She had marching out of basic training at Kapooka, NSW, just days earlier.

Camp Commandant Captain Geoff Baker.

Champion Shot of the Army Warrant Officer Class Two Peter Richards, 6<sup>th</sup> Engineer Support Regiment, shows off 'The Rifleman' trophy, just one of several awards he picked up this year.



MORE RESULT HIGHLIGHTS PAGE 32



# AUSTRALIAN ARMY SKILL AT ARMS MEETING 2014

## Worth his weight in gold

One man at this year's AASAM has more military shooting medals in his possession than any other Australian soldier alive.

Corporal Roger Aitken, an Army reservist of 32-years' service from the little town of Tarranyurk in western Victoria's Mallee country, is the man charged with ordering, 'building', engraving, then assisting to award more than 1200 medals at AASAM each year.

"I started as a driver at AASAM, but then they needed a hand to do the medals and to look after the trophies," Corporal Aitken said.

"It's a big job because when the medals come in – assuming they are the right medals, not all gold as initially happened this year – we have to engrave them and build them, that is, put ribbons and clasps on every one individually.

"I used to do all that myself and it usually took 50 to 60 reserve days to finish. But this year we had some GDs (general duties soldiers) here to help, and with 37 extra pairs of hands, we knocked over about 800 the first night."

Corporal Aitken said that on presentation nights there was a lot of pressure to get things right.

"Before the presentation I audit the medals at least three times to make absolutely sure they get handed to the boss in the right sequence. If there's a tied match or something I'll have to go back and produce more medals and audit the whole lot three more times to make sure everything runs smoothly on parade.

"There's definitely a lot of pressure and sleepless nights before a big parade. But, it's all about the shooters and putting on a good show for them – and they rarely see anything go wrong. In fact we never get complaints, only pats on the back for a job well done.

"Not many people actually know what we do. There's no sign on the door to say where we are – in fact, the only sign on the door says 'Keep Out'.

"So it is very nice to get recognised."

As a now-retired farmer, Corporal Aitken grew up around weapons and still goes shooting vermin with family most weeks – that is, when he gets time at home away from the 'part-time Army'.

"I'll only get a week at home before I have to go to Townsville for a major exercise – then I'm back here to help with the exercise that will select the shooters who'll join the Australian Army Combat Shooting Team for next year's AASAM.

"I'll probably keep doing this until I retire – if they'll have me. So far they keep asking me to come back and keep trying to keep me happy, so I'll keep doing it because I really enjoy it – I enjoy seeing the smiling faces when the shooters get their medals.

"We all eat, sleep and breathe this job, to give the guys a good shoot."

Corporal Roger Aitken displays just a few of the medals and trophies awarded at AASAM.





# Highlights from the Score Board

## Team Championships – ADF Teams

5/6RVR-A	3704.084
6RAR	3482.061
6ESR	3375.064
1RAR	3337.57
2RAR	3320.059

## Team Championships – International

Indonesia	8272.279
Philippines	7748.205
Australia	7527.161
New Zealand	7296.134

## Champion Shot of the Army

WO2 Richards	6ESR	1248.041
Pte Claridge	Norforce	1215.031
Pte Mollison	5/6RVR	1202.041
Pte McMillan	8/7RVR	1198.029
Pte Gabbe	7CSSB	1168.034
Cpl Haycroft	Norforce	1168.023
WO2 Bowermann	HQ CATC	1163.031
Pte Jones	5/6RVR-A	1162.030
Pte Waters	1RAR	1155.026
Pte Davey	6RAR	1152.035

## Champion shot of the Navy

PO G Orr	RAN Band-Syd	1010.022
AB L Urquhart	Fed Guard	800.012
PO G Sullivan	HQ CATC1	777.012

## Champion Shot of the RAAF

Cpl L Putinja	5 Avn	979.017
LAC S McKenzie	5 Avn	962.014
LAC N Raddie	23 Sqn	954.016

Champion Shot of the Army  
**WO2 Peter Richards**  
6th Engineer Support Regiment



## Sniper Championships

SSgt Carson and Sgt Wattle	USMC	1523
SFC Suzuki and SFC Isii	JSDF	1467
Cpl Keating and Pte Barnes	1RAR	1454

## Applied Marksmanship Practice – International

1SGT Widodo	TNI	298
1SGT Susanto	TNI	298
2SGT Misran	TNI	295

## Applied Marksmanship Practice – Australian 1.5 scope

Cpl Hughan	11/28RWAR	265
WO2 Plessey	AKG	259
Pte Sujka	5/6RVR-A	257

## Applied Marksmanship Practice – Australian EOS scope

LCpl Woolston	10/27RSAR	278
Lt Fintelman	5/6RVR-A	273
WO2 Richards	6ESR	272

## Service Rifle Individual Aggregate – ADF 1.5 scope

Pte Sujka	5/6RVR-A	854.018
Maj Bird	AAB	833.017
LAC Raddie	23 Sqn	826.012

## Service Rifle Individual Aggregate – ADF EOS scope

WO2 Richards	6ESR	1019.026
Pte Claridge	Norforce	985.018
Pte Jones	5/6RVR-A	964.020

## Machine Gun Match (7.62mm)

Cfn Brummell and Cfn Amos	11CSSB	285
Cpl Castray and Cpl Milnes	25/49RQR	195
Pte Jones and Pte Appelbee	10/27RSAR	175



Champion Shot of the Navy  
**Petty Officer Gordon Orr**  
RAN Band - Sydney



Champion Shot of the RAAF  
**Corporal Lewis Putinja**  
5th Aviation Regiment



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# MERCY MISSION

Photos by Corporal Janine Fabre



Left: Flight Lieutenant Christopher Bassingthwaighe studies in-flight documents on the mission to Iraq.  
Above: Lance Corporal Brent Pollock and Privates Michael Asher and Zachary Andrews, 176 Air Dispatch Squadron, prepare parachutes for humanitarian aid bundles in the UAE.

## Iraq air drop saves lives

**A RAAF C-130J Hercules completed one of the most complex operational humanitarian air-drop missions in 15 years in northern Iraq in August.**

Deployed to Joint Task Force 633 at Al Minhad Air Base as part of Operation Accordion, the Hercules detachment was rapidly reinforced with extra crews and support in response to a humanitarian crisis on Mt Sinjar, where thousands of civilians had fled to escape attacks by Islamic insurgents.

The mission on 13 August was planned and coordinated through Joint Task Force 633 including the logistical efforts of RAAF's Combat Support Unit-11, Joint Task Force 633.2 Air Component Command and the Army's 176 Air Dispatch Squadron who deployed personnel from Australia at very short notice to prepare the cargo.

And, it took an eight-hour round trip over the night of 13-14 August for the few seconds needed over target to dispatch 10 bundles of critical supplies to the stranded people on the mountain.

Deputy Commander JTF633 Air Commodore Noel Derwort said meticulous planning had gone into the mission and he was not surprised by its success.

"The entire Joint Task Force had been focused on ensuring we could deliver critical humanitarian aid to the people stranded in northern Iraq," he said.

"Not only did the Air Force, Navy and Army personnel work together to produce a successful mission, we achieved it while also balancing our need to support personnel in Afghanistan as well as coordinating a visit from the Prime Minister and Chief of Defence Force.

"The fact we could carry out all these tasks concurrently speaks volumes of the professionalism and skills of our people."

The mission delivered 10 bundles of critical supplies to people trapped on Mount Sinjar, including 150 boxes of high energy biscuits and 340 boxes of bottled water – enough to sustain about 3700 people for 24 hours.

The Australian Hercules was but one of 16 aircraft on the mission that night, including US Air Force C-17s and C-130Hs, plus a British Royal Air Force C-130J with Tornado reconnaissance assets in overwatch.

Prime Minister Tony Abbott and Chief of Defence Force Air Chief Marshal Mark Binskin, who were coincidentally in the UAE on an unrelated visit, got

an opportunity to inspect the loaded aircraft and speak to ADF personnel before the mission.

Among those involved were 16 soldiers from 176 Air Dispatch Squadron from RAAF Base Richmond, New South Wales, who had been deployed for this task with just 24 hours notice.

It was the first Australian mass air delivery of humanitarian cargo since the outbreak of violence in Timor Leste in 1999 – which was also the last time 176AD was deployed on operations.

Officer-in-charge Captain James Clarke said that despite jetlag, sweltering heat, humidity and the prospect of ongoing tasks, it was easy to motivate his soldiers for this special deployment.

"We got the call on Saturday. By Sunday we had completed what we needed to do at home and we





**Above:** Sergeant Barney Hayward, a C-130 loadmaster examines paperwork for humanitarian aid.

**Right:** Private Daniel Scognamiglio, an air dispatcher with 176 Air Dispatch Squadron, cuts energy dissipating material used to cushion the impact of landing.

**VIDEOS:** [RAAF preparations and drop](#)

[RAF C-130 airdrop](#)

[RAF Tornado GR4 reconnaissance footage](#)

were packed and on our way on a C-17," Captain Clarke said.

"We started rigging the aid stores for airdrop within hours after we got off the plane.

"The team is constantly training and are incredibly motivated to do their jobs each day.

"It's been at least 15 years dating back to the first free drops in Timor that we have plied our role operationally for a humanitarian aid task.

"This will be a memorable achievement for all of us and to do your job and save lives is something we will never forget."

Two Royal Australian Navy officers also played a key role in mission.

In what should have been a week to complete his end-of-deployment handover, maritime logistics officer Lieutenant Warren Bowring, along with his replacement Lieutenant Commander Russell Toohey, coordinated the procurement and delivery of the aid stores that were eventually dropped in Iraq.

Lieutenant Bowring said he had been proud to participate as part of the wider JTF 633 to assist people in need.

"In the end it doesn't sound like much, but we dropped 10 bundles of aid weighing close to 9 tonnes that contained food and water to sustain people and allow them time to escape what was going on," he said.

"It was something I am proud to be a part of."



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Photos by David McClenaghan



**Left:** Mark Urquhart, a former infantryman who was injured in a parachuting accident, will compete in all the swimming and track and field events including the relays, shot-put, discus, javelin, wheelchair basketball, wheelchair rugby, rowing and seated volleyball.

**Below:** Lance Corporal Craig Hancock, a tankie, suffered a lower back injury as a result of an improvised explosive blast during his third tour of Afghanistan.

**Below right:** Sergeant Lia Halsall is a Personnel Capability Specialist at No. 23 Squadron, RAAF Base Amberley, and is recovering from cancer.

**Right:** Sergeant Sarah Webster, Defence Force School of Signals, was wounded by a rocket in Iraq in 2006. Her injuries included a fractured skull, concussion, torn spleen and dislocated hip.

**VIDEO:** Watch our team's training video [here](#)



# INVICTUS GAMES

**The Australian Defence Force in partnership with the Returned and Services League (RSL) will support a team of 36 serving and former-serving wounded, injured and ill military members to compete in the inaugural Invictus Games in London in September.**

The Invictus Games is an international adaptive multi-sport competition championed by His Royal Highness Prince Harry, with more than 400 athletes from 14 countries competing.

Assistant Minister for Defence Stuart Robert said he was proud to support current and former serving ADF members to participate in the inaugural event.

"The Invictus Games will provide an opportunity to support the rehabilitation and recovery of the 15 current and 21 former ADF members, and to recognise their individual sacrifice," Mr Robert said.

"Each member of the Australian team has a compelling story of overcoming huge challenges.

"There is a common theme that binds them and all competitors at the Invictus Games. It is their sheer grit and determination to confront physical and mental hardship and to continue working toward their recovery goals."

Commander Joint Health Command Rear Admiral Robyn Walker said the ADF's involvement in the Invictus Games was designed to build on the positive experiences at other adaptive sports competitions such as the US Marine Corps Trials and the RSL-sponsored Canadian Forces Soldier Allied Winter Sports Camp.

"A key component of the Invictus Games is a Recovery Summit that will provide participating nations with an opportunity to discuss the

management of their wounded, injured and ill servicemen and women," Rear Admiral Walker said.

"I am looking forward to the opportunity to meet many of the athletes from the competing countries and to share experiences and learn from what other countries are doing in the area of rehabilitation."

National President of the RSL Rear Admiral Ken Doolan said the games were designed to be an inspirational experience for some of our bravest servicemen and women.

"Involvement by our athletes in the Invictus Games will enable them to focus on what they can achieve post injury and celebrate their fighting spirit through what is, for most, a challenging period of their life," he said.

"We wish all our athletes the very best as they represent their country at the inaugural Invictus Games."

Sapper Curtis McGrath, who lost both his legs to an IED in Afghanistan less than two years ago, will captain the Australian team.

Sapper McGrath, 6<sup>th</sup> Engineer Support Regiment, recently won gold and set a world record at the Canoe Sprint World Championships in Moscow, and has his sights set on the 2016 Paralympics in Rio de Janeiro, where canoeing makes its debut.

Athletes will compete in a variety of events including track and field, archery, indoor rowing, road cycling, swimming, sitting volleyball, wheelchair basketball and wheelchair rugby. The Jaguar Land Rover-sponsored games will also feature driving challenges.



# 50<sup>th</sup> REUNION



# WALLABY AIRLINES

Past and present RAAF members united in Coffs Harbour, NSW, in August to mark 50 years since the deployment of RAAF personnel to the Vietnam War.

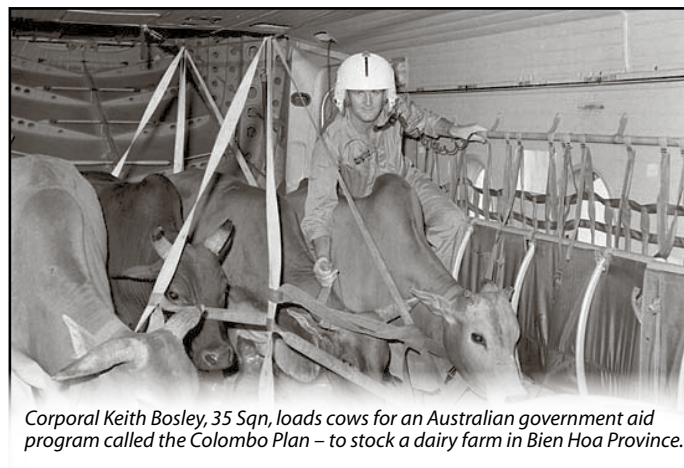
On 8 August 1964, the RAAF's seven-year deployment to Vietnam began with the arrival of the RAAF Transport Flight Vietnam (RTFV) at Vung Tau Air Base. It would grow to six Caribou transports, and from June 1966, the RTFV was established as No 35 Squadron.

That same month, the RAAF deployed UH-1 Iroquois helicopters from No 9 Squadron and, the following year, Canberra bombers from No 2 Squadron. RAAF also deployed operational planners, support personnel and a number of pilots on exchange with the US Air Force.

At its peak, the RAAF had 750 personnel deployed to the Vietnam War and suffered 14 casualties, five of those during combat.

To mark the 50th anniversary of the RAAF deployment to Vietnam, veteran members of the No 35 Squadron Association were joined in Coffs Harbour by present-day Air Force counterparts, led by Commander Air Mobility Group Air Commodore Warren McDonald.

"The lessons of the Vietnam War still resonate with Air Force today," Air Commodore McDonald said.



Corporal Keith Bosley, 35 Sqn, loads cows for an Australian government aid program called the Colombo Plan – to stock a dairy farm in Bien Hoa Province.

"Our seven years in Vietnam illustrated the necessity of training to face a modern battlefield environment, and the importance of close cooperation with allied partners.

"The time that has elapsed also shows how our organisation has grown, and how our relationships with regional neighbours – including Vietnam – have changed significantly.

"Air Force would not be where it is today without the hard work and reputation forged by the personnel who served in this conflict."

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## BRILLIANT BLOKE

**Lance Corporal Todd Chidgey was providing protection for a senior Australian officer at Headquarters International Security Assistance Force Joint Command when he died in a non-combat related incident in Afghanistan on 1 July 2014.**

**T**wenty-nine-year-old Lance Corporal Todd Chidgey, born in Gosford, New South Wales, in 1985, joined the Australian Army in March 2006 under the Special Forces Direct Recruiting Scheme. On completion of initial employment training, he was posted to the then 4RAR (Cdo), now the 2<sup>nd</sup> Commando Regiment, in September 2006.

Lance Corporal Chidgey deployed on six tours to Afghanistan ranging from two weeks to six months.

His colleagues in 2 Cdo Regt describe him as a brilliant bloke to know and work with, who was loyal to the core and would do anything for his mates.

A consummate professional and a dedicated soldier, Lance Corporal Chidgey was one of



the hardest-working members of the regiment, who never sought recognition or reward.

Kerrie Baker and Adam Chidgey, mother and brother of Todd, said his decision to join the Army came out of nowhere and the reason was still a mystery. But Todd had his heart set on joining Special Forces, so he put his heart and soul into the selection process.

"We were proud that Todd's focus and determination led him to achieving his dream.

"Todd enjoyed the discipline, structure and camaraderie of life in the army. We saw this first hand on Anzac Day this year when we attended a service with Todd at Holsworthy Barracks. The boys from his unit were so close, like brothers who clearly had respect for each other."

They said it was daunting when Todd told them he was heading back to Afghanistan, but they knew he was doing the work he loved and could not have been more proud.

Lance Corporal Todd Chidgey was farewelled on 15 July at the Palmdale Cemetery and Memorial Park on the New South Wales Central Coast.

Family, friends, colleagues and VIPs including Prime Minister Tony Abbott, CDF Air Chief Marshal Mark Binskin, Chief of Army Lieutenant General David Morrison and Special Operations Commander Brigadier Dan McDaniel gathered to commemorate the soldier's life at Hillside Chapel.



**T**he Australian Defence Force confirmed on 17 July that Sergeant Gary Francis from the Sydney-based 2nd Commando Regiment died during a mountain and cold-weather training activity at Mount Cook, New Zealand, the previous day.

A very experienced mountaineer, Sergeant Francis, aged 44, married and father of two, was leading a group of 10 commandos on a two-week mountain and cold-weather operations (MACWO) exercise when he plunged 40m into a crevasse on Mount Cook's Grand Plateau.

Ironically, at the time of his death – according to the Commando Welfare Trust – Sergeant Francis was about to instruct his team on a crevasse rescue exercise, during which the team was supposed to climb into a crevasse and 'rescue' a colleague who had 'fallen in'.

Normally the team would be roped together for the actual exercise but Sergeant Francis was surveying the crevasse for suitability when the crust gave way and a snow bridge collapsed around him.

Another former Royal Marine on the course alerted authorities and led the recovery of his mate's body.

With Sergeant Francis extricated from the crevasse, first aid was immediately administered.

The Westpac rescue helicopter was on the scene quickly, carrying, among others, local Alpine guide Trevor Streat, who later told Radio New Zealand that the soldiers had done a really good job to that point.

"They had him back on the surface and were performing CPR when we arrived," Mr Streat said.



"We were able to add our oxygen bottle and defibrillator to the mix but we were unable to revive him."

New Zealand emergency services officially declared Sergeant Francis deceased.

The ADF Investigative Service assisted New Zealand Police and Coroner with their investigations.

Sergeant Francis had been the ADF's MACWO subject-matter expert since January 2011, a year after joining 2nd Commando Regiment at Holsworthy.

Originally from Welling in south-east London, he had previously spent 13 years in the British military, including as a Royal Marine Commando Mountain Leader, before moving to Australia in 2010.

Sergeant Francis is survived by his wife and two children.

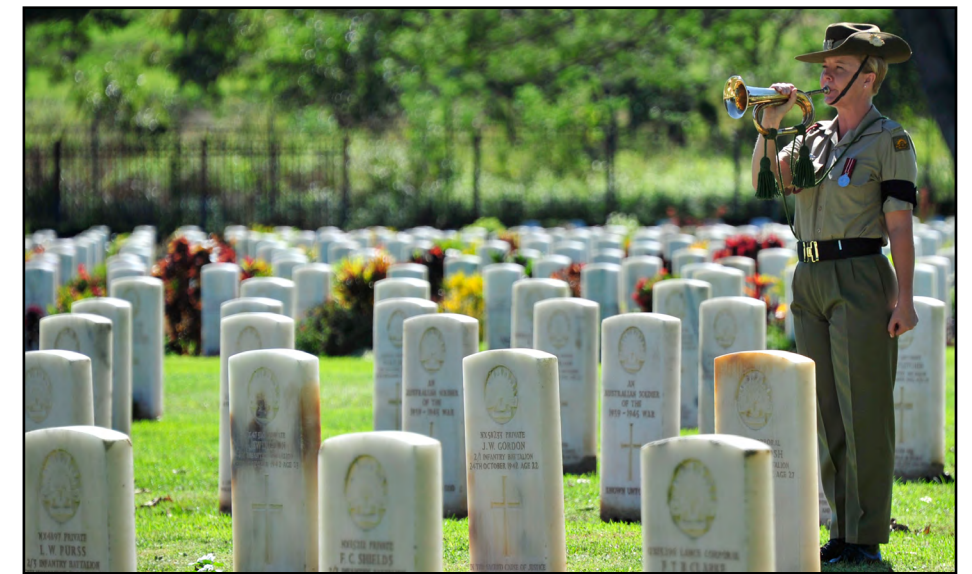


## MOUNTAIN MAN

**Sergeant Gary Francis, 2<sup>nd</sup> Commando Regiment, was the ADF's leading mountain and cold-weather soldiering expert since transferring from the Royal Marines in 2010. He was tragically killed on New Zealand's Mount Cook doing what he loved most.**



WATCH VIDEO



Above: Musician Louise Horwood plays the Last Post at Bomana War Cemetery, Port Moresby.  
Below: Former Sapper Mick Dennis pays his respects at the military funeral for Lance Corporal Spencer Walklate and Private Ronald Eagleton, who were killed by the Japanese in 1945.



Photos by Sergeant Robert Hack

# Z SPECIALS HONOURER

**Two Z Special Unit soldiers killed in Papua New Guinea during WWII were finally laid to rest at the Port Moresby (Bomana) War Cemetery in June.**

Lance Corporal Spencer Walklate and Private Ronald Eagleton were members of an ill-fated eight-man patrol sent to conduct a recon of the Japanese-held Mauschu Island off the north coast of PNG, in April 1945.

The patrol, beset by misfortune from the outset, split up, with Lance Corporal Walklate and Private Eagleton among four who took to the water to escape and were thought to have drowned.

However, it was later discovered that Walklate and Private Eagleton had been captured, tortured and executed by the Japanese on nearby Kairiru Island.

Investigations by Army's Unrecovered War Casualties unit eventually located the remains of the two Aussie soldiers, their identities confirmed by DNA matching with living relatives, some of whom attended their military funeral nearly 70 years after their deaths.

Also attending the funeral was the lone surviving member of the patrol, former Sapper Edgar 'Mick' Dennis, now 94.

Soldiers from the Special Air Service Regiment and the 1st and 2nd Commando Regiments – all units descended from the Z Specials – provided the military funeral honours.

Chief of Army Lieutenant General David Morrison said the Army was committed to honouring the memory of every Australian soldier lost in combat.

"We must never forget those who served before us, and whose legacy we live up to today," Lieutenant General Morrison said.

"Today's ceremony reflects this commitment to our fallen men and women and the families they left behind."

Private Eagleton's sister Carol Sadler said her parents had died not knowing what really happened to their son.

Lance Corporal Walklate's grandson Todd Walklate said his family had a real desire to know the full story.

"Knowing what happened has given many in the family a whole new outlook on their lives," he said.

"The whole experience has been fairly humbling, with a whole lot of mixed emotions.

"But it's nice to finally give him a resting place, somewhere we know he's safe."

Manager of the Army's Unrecovered War Casualties unit Brian Manns said the funeral was the culmination of years of work.

"We are pleased we have been able to provide a positive outcome and closure for both families," he said.

Army's Unrecovered War Casualties unit investigates all discoveries of human remains, as well as information that may lead to the retrieval of unrecovered Australian servicemen, with more than 70 active cases in Papua New Guinea, France, East Timor and Malaysia currently running.



Major Jack Thurgar, the officer in charge of the investigation to locate, identify and recover Lance Corporal Walklate and Private Eagleton, reflects on his mission.



# Royal Air Force Photographic Competition



**CATEGORY**  
**CURRENT RAF EQUIPMENT:**  
A single photograph that depicts RAF equipment – images may include personnel but RAF specialist equipment has to be the main feature of the photograph.

**WINNER:**  
'Cloud Atlas' by  
Senior Aircraftman  
Tim Laurence  
RAF Northolt





Each year the Royal Air Force showcases its best photography through an annual photographic competition to nurture and encourage high professional standards within the Service's photographic specialisation and to enhance the positive profile of the RAF.

The RAF has more than 200 professional photographers, employed in all areas of the Service including technical, intelligence, reconnaissance, PR, combat camera teams, videographers and airborne trials work.

The annual competition is open to uniformed, MoD civilian and contractor photographers, professional and amateur, who work for the RAF.

**CONTACT Air Land & Sea** presents just a few of our favourites from this year's competition. On 1 August we also presented our favourites from this year's Royal Navy competition, in **COMBAT Camera**, here.

**(TOP) CATEGORY – AMATEUR MILITARY:** A single image produced by an Amateur photographer to show an RAF theme.

**3<sup>rd</sup> PLACE:** 'Shark Attack' by Squadron Leader John Eklund 7644(VR) Media and Communications Squadron, RAF High Wycombe.

**(RIGHT) CATEGORY – PORTRAIT:** A single portrait of Service personnel in either a work or social environment.

**WINNER:** 'The Bandmaster's Secret' by Gordon Elias, SERCO, RAF Cranwell. (Also placed 2nd in 'Image of the Year')



**CATEGORY – PHOTOGRAPHIC SECTION PORTFOLIO:** The best portfolio of six images that capture the spectrum of work of an RAF photographic section. **WINNER:** RAFAT, RAF Scampton. This photo; 'Al Hamra Flypast' by Senior Aircraftman Craig Marshall from the Red Arrows Photographic Section.

**'PHOTOGRAPHER OF THE YEAR' – Senior Aircraftman Andy Wright, RAF Marham.**



Photo title: 'Blue heat'

# Royal Air Force Photographic Competition



# KIWI TRUCK TAKES FLIGHT



**In a combined effort between the New Zealand Army and Royal New Zealand Air Force a Pinzgauer light operational vehicle was dropped from a C130H Hercules in February.**

The text-book landing, from 750 feet over Ohakea Air Base, was hailed as a great success.

Strapped to a metal pallet and secured with timber and corrugated cardboard packing material, the 11,500 pound load was parachute-extracted from the back of the aircraft before floating to the ground and landing within 100m of its target.

While a first for this vehicle, the drop was part of the Royal New Zealand Air Force's No. 40 Squadron's

regular tactical airlift training focusing on air-drop missions and air-to-land resupply operations.

Commander of the flight Squadron Leader Steve Thornley said the Hercules was accustomed to dropping large loads, but had not dropped a Pinzgauer before.

"While it is 'all in a day's work', this was different," Squadron Leader Thornley said.

"Drops of this kind are used when there is no airfield or the airfield is damaged and the troops on the ground are reliant on the skill of the logistics people and aircrew."

He said the Air Force worked closely with personnel

from the NZ Army's 5 Movements Company based out of Linton Camp, who helped with the preparation of loads and their recovery.

Director of Land Engineering Lieutenant Colonel Steven Odell said he had been confident the exercise would be a success because the soldiers involved had spent many hours working on the mathematics and technicalities of the drop.

"I'm very happy about how this has gone," Lieutenant Colonel Odell said.

"The calculations around weight, compression and balancing were all spot on.

"I had complete confidence in the process."





# AMTDU Honoured

**RAAF's Air Movements Training and Development Unit (AMTDU) was honoured recently with the presentation of the Governor-General's Banner.**

Governor-General Sir Peter Cosgrove presented the banner on parade at RAAF Base Richmond on 15 May.

The Governor-General's Banner is presented to non-operational Air Force units in recognition of more than 25 years' service.

Commanding Officer of AMTDU Wing Commander Stephen Crawford said the unit's role was to develop new techniques for carrying cargo on board all ADF aircraft, and teach those techniques to ADF personnel.

"In recent years, that duty has seen our personnel help return battle-damaged vehicles from Afghanistan, deploy a desalination plant to New Zealand and support equipment movements to Japan following natural disasters," Wing Commander Crawford said.

"It takes a team of dedicated engineers, loadmasters, air dispatchers and other specialists to ensure that Defence can deliver cargo to a destination safely, often at short notice."

AMTDU was established in October 1965 at RAAF Base Richmond, at a time when the Royal Australian Air Force was rapidly expanding its airlift capability with the Caribou and Hercules transports, and the Iroquois helicopter.

It remains very busy today, assisting with the introduction the C-17A Globemaster, C-27J Spartan and the MRH-90 helicopter.

The origins of military Banners, Standards and other 'Colours' extends back to when armies carried banners on battlefields for the purposes of identification, acting as markers for unit commanders and a rallying point for soldiers.

A Governor-General's Banner is an important part of Air Force culture and tradition, displayed and presented during formal parades, marches, dining-in nights and other special events. In keeping with ancient traditions it will otherwise be kept on display within the unit's headquarters and remain a 'rallying point' for deployed AMTDU personnel.



Pics Corporal Veronica McKenna





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# *The way of the future*



British Army reservist Kingsman Jamie Waddington, 4<sup>th</sup> Battalion, The Duke of Lancaster's Regiment, and Australian Army reservist Private Christopher Kidenya, 2<sup>nd</sup>/17<sup>th</sup> Battalion, Royal New South Wales Regiment, patrol together during the 8<sup>th</sup> Brigade-led Exercise Polygon Wood at Singleton Training Area.

• Kingsman is a rank in the British Army equivalent to private, which was historically applied to any man serving in the British Army from the late 17<sup>th</sup> century. Today, however, it is only used by the Duke of Lancaster's Regiment, which inherited the rank from the King's Regiment.

## *Bringing brigades together*

For the first time in a long time, reservists from 8<sup>th</sup> Brigade and 5<sup>th</sup> Brigade have formed and tested a fully operational battlegroup.

Words and pics by  
Corporal Mark Doran, ARMY newspaper

In the months leading up to Exercise Polygon Wood in May this year, leaders from two reserve formations had to build from scratch a battlegroup headquarters that was capable of holding its own alongside regular Army forces.

Battlegroup Waratah, formed by the reservists from the New South Wales-based Army-Reserves' 8<sup>th</sup> and 5<sup>th</sup> Brigades, consisted of two combat teams, a light mortar battery, an engineer troop, a PMV (protected mobility vehicle) troop and an administration company.

Under Plan Beersheba, this battlegroup will eventually reinforce the regular Army's 7<sup>th</sup> Bde, from mid-2015.

As Plan Beersheba optimises the force generation cycle, Army will comprise three multi-role brigades with one at 'ready' status, one being reconstituted ('reset') and one being trained ('readying').

Commanding Officer Battlegroup Waratah ARA Lieutenant Colonel James McGann said just five per cent of the soldiers assigned to the battlegroup were full-time personnel who provided a mentoring role to establish a readiness ethos among the reservists.

"Exercise Polygon Wood has prepared us to be a part of the multi-role combat unit in order for us to link-in with our sister ARA brigade, 7<sup>th</sup> Bde," Lieutenant Colonel McGann said.

"Battlegroup Waratah had very little when we started, from the headquarters perspective, but over the past few months we have built this capability up to where we now have the basis to operate with the ARA."

Interoperability between multi-role brigades will evolve as digitisation rolls out, modularity increases and force generation processes stabilise.

This will be supported by the evolution of Army's facilities and training areas to allow each brigade location to become the hub of instrumented live, virtual and constructive combined-arms training.

Lieutenant Colonel McGann said he deployed with more than 500 soldiers on Exercise Polygon Wood and was able to exercise all elements of the brigade in a battlegroup environment.

"This is something the Army Reserve has not done for a very long time."



## Command and control

The formation of the 2<sup>nd</sup> Division battlegroup for Exercise Polygon Wood at Singleton Training Area from May 10 to 18 was the largest Army Reserve contribution to the regular Army's deployable capability since WWII.

Under Plan Beersheba – the Army's modernisation plan released in 2011 – 8<sup>th</sup> Brigade is generating Battlegroup Waratah to reinforce the Brisbane-based 7<sup>th</sup> Brigade's 'Road-To-War' from mid-2015.

Exercise Polygon Wood aimed to not only prepare and develop the battlegroup for Exercise Hamel 2015, but also to maintain this capability as part of a multi-role brigade consisting of 7 Bde and the NSW-based 8 and 5 Bdes.

About 550 personnel took part in the three-phase exercise, set at the infantry-combat-team level, coordinated by a battlegroup HQ.

The exercise was also joined by an infantry platoon from the British Army Reserve – the 4<sup>th</sup> Battalion, Duke of Lancaster's Regiment (4 LANCS).

Commander 8 Bde Brigadier Allan Murray said that to achieve the required level of training for the battlegroup HQ there were two combat teams in the field with supporting units including engineer assets from 8<sup>th</sup> Engineer Regiment and a joint fires support team.

"The battlegroup headquarters were challenged over the five-day period in how to manage those resources in an advance-to-contact scenario," Brigadier Murray said.

"We are about to enter the readying phase of the force generation cycle, so this was a key exercise for the brigade and will align us to 7 Bde's training cycle.

"It was important to bring the elements of 5 Bde and 8 Bde together in the battlegroup setting and test the command and control capability of the battlegroup headquarters to prepare our soldiers for operating in this setting.

"This represents a significant change in the capability and role of the part-time Army, and recognises that the reserve is increasingly relevant and operationally experienced."

Combat-team-level manoeuvre for Ex Polygon Wood was supported by a protected-mobility-vehicle lift capability provided by the 12/16HRL's (12<sup>th</sup>/16<sup>th</sup> Hunter River Lancers) Bushmasters.

Fire support for the exercise was provided by a combined 81mm mortar line consisting of reservist gunners from 4<sup>th</sup>/3<sup>rd</sup> Royal New South Wales Regiment 23<sup>rd</sup> Light Battery and 2<sup>nd</sup>/17<sup>th</sup> Royal New South Wales Regiment 7<sup>th</sup> Light Battery.

Brigadier Murray said reservists from his brigade had proven their military professionalism through deployments in Timor-Leste, Solomon Islands, Iraq and Afghanistan, as well as domestic operations such as supporting Australians after fires and floods.

"Our soldiers are keen to participate in this type of exercise because it is a significant change from the day-to-day activities of their civilian employment.

"The type of jobs they normally do range from policemen to butchers to school teachers – and



then, while they are with the brigade, they become part of a battlegroup."

Brigadier Murray said the Plan Beersheba Army Reserve battlegroup was currently only resourced for two combat teams so, during Ex Polygon Wood, they operated with a virtual third combat team to benefit the training of the battlegroup headquarters.

"We could put a third combat team in the field now, but we are building our deployable capability and focusing on the headquarters and the supporting arms.

"Once we complete a full cycle of the force-generation process we will resource the third combat team."

## Brits on Aussie exercise

For the first time, British Army reservists were invited to train alongside their Australian counterparts on a major exercise in Australia.

"But it's quite special to be on exercise in Australia.

"The best thing about this opportunity has been experiencing how another country's army operates.

"I've found the Australian procedures are similar to ours and the Australian soldier is very professional."

The British soldiers adopted Australian weapons systems for the exercise.

## Poised to attack

It began with a section attack, and ended with a dawn battlegroup clearance.

In the final stages of the battle, British and Australians were fighting side-by-side to stop a stubborn enemy force.

OC Combat Team 8 Major Stephen Von Muenster, 2/17RNSWR, said the development of Battlegroup Waratah was the future of Army Reserve.

"The battlegroup construct brings together the best and most committed reservists in a combined-arms capability," Major Von Muenster said.

"And Exercise Polygon Wood started with a proper scenario and stepped up in progressive stages."

Lieutenant Aiden Cross, also 2/17RNSWR, said the reservists had good opportunities to practise skills such as night routines and harbour drills, as well as section and platoon attacks and a night ambush.

"Day by day the soldiers' skills improved as the combat teams formed and we progressed in our ability to provide a real capability," he said.

Major Von Muenster said the battlegroup HQ provided intelligence reports which built a clear picture of the enemy force and added realism to the exercise.

"At first there were enemy observation posts, so we started with section and platoon attacks before moving up to combat-team attacks and the final battlegroup clearance on the last day.

"The entire process was a training and learning continuum for the soldiers, which made a lot of sense."

Lieutenant Cross said it was fantastic to be involved in Exercise Polygon Wood as it was an excellent opportunity for the soldiers and commanders to get out on the ground in formation with the combined assets of a battlegroup.

"It was great to get out field and dust off the cobwebs and to prepare for warfighting operations.

"I am excited to be involved in the next phase of the development of Plan Beersheba and Army's capability."

## Moving right along

Sappers from 8<sup>th</sup> Engineer Regiment joined troopers from 12/16HRL to provide combat support to Battlegroup Waratah on Ex Polygon Wood.

Troop Commander Lieutenant Matthew Featherstone, 8ER, said the engineer sections provided mobility support for the two combat teams and the PMVs as they travelled across the Singleton Training Area.

"It was a realistic training scenario, especially when we took part in the final battlegroup clearance," Lieutenant Featherstone said.

A platoon of 30 reservists from the 4<sup>th</sup> Battalion, The Duke of Lancaster's Regiment (4 LANCS), participated in Exercise Polygon Wood and operated under the command of Battlegroup Waratah from 10 to 18 May.

The training in Australia supports a British Army shift towards developing reserve units capable of integrating entirely into the regular Army.

Made up of five companies based across the north-west of England, 4 LANCS has supported the regular Army's 1 LANCS and 2 LANCS on Operation Herrick in Afghanistan.

Kingsman Ollie Palphramand, who deployed to Laskhar Gar on Operation Herrick 17 with 1 LANCS, said his operational experience gave him an edge.

"I have done this for real, so my kit is always organised and I have purpose because I know what could be at stake if things were to go wrong," Kingsman Palphramand said.





**Battlegroup Waratah is a fantastic opportunity as we contribute to deployable capability**

"The communication between the engineers and the light cavalry troop was excellent."

Troop Commander Lieutenant Nick McDonald, 12/16HRL, said the role of the cavalry troop was to provide a troop-lift capability for the engineers and infantry combat teams as well as convoy escort tasks.

"We were also tasked with medical evacuations and resupply missions, which allowed us to use our armour when we moved forward to resupply the reconnaissance patrols," Lieutenant McDonald said.

"Most of my reservist commanders have deployed to Iraq or Afghanistan and bring that experience and knowledge base to the younger drivers and commanders."

### **Joint fires control**

A Joint Fires Control Centre (JFCC) was also part of the exercise and coordinated the two joint fires teams who deployed with the two combat teams.

The JFCC, located in Battlegroup Waratah's HQ, coordinated the targets and fire missions with the mortar line and a notional M777 battery.

WO2 Andrew Cartwright, 2/17RNSWR, said the composite team from 4/3RNSWR 23<sup>rd</sup> Light Battery and 2/17RNSWR 7<sup>th</sup> Light Battery worked well together.

"The advantage of the fires net was that we were given information quickly and were able to pass it through to the operations cell to help them maintain awareness of the battlespace," he said.

"Exercise Polygon Wood opened my eyes because I had not been involved with all the elements of a battlegroup or seen the big picture before.

"Battlegroup Waratah is a fantastic opportunity for the Army Reserve as we contribute to the regular Army's deployable capability."



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# LETTERS HOME – New Zealand

## Rowan Signal – hot stuff

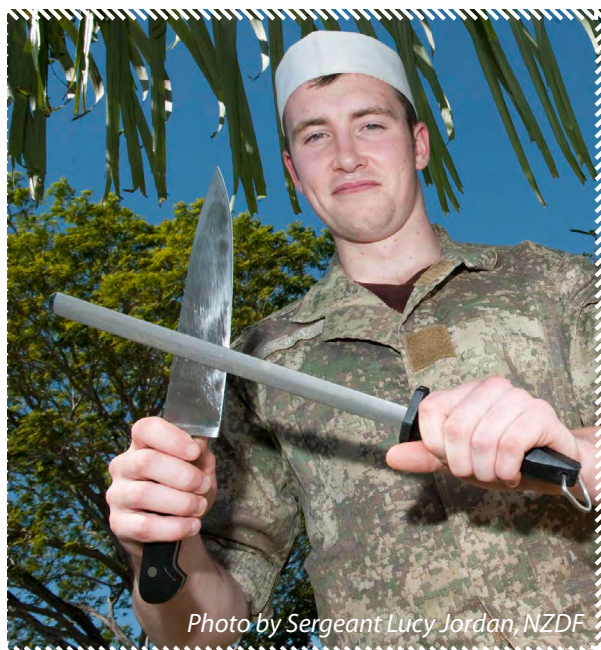


Photo by Sergeant Lucy Jordan, NZDF

A year ago, 19-year-old Palmerston North man Private Rowan Signal was three weeks into his initial recruit course in the heart of a cold Waiohuru winter.

A year later, he was one of eight NZ Army chefs preparing meals in a kitchen at Royal Australian Air Force Base Darwin, for a multi-national force exercising in the heat of the Northern Territory.

Private Signal, a former Palmerston North Boys' High School pupil, is a soldier in the Linton-based 2<sup>nd</sup> Combat Service Support Battalion and was in Darwin participating in Exercise Pitch Black 2014, the RAAF's largest multi-national combat air training exercise of the year.

The three-week exercise aimed to foster multi-national partnerships and cooperation and brought military forces from six nations to Australia.

The exercise involved a combination of day and night flying and provided the New Zealand Defence Force with an opportunity to practise deployment and integration of ground support personnel into coalition environments.

This was Private Signal's first overseas exercise with the NZDF and his first time working with any air force, Australian or New Zealand.

He said the opportunity to participate in Exercise Pitch Black 2014 had reinforced for him the benefits of a career in the NZ Army and the quality of the training he had received so far.

"I'd always wanted to join the Army. It's a great place to gain a trade, develop life skills and do some travelling while getting paid," Private Signal said.

"The Army has so many opportunities and is an awesome option for anyone looking for a career."

Private Signal was scheduled to return to his Linton base – and New Zealand's winter – in late August.

## Demi Exley – big bang theory



Photo by LAC Maria Oosterbaan, NZDF

Dargaville's Lieutenant Demi Exley is a Royal New Zealand artillery officer from Linton-based 16 Field Regiment who is living out her childhood dream of working outdoors – by being a gunner on an exchange in Hawaii.

Lieutenant Exley is one of six female gunners in 16 Field Regiment and is with 11 other Kiwis in Hawaii for an exchange with the 3/7 Field Artillery Battalion, 25<sup>th</sup> Infantry Division, US Army.

The exchange has seen the Kiwis training with US Army soldiers on similar M119 105mm Howitzers they use in New Zealand.

Lieutenant Exley said the experience had been really worthwhile.

"It's been very good to see the way a similar unit from another country works," she said.

"We have the same equipment, but they do operate differently."

"This not only gives us a chance to learn, but also to teach."

A former Dargaville High School student, Lieutenant Exley has previously deployed to Brunei while at Officer Cadet School.

Her family still live in Dargaville and are very proud of what she's achieved so far.

"I always wanted a job that was challenging, something with weapons that kept me in the outdoors," she said.

"I joined the NZ Army straight out of school and I really enjoy it."

"It keeps me busy and it's exciting. There's nothing else I'd rather be doing."

## Hayden Morgan – PACed learning



Photo by LAC Maria Oosterbaan, NZDF

With three operational tours under his belt, you'd be forgiven for thinking Hawke's Bay man Corporal Hayden Morgan might not have been very excited when he was told he was going on exercise.

But it wasn't just any exercise. Corporal Morgan was deployed with his light infantry platoon from the 1<sup>st</sup> Royal New Zealand Infantry Regiment to Hawaii for Exercise Rim of the Pacific (RIMPAC), the largest maritime military exercise in the world.

More than 25,000 people, 50 ships and 200 aircraft from 22 nations converged on Oahu for the biennial exercise.

Corporal Morgan, a former student at St John's College, had previously deployed to Afghanistan and to Timor-Leste twice – and previous exercises had taken him no further afield than Australia, so he was happy to hear he was heading to RIMPAC.

"Not only is training here invaluable, but I get to visit a place I've always wanted to see," Corporal Morgan said.

Hawaii is rich in military history and Corporal Morgan and his platoon paid their respects at the USS Arizona Memorial and the Punchbowl Cemetery.

While Hawaii's recreational activities provided distraction, it was the training that Corporal Morgan enjoyed the most, especially the US Marine Corps urban training facility that replicates a small town complete with petrol

station, fruit and vegetable markets, and a butcher – and smell generators adding even more realism.

Corporal Morgan said it wasn't just the learning that was valuable, but also the relationships they built.

"We're training with the Canadians and USMC and I've found that the Canadians are very similar to us."

"We get to check and compare tactics, and discuss and debrief with them."

"It's a great learning opportunity."

## Liam Riley – gold medalist



Photo by Roderick J. Mackenzie

Former Palmerston North Boys' High School student and now Air Force aircraft technician Leading Aircraftman Liam Riley, 22, won the 2014 National WorldSkills competition aircraft maintenance section in Hamilton in July.

The event is New Zealand's premier work-skills competition and could lead to Leading Aircraftman Riley representing New Zealand in the 'Tool Blacks' team at the International WorldSkills Competition in Sao Paulo, Brazil, next year.

Leading Aircraftman Riley joined the Royal New Zealand Air Force in 2010 and is posted to 40 Squadron at RNZAF Base Whenuapai as an aircraft technician.

"I carry out operational and intermediate levels of servicing on the C-130 Hercules and the Boeing 757 aircraft," Leading Aircraftman Riley said.

"I enjoy the variety of work that my job entails. One day I could be assisting with dispatching and after-flight of an aircraft and the next involved in a major component replacement in the hangar," he said.

Leading Aircraftman Riley has done a number of courses including senior trade training where he won the top mechanic award.

Leading Aircraftman Riley said he would recommend the RNZAF as a career to anyone.





## INFORCE WML-X

INFORCE recently released the new professional-grade WML-X in response to demands for additional 'reach' in non-urban environments. WML-X is a two-battery lithium-powered device providing focused, programmable, visible white light certified at 500 Lumens. Providing a continuous run time of 2 hours, WML-X is MIL-STD-810G certified, including drop testing, submersion to 20m, and small-arms firing.

The operator can choose either constant or intermittent activation. WML-X is ultra-low profile and can be rapidly attached/detached to NATO or Picatinny rails. Constructed from carbon fibre composite, it is fully resistant to POL and carries a limited lifetime warranty. INFORCE is exclusively available to ADF via **360 Defence** – visit [www.360defence.com.au](http://www.360defence.com.au)



## Speed laces made even easier

Speed laces have made getting your boots on faster, but tying off the lace and keeping it neat was still a problem. Until now! Developed by two serving US Marines, TacLace is a must-have item that provides a fast and neat way to pull tight and tie speed laces. TacLace also secures the laces neatly around the cuff and stops them coming loose. Made in the USA and available in black and coyote, TacLace includes a

spare set of laces in case your existing laces don't work too well already. Distributed by Premier Defence Agencies – email [info@premierdefence.com.au](mailto:info@premierdefence.com.au) to ask for your nearest retailer. **CONTACT** has three sets of TacLace to give away. Tell us in 25 words or less why you should get them. Email [editor@militarycontact.com](mailto:editor@militarycontact.com) before 30 September to win. Humour works best – and you must include your postal address (sorry – Aussie addresses only).

## Tactical pen



Now here's a writing implement with a real difference. The Gerber Impromptu Tactical Pen is a multi-purpose writing instrument that is rugged enough to meet trouble head on and light enough to stow in a breast pocket.

Made in the USA from machined aluminium, it features a carbide tip designed to shatter glass such as car windscreens in emergency situations. In the right hands it can even be used as a self-defense weapon.

And, as a pen too, it excels. The push-button design features "Rite in the Rain" ink that is effective in all conditions. The Impromptu Tactical Pen is available across Australia from Gerber stockists. Visit [au.gerbergear.com](http://au.gerbergear.com) for details.



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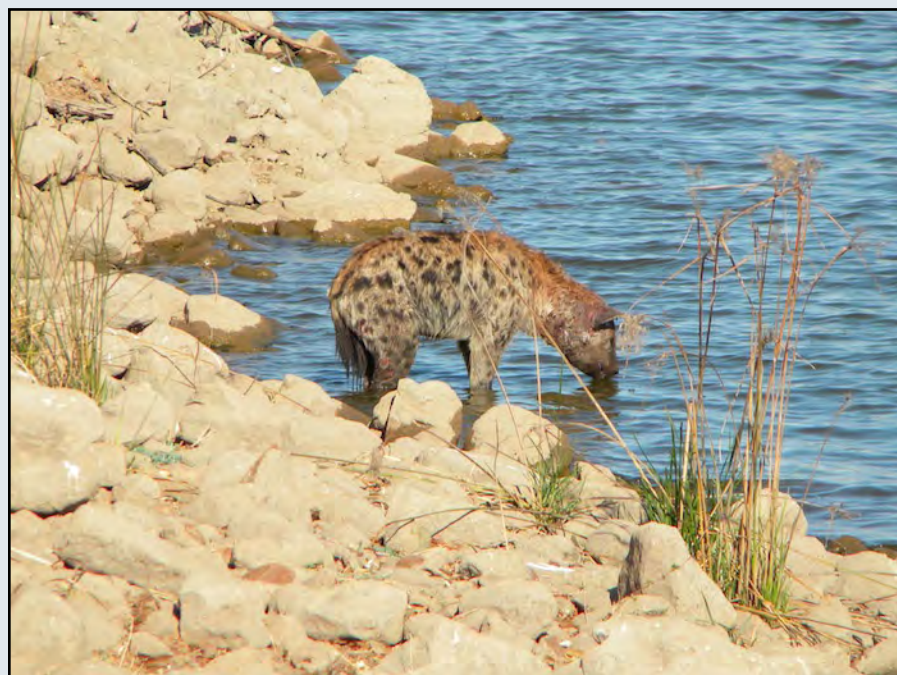


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## Life Death & Culture in Zimbabwe



**Life and death can be a strange thing. Here at the IAPF we recently had the opportunity to see how the death of an animal can have an emotional, educational and cultural affect on people from very different backgrounds.**

A call came out across the radio that the rangers had picked up the spoor (track signs) of a wounded spotted

hyena (*Crocuta Crocuta*) that appeared to be moving towards a large dam.

A few nights previously, we had heard the distinct sounds of fighting between hyenas but had since seen or heard nothing else.

After some expert tracking by rangers John, Chelepele, Senzani and Paul, the animal was finally located.

It had sustained major

injuries to its flanks, rear legs and neck.

Paying little attention to us, it chose to wash its wounds in the dam and then lay in the shade.

After about 45 minutes, it slowly regained some strength and began to limp off.

At this time we were unable to either treat or euthanise the hyena, so all we could do was follow it and keep a close eye on its condition.

It's surprising how often an animal, which appears to be on the brink of death, can make a recovery when given a bit of time and space. However, this time it was not meant to be.

The hyena lay down in a small stream (presumably to keep the flies out of its wounds and shelter it from further attack) and died just after nightfall.

The next morning we recovered the body and transported it to the Wild Horizons Wildlife Trust [www.wildhorizonstrust.org](http://www.wildhorizonstrust.org) where visiting vet Dr Foggin began work on an autopsy.

During this time, the IAPF's Green Army had a family of five from the UK/Australia visiting and they had been with us through the whole experience.

We watched as the staff and volunteers of the trust dissected and took samples from what was now determined to be a young male hyena of around two years old.

The wounds seem to have

been sustained during a fight with another hyena, most likely from another clan.

There is often little space for competition, especially in a hierarchy like that of hyenas where the males sit at the bottom of the food chain.

Necrosis had already settled in on the neck wounds and even had we tried to sedate it, it's unlikely that he would have survived.

### Thank yous

A huge thanks has to go to Dr. Foggin, Roger and Jessica from the Wildlife Trust, their volunteers Becky and Anna and of course the Wright family, whose 13-year old daughter's interest in the whole thing was inspiring.

She even managed to convince the vet to measure the hyena's intestine, which turned out to be roughly an incredible 15m in length!

We will now preserve the skull so it can be used here on the reserve as an educational tool and hopefully this (natural) loss of life will not be in vain.

### Education

In the end, this hyena showed everyone involved something about the world we live in.

The educational aspect of showing people how hyenas are built, their incredible muscles, crushing jaws and even the stomach contents, which held complete pieces of bone, including a piece

of vertebrae, will be very valuable.

The emotional aspect, as some people find the 'gory' scene of an autopsy a bit much to take, especially when they saw the animal living and breathing less than 24 hours previously, is also worth noting.

### Culture

Also, there is a cultural aspect, which is often lost on us.

For most 'Westerners', this animal is a necessary part of the African bush and environment, one we strain our necks to observe from the back of a safari vehicle.

We tend to forget that hyenas may be held in completely different regard by the people who were born and raised here.

In many African cultures the hyena is seen as an evil creature, often the messenger of the Sangoma (witchdoctor), and parts of its body hold very magical properties, especially the tail.

I had to confirm with our ever-brave chef, Hope, and some of the rangers that the tail was indeed still attached when we collected it and that yes, after the autopsy, the body would be burned.

Most of the guys here did not even want to see the body and seemed visibly relieved when it was gone.

These are educated and intelligent rangers, who spend every day in the bush.

I wouldn't say they feared the hyena but, once dead, they were glad to see it gone before it could "fall into the wrong hands".

In this regard, is the superstition around hyena really that much different to the attitudes towards the use of rhino horn in Asian countries such as Vietnam? Definitely food for thought.

However, whether it is indeed a witch's steed or simply an unfortunate individual who moved into an area where he was not welcome, and paid the ultimate price, this hyena certainly had an affect on the property and all of its inhabitants during its short time with us.

Go well hyena, and please don't curse our chef on the way.

*Originally blogged on the IAPF web site July 2012*





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# CLOSE BUT NOT CLOSE ENOUGH

Australians recommended for the VC but not awarded

BY MAJOR DARRYL KELLY

## Lance Corporal Victor Lancaster DCM

# TRUE GRIT

**The woman read the story in the paper under the headline "Lance Corporal's Grit". As she read of the courage of the young soldier, she muttered, "That poor boy's mother".**

Victor Lancaster was born in Ballarat, Victoria in 1896. He attended school in the bush town of Wedderburn with his older brother Gordon and sister Edith. His mother Martha had separated from Victor's natural father and eventually moved the family to the Sydney suburb of Camperdown. It was here that she met and married Charles Dunn. The couple had a boy, Leonard – giving the Lancaster children a new baby brother.<sup>1</sup>

Following school, Vic sought work on a dairy farm in the Hunter Valley and, thanks to his employment on the land, he was exempt compulsory cadet training, which was being conducted across the country. Gordon had also ventured north, and worked as a railway porter, in nearby Newcastle.<sup>2</sup>

In August 1914, the Lancaster boys read of the onset of war and the raising of Australian forces bound for Europe.

"What ya reckon mate – do we join up?" Vic asked his brother.

"Nai – be over by Christmas!" Gordon naively replied.

In April 1915, the boys read of the ANZAC landings at Gallipoli, they learnt of the battles, the mounting casualties and the rising death toll.

"Well Vic, it's about time we headed off to lend a hand

and get stuck into these Turkish blokes!" Gordon said.

With that the boys enlisted in the AIF, on the 11<sup>th</sup> of September 1915<sup>3</sup>. The training was hard but they were more than up to it. Following their initial training, they were allocated to the 3<sup>rd</sup> Reinforcement Draft of the 30<sup>th</sup> Battalion, which was part of the 8<sup>th</sup> Brigade of the newly raised 5<sup>th</sup> Division.

At the dock, the boys gave their mother a final hug, shook their stepfather's hand and strode up the gangway of the troopship Ballarat, bound for Egypt.

After completing a couple of weeks' additional training, they were marched off to join the battalion, which was encamped at Zeitoun.<sup>1</sup> On 16 June, the 30<sup>th</sup> Battalion moved to the nearby port of Alexandria, where it boarded the troopship Hororata, bound for the southern French port of Marseilles.<sup>1</sup>

Shortly after their arrival in France, Gordon took ill and was diagnosed with a gastric ulcer. The regimental medical officer recommended that Gordon be repatriated to Australia for treatment.<sup>2</sup>

Vic sat in a boggy stretch of the trench. As he worked the cocking handle of his Lewis gun backward and forward, he applied a light smear of oil to the working parts. They worked perfectly. He locked the cocking handle in place, picked up the drum<sup>4</sup> of ammunition and slammed it onto the top of the weapon.

As the artillery rumbled, the tension was high as they waited for the word to go. This was to be the AIF's first real battle on the Western Front and the 5<sup>th</sup> Division, along with similar British forces were to provide a major feint for the larger action about to be launched further to the south, in the Somme. The 5<sup>th</sup>'s baptism of fire was to occur in a place that would be revered in the decades to come – Fromelles.

As they assaulted the German positions, the 5<sup>th</sup> Division was cut to pieces. The interlocking arcs of enemy machine gun fire, cut a swath through the Australian lines and, after 27 hours of continuous battle, the battered remnants of the 5<sup>th</sup> Division was forced to break off the attack and withdraw as best they could.

As the division took stock, it tallied a staggering 5533 officers and men killed, wounded or missing. The 30<sup>th</sup>'s contribution to the carnage – nine officers and 343 men.<sup>4</sup>

The 5<sup>th</sup> Division was effectively knocked out of action and needed time to reinforce, retrain and basically – to recover. The division was left to go into a defensive routine in the Fleurbaix sector, while its sister divisions



Australian soldiers practice Lewis-gun drills – in this instance, men of the 28<sup>th</sup> Battalion, 2<sup>nd</sup> Australian Division, at Renescure, France.

moved into the Somme battlefields to attack and seize the fortified village of Pozieres. The action, although successful, was to span months and would cost thousands more lives.

When out of the front lines, idle diggers tend to get into mischief, and Vic Lancaster was no exception. In mid September '16, he was charged with 'failure to salute an officer', for which he received three days – number 2 field punishment. A couple of months later he was again charged, this time with being 'absent after tattoo', and received a further seven days field punishment.<sup>1</sup>

In early 1917, the 30<sup>th</sup> Battalion pushed hard against the German-held town of Bapaume. As the Germans withdrew from the shattered town, the 30<sup>th</sup> was hot on their heels. The battalion was tasked to secure the outer perimeter, so as other Australian units could move in and consolidate their newly won positions.

The Aussies thought all their Christmas' had come at once when they found the Town Hall standing relatively untouched. Many diggers steamed into the building eager to stake a claim on a patch of dry floor, get some sleep and shelter from the savage cold of winter.

Just over a week after taking the town, Vic was on a work party that was passing the Town Hall and decided to grab a hot brew from the Australian Comfort Fund's coffee stall, located adjacent to the main building. Just after the party moved off, an almighty explosion erupted from the building. The Germans had left a delayed-action mine, which remained undetected in the cellar. When detonated, the blast completely demolished the structure, killing or trapping a large number of Aussie soldiers under the rubble.<sup>5</sup>

In April 1917, Vic was promoted to the rank of lance corporal.<sup>1</sup> But, unfortunately, on 22 July, he again ran foul of the authorities when he went absent without leave. For this he lost two days pay and was reduced back to private.<sup>1</sup>

Vic was sent on well-deserved leave to London on 20 October where he made the best of his brief respite and painted the old town red. With his pockets empty, but some great memories and experiences under his belt, he returned to the unit on 6 November.<sup>8</sup>

On New Year's Day, he was given another go at being a lance corporal.<sup>1</sup>

Lice were another serious enemy to a soldier in the trenches and Vic succumbed to the vermin and hospitalised in early March with scabies. After an antiseptic bath, some ointment and a clean, fumigated uniform, he rejoined his battalion a few days later.

With the collapse of Russia, 70 enemy divisions were now freed up from the Russian front and were redeployed against the allies in France and Belgium. The onslaught of the great German offensive of 1918 caught the allied forces off guard and the Germans were poised to capture the vital channel ports, thus cutting off the British armies from Great Britain. The AIF was in action right across the crumbling British front. Their mission was simple, either throw back the German assault or lose the war!

In June 1918, the newly appointed Australian Corps Commander Lieutenant General John Monash decided to launch a series of large-scale raids by the 'Digger Battalions', designed to keep the enemy off guard and regain the initiative. All this was to buy time until his other divisions were ready to redeploy and again go on the offensive.

It was late afternoon on 22 June 1918 and the 30<sup>th</sup> Battalion was deployed near the village of Morlancourt. The battalion's raiding parties, prepared themselves for the upcoming raid, scheduled for that night. Vic checked and re-checked his Lewis gun. Taking out his pistol, he wiped it clean and placed it back in its holster. Turning to his No2 he said "Drums check out alright?" – "No worries Vic, we're right!" The young digger answered.





# CLOSE BUT NOT CLOSE ENOUGH

Australians recommended for the VC but not awarded

BY MAJOR DARRYL KELLY

The platoon commander returned from the orders group and told the platoon sergeant to assemble the men.

"Right, he said – here's the plan!"

Each man listened intently as the officer went step-by-step through the raid. Timings, fire support, actions on lost, casualty evacuation and prisoner handling were all covered in acute detail. Vic's platoon was to cover the extreme left flank of the raiding party. If something was to happen, they were sure it would come from the left.

Vic leaned against the back of the trench, waiting for 'zero hour' and the order to go. His thoughts were fixed on the job. He knew all too well that he and his gun were the vital link in the plan. He looked at his No2 and noticed the tremble in his hands, as he tried to light his cigarette. Vic nudged the young soldier and curtly said, "Settle down mate, you've just a touch of grand-final nerves!"

The No2 gave a feint smile and nodded. Then the hushed word to move out of the trench and into no-man's land came.

As they lay waiting at the mine tape, the platoon commander stared at the luminous hands of his watch. An unspoken surge rippled down the line and all the men stood up and did a final check of their webbing. The platoon commander raised his hand and signalled the men to move forward.

As Vic's platoon took up their assigned positions, they heard the fire-fight erupt in the nearby trench as their mates in the raiding party went into action.

Then all hell broke loose. German artillery started exploding across the immediate front. Amid the explosions, the shrill blasts of whistles and the rattle of small-arms fire, they saw the raiding party trying to withdraw. A runner came towards Vic's platoon.

"We've stirred up a hornet's nest and we've got blokes closing in on us from over there!" gesturing to the left flank. "The boss wants you to cover our withdrawal," the runner yelled, gasping to the fire-support platoon commander.

With that, the officer ordered his men to open fire on the approaching Germans. With his mission complete, the runner gulped down a swig of water and took off, back towards the retiring raiding party.

Vic took a bead on a group of Germans and fired a long burst, scattering the group. He then switched his aim to another group and fired again. The No2 was scanning the trench line, hurriedly indicating enemy targets as they appeared.

Vic kept up a steady stream of fire until, suddenly, the gun went quiet, followed by a familiar click.

"Fresh drum, fresh drum", Vic called as he realised he was out of ammunition.

The No2 reached into the haversack, took out a full drum of ammunition and slammed it in place. Vic re-cocked the gun and fired another long burst into the nearest group, dropping a number of them.

High-explosive artillery and mortar rounds were bursting all around the platoon in a vain attempt to silence the troublesome diggers. But Vic and his mates kept up their rate of fire.

Suddenly, a round exploded close by and a shell splinter smashed into Vic's lower jaw, tearing it away and throwing the young gunner backwards. In what seemed like an eternity, Vic quickly regained his senses and crawled back to the gun, righted it and continued firing. The gun again stopped and Vic went to yell for a fresh drum but the words wouldn't come out. He reached up to feel his jaw but all he felt was a bloodied mangled mess.

He reached across and grabbed at his dazed No2, dragging him closer to the gun. The No2 could see that his mate was badly wounded and tore open a shell dressing. As he tried to place it over Vic's shattered jaw he had his arm pushed away by the young gunner. In a garbled grunt, Vic motioned towards the empty ammunition drum. The No2 whipped off the empty and slammed a fresh drum in its place, before again trying to get Vic to let him take over the gun, but was pushed away.

It was now more than 30 minutes since Vic was first hit and he was starting to feel faint from the immense loss of blood. But he hung in, still firing.

Eventually, however, on the verge of passing out, Vic was forced to hand over his gun to his mate.<sup>7</sup>

Vic allowed the stretcher bearers to dress his wounds, but he refused to allow them to take him to the rear. He made himself understood by notes and gestures that the stretcher bearers were needed to treat the other 'more seriously' wounded and that he would make his own way back to the Australian lines.<sup>7</sup>

In the aid station, the medical officer was amazed that Vic was still alive, let alone able to walk back from no man's land.

He placed a fresh dressing on what was left of the young diggers jaw line and got him to lie down on a stretcher.

The MO told Vic he was going to be carried back to the 20<sup>th</sup> Casualty Clearing Station, which was further to the rear.

As the stretcher bearers came in, the MO grabbed the senior one and dragged him to the side – "Take him easy, I don't think he's got a hope" he whispered.

Vic lasted until morning before quietly slipping away.

453/10/197  
"Bristol"  
Salisbury, St  
Camped down  
Sept. 18<sup>th</sup> 1918

Dear Sir

Would you kindly  
let me have my son's death  
Certificate if it has come through  
Private D. L. Lancaster No. 2085<sup>th</sup>  
30<sup>th</sup> Battalion died on June  
23<sup>rd</sup> from wounds. I have a  
letter last mail from him  
Col Clark Commanding 30<sup>th</sup>  
& he tells me that he recommended  
my son for V.C. but they awarded  
him D.C.M. Great indignation  
is felt amongst his friends  
& relatives that he did not  
receive the V.C. as we know so  
well how he well deserved it.  
His Col enclosed the typed  
piece of his action on 22/23<sup>rd</sup>  
June. I saw a piece in the  
(Sun) & Evening News on Sat.  
June 29<sup>th</sup> telling of a

Left: First page of a grieving mother's letter to the Army.

Bottom: A clip from The Sun and Evening News, 29 June 1918.

## Notes

1. National Archives of Australia: B2445, WWI Service Records, 2088 LCPL V.L. Lancaster, 30th Battalion
2. National Archives of Australia: B2445, WWI Service Records, 3584 PTE G.W. Lancaster, 30th Battalion
3. 150 years of the Victoria Cross, 1857-2007 Crimea to Afghanistan, edited by Harry Willey, 2007
4. Bean, CEW, Official History of Australia in the War of 1914-1918, Volume III, Australian War Memorial, 1936
5. Bean, CEW, Official History of Australia in the War of 1914-1918, Volume IV, Australian War Memorial, 1936
6. Lewis guns were fitted with circular drum-type ammunition magazines
7. The Sun and Evening News, 29 June 1918
8. Letter from Martha Dunn to Defence Central Administration, dated September 18, 1918

## Lance-Corporal's Grit

The whole battalion is talking of the splendid bravery of a New South Wales lance-corporal, who was acting as No. 1 of a Lewis gun section covering a party in No Man's Land on the left flank of the attack. While engaging the enemy he was hit by a piece of shell or minenwerfer, which carried away a part of his lower jaw. Though unable to speak he made a sign of refusal to leave his gun, and went on firing at the enemy. Finally he gave up his job, when he had lost much blood and became faint. Even then he walked in to our lines alone, refusing to allow a useful fighting man to assist him to reach safety. The failure of this detachment of the raiding party to reach its objective was adequately made up by the right detachment of the same party which, as already cabled, wiped out a German garrison, which was maintaining its position under cover of machine-gun fire further back.

Victor Lancaster was a popular member of his battalion, and for days afterward his mates spoke of his bravery and dedication in remaining at the gun despite the severity of his wounds. They were not surprised that he put his mates' lives before his own.

Commanding Officer of the 30<sup>th</sup> Battalion Lieutenant Colonel Clarke recommended Vic for the coveted Victoria Cross, but this was later downgraded to the Distinguished Conduct Medal. He also wrote an impassioned letter to Vic's parents, speaking of the stout bravery of their young hero.<sup>1</sup>

On Saturday 29 June, Martha Dunn read the evening newspaper. A headline caught her eye – Lance Corporal's Grit. As she read the article with interest, she muttered to herself, "That poor boy's mother", unaware she was, in fact, reading the exploits of her own gallant son.<sup>7,8</sup>





In this two-part article I want to address the subject of training for increased muscle mass and how this type of training fits into the overall spectrum of military fitness.

In part one we'll look at some of the considerations that military personnel need to take into account before deciding whether or not it is necessary or appropriate to embark on a muscle-building program, as well as some of the myths that persist about training for mass.

In part two I'll lay out some guidelines for building mass in the military-fitness environment.

### Things to consider

Most people whether civilian or military, understand that muscle mass is important for sports performance and that, in general, more muscular people are stronger than their non-muscular counterparts.

What many people fail to realise is that there is far more to the story than that. Depending on the requirements of your job or sport, there is an optimum level of muscle mass and, muscle mass and strength are not as closely related as you would think.

**Increased muscle mass hinders running ability:** There are no world-class marathon or middle-distance runners who weigh 100kg or even 90kg. Physiology and physics dictates that, as your overall mass increases, it takes

more and more energy to move that mass at a certain speed, and the size of the average heart and lungs limits how much oxygen is available to supply that energy.

**Big is not strong, only strong is strong:** If all other factors are equal, the strength of a muscle is directly related to its cross-sectional area. However, it is quite possible for two muscles with the same size to produce vastly different force outputs. The difference in strength between two muscles is a combination of structural factors and the efficiency with which the muscle fibres are recruited by the nervous system. This is commonly seen in a comparison between bodybuilders and strength athletes. Often, the bodybuilder is more muscular but weaker than the lifter (although don't think that bodybuilders are weak!)

**Strength-to-weight ratio:** In the military, power-to-strength-to-weight ratio is king. It is good to be strong, but if that comes at the expense of being able to move quickly and get yourself over obstacles, then even a 400kg deadlift is a liability. For each role in the Defence Force there are different requirements and, before deciding whether or not you need to add muscle mass, you should analyse the requirements of your job and decide how much strength is useful and if there will be negatives to adding mass.

### Muscle building myths

Before I outline my recommendations and some sample programs in part two of this article (next issue 1 December) I want to cover off a few of the myths about muscle-mass training that refuse to die.

**Myth 1:** You can build muscle mass quickly without gaining bodyfat. Err, no. It would be awesome if this were true. More pills and powders are sold with this promise than just about anything else on the Internet. But, I hate to break it to you – putting on muscle mass is HARD and putting on mass while staying lean is almost impossible. If you are eating enough to gain muscle you will inevitably gain some fat as well.

**Myth 2:** Lifting weights makes women bulky and unattractive. Sorry ladies but you can't weasel out of lifting with this stupid excuse. Putting on mass is hard enough for guys, but for women it is even more difficult. If you see a woman who looks like a man, it is because she is taking steroids and is, hormonally at least, a man. Strength training and adding some muscle mass is the best thing most women can do for their fitness and, as a bonus, it is extremely effective for reducing bodyfat levels.

**Myth 3:** X number of reps or sets causes muscle growth. This one is partially true. There are certainly rep and set ranges that are better for building

muscle mass, however, there are other factors that are far more important (which I will cover in part two). If anyone tries to sell you a magic program then they don't understand training well enough to be offering advice.

**Myth 4:** You need to take a pre-workout, intra-workout shake, post-workout recovery shake, testosterone booster, mass gainer and 14 different vitamins and herbs to add mass. Sports supplements are a multi-billion-dollar industry, mostly built on a huge lie and lashings of placebo effect. The reality is that the number of effective supplements is extremely limited (and, fortunately, fairly affordable) and wasting hundreds of dollars on the latest protein powder or pre-workout is only making someone else's bank account bigger – but not your muscles.

In part two of this article I am going to outline my general recommendations for muscle-building plans and provide some recommendations on exercise selection, diet and supplements.

**For personalised muscle-mass and military-fitness plans please contact me at [octogenstrengthcoach@gmail.com](mailto:octogenstrengthcoach@gmail.com)**

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# Marine Showcase



Army cadets in the Northern Territory got a rare treat in July when US Marines invited them out to Kangaroo Flats Training Area to check out USMC weapons and vehicles.

Photos by Corporal James Gulliver, USMC  
Video by Corporal Scott Reel, USMC



# Hot air encounter

The Royal Australian Air Force Balloon undertook a regional-Queensland tour, visiting Hervey Bay, Wide Bay, Fraser Coast and Capricornia from 2 to 12 June 2014.

The Balloon was scheduled to visit nine schools to deliver an educational program to inspire and develop children's understanding of aviation and science.

It also conducted free and tethered flights over regional centres

*Right: Australian Air Force Cadets Elaina Coleborn and Hamish Forsyth help prepare for a RAAF Balloon tethered flight.  
Below: Australian Air Force Cadets Toshak Hamilton and Jack Kirwan receive guidance from RAAF Balloon Crew Chief Sergeant Chris Bradley before setting up a tethered flight on the Central Queensland Leagues Club oval.*



# NZ flyers

New Zealand ATC Cadets toured facilities at RNZAF Base Auckland before a ramp-down C-130 Hercules flight over Auckland City. The cadets were hosted, instructed and mentored by personnel from 40 Squadron.

*Above left: Leading Aircraftmen De Beuger and Jordan Todd chat while Sergeant Robyn Claffey and Flight Lieutenant Matt Stapp fly an RNZAF Hercules.  
Above: Flight Sergeant Grant Riki encourages Leading Aircraftman Rosenfeldt as he attempts to land in the RNZAF flight simulator*







Further information on Cadets can be found at  
[www.cadetnet.gov.au](http://www.cadetnet.gov.au)

## International air exchange



International Air Force Cadets from 10 countries visited Canberra in July, as part of an International Air Cadet Exchange (IACE) program.

Parliamentary Secretary to the Minister for Defence Darren Chester met the IACE cadets with the Chief of Air Force, Air Marshal Geoff Brown (a former Cadet himself), in Canberra on 31 July.

Whilst in Canberra, the Cadets also visited the Australian War Memorial and Parliament House.

Throughout the tour of Sydney, Canberra, Sunshine Coast and Gold Coast, the Cadets interacted with Australian Air Force Cadets (AAFC), and members of the Royal Australian Air Force, past and present.

A total of 38 Youth Aviation Ambassadors from Belgium, Canada, China, France, Hong Kong, Korea, Netherlands, Turkey, United Kingdom and America visited Australia as part of the IACE from 23 July to 6 August.

At the same time, a group of Australian Air Force Cadets travelled overseas on a similar cultural exchange program.



Above: International Youth Aviation Ambassadors at Duntroon – and left, meet Chief of Air Force Air Marshal Geoff Brown and PARLSEC Darren Chester at the International Air Cadet Exchange formal dinner.

NAIDOC Week NT



Major Francisco Babui, Australian Army Cadets, at the Darwin Cenotaph during a commemorative service held as part of the Top End's NAIDOC week celebrations. The service was hosted by the Department of Veterans' Affairs and the Darwin NAIDOC Committee to honour the service and sacrifice of Indigenous veterans.

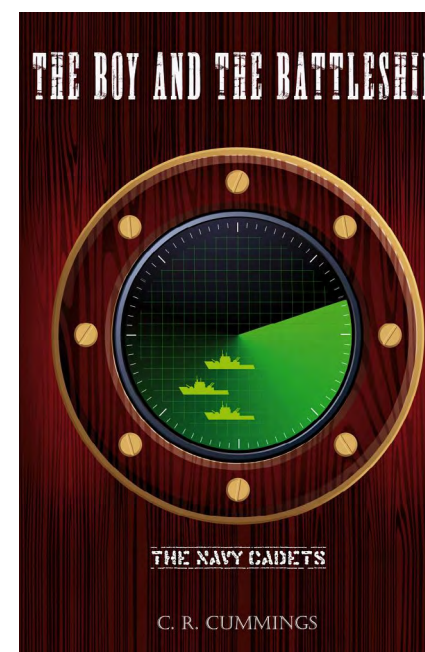
Photo by Able Seaman Nicolas Gonzalez

# The latest Navy Cadet novel

by

Christopher Cummings

Now available in hardcopy or as an eBook



◀ A torrid tale of passion, deceit and danger as young Navy Cadet Graham Kirk is torn between hard choices of right and wrong. Graham turns 13 and has discovered girls but he is torn. Which one to choose? And is it love - or lust? As he struggles with the pressures of growing up he finds himself enmeshed in a deadly conspiracy that places him in desperate danger.

A Navy Cadet story set in Cairns, north Queensland.

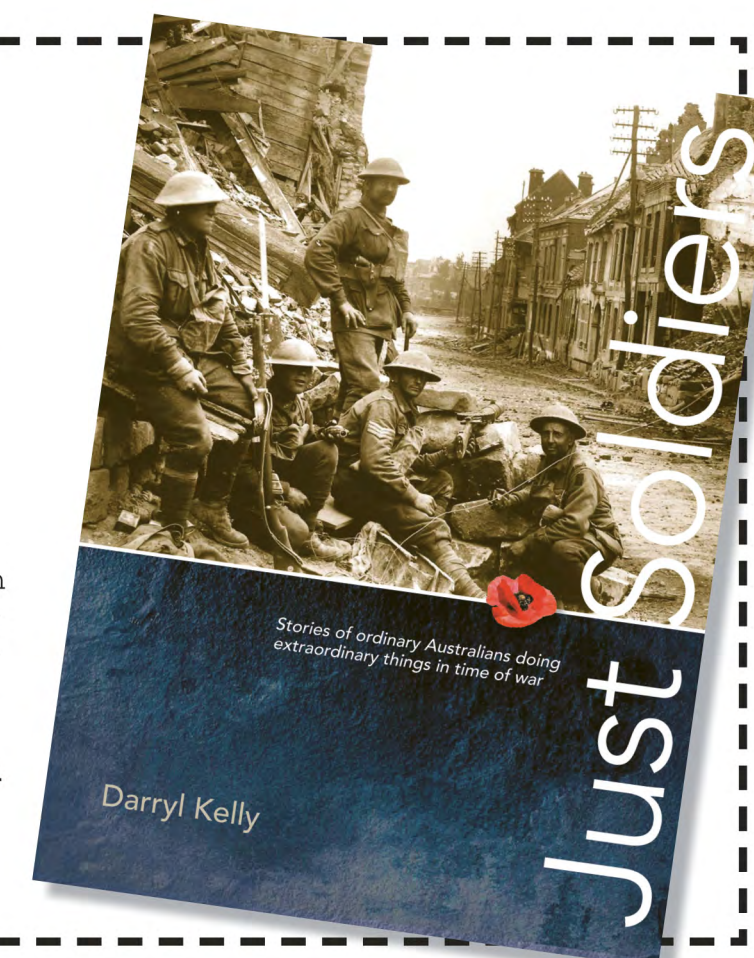
- Looking for a gift for a friend or relative who is or was a cadet?
- Authentic cadet stories set in north Queensland
- Ideal for adults and teens
- [www.doctorzed.com](http://www.doctorzed.com)

## JUST SOLDIERS: STORIES OF ORDINARY AUSTRALIANS DOING EXTRAORDINARY THINGS IN TIME OF WAR

by Darryl Kelly

In 1914, Australia had a population of fewer than 5 million, yet 300,000 from all walks of life volunteered to fight. More than 60,000 were killed and 156,000 wounded, gassed or taken prisoner. This book of WW1 stories, based on fact, portray the human tragedy of war. Many confirm the reputation of Australians as fearless fighting men. Yet, as in life, not all were heroes.

Available at all good book shops or [www.anzacday.org.au](http://www.anzacday.org.au)



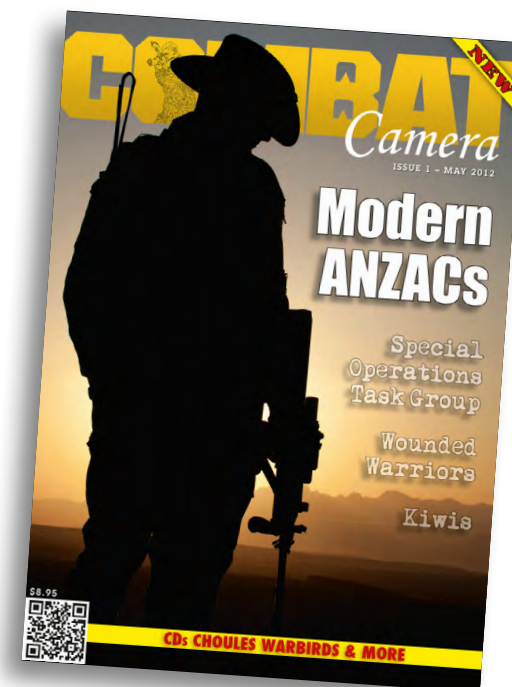


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United States Army Officer Captain Jesse Paulsboe shows Royal Australian Navy pilot Lieutenant Natalie Davies around an AH-64 Apache at Kandahar. Lieutenant Davies is not wearing the final version of the soon-to-be rolled out Australian Multicam (AMC) uniform. She is actually wearing the 'interim Australian Multicam Pattern' (AMP). Photo by Sergeant Ray Vance



# Can't see the forest for the trees

In the last Gear Insider, we got serious about the impending change from DPCU to AMC (Australian Multicam). From the feedback we received, it appears that many readers can't see a logical reason to go down this path either.

In a letter to Army News (here <http://armynews.realviewdigital.com/?iid=99183#folio=16>), one serving soldier asked why the Australian Army is getting this pattern when no one can see a real need for it – nor any difference in it at 50m or more.

The response from the Director General of Army Operations is, to say the least, vague on the reason for AMC, but gives the impression that it performs better over multiple terrains after having stated earlier in his response that no single pattern is suitable for all terrains.

He also says it was extensively tested – but no-one I know has seen any results, reports or images.

He also says that all camouflage patterns become solid colours at about 50m. This is just wrong. If he was to see the US Army's Scorpion W2 pattern, he would notice that, apart from being a Crye product, it has now had its elements enlarged, to make the macro pattern more effective at greater distances.

Australia has shrunk its pattern elements! What affect do you think that will have?

Anyway, does this mean we are getting a pattern that is OK for most terrains but is not the best performer in any single terrain?

I think it's time to be blunt – the whole AMP/AMU/AMC acquisition and development appears

to me to be an exercise in justification of earlier poor decisions.

All that aside, when we do something as big as changing our national Army's uniform, don't we usually do a big publicity routine around it, rather than try to sneak it in?

But wait, there's more!

Here are a couple of links to some interesting reading on this topic: [www.opencanberra.org/senate/?id=2011-10-11.165.1](http://www.opencanberra.org/senate/?id=2011-10-11.165.1) and [www.aph.gov.au/~media/Estimates/Live/commtee/s68.ashx](http://www.aph.gov.au/~media/Estimates/Live/commtee/s68.ashx)

Start at pages 72 and 128 in the latter document [and try not to get distracted for hours reading unrelated but equally interesting topics, as I did – Ed].

From the Senate questions and answers, it seems that it was the intent to replace DPCU from the outset, despite the only identified problem being with the terrain of Afghanistan. There were no complaints about DPCU in Timor or the Solomons, nor about DPDU in Iraq.

From the two documents in the above links, it also seems to me that the wrong questions were being asked and the emphasis was on local manufacture of fabric and uniforms.

Oh, and what about the whole "if the US and UK are using it, we should too" attitude? Well, the US have gone away from Multicam because of expense versus performance over the original Scorpion pattern, and I think you'll find the UK will also move away from Multicam once they refocus on European-centric operations.

And the Kiwis? They demonstrated independent thought and made their own decision.

On a slightly different topic – in the news lately was another debate over local versus foreign manufacture in Defence supply.

Boot manufacturer Rossi, with the help of Senator Nick Xenophon, brought this up over the awarding of a safety-boot tender to a company who will manufacture in Indonesia. I'm sure the majority of our readers would want Australia to manufacture as much Defence materiel as possible, but in our current situation, this isn't going to happen.

The reasons for this are numerous, but two major ones are key – the requirement for Defence to get value for money and the rate at which Australian defence manufacturers are willing to keep pace with technology.

Although we survived the GFC pretty well, we eventually had to go through tough times too, and most of what the government of the day did simply postponed those tough times until now.

As you would have seen from our last budget, there's not much in the kitty, so Defence is under even more pressure to get value for money from its suppliers.

I'm not saying this necessarily means the cheapest product – it means the one that gives the best return overall.



You do the same when buying stuff. Money is tight and you can't afford to waste it. So, when an overseas manufacturer offers you the product and performance you want at half the price, you take it. Right?

Defence does the same (most of the time). Otherwise they end up in front of the Senate Estimates Committee justifying questionable decisions.

Of course, they can always be directed to buy local, such as is the case with the iconic slouch hat – and fair enough on that one.

The second reason is, industry has a habit of not keeping up with advancements.

Experience shows this occurs mostly in the following way. A manufacturer may win a tender to manufacture something to a specification provided by Defence, say the Terra boot for example. This might be a cutting-edge product in the beginning, but after 10 years or more, materials, design and processes will likely have advanced.

Some manufacturers are happy to sit on their laurels and get their coin from the public purse and keep making the same thing so that when this tender comes around again, Defence may ask for the same again.

However, more likely is that Defence will ask for a new, more modern item.

If the manufacturer has invested in new technology, materials and design, they have a good chance. If not, they're probably going to lose, and the work heads elsewhere, usually overseas.

Some manufacturers simply just don't want to spend the money needed to keep up. Others may not be viable enough to do so. But, sooner or later, they will have to, or miss out.

What about the local content and jobs debate? Again, if the material content hasn't kept pace, it's irrelevant and you would find a considerable amount of materials would have to be imported anyway.

Given that there's only around 2400 people in Australian footwear manufacturing and retail, losing a contract overseas has no real affect on the nation – just a small amount of localised disturbance. On the other hand, if a single company was going to employ thousands or even hundreds, then that might be a different matter.

I saw the examples Rossi presented to parliament and made myself familiar with their other products and the safety boots specified. Honestly, in my opinion, there are better products out there, and advancements in composite safety toes has given a new standard in comfort and protection.



Sergeant Peter Rabula, School of Artillery, wears the new general purpose jacket in Australian Multicam with an old pair of DPCU pants.

The Defence tender in question allowed for a manufacturer to submit composite-toe boots because it was a performance-based feature, but Rossi stuck with what it knew.

If the manufacturer hasn't moved forward with their technology, they restrict their opportunities, their potential income and become less competitive with those who do maintain the technology edge.

To be fair to manufacturers, the longer they run a production method and plant, the more their margin improves, so delaying change is a good thing from the bottom-line viewpoint. But that strategy only works for a little while and getting the balance wrong can backfire.

*We really want to hear your thoughts on the impending change to the Australian Army's uniform. Did you know it was coming? Have you any reservations about the need or the process? Please send your comments, critiques, criticisms and death threats to [gearinsider@militarycontact.com](mailto:gearinsider@militarycontact.com)*



1

**In the last issue we asked if you could tell these soldiers apart? Of 22 entries, exactly half were wrong – which I reckon supports the point we were making nicely.**

Interestingly, a letter to the editor in the 14 August issue of ARMY Newspaper ([here](#)), reinforced our exact point.

This serving soldier also just happened to mention in passing that his newly issued cold-weather jacket in the new Aussie cam pattern "is manufactured in

Vietnam". In response, DG Army Operations said, "The supplier of this jacket is an Australian company...using American technologies and Australian supply chains to provide Army with the jacket". I don't know about you, but his answer did not dispel my doubts over where the jacket was actually made?

Also of interest, DG Army Ops also confirmed that the new Australian Multicam Uniform (AMCU) "will be rolled out to 3

Brigade in the latter half of this year in both combat and field versions" and "the Australian Multicam (AMC) pattern will also be used for the future load carriage and ballistic protection equipment that will enter service in early 2015".

So there you have it – the first official confirmation that I've seen from an official source that the current in-service DPCU will be replaced by AMC in the very near future.

**The correct answers were 1. US; 2. Aus; 3. UK; 4. Aus; 5. UK; 6. US; 7. Aus. Patrick Trusselle in Townsville won the prize.**



3

4



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