

AIR FORCE



Vol. 53 No. 10, June 9, 2011

The official newspaper of the Royal Australian Air Force

CAF
TO
VCDF



NEW CHIEFS
ARE
NAMED **P3**

DCAF
TO
CAF

CHANGING OF THE GUARD

NEWSFLASH: At the interim acceptance of the new KC-30A Multi-role Tanker Transport aircraft at RAAF Base Amberley on June 1, members of the local media interview the key stakeholders from Airbus Military, DMO and 33SQN.
Photo: LACW Rosaleen Normoyle



IT'S TANKER TIME

Air Force gets the
world's first KC-30A





IT'S OURS: Above, the KC-30A lands for the first time on Australian soil at its new home, RAAF Base Amberley. Right, the happy arrival crew on the stairs of the new aircraft, left from top to bottom, Pedro Martin, Jaime Gandarillas, Pinilla (2nd captain), Ignacio Lombo (captain) and 33SQN pilots SQNLDR Craig Whiting and SQNLDR Paul Bryan. Photos: LACW Kylie Gibson



Tanker touches down for 33SQN

Eamon Hamilton

THE world's most advanced tanker transport now belongs to 33SQN.

Shortly after 2pm on May 30, an Airbus Military KC-30A touched down at RAAF Base Amberley, completing its delivery flight from Spain via the US.

On June 1, representatives of Airbus Military and Defence oversaw the formal handover of A39-003 – the first KC-30A in the world to be delivered to a customer.

The KC-30A has replaced the Boeing 707 as the Air Force's tanker transport.

It is a heavily modified Airbus A330 airliner, equipped with a boom that can extend out to 19 metres to refuel other aircraft, and two wing-mounted hose-and-drogue refuelling pods.

The first KC-30A for 33SQN was the third of its type to be built, and the second to be modified by Qantas Defence Services (QDS) at its Brisbane facility.

At the interim acceptance on June 1, Defence Materiel Organisation's Head Aerospace Systems, AVM Colin Thorne, signed for the aircraft with Commander Air Lift Group AIRCDRE Gary Martin.

Addressing members at the handover, AIRCDRE Martin said the KC-30A was a key component of the future Air Force.

"It is capable of transferring fuel at around 1200 gallons per minute via the boom and 420 gallons per minute via the hose-and-drogue," AIRCDRE Martin said.

That capability will extend the range or the loitering time of aircraft such as the Classic and Super



SIGNED, SEALED AND DELIVERED:

From left, Senior Vice President and Head of Programs Airbus Military, Mr Javier Matallanos-Martin, DMO's Head Aerospace Systems, AVM Colin Thorne, and CDR ALG AIRCDRE Gary Martin sign the Certificate of Delivery and Acceptance.

Photo: ACW Joanne Larsen

FAST MRTT FACTS

- ▶ The KC-30A is the largest aircraft to be operated by Air Force. It is 5.8m longer, 60cm taller, and has a wingspan 8.55m wider than the C-17A.
- ▶ The United Kingdom, United Arab Emirates, and Saudi Arabia have all ordered A330 MRTTs similar to Australia's KC-30A. While Australia was not the first country to select the Airbus A330 as its tanker, it is the first country to receive it.
- ▶ Each KC-30A usually carries a crew of three – two pilots and an air refuelling operator – but additional crew, including crew attendants, will be carried depending on mission requirements.
- ▶ The air refuelling operator works from a console in the cockpit and can direct the Advanced Refuelling Boom System in the tail of the aircraft using fly-by-wire controls. The operator is also responsible for the two hose-and-drogue refuelling pods on the wings. This console includes 3-dimensional and panoramic displays, which feed video of outside the aircraft, allowing clear situational awareness of receiver aircraft.
- ▶ A KC-30A can fly out to 1000nm and act as a refuelling station for fighters, with 50 tonne of fuel available, for more than four hours.

Hornets. The KC-30A will also be capable of refuelling the Wedgetail, C-17A and other KC-30As.

Parked alongside the C-17As at Amberley, the KC-30A will make a

massive contribution to Air Force's air mobility fleet.

"The KC-30A, with 270 passenger seats and a cargo capacity of 45,000kg, will also provide addi-

tional strategic air logistic support to the ADF," AIRCDRE Martin said.

He thanked members of the KC-30A Transition Team and AIR5402 Project Team, as well as 33SQN.

"I give my compliments to CO 33SQN WGCdr Guy Wilson, who has maintained the focus of the members of 33SQN on supporting the introduction into service of the KC-30A capability" AIRCDRE Martin said.

A second KC-30A is due to arrive at 33SQN this month, and two more aircraft are expected on strength by year's end. The final KC-30A – A39-005 – is currently in the QDS facility in Brisbane, and will be handed over next year.

The first task for 33SQN, however, is to ensure the KC-30A is brought in to service safely and effectively.

"Now that this first aircraft has been delivered, the technicians at 33SQN will work towards a maintenance authority that will allow them to work on the KC-30A," AIRCDRE Martin said.

"We will also be working with the Transition Team to get a special flight permit for the KC-30A through our airworthiness processes. This will then allow 33SQN to begin training and to conduct the Operational Test and Evaluation program.

"Over the next 18 months, 33SQN will focus on achieving an effective probe and drogue air-to-air refuelling and airlift capability, in support of Defence's immediate needs."

This process is expected to yield Initial Operational Capability for 33SQN and the KC-30A by late 2012.

Simulator contract awarded

SIMULATOR support company CAE Australia has won the contract to provide support services to the new KC-30A simulators.

Defence Materiel Minister Jason Clare said CAE would be based at RAAF Base Amberley to provide maintenance and support to the simulator.

"This means any issues that arise with the simulator can be addressed quickly because we have experts based at the training centre to manage them," Mr Clare said.

The new contract is an extension of CAE's existing contract with Defence for the management and support of the ADF's existing 15 aerospace simulators around Australia.

"This means that we can take advantage of CAE's expertise in this area," Mr Clare said.

"It also means savings. By extending the existing contract Defence can cut overheads and operate a more economical and efficient simulator training system for ADF personnel."

Editorial team

Director

David Edlington: (02) 6265 4650
david.edlington@defencenews.gov.au

Editor/Deputy Director

Simone Liebelt: (02) 6265 2253
Mobile: 0400 003792
simone.liebelt@defencenews.gov.au

Deputy Editor and sport

John Martin: (02) 6265 7219
john.martin@defencenews.gov.au

AIR FORCE



Chief of Staff

Graham McBean: (02) 6265 1161
chiefstaff@defencenews.gov.au

Contact us:

Email: raafnews@defencenews.gov.au
Website: <http://www.defence.gov.au/news/raafnews>

Subscriptions

Trish Dillon: (02) 6266 7607
tdillon@defencenews.gov.au


Advertising

Tim Asher: (07) 3332 7651
Mobile: 0459 842551
advertising@defencenews.gov.au

Disclaimer


Air Force News is published fortnightly by the Directorate of Defence News. Printed by Capital Fine Print. The publisher reserves the right to refuse advertising if it is deemed inappropriate and to change the size of the ad, print type or other specifications if material is not compatible with our system. The fact an ad is accepted for publication does not mean that the product or service has the endorsement of Defence or Air Force News.


Air Force online

 AirForce.gov.au

 facebook.com/RoyalAustralianAirForce

 youtube.com/AirForceHQ

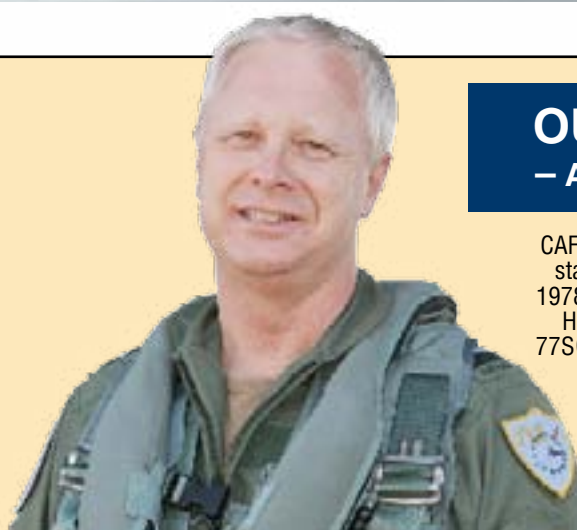
 twitter.com/AirForceHQ

 feeds.feedburner.com/RoyalAustralianAirForce



OUR NEXT CAF – AVM Geoff Brown

DCAF AVM Geoff Brown, who enlisted in February 1980, has flown a range of aircraft including helicopters. His command appointments have included Air Combat Group, Director General, Capability Planning in Air Force Headquarters, 3SQN, OC 82WG, F/A-18 and C-130 operations during Operation Catalyst in 2003, OC Airborne Early Warning and Control Systems Program Office, Air Combat Group and Director General Capability Planning in Air Force Headquarters.



OUR NEXT VCDF – AIRMSHL Mark Binskin

CAF AIRMSHL Mark Binskin's aviation career started when he enlisted in the Navy in May 1978. He transferred to the Air Force in 1984. His command appointments included CO 77SQN, Commander Air Combat Group and Air Commander Australia. He has also held several important joint and single service staff positions. He was the first dedicated non-USAF Director of the US Central Air Force Combined Air and Space Operations Centre.

New chiefs step out

THE ADF's hierarchy for the next three years has been announced as the current chiefs prepare to stand down on July 4.

AVM Geoff Brown becomes the first DCAF to be promoted to CAF since 1998 when the then AVM Errol McCormack was given the top job.

CAF AIRMSHL Mark Binskin will become the new VCDF.

He is the third Air Force officer to step up to the position. The others were AIRMSHL Ray Funnell from 1986-87 (before he became the Chief of the Air Staff from 1987 to 1992), and AIRMSHL Doug Riding, who held it from 1998 to his retirement in 2000.

The other promotions and appointments are LTGEN David Hurley to become CDF, RADM Ray Griggs to become CN and MAJGEN David Morrison to become the CA.

All appointments will take effect from July 4.

AIRMSHL Binskin said he had enjoyed his role as CAF immensely.

"While I am sad to leave, it is comforting to know that I will always be part of the Air Force team," AIRMSHL Binskin said.

"I would like to thank everyone in Air Force and their families for their dedication and support over the last three years.

"I know that I am leaving Air Force in good hands with soon-to-be AIRMSHL Geoff Brown. He is an extremely capable leader and I wish him the best of luck.

"LTGEN David Hurley has been an excellent VCDF for Defence and I look forward to the challenges ahead."



NEW LINE-UP: From left, AVM Geoff Brown, to be Chief of Air Force; MAJGEN David Morrison, to be the Chief of Army; AIRMSHL Mark Binskin, to be the Vice Chief of the Defence Force; Defence Minister Stephen Smith; LTGEN David Hurley, to be Chief of the Defence Force; and RADM Ray Griggs, to be the Chief of Navy.

Photo: Steve Dent

AVM Brown said it was an "absolute privilege to lead the Air Force in such a dynamic and exciting time in its history".

"I have enjoyed my role as Deputy Chief of Air Force, and I'm looking forward to my new role," he said.

"AIRMSHL Binskin has been an excellent leader of Air Force. I'm sure he will continue to make the Air Force team proud in his new role as VCDF."

CDF ACM Angus Houston, CN

VADM Russ Crane and CA LTGEN Ken Gillespie are all retiring.

Prime Minister Julia Gillard and Defence Minister Stephen Smith announced the new team on June 1.

They expressed the government's gratitude to ACM Houston for his exemplary leadership of the ADF for the past six years and thanked VADM Crane and LTGEN Gillespie for their leadership and service.

MILITARY COMPENSATION

Slater & Gordon can help you with military compensation claims, reconsiderations and appeals.

Call 1800 555 777 or visit www.slatergordon.com.au

Slater & Gordon
Lawyers

New South Wales | Queensland | Western Australia | Australian Capital Territory
South Australia | Tasmania | Victoria | NOW IN TOWNSVILLE & IPSWICH



- ✓ **Build Wealth**
- ✓ **Save Tax**
- ✓ **Partner with an Expert**



CALL NOW! For a **FREE** financial fitness assessment.

Call 1300 784 246 or visit www.spect.com.au



Spectrum is a Licensed Real Estate Agent, Registered Tax Agent & Accredited Mortgage Consultant.

Properties • Loans • Tax • Super & Shares • Defence Entitlements

Why choose Spectrum as your personal financial coach?

- ✓ Specialist in providing financial guidance and direction to Defence Force Personnel.
- ✓ Longevity with 28 years experience.
- ✓ Holistic advice covering Defence entitlements, all asset classes, tax considerations, cashflow and loan structures.
- ✓ Advice and strategies developed by Chartered Accountants, **NOT** sales people.
- ✓ Service driven not product driven.
- ✓ Ongoing service and advice from your own personal financial coach.



LT Marcus Case



LCPL Andrew Jones



Deaths shock ADF family

THE deaths of three soldiers in Afghanistan in the space of a week have sent shock waves through the Defence community.

SGT Brett Wood died on May 23 from an improvised explosive device blast during a partnered Special Operations Task Group (SOTG) and Afghan National Security Forces mission.

Then in a double blow on May 30, two soldiers were killed.

LCPL Andrew Jones, of 9 Force Support Battalion, was walking within the base perimeter of Patrol Base Mashal when he was shot by an Afghan National Army soldier in a guard tower. The soldier fled and had not been found as *Air Force News* went to print. An investigation into the incident is ongoing.

Despite receiving substantial medical treatment at the base and being airlifted to a nearby ISAF medical facility at Tarin Kot, LCPL Jones died from his wounds.

He was serving as a cook with Force Support Unit.

Later that day, LT Marcus Case, of 6 Aviation Regiment, was killed when

an Australian Chinook crashed while undertaking a re-supply mission in Zabul province, 90km east of Tarin Kot.

LT Case was deployed to Afghanistan with the Air Force-operated Heron Remotely Piloted Aircraft (RPA) detachment as an operator.

CAF AIRMSHL Mark Binskin said as a part of the Defence community, he was "deeply saddened by the news of every service death in Afghanistan".

"The announcement that one of our Army colleagues, LT Marcus Case on rotation with the Heron RPA detachment was killed in a helicopter accident, is a fatality that is closer than normal to our hearts in Air Force," he said.

"Our men and women in Afghanistan and throughout the MEAO are continuing to do an excellent job, but we should never forget the dangers they are exposed to, and sacrifices they are making away from their homes, families and friends. We should be justifiably proud of the role our personnel are playing around the world in the security of our nation."



HOME AGAIN: Chief of Army LTGEN Ken Gillespie at the casket of SGT Brett Wood at RAAF Base Richmond.

Photo: SGT Bill Guthrie



FAREWELL TO A MATE: Two Special Operations Group soldiers farewell SGT Brett Wood as he departs Tarin Kot airfield.

Photo: AB Jo Dilenzo

Left, SGT Brett Wood

Making the sad trip home

A HIGHLY respected commando who was killed in action in Afghanistan returned to Australia on May 30.

And once again, to Air Force fell the sad task of returning the soldier to Australia.

SGT Brett Wood was killed by an improvised explosive device on May 23.

Two other Australian soldiers were wounded in the same blast.

On May 28, he was first farewelled by his fellow soldiers from the 2nd Commando Regiment, the Special Air Service Regiment and representatives from ISAF and Afghan Task Forces at a special memorial service within the Special Operations Task Group compound in Tarin Kot.

While this was going on, a 37SQN C-130H stood ready to fly him out.

After the memorial service, SGT Wood's casket was placed on to a vehicle by members of his

platoon and led through an honour guard of soldiers from the task group to the aircraft.

After a traditional ramp ceremony, the Hercules flew him to the Australian national headquarters in the United Arab Emirates.

After the casket arrived at Al Minhad Air Base, it was transferred to a 36SQN C-17A for the long flight back to Australia.

The aircraft arrived at RAAF Base Richmond on May 30. SGT Wood's casket was removed during another ramp ceremony at which soldiers from his unit formed an honour guard.

CDF ACM Angus Houston, CA LTGEN Ken Gillespie and Special Operations Commander Australia, MAJGEN Gus Gilmore joined his family at the ceremony.

The Commander Joint Task Force 633, MAJGEN Angus Campbell, said their thoughts were with the family of SGT Wood during this difficult time.

"SGT Wood served his nation

with distinction, commitment and honour," MAJGEN Campbell said.

"We will now take time to appropriately remember his service and the contribution he made in protecting the Afghan people while conducting operations in dangerous circumstances."

MAJGEN Gilmore said SGT Wood would be remembered by the entire Special Operations community.

"SGT Wood epitomised the values of courage, dedication to duty, loyalty and mateship."

"He was admired and respected by all who served with him," he said.

SGT Wood's funeral was held at St Andrews Cathedral in Sydney on June 3.

At the time of going to print, repatriation arrangements for LCPL Jones and LT Case were under way in Afghanistan. Coverage in the next edition of *Air Force News*.



Need a little help? Dip into the Wellbeing Toolbox

During the transition from military to civilian life you, your family or colleagues may struggle to cope with some of the many challenges that arise.

The Wellbeing Toolbox can help you in six key areas:

- problem solving
- building support
- helpful thinking
- getting active
- keeping calm
- sleeping better

www.wellbeingtoolbox.net.au



TRANSITION SUPPORT

**100% DEFENCE SPECIALIST
LEADING NATIONAL PROVIDER**

- Medical Discharges
- CTAS transition support
- Resumes for promotions & transfers
- APS selection criteria statements
- Face to face Interview coaching
- Job vacancies & career coaching
- Only \$248 for Oz's best ADF CVs
- Salary negotiation assistance
- Funded by ADF if eligible for CTAS

Visit our website for FREE job hunting book, rank translation guide & more

www.nextjobnow.com.au

Call 1300 112 114

CAF says support is at hand

CAF AIRMSHL Mark Binskin has reminded all members of the services available to them through the ADF community in the wake of the recent deaths in Afghanistan.

AIRMSHL Binskin said he was deeply saddened by the news of every service death in Afghanistan.

"Our men and women in Afghanistan and throughout the MEAO are continuing to do an excellent job, but we should never forget the dangers they are exposed to," he said.

"For personnel and their families, I would like to remind you of the support that is available when we go through these difficult times."

While such support is mainly a command responsibility, the chaplains, and/or the All-hours Support Line (ASL) on 1800 628 036 are available to assist any members should they have any concerns.

"The ASL is available for both personnel and their families, 24 hours a day, seven days a week to help you access ADF or civilian mental health services more easily," CAF said.

Visit <http://intranet.defence.gov.au/vcdf/sites/DMHSF/comweb.asp?page=39410> for information.



BIG RIG: Left, A8-125 begins its journey from Amberley to Point Cook; above, school children at Peak Hill learn about the F-111, and, right, the convoy enters Melbourne. Photos: LAC Benjamin Evans



Home for iconic Pig

Andrew Stackpool

THE RAAF Museum collection of historic aircraft received a significant boost when F-111C A8-125 arrived at the museum on May 27 in a joint service operation.

The aircraft fuselage departed RAAF Base Amberley on May 24 on a low-loader provided by contractors Bell Heavy Haulage.

Amberley-based 9 Force Support Battalion (9FSB) provided four semi-trailers, which carried the boxed wings, radome, horizontal stabilisers and fin, together with equipment needed for its reassembly.

Also included in the convoy were a number of Air Force vehicles.

The convoy departed Amberley at 3.30am and travelled to the museum via Warwick, Dubbo, West Wyalong, Shepparton and Puckapunyal, with other stops at towns along the route.

It arrived at the museum at 11am on the morning of the 27th where it was met by RAAF Museum director David Gardner and Defence Materiel Minister Jason Clare.

A8-125 was retired in December last year, and has special historic significance.

It was the first C-model variant produced for the Air Force, the first to land in Australia (on June 1, 1973) and also the last C to land in Australia (on December 3 last year) before the type was withdrawn from service.

The F-111 disposal project manager from the Disposal and Aerial Targets Office, WGCdr David Abraham, said that the physical work to decommission the aircraft and prepare it for permanent display fell under the auspices of technicians from the 82WG F-111 Disposal Team and Boeing.

The team was established in



HOW IT WAS: FLTLT Jake Romanowski briefs the media about A8-125 and the convoy experience after it arrived at Point Cook. Photo: LAC Benjamin Evans

December last year specifically to support the F-111 disposal project in the technical preparation of airframes and other assets for disposal.

It includes technical and logistics personnel from 82WG.

Until this month, it also included technicians from 33SQN.

"A8-125 has been prepared as an essentially intact aircraft. Only key classified and hazardous components have been removed," WGCdr Abraham said.

"The aircraft has deliberately been retained as close to its 'as retired' configuration as possible."

He said that A8-125 was the most significant F-111 operated by the Air Force. He was very proud of the collective effort undertaken by the units and contractors at Amberley who prepared, transported and later reassembled the aircraft.

"This includes the 82WG and 33SQN technicians who prepared, disassembled and reassembled the aircraft, 9FSB drivers, Boeing technicians who assisted with some aspects including the remov-

al of explosive ordnance, photographic coverage from 82 Tactical Intelligence Flight and management support from the DMO Disposal Management team," he said.

"The smooth preparation, transport and reassembly of the aircraft is testament to the professionalism and dedication of these Air Force, Army and contract personnel."

Mr Gardner said that the museum was delighted to have the aircraft to add to its collection.

"The F-111 has served Australia well throughout its 37-year service and it is wonderful to have such an iconic and formidable strike aircraft as part of the RAAF Heritage Collection," Mr Gardner said.

"The aircraft has always attracted tremendous public interest and we look forward to presenting it to the public, and thus preserve it for generations to come."

"We plan to have it ready for public exhibition by the middle of next year."

A8-125 will depict in detail the role of the F-111C in Air Force service.

Fun on many wheels

THE convoy rolled into Point Cook at the planned time of 11am on May 27.

"A8-125 scored its last sortie with a faultless time-on-target," said 6SQN's FLTLT Jake Romanowski who, with DMO's Ryan McManus, handled the public affairs aspects of the convoy.

They said the trip attracted a 'huge amount' of media and public attention. "People asked some very interesting questions and showed a wide range of understanding of the aircraft," Mr McManus said.

"At Peak Hill, we stopped out the front St Joseph's Primary school, which only has 31 students.

"Also, Peak Hill Capital School came along with their teachers and some parents.

"Seeing the look on the children's faces was priceless.

"Every person in the convoy performed their duties extremely well."

FLTLT Romanowski said they had "all grown attached to the aircraft sitting on top of the low loader all week".

"When they finally craned it off it was sad to see it go," he said.

"It was also pretty cool to see something that weighs 20 tonnes picked up like a matchbox car.

"It was great working with the Army drivers; they did their jobs faultlessly. Considering that we had DMO, the Air Force, Army, private contractors and numerous interested parties the team work went really well."

RSL – Join Online Now

Whether you are stationed at home or deployed overseas, the RSL provides real support, assistance and advice to all serving men, women and their families in the areas of compensation, welfare and advocacy.

Join the new online RSL Defence Sub Branch and access that support no matter where you are.

Member benefits include:

- National RSL membership and access to RSL Sub Branches and Clubs around Australia
- An online membership advice and assistance service
- Free 12 month membership of the RSL Defence Sub Branch for current ADF personnel

RSL ... share the spirit of mateship. Join now at www.rsldefencesubbranch.com.au



To locate a RSL Sub Branch near you visit

rslQLD.org
ACTrsl.org.au
rslNSW.org.au

rslSA.org.au
rslTAS.org.au
rslVIC.com.au
rslWAHQ.org.au





TO THE QUEEN:
Left, 2AFDS members give three cheers to the Queen at RAAF Base Amberley.

Photo: ACW Joanne Larsen

Andrew Stackpool

AMBERLEY

HEAVY rain at RAAF Base Amberley failed to dampen the spirits of 2 Airfield Defence Squadron (2AFDS) when it was presented with its Standard at a special consecration parade on May 19.

One hundred squadron personnel, supported by members of 1AFDS, the RAAF Fire and Security School, and the wider ADG community and 30 Air Force Band members were on parade.

Included in their midst were military working dog Raven and her handler SGT Kiwi Campbell, who guarded the cased Standard.

Governor-General Quentin Bryce performed the honours on behalf of the Queen.

VIPs including CAF AIRMSHL Mark Binskin, Commander Combat Support Group AIRCDRE Noddy Sawade and 19 members of the Airfield Defence Association joined

families and friends at the historic parade, which was commanded by squadron CO WGCDR Iain Carty.

"Many of the association members served in Vietnam and many of the ADG's watching were part of the unit in East Timor," WGCDR Carty said.

Standards are awarded to an operational squadron for having completed 25 years of service in the Air Force, or for especially outstanding operations.

The Standard (or Colours) is used to signify the position of the commander or king, and was a rallying point for his troops in battle.

The 2AFDS Standard battle honours are Pacific, Morotai and Borneo 1945 and East Timor 1999/2000.

In addition to the new Standard, the squadron proudly displayed its newly received Meritorious Unit Citation streamer, which was awarded

for "sustained outstanding services in warlike operations" in East Timor in 1999 during Operations Warden and Stabilise.

As everyone turned to the parade ground, the weather closed in.

FLTLT David Woods from Headquarters Combat Support Group said the 25-minute downpour could not have been more perfectly synchronised with the start of the parade.

In addressing the squadron, Ms Bryce said as with their crest, they stood tall.

"You have served with distinction: soared to the heights of the wedge-tailed eagle in flight, upheld the promise, resplendent in the crossed rifle and sword. Along the way, some have perished. But they are remembered, with our gratitude and the deepest respect. Forever enshrined in your Standard in the sky blue silk, the state floral emblems, the sprigs of Australian wattle and the motto they uphold: 'Defend the Eagles Nest'."

Rain fails



UNDER LEADEN SKIES: Governor-General Quentin Bryce and Parade Commander WGCDR Iain Carty help raise the 2AFDS Standard.

Photo: LAC Benjamin Evans

Fast becoming the #1 tax agent for ADF members



Defence Force tax specialists - We have extensive experience across all ranks and specialities, including:

- Members who have served overseas, and/or have investment properties
- Members who have fallen behind on lodging their tax returns

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

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

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

SPECIAL OFFER

Introduce your partner to us and they will receive a 20% discount on our fee

Call 1300 763 575 24/7

or visit us online at www.phatreturns.com.au



to spoil colourful days



PROUD MOMENT: A rain-splattered SQNLDR Martin Van der Merwe uncases the Governor-General's Banner during the parade.
Photo: AC Oliver Carter

EAST SALE

LAC Bill Solomou

THE School of Air Traffic Control (SATC) was awash with pride on May 24 when it received its Governor-General's Banner in wet conditions at RAAF Base East Sale.

Governor-General Quentin Bryce braved the elements during the special consecration parade to conduct the parade review and present the banner to Colour Bearer FLTLT Paul Scott.

"Part of the parade was subject to steady rain, though Her Excellency was not fazed," FLTLT Scott said. "Ms Bryce chose to inspect the parade without an umbrella, much to the admiration of parade personnel."

Members of other East Sale units, including the School of Air Warfare, Central Flying School, 30SQN, Training Aircraft Systems Program Office, 32SQN, 4 Expeditionary Health Squadron Det East Sale and Headquarters Training Wing joined their SATC colleagues on parade.

CO SATC WGCDR Patrick Cooper, who was parade commander, said the adverse conditions did not dampen their enthusiasm.

"The weather at the precise moment of the parade presented addi-



RECOGNITION: Personnel perform a Royal Salute during the parade.
Photo: AC Oliver Carter

tional challenges, but the Governor-General certainly aimed up in the rain, so the least the members could do was to put in their best effort," he said.

The Governor-General's Banner is awarded to a non-operational squadron for completing 25 years of service in the Air Force, or for especially outstanding operations. Originally awarded to SATC in 2009, the banner denotes 25 years of sustained outstanding service, and was consecrated this year to coincide with the squadron's 30th anniversary.

Ms Bryce said as Commander-in-Chief she was honoured to make the special presentation.

"The banner I present today represent the loyalty and dedication of all members in the Royal Australian Air Force who have served at SATC," she said.

SATC celebrates 30th

Andrew Stackpool

FORMER members and family members joined staff for a day and night of activities and festivities when the School of Air Traffic Control (SATC) at RAAF Base East Sale turned 30 on May 11.

Thirty years ago the school separated from the Central Flying School (CFS). At the time it was designated as C-Flight CFS.

CO WGCDR Pat Cooper said all SATC personnel were very proud of the milestone.

WGCDR Cooper launched the day's activities by showcasing how far SATC had come in training air traffic controllers into a fully developed unit which teaches the new-generation Joint Battlefield Airspace Controllers (JBAC).

"SATC's current world-class

facilities and achievements owe a lot to the dedication of the personnel from C Flight CFS who set the foundations for SATC," WGCDR Cooper said.

The guests were then given tours of the facility, which showcased SATC's equipment including its two 360-degree tower simulators.

One demonstrated a normal Air Base Air Traffic Service sequence, while the other demonstrated how JBACs operate in the tactical environment.

Guests were also shown through the radar simulator as well as the visual part task trainers which are used by students to prepare for working in the 360 degree simulator.

The day ended with a formal dinner, during which the anniversary cake was cut by WGCDR Cooper and former school COs.

WANT TO BUY A HOME OR INVESTMENT PROPERTY, BUT DON'T KNOW HOW?

- Can I buy an investment property and access military benefits (RA/MQ)?
- Can I buy a home & access DHOAS?
- What will the weekly cost be?
- How much deposit do I need?
- How do I structure my loan?

Let us provide you with the education to make the RIGHT decision!

Client Testimonial

"Astute Investments opened my eyes to the property investment market and helped me maximize the use of my defence benefits. Thanks to them I'm well on the way to financial wealth" Kenny, K.



WE MANAGE THE ENTIRE PURCHASE PROCESS ON YOUR BEHALF. YOU CAN SIT BACK & ENJOY THE INVESTING EXPERIENCE

Astute
Investments

CALL US TODAY
Book a free financial assessment of your financial position.

1800 044 429

Email enquiry@astuteinvestments.com.au www.astuteinvestments.com.au

Astute Investments QLD Pty Ltd is a Corporate Authorised Representative (No. 337160) of Synchron, AFS License No. 243313.



Have you thought about your future workforce?

Have you considered offering placements through the Defence Work Experience Program?

This Program provides opportunities to students to experience the ADF or Defence APS as an employer of choice.

Send enquiries to:

Defence.WorkExperienceProgram@defence.gov.au

Or Visit:

www.defence.gov.au/workexperience

http://intranet.defence.gov.au/dsg/sites/workexperience



Aces North poses test

FLTLT Skye Smith

THE new generation of air warfare tactical leaders are being put through their paces in the final phase of the challenging fighter courses during Exercise Aces North.

More than 40 jets have swarmed to the Top End for intense air operations. Forces are based at Darwin, Tindal and the Delamere Range Facility.

Blue Force consists of 14 Hornets, three Super Hornets and a Wedgetail Airborne Early Warning and Control aircraft. Red Force consists of 24 Hornets and 10 Hawks.

Some of the jets are supporting Aces North while deployed to Tindal for Exercise Arnhem Thunder.

Aces North began on May 30 and will end on June 23.

The course exercises selected fast-jet aircrews, fighter controllers and intelligence officers in complex war-like scenarios for the Fighter Combat Instructor (FCI), Fighter Combat Controller (FCC) and Fighter Intelligence Instructor (FII) courses.

Five of the Air Force's elite fighter pilots have been undergoing the five-month FCI course that tests their abilities as they develop tactics for a modern-day conflict.

As part of the demanding training the students are required to hone their skills and knowledge, with the ultimate goal of becoming experts in the development and execution of complex warfighting skills.

Led by Air Combat Group's (ACG) 2 Operational Conversion Unit (2OCU), the exercise aims to train fighter pilots to the highest level in preparation to lead Australia to war if required.

CO 2OCU WGCdr David Smith said combat air power in the air-to-surface environment was a crucial role of the Air Force.

"The ongoing training associated in this area is essential to the maintenance of this capability," he said.

Aces North also provides ACG with the opportunity for ongoing training in air-to-surface weapons delivery and tactics to maintain, raise, train and sustain requirements.

"The final phase of the challenging FCI course will see the pilots put their newly-written procedures into action," WGCdr Smith said.

"This is a really exciting time for the students who have been consumed with specialist fighter tactics and employment for the last four months. Now, they will put their newly developed skills into practice and make decisions which will shape the way the Air Force fights in the future.

"On completion of the exercise the elite pilots selected for No. 31 FCI course will have proven themselves highly capable to lead intricate battles.

"This course has created history with the integration of new capabilities, including the Super Hornet and Wedgetail, adding another dimension to the already complex course."



AIRCRAFT EVERYWHERE: Classic Hornets, left, and Hawks, below inset, are swarming across the skies of the Top End during Exercises Aces North and Arnhem Thunder. Joining them are Super Hornets and a Wedgetail aircraft.
Main photo: LAC Scott Woodward



FLTLT Skye Smith

F/A-18s are lighting up the Top End skies during Air Combat Group's annual bombing camp, Exercise Arnhem Thunder.

RAAF Base Tindal's 75SQN has joined forces with 3SQN from RAAF Base Williamtown to conduct air-to-surface combat training at the Delamere Weapons Range and Bradshaw Field Training Area for the month-long training exercise.

The exercise began on May 23 and will end on June 16. The Hornet pilots are

employing dry, inert and high explosives as they practise two- and four-ship attacks, as well as self escort strike missions.

"Essentially, we bring a number of fast-jet squadrons together and we fight a fairly complex air war," CO 75SQN WGCdr Phil Arms said.

"The exercise involves pre-plan strike missions as well, where we have identified targets before we take-off.

"For aircrew the biggest difference from operating in Tindal compared to Williamtown is access to world-class weap-

ons ranges and airspace," CO 3SQN WGCdr Terry van Haren said.

"We get to test the squadron's ability to deploy and operate the unit in a simulated combat environment while conducting offensive counter-air missions."

The squadrons are also supporting Exercise Aces North as part of Red Force based out of Tindal.

See the next edition for further coverage of Exercises Aces North and Arnhem Thunder.

Arnhem Thunder lights up Top End

Black Dagger keeps JTACs and jets busy

FLTLT Skye Smith

TOWNSVILLE was alight with high explosives as the Joint Terminal Attack Controller (JTAC) course conducted forward air control with fighter jets during Exercise Black Dagger.

Nine F/A-18s from RAAF Base Williamtown's 77SQN conducted offensive air support during the training exercise, which involved live fire training from May 18 to 22.

Black Dagger was the culmination of the specialised training for the JTAC students and provided the essential opportunity to develop the niche capability.

CO 4SQN WGCdr Stuart Bellingham said the exercise provided important training for all aircrew and ground crew in support of deployed operations.

"JTACs provide a vital link between the aircraft and the ground troops, providing up-to-date information on the battlespace from a forward position, either on the ground or airborne," he said. "The



COMPLEX BATTLESPACE: Above, a 4SQN PC-9 forward air control aircraft on the runway; right, JTAC members staying in touch. File photos: LACs Craig Barrett and Mark Friend

modern battlespace is very complex and there is an increasing need for specialised coordination between air and ground units to achieve effective air combat power."

More than 150 Air Force personnel, along with the F/A-18s, PC-9 forward air control support aircraft and Mk127 Hawk lead-in fighters, took part in the exercise.


They used explosive ordnance including BDU-33 practice bombs,

Mark 82 unguided bombs, laser-guided training rounds and 20mm ball ammunition in the Townsville field training areas.

"The course aimed to produce combat-ready JTAC-qualified personnel in support of ADF operational requirements," WGCdr Bellingham said.

"The JTACs can now anticipate a deployment to the Middle East within about six months after graduating from this course."





Master of Arts in Military History

Never Stand Still School of Humanities and Social Sciences

The Master of Arts in Military History is designed for history teachers and postgraduate scholars who wish to gain a comprehensive understanding of the major themes and issues in the field of military history.

Core Units:

- ZHSS8220 Fighting the Second World War
- ZHSS8221 Development of the Art of War
- ZHSS8222 The European Warfare State
- ZHSS8223 The First World War
- ZHSS8224 Small Wars of Empire
- ZHSS8225 Australian Military History
- ZHSS8226 The Vietnam Wars
- ZHSS8227 Civil Wars

This program is only available by distance education.

For more information:

w: www.unsw.adfa.edu.au/ads/mh

e: hasspgcoursework@adfa.edu.au

t: 02 6268 6000



CRICOS Provider Code: 00100G

A photograph of two men in green flight suits standing in front of an F-35 fighter jet in a hangar. The man on the left is wearing a flight suit with a pilot's wing and a name tag that reads "JAMES". The man on the right is wearing a flight suit with a pilot's wing and a name tag that reads "JOE". The jet is dark grey and has a white star insignia on its side. The hangar floor has red safety tape with white text that reads "CRITICAL ZONE" and "NO CRITICAL ZONE". The text "pooling plan" is overlaid in large, bold, black letters with a white outline at the top of the image.

LOOKING GOOD: RAAF pilots SQNLDR Jordon Sander, left, and WGCdr Matthew McCormack visit Lockheed's F-35 facility at Fort Worth in the US to check on progress. Inset, a graphic of a F-35 weapons load trainer, which will be installed at the Englin AFB in Florida. Main photo: Fred Clingerman

Article provided by the New Air Combat Capability Integrated Project Team.

Defcredit
Service banking

Car Loans

Petrol Card \$200

Competitive Comparison Rate 9.19% p.a.*

A deal you can't drive by.
\$200 petrol with every Defcredit Car Loan.

Defcredit's award winning car loans are now pumped with even more value. Every car loan purchased receives a \$200 petrol card to help you save more. Plus enjoy more purchase power at the dealer with one of the lowest car loan rates in Australia, so you can drive away the new car you really want.

Limited time offer. Call 1800 033 139 or visit defcredit.com.au to apply today.

*Comparison rate is calculated on a \$30,000 secured new car loan over a 5 year term, based on monthly repayments and a minimum 20% deposit applies. WARNING: This comparison rate is true for the examples given and may not include all fees and charges. Different terms, fees and other loan amounts might result in a different comparison rate. Terms and conditions, fees and charges apply and are available on request. Approval is subject to satisfaction of Defcredit's lending criteria. The \$200 petrol voucher offer is only available on secured car loans funded between 23 May and 24 June 2011.

defcredit.com.au

Defence Force Credit Union Limited ABN 57 087 651 385 AFSJ/ACL 234582 DEF2710 (05/11)

Two men, 90 years of service

Andrew Stackpool

A PERMANENT airman and a reservist with more than 90 years' service between have been awarded Federation Stars recently.

WOFF Don Sturwohld, of the Air Lift Systems Program Office, received his first star for 40 years' service from Commander Air Lift Group AIRCDRE Gary Martin at RAAF Base Richmond while WGCDR Brian Young, of the Nature of Service Branch at the Campbell Offices in Canberra, received his third from CAF AIRMSHL Mark Binskin.

"CAF also presented me with a Statement of Service and personal letter," WGCDR Young said.

Their milestones turned over on January 7 and January 23 respectively. WGCDR Young enlisted in 1961 and WOFF Sturwohld in 1971.

WOFF Sturwohld said that

AIRCDRE Martin told him that in a conversation with Prime Minister Julia Gillard he had mentioned that he was presenting the award.

"She passed on her congratulations and best wishes," WOFF Sturwohld said. "I feel very proud to reach the 40-year mark and believe that others should look forward to reaching it, too."

"There are not a lot of people who can say they stayed 40-plus years in the same company, doing a job that they love. The people you meet and the jobs that you do in that time are fantastic and, if given the chance, I would do it all again and not change anything."

"I have seen a lot of changes in 40 years; some good and a couple not so good, but the good always outnumber the bad."

"I have also seen the three uniform changes and not too many people in the PAF can say that."

WGCDR Young flew Winjeel and



Macchi training aircraft. After completing flying training in 1965, he was posted to 35SQN flying Caribous, including for 12 months in Vietnam.

In 1968, he transferred to the Hercules world, flying C-130A and E models. He flew with 36 and 37SQNs, ending as the XO of the latter.

In 1986, he had completed 8500 flying hours, including 5500 on the Hercules before moving to Canberra in a range of staff jobs.

He transferred to the reserves in 1998.

"I am quite amazed that I have served for 50 years. In earlier years

40 YEARS: Above, WOFF Donald Sturwohld with his service medals.

Photo: LAC Chris Hall

50 YEARS: Right, WGCDR Brian Young and CAF AIRMSHL Mark Binskin.

Photo: FSGT John Carroll



I certainly would not have thought it likely, let alone possible," WGCDR Young said.

"I have always enjoyed Air Force

life and employment and through a number of unexpected circumstances over the years, mostly for the better, I am still serving."

Working in Defence means 36% off petrol

Ask us how!

Salary packaging makes sense. You can lease a car with Smartleasing and put more in your pocket. Smartleasing's specialists will:

- Source your car
- Use our buying power for the best price
- Handle all the paperwork
- Arrange 36% discount on petrol, maintenance, rego and insurance



Plus, apply today and get a bonus \$100 Gift Fuel Card!

It's that easy and that good!

Call today for an obligation-free discussion.

Call us now on 1300 116 846

Visit www.smartleasing.com.au

* Offer available only to Defence members who choose Smartleasing as their lease provider.

 **smartleasing**
by smartsalary

New command

THE evolution of the Aerospace Operational Support Group (AOSG) as a Force Element Group (FEG) in its own right was officially recognised when AIRCDRE Noel Derwort assumed command of the group from GPCAPT Reg Carruthers.

The event took place at RAAF Base Edinburgh on May 11.

The AOSG comprises the Information Warfare Wing, which is responsible for providing electronic warfare and intelligence support, the Development and Test Wing (DTWG), which provides a wide range of ground and flight tests on aircraft, as well as the Institute of Aviation Medicine and the Woomera Test Range.

While it is a new FEG, the restructuring of command positions reflects the equal contribution and value of the AOSG to Air Force and ADF capability as its sister FEGs.

AOSG's capability and product is leading the way internationally on how the future of defence and how the warfighter will operate with electronic warfare capability and intelligence services.

AOSG's profile has been raised across all user groups within the ADF



SIGN HERE: Incoming Commander AIRCDRE Noel Derwort signs the transfer certificate while the outgoing Commander GPCAPT Reg Carruthers looks on.
Photo: LACW Shannon McCarthy

and defence industries, and the change reflects the current and future operations and the direction of the ADF.

"If people are what define the greatness and strength of an organisation, then we are a world-class group," GPCAPT Carruthers said.

The establishment of new rank positions has come an opportune time for another member of AOSG.

WGCDR Richard Larking is the OC of the DTWG. He was promoted to GPCAPT on May 11 and will continue as OC DTWG.

TEST BLAST: Defence personnel and officials at the Lake Hart Trials Zone observation site where they viewed a live-firing demonstration at the Woomera Test Range.

Photo: LACW Nicci Freeman



Woomera opened to miners

THE ADF can look forward to new neighbours following a decision to open up the Woomera Prohibited Area for mineral exploration and exploitation.

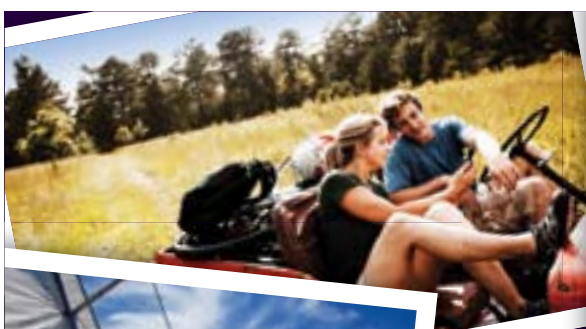
Defence Minister Stephen Smith, Resources Minister Martin Ferguson and South Australian Premier Mike Rann announced the decision when they visited the Woomera Test Range on May 3.

The-then Commander Aerospace Operational Support Group, GPCAPT Reg Carruthers, and the Director Woomera Test Range Dr Doug Gerrie welcomed the party, after which they watched

an F/A-18 fighter aircraft release a high explosive bomb on to the Lake Hart Target Site, followed by a display by an Abrams tank.

The decision follows a review by former Defence Secretary Alan Hawke that recommended the area could be opened for mining on a time-share basis without compromising Defence activities there.

The area is assessed as containing about \$35 billion in potential mineral reserves, particularly copper and uranium but also gold and iron ore and the Australian Government currently has 120 licences for exploration in the area.



WIN
1 of 10 \$500
Red Balloon Experience Vouchers*



We think life should be lived and so...



We've *simplified* our personal loans, so you can spend more time doing the things you love

More loan options, better rates and no application fees* until 30 September 2011.

For more information or to apply now enquire in branch, visit www.adcu.com.au or call 1300 13 23 28.



Terms and conditions and lending criteria apply and are available at www.adcu.com.au. *Application fee of up to \$150 waived for applications lodged before 30 September 2011. *Authorised under NSW permit number LTPM/11/00215 and ACT permit number TP 11/01082.1. Australian Defence Credit Union Limited ABN 48 087 649 741 AFSL/ACL No. 237 988.

IN BRIEF

Minor health alert

MILITARY and civilian personnel who received minor surgery at Al Minhad Air Base between February 2009 and August 2010 are requested to contact their medical facility or general practitioner. An assessment of equipment records found that the administration of a steriliser used at the air base was not carried out in accordance with Australian standards. As such there was no guarantee that some instruments within the Health Facility were sterilised effectively. Further details are available at www.defence.gov.au/health

Claims deadline

ANY serving or former members who have allegations or knowledge or incidents of sexual or other harassment suffered during their service in the ADF have until June 17 to submit them to law firm DLA Piper on 1800 424 991 Monday to Friday between 2 pm and 9 pm (AEST) or email gary.a.rumble@dlaphillipsfox.com or melanie.c.mckean@dlaphillipsfox.com. Defence has established support arrangements for people who are experiencing distress or feel that they require emotional support.

Goodwill packages

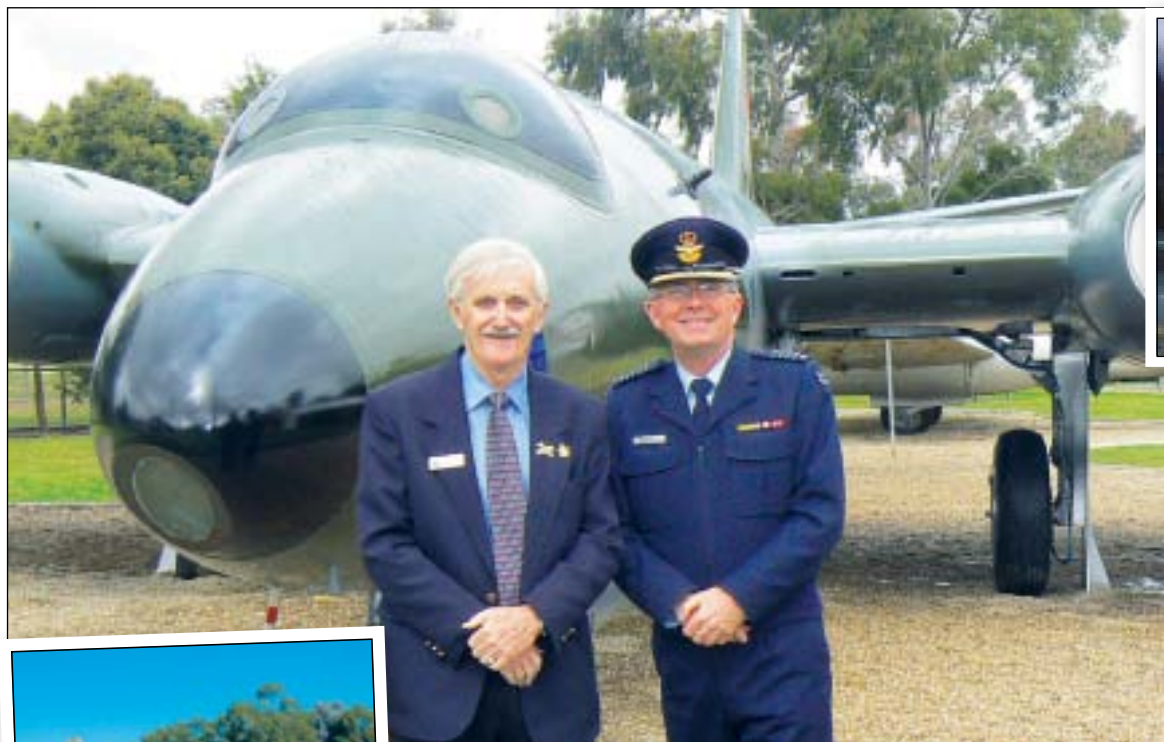
ALMOST seven tonnes of Anzac Day goodwill packages were sent to ADF personnel posted overseas. More than 2800 packages, weighing more than 5½ tonnes, were sent to the Middle East, while East Timor and the Solomon Islands received about 500kg of packages.

Singapore activity

RAAF Base Richmond played host to a rare visitor when a Republic of Singapore Air Force (RSAF) Hercules used a drop zone area on the nearby Singleton Range as part of Exercise Wombat from May 4 to June 6. Exercise Wombat is an annual training activity conducted by the RSAF at Richmond and is one of several unilateral exercises conducted by Singapore in Australia.

Fundraiser run

DEFENCE personnel are encouraged to put their navigational skills to the test in the NSW Emergency Services Wilderness Navigation Shield (NavShield) on July 2. Teams will hike overnight through rugged terrain with a map and compass to reach as many checkpoints as possible at a secret location two to three hours from Sydney. The event's location will stay secret until one week before to keep the contest fair. NavShield will raise money for the Bushwalkers Wilderness Rescue Squad. For more information and details on how to enter, visit the website at www.bwrs.org.au



SHINY LIKE NEW: Lance Halvorson and GPCAPT Dave Richardson who performed the opening ceremony in front of the restored Canberra gate guard; top inset, WGCADR Halvorson in Vietnam in 1967; bottom inset, A84-235 early in the restoration process. Right inset, the Mirage gate guard.

Photos courtesy GPCAPT Richardson



Canberra earns place in history

MORE than 1350 Canberra aircraft were built and served with the air forces of 18 nations.

Between 1953 and 1982, the RAAF's 1, 2 and 6SQNs operated four UK and 48 Australian-built Canberras.

They served in combat, being used against communist forces in Malaya and in South Vietnam, where two were lost.

They flew with 2SQN as part of the Commonwealth Strategic Reserve in Malaysia from 1958, replacing the Lincoln as a bomber. The squadron was a major component in the air order of battle during the Malayan Emergency and Indonesian Confrontation until the unit deployed to South Vietnam in April 1967.

Retired WGCADR Lance Halvorson said that the Canberra was a superb aircraft.

"To those who flew it in its early years, the new bomber was superior to all other aircraft of its type," Mr Halvorson said.

"As one navigator said, after thundering engines and howling propellers, the Canberra was sheer bliss. Its speed was also great: 810km/h."

Mr Halvorson's association with A84-235 started in November 1964 when he was posted to 2SQN.

He flew as its navigator on 14 sorties from April 1965 to September 1966, and again in Phan Rang from April 19 to October 23, 1967; about 30 sorties.

"It also flew the first Forward Air Controller mission in Phuoc Tuoy province on June 25 that year," he said.

"Most who served in Canberra squadrons and support units have many memories, mostly fond, and are proud to have been associated with the 'Queen of the Skies' during its time in the RAAF.

"And it is a fitting location for A84-235, here at Wagga, where most of the technical crews who maintained her, were trained."

On return to Australia from Vietnam on June 4, 1971, the Canberra was retired from front-line combat role and employed in air defence training, aerial survey and photographic roles.

In the 1970s, the high cost of maintenance forced a review of the Canberra life of type.

The aircraft flew for the last time in 1982 – well after its replacement, the F-111, was in service.



OLD DAYS: Canberra A84-235 dropping bombs in Vietnam.

Facelift for Wagga guards

Andrew Stackpool

VISITORS to RAAF Base Wagga will now be greeted by two RAAF aircraft restored to their former glory.

The aircraft are a former Canberra bomber and a Mirage fighter, both of which are gate guards.

The Canberra, A84-235, was unveiled on May 13.

Cold and wet weather delayed the Mirage being finished by that date but it was completed and on display the following week.

Director of Air Force Heritage GPCAPT Dave Richardson said that the restoration of the aircraft was approved by the RAAF Heritage Advisory Council last year and work began in early April.

GPCAPT Richardson and Lance

Halvorson, who flew the same Canberra in Vietnam, performed the unveiling ceremony.

A84-235 first flew on September 3, 1956, and was accepted into the RAAF on October 22 that year.

As part of its activities in the preservation and celebration of Air Force heritage, GPCAPT Richardson said the council was keen to refurbish all aircraft on static display at bases around Australia.

The refurbishment program had started at Wagga because the base had a large collection of aircraft on public display and they attracted many visitors.

"Wagga [also] provides training to a considerable proportion of the Air Force's population and we would like to expose these personnel to a high-quality display of their own Air Force

heritage," GPCAPT Richardson said. "The refurbished Canberra and Mirage will help to complement the rich experience offered to visitors by the RAAF Wagga Heritage Centre and to broaden their understanding of Air Force's proud heritage."

Reserve SGTs John Power and Aled Roberts deployed to Wagga from RAAF Base Amberley in early April to carry out the repairs necessary before the repainting could be undertaken and then supervised the painters.

"They were supported on base by SGTs Ashley Ranford and Robert Dickinson and CPL Terry Tabone and SGT Anthony Papadis assisted with paint matching to ensure the aircraft looked right," GPCAPT Richardson said.



AIR FORCE SHOP
airforceshop.com.au

YOUR CHALLENGE COIN SPECIALISTS



Visit www.airforceshop.com.au
or call 02 6123 2930
FOR MORE INFORMATION

\$6* a day buys you coffee... OR...

A hot investment property.
WAKE UP TO FINANCIAL INDEPENDENCE TODAY.



The Investors Club is a free club that creates a new millionaire everyday. Join today and enjoy free support and services while you learn from experienced investors. Make your move today!

Visit www.propertygrowth.tic.com.au to find out more, get started or grow your existing portfolio!

"The Investors Club's ongoing support makes property investing easy"
– Michael Kilham



*Terms and conditions apply. Whilst all details have been carefully prepared and are believed to be correct, we do not guarantee the accuracy of the information. Intending purchasers must rely on their own enquiries.

Saying 'bou at gate

Andrew Stackpool

THE iconic Caribou joined the Neptune maritime reconnaissance aircraft as a gate guard at RAAF Base Townsville on May 4.

The aircraft is A4-199 and it has a long association with Townsville.

In September 2009, its illustrious career came to an end when it was damaged after making an emergency landing and its final flight was by dangling underneath a Chinook helicopter sent to recover it.

With the retirement of the Caribou fleet pending, it was repaired to a non-flying condition and then stored at the base.

XO 27SQN SQNLDR Trevor Beams said after the fleet was retired the then 323 Expeditionary Combat Support Squadron (now 27SQN), sought approval to retain A4-199 as a gate guard.

"My thoughts were that having the Caribou on display would remind Air Force and other ADF members and the population of Townsville of the important role the Caribous played in the local area," SQNLDR Beams said.

He said before the aircraft could be relocated, it needed the wings removed.

That had taken four days, between May 3 and 6.

"The job was carried out by three Caribou specialists from Australian Aerospace in Brisbane," SQNLDR Beams said.



MAMMOTH JOB: The Caribou had to do without its wings while it was being relocated.

"The Australian Aerospace team leader, Tom Mills, had flown Caribous in Vietnam. They were helped by five reservists from 27SQN who had worked on Caribous while in the PAF, either as maintenance or flight engineers."

Although the Caribou is now by the main gate, the final footings need to be installed before it takes its place opposite the Neptune and that is not expected to occur before the end of October.

SQNLDR Beams said the 35SQN tail flash had now been added.

"Even though A4-199 retired as a 38SQN aircraft, 35SQN had the longest association with Townsville; many will remember the 'red rat' on the Caribous over the city," SQNLDR Beams said.

The aircraft will be cleaned and a

protective coating applied before the final move.

"We plan to hold a ceremony then to celebrate the long association the Caribou has had with RAAF Base Townsville and the people of the city," he said.

A PROUD HISTORY



Caribou A4-199 was built in June 1964 and was in the third group of Caribous ferried out from Canada.

It arrived in Australia in September and was assigned to 38SQN at RAAF Base Richmond.

It never served in Vietnam, however, it was assigned to the UN when it served with the United Nations Monitoring Group India/Pakistan in Kashmir from 1975 to 1978.

Closer to home, the aircraft appeared at many air shows over the years.

A4-199 has also had a long association with Townsville.

It was assigned to 35SQN, then with the 38SQN Detachment B, which was based there and finally with 38SQN when the squadron moved to Townsville.

While you're out securing Australia's future... Who's securing yours?

OzInvest has helped many Defence Force members just like you secure their future by investing in property.

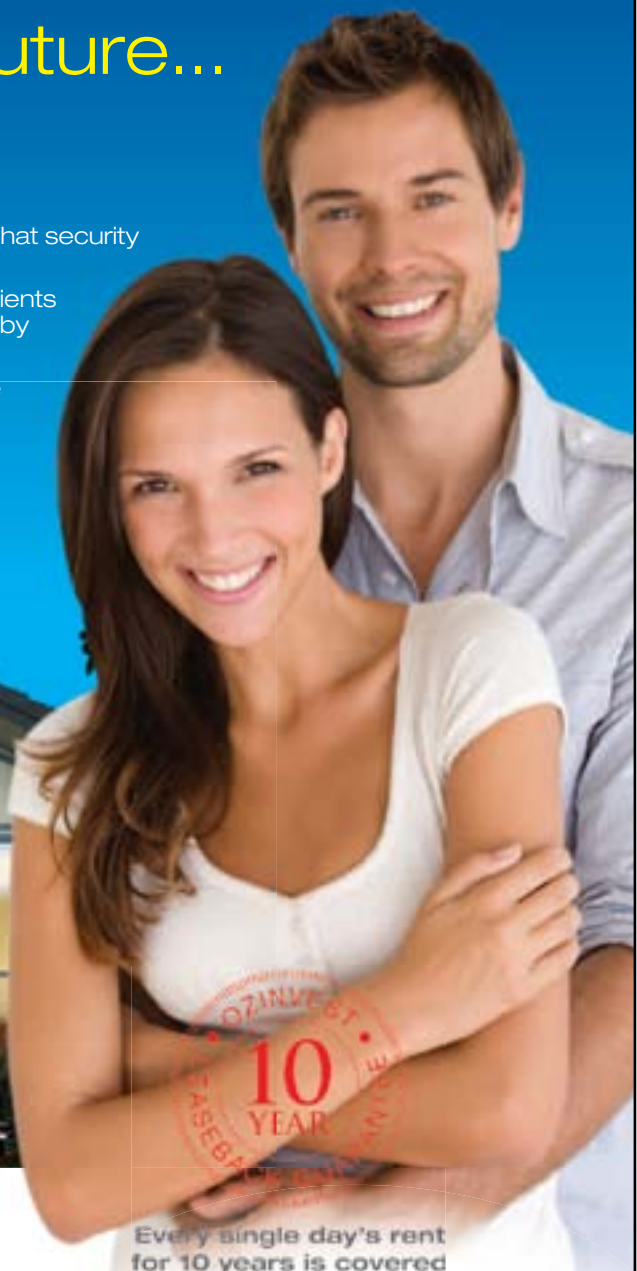
For over 23 years, OzInvest has provided brand new properties in growth regions of Brisbane, Melbourne, Adelaide and Perth. We constantly monitor markets and apply a strict criteria to all potential developments to ensure the highest return for our investors.

You need never worry about loss of rental income under OzInvest's exclusive **'10 Year Leaseback Guarantee'**. Since its introduction in July 1998 not one of our clients has lost a single day's rental income.

How many other investments can offer you that security in today's market?

Little wonder we currently have over 1,000 clients who've chosen to enjoy the security offered by our **'10 Year Leaseback Guarantee'**.

Allow OzInvest to secure your financial future today!



For an obligation free consultation
Call 1800 800 775
or visit **www.ozinvest.com.au**

Proud Member of
Lifestyle
Wealth Creation Group Limited

OzInvest

Every single day's rent for 10 years is covered

COCKPIT CUPPA: From left, AP-3C captain FLTLT Michael Holding, co-pilot FLTLT Mark Kenworthy and flight engineer WOFF Mick Makin, all from 11SQN, take time for a cuppa for Australia's Biggest Morning Tea before an early morning mission from Al Minhad Air Base in the United Arab Emirates.

Photos: PO Damian Pawlenko



BREW FOR THE CREW: From left, airborne electronics analyst SGT Adam Herbst, sensor employment manager FLTLT Matthew Basedow, airborne electronics analyst SGTs Colin Renton and Adam Priestley.



KICKSTART: Navigator FLTLT Melanie Burns, left, and tactical coordinator FLTLT Nicola Rhodes.

Drink,

WHEN FLTLT Stefan Plazier and CPL Natasha Kruljac joined colleagues at RAAF Base Edinburgh for a morning tea in Adelaide's Rundle Mall, they had special motivation.

It was part of Australia's Biggest Morning Tea to raise funds for research into cancer.

A variety of fresh fruit, warm pikelets and tea and coffee were served as donations for the Cancer Council were collected.

FLTLT Plazier, whose father died from lung cancer in 2004, said the morning tea was a great success.

"We had businessmen donating \$50, school students giving their pocket money and a lady even paid \$20 for an apple," he said.

CPL Kruljac's father-in-law died from cancer earlier this year after years of suffering.

She found helping the Cancer Council made her feel like she was giving something back to her family. "Cancer touches the lives of many Australians; thankfully many stories are of survival, thanks to the research funded by the Cancer Council," CPL Kruljac said.

Elsewhere in Australia and overseas, Air Force rose to the challenge as airmen from the MEAO to East Timor joined forces with domestic units to money for cancer support, research and prevention.

Fundraising efforts in the MEAO included morning teas, raffles and the auction of AFL and NRL jumpers.

In Timor, cooks from the Australian-led International Stabilisation Force created delicious treats for the morning tea.

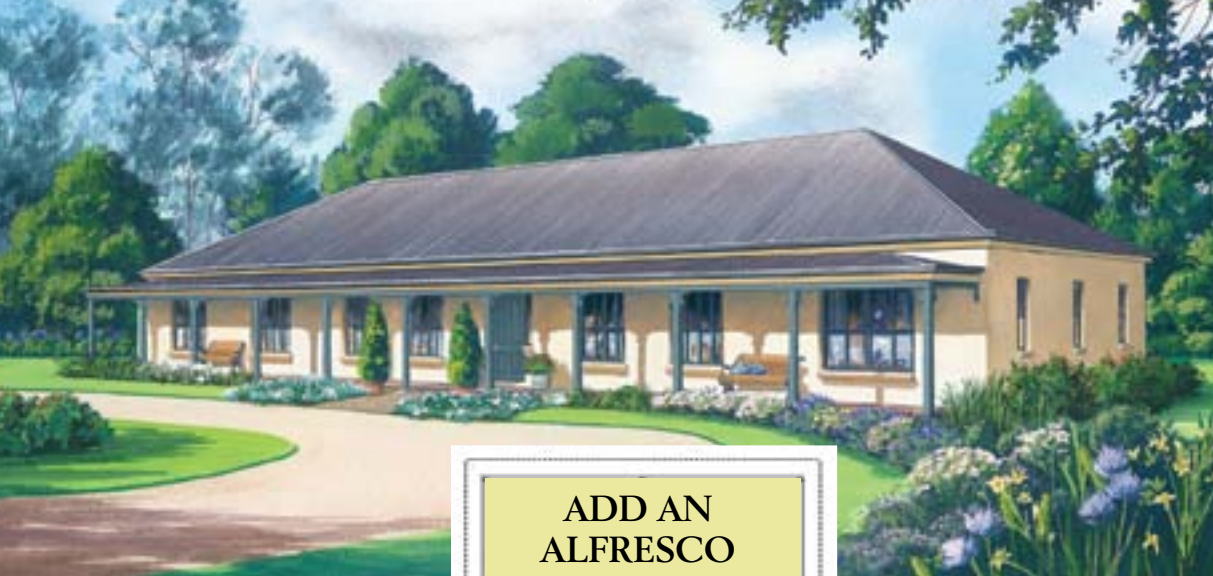
East Timor has a growing reputation for producing some of the best coffee in the world, ensuring a good turnout of troops and their New Zealand counterparts to their gathering.

More than \$1000 was raised.

More than \$90 million has been raised since the first Australia's Biggest Morning Tea was held in 1994.

For more information, visit www.biggestmorningtea.com.au or call 1300 65 65 85.

Escape to a Country Lifestyle



ADD AN ALFRESCO AREA
for \$1,000*



GREAT VALUE -
'COUNTRY LIFESTYLE ELIZABETH'
\$120,870*
with front & rear verandahs (Alfresco optional)

Build your own home and enjoy acreage lifestyle and your family's privacy!

Take control of your own project and build a quality Paal Homestead kit home at a price you can afford!

Enjoy the satisfaction and sense of pride of building it yourself and save on the cost of architects, builders, site foremen, project managers and variations charges.

We at Paal, can provide you with over 40 years of experience.

- Large range of country architectural designs to suit your budget, layout and style preferences
- Full council plans and site plan recommendations
- Exact steel frames with step by step assembly instructions
- Your choice of exterior cladding
- Full range of quality appliances, fittings and fixture inclusions
- Our plans are flexible to suit your choice of verandahs, alfrescos, attached garages and any other feature you would like to include.

*Current special price for this design only.

PAAL
KIT HOMES
www.paal.com.au

40
years

Call TODAY or visit a display centre
NSW - Michael Christie or Doug Young (02) 4735 4377
113-115 Russell Street Emu Plains 2750
QLD - Phillip Longhurst (07) 5495 4070
67 Morayfield Road Caboolture 4510
VIC - Charlie Scerri (03) 9720 1222 Mob: 0433 578 566
295 Canterbury Road Bayswater North 3153

eat up for cancer



HERE'S TO A GOOD CAUSE: Above, FLTLT Stefan Plazier and CPL Natasha Kruljac in Rundle Mall; right, SGT Sheralee Gormley hands out pancakes for donations during the morning tea in Adelaide.
Photos: LACW Shannon McCarthy

In Australia and overseas, Air Force personnel got into the spirit of Australia's Biggest Morning Tea



WORKING UP A THIRST: Members of the Kittyhawk Club enjoy a warm brew during a morning tea function at RAAF Base Williamtown.
Photo: LAC Mark Friend

Tell us about the other hats you wear

All Reservists (Active and Specialist) should recently have received mail asking about your civil skills (formal, self-claimed, experience) for the Civil Skills Data e-survey.

It is very important that you complete this survey as it helps the Australian Defence Force better identify people with specific skills that can be drawn upon for emergencies, exercises and deployments.

You will receive a half day pay for preparing and completing the survey and it will also help your Reserve career.

It's time to complete the Civil Skills Data e-survey

There's still time for you to complete the survey. Make sure you have all your paperwork ready – licences, degrees and other qualifications – before you start.

If you have any questions about the survey, or any of the information collected, please email your query and PMKeyS number to ADO.CivilSkillsData@defence.gov.au

You can complete the survey on your own or a Defence computer, but you should complete it as soon as you can.

Visit www.civilskillsdata.com today



BROTHERS IN ARMS



A MEMORY SHARED: FLTLT Trent Baldry, weapons systems officer, left, with younger brother CPL Simon Baldry, an aircraft technician, at RMAF Base Butterworth, Malaysia. Photo: LACW Kylie Gibson

The Super Hornets' outing at Exercise Bersama Shield in Malaysia was a special occasion for 1SQN. But it provided an extra-special memory for two brothers, as **FLTLT Skye Smith** reports.

Nearly 7000km from their home base at RAAF Base Amberley, brothers FLTLT Trent Baldry and CPL Simon Baldry shared an historic occasion at Exercise Bersama Shield 2011.

Six Super Hornets from 1SQN participated in an international exercise for the first time – alongside forces from Malaysia, New Zealand, Singapore and Britain – during the Five Power Defence Arrangement exercise in the South China Sea and the Malaysian Peninsula.

As a weapons systems officer on the Super Hornets, Trent's role during Bersama Shield involved planning and flying sorties in support of the exercise.

Younger brother Simon was the aircraft technician (ATECH) representative on the advance party and was responsible for setting up and organising the exercise facilities at Butterworth before the jets arrived.

"During the exercise I was on day shift maintenance as the ATECH Trade Supervisor, which entailed being the supervisor for any scheduled or non-scheduled ATECH maintenance that may arise during the exercise," Simon said.

"I was also involved in the mission debriefs when the aircrew needed technical advice, so it was good to see what Trent had been up to during the exercise."

The Baldry brothers did not get to work together too much during the exercise apart from passing through the flightline as Trent signed for the jets.

"It was good fun catching up after work, though, and talking about what we'd been doing during our sorties," Trent said.

Simon launched his brother on what Trent described as his "best mission of the exercise".

"Our task was to conduct a maritime strike against the 'adversary' naval task force which consisted of ships from Australia, Malaysia, New Zealand and Singapore, as well as a land strike against a Malaysian ground-based air defence system," Trent said. "It was on this sortie that we

engaged the MiG-29s in close manoeuvring, which was a career highlight for me.

"It was great to test our aircraft and train against that of a regional air force. I was also the first time I've seen a MiG up close.

"The most rewarding part of this sortie was that it really showed the versatility and multi-role ability of the Super Hornet by conducting air-to-air refuelling, maritime strike, air-to-air engagements and then a land strike, too."

This was another first for the brothers, being the only time Simon had launched his brother on a mission by himself.

"I have launched Trent at home, but not by myself. I am a flightline assessor so I am normally assessing personnel on flightline during launches," Simon said. Trent joined the Navy in 1998 as a seaman officer and then transferred to the Air Force as an air combat officer in 2009.

As a sailor, he participated in Exercise Bersama Lima in 2002 and did a couple of rotations for Operation Relex, but "Bersama Shield was my first overseas exercise since joining the Air Force and becoming fast-jet aircrew".

Trent said it was exciting to be involved in the first overseas deployment of the Super Hornet and "it provided a great opportunity to enhance my knowledge and skills on the jet".

Simon joined the Air Force in 2002 and has been to Malaysia twice with the F-111s as well as to the US four times for Exercise Red Flag.

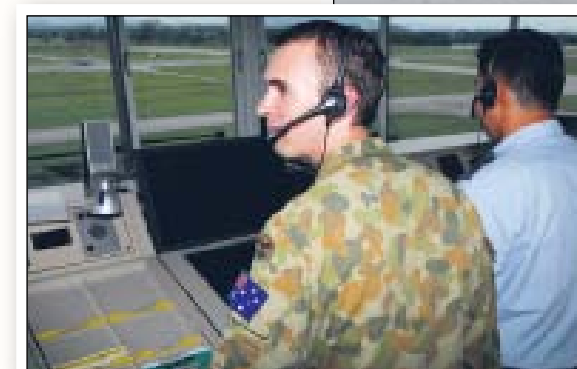
The brothers have been together at 1SQN for about five months, which Trent said was rather surreal.

"Considering I was in the Navy for 11 years, it is not something that I ever thought would be possible," he said.

"There's always a good deal of banter between us, but I think it's great that we've both been able to achieve what we set out to, which is to be posted to a fast-jet squadron at Amberley."



ON THE GROUND AND IN THE AIR: Above, a 1SQN Super Hornet sits on the hardstand at RMAF Base Butterworth during Exercise Bersama Shield 2011, and inset, a Rhino being refuelled by the Omega tanker, a civilian-operated air-to-air refueller used during the exercise. Photos: LAC Dan Pinhorn and SQNLDR Cameron Cornell



SMOOTH MOVES: FLTLT Matthew Wadsworth with an RMAF colleague as a Super Hornet taxis in after a mission. Photo: LACW Kylie Gibson

GO, BRO, GO: Above, CPL Simon Baldry gets set to launch older brother FLTLT Trent Baldry on a mission during Exercise Bersama Shield 2011. Top inset, 1SQN colleagues on the Butterworth flightline. Photos: LACW Kylie Gibson and LAC Dan Pinhorn

Keeping things moving in a busy tower

FLTLT Skye Smith

IT WAS all stations go for joint battle-field airspace controller FLTLT Matthew Wadsworth as he maintained a close liaison between the local air traffic controllers and the Super Hornets during Exercise Bersama Shield.

During the exercise from May 2 to 13, the tower controlled up to 30 moves a day, which included the Super Hornets.

"Butterworth Approach also controls all aircraft into Penang and on approach into Langkawi and Alor Setar," FLTLT Wadsworth said. "So in effect they had between 30 to 40 moves an hour, which they had to slot the Super Hornets into."

As the air traffic control liaison officer (ATC LO), FLTLT Wadsworth was responsible for submitting flight plans and daily flying programs. He also followed up daily briefing information from the Malaysians on weather and other flying at Butterworth.

"My role as the ATC LO was to act as a conduit between 1SQN aircrew and the Malaysian air traffic controllers, chasing any questions for the pilots and answering any questions that the Malaysians had," he said.

"When the Malaysians weren't sure what the pilots wanted, I translated and advised on their standard approaches and intentions."

During 1SQN aircraft movements,

FLTLT Wadsworth, of 452SQN's Amberley Flight, was stationed in the tower during both take-off and landing, and moved to the approach room for their transit out of Butterworth airspace and their return to base.

He also liaised with emergency services and organised for a safety brief on the aircraft to explain specific differences from the F/A-18D, which the Malaysian emergency services are used to.

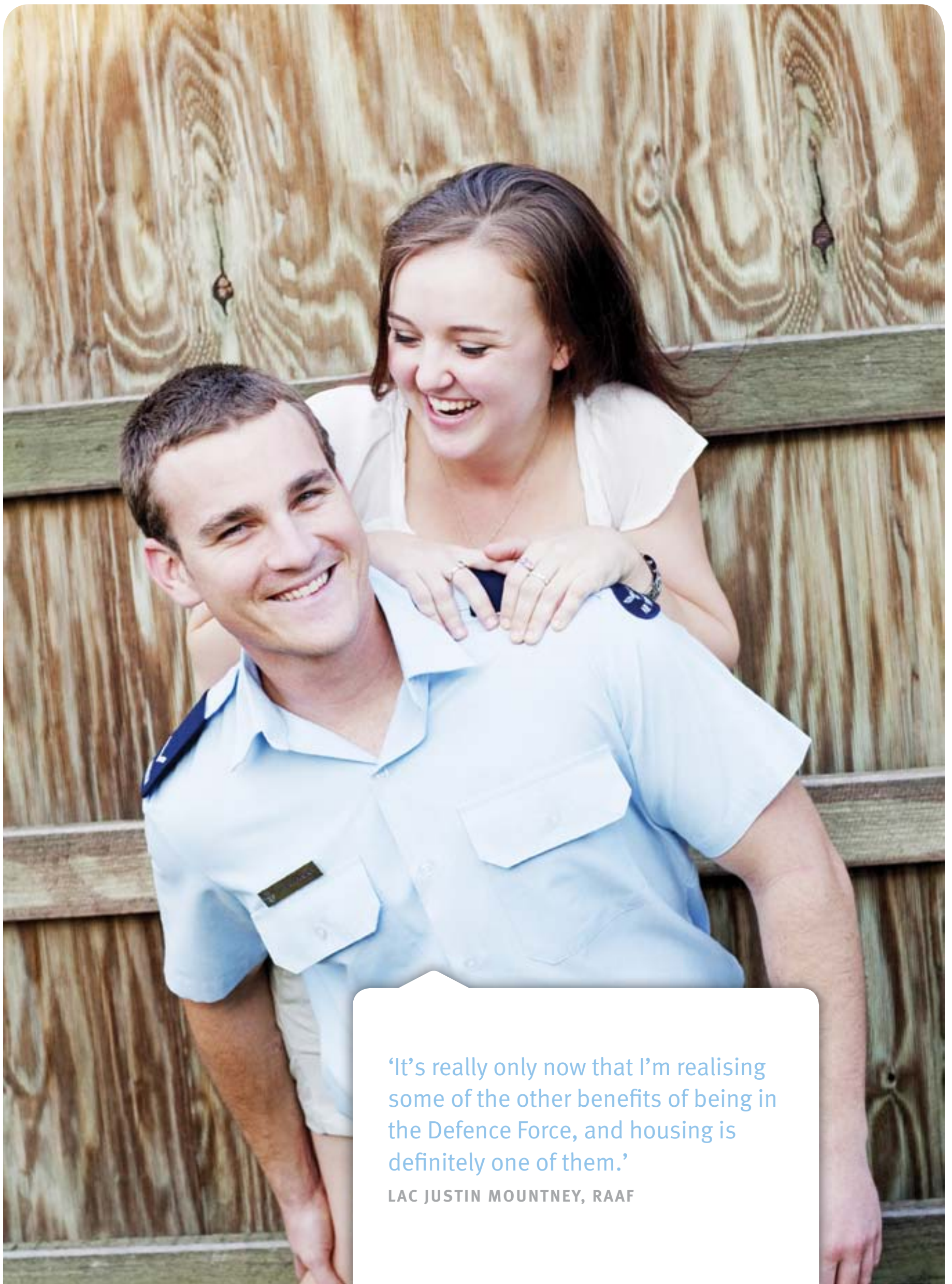
"The ATC LO role also included being the initial alerting officer in the case of an aircraft incident or accident within Butterworth airspace," FLTLT Wadsworth said.

"I would pass all information to

1SQN operations, 324 Combat Support Squadron medical, and the 1SQN flightline and then monitor the situation from the tower.

"I was also there to watch the controllers and ensure they were using safe and standard procedures with our aircraft, equivalent to Australian procedures. Luckily I did not need to step in and there were no emergencies during the exercise."

FLTLT Wadsworth found it to be very similar to controlling back home as it is based on the Australian model, which wasn't surprising considering "a number of the senior Malay air traffic controllers were trained at the School of Air Traffic Control in East Sale".



‘It’s really only now that I’m realising some of the other benefits of being in the Defence Force, and housing is definitely one of them.’

LAC JUSTIN MOUNTNEY, RAAF

Spotlight on the Federation Guard

IF YOU are fit and enjoy ceremonial duties and travel, then you may wish to volunteer for Australia's Federation Guard (AFG). Expressions of interest are being called until July 29 for LAC/Ws to CPLs.

AFG was established in 2000 to provide government and the ADF with a permanent ceremonial capability. It is based at the Australian Defence Force Academy in Canberra.

Guard members frequently deploy interstate and overseas to provide ceremonial support for memorials, funerals and gala openings.

Members this year supported the opening ceremony of the Arafura Games in Darwin, the Celtic Festival in Glen Innes and the Royal Easter Show in Sydney, as well as Anzac Day services in Canberra and Sydney.

International tasking includes annual support to Anzac Day services in France and Gallipoli and, for the first time this year, in Belgium.

This year Air Force members also deployed to Normandy in France to participate in the reinterment ceremony for FLTLT 'Lacy' Smith who died there after his Spitfire was shot down in 1944.

In May and June, AFG personnel travelled to southern Europe for the 70th anniversary of the Battle for Greece and Crete, Brunei for the Brunei Tattoo and Italy for the 65th anniversary of the founding of the Republic of Italy.

While the AFG's duties are primarily ceremonial, its members come from a diverse range of backgrounds and skills across the three services.

As well as their ceremonial public relations duties, personnel posted to the Guard are exposed to training opportunities unseen within most, if any, Air Force squadrons – including training and qualifying on the M2A2 105mm howitzer and 7.62mm self-loading rifle, and driving coaches and Unimogs.

Like most ANYA positions, a posting to the AFG provides airmen and airwomen with a set of skills outside of their mustering, yet applicable to their career progression.

The Guard's volunteers have all had to meet various selection criteria, including a written recommendation from their COs.

For more information on the unit, visit www.defence.gov.au/afg/index.htm and for details on how to apply for the EOI, visit Air Force People Central under Hot Jobs.

WIDE RANGING: AFG members at the Anzac Day Parade in Canberra this year. Photo: Lauren Black



Honouring a family hero

LAC Bill Solomou

ABOUT 95 years after his death, PTE James McGrath had a special visitor.

His great nephew LAC Sean O'Gorman, a member of the Air Force contingent of Australia's Federation Guard (AFG), was in France and made an emotional yet proud visit to his resting place, Longueval Road Cemetery.

PTE McGrath, 27, was killed in action on November 14, 1916, when enemy forces shelled the road he was working on. He was serving in the 5th Pioneer Battalion.

PTE McGrath was posthumously awarded the Gallipoli Campaign Medal in 1977.

"We were in Villers-Bretonneux, France, to com-



95 YEARS LATER: LAC Sean O'Gorman at his great uncle's grave. Photo: SGT Mick Davis

memorate Anzac Day and as it happened we were near my great uncle's resting place," LAC O'Gorman said.

LAC O'Gorman said he was very nervous and anxious to visit the cemetery.

"As we approached the cemetery things started to calm down. It was a beautiful, pristine place with green fields either side and native bushland as a backdrop."

He walked among the thousands of tombstones, all aligned and perfectly positioned.

"It was really quiet and I felt at peace, I had a map and made my way down to his resting place. It felt good, I wasn't upset, it felt really nice."

LAC O'Gorman posted to AFG looking to improve his personal and professional prospects. It has offered him the opportunity to travel the world and to participate at high profile ceremonies.

He said he always wanted to join AFG and was proud to be a member. "It's great working in a highly motivated unit with other ADF members."

He points out the misconception that most people have about the AFG that its members only do drill. His daily routine involves drill for about an hour, but also includes personal administration, military training and lectures.



MOVING: LACW Thompson at Gallipoli. Photo: CPL Raymond Vance

Rekindling old fires within

LAC Bill Solomou

GEOSPATIAL imagery analyst LACW Rebecca Thompson's time at Australia's Federation Guard (AFG) has rekindled her Air Force career.

Before she joined the AFG, she had contemplated discharging.

"It's been good having a break as you reconnect with why you joined in the first place – you get to experience the history and tradition of the military daily," she said.

Her daily routine was varied. "One of the things about AFG is that no week is the same. There are always different parades to do."

She has participated in numerous ceremonies and rates her recent Anzac Day trip to Gallipoli as her most memorable.

"It was very moving and I am honoured to have participated," she said.

Salary package your next car and take advantage of our fleet discounts.

www.smartleasing.com.au

 **smartleasing**
by smartsalary



Community spirit in Ipswich

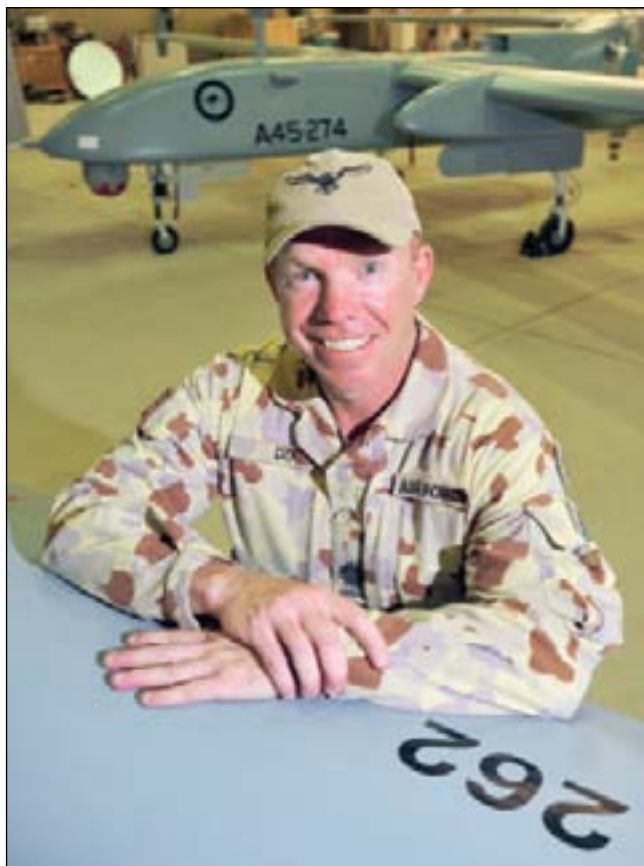


Members of RAAF Base Amberley joined in the Ipswich Festival and DCO's family fun day in Limestone Park on May 21. Above, Air Force balloon pilot SQNLDR Robert Cook demonstrates how to operate the burners for Lowood State School Year 7 students, from left, Tamara Schultz, Michael Crowther, Drew Barkle, Teeshana Cartes and deputy principal Deidre Smith.

Photo: CPL Peter Borys

Left, LAC Luke Johns from Amberley Fire Section with the Jaws of Life in front of a Panther fire truck, while below, from left, 23SQN's LAC Amanda Kay, CPL Ashley Young and WOFF David Obst with SES volunteers.

Photos: ACW Joanne Larsen



MUM'S THE WORD: Above, LACW Alicia Nolan at the Al Minhad Air Base in the United Arab Emirates surrounded by reminders of her daughter Tahlia on Mother's Day.

FLIGHT RECORDER: Left, WOFF Trevor Dix from Rotation 4 of the Heron Remotely Piloted Aircraft detachment in Kandahar, Afghanistan.

Photos: SGT Bill Guthrie



JOLLY GOOD SHOW: Above, 92WG's LAC Zachary Ogle displays his Good Show Award, which he received for preventing a potential aircraft accident after discovering corrosion on a pitot probe on an Orion while deployed to the MEAO last year.

Photo: LAC David Cotton

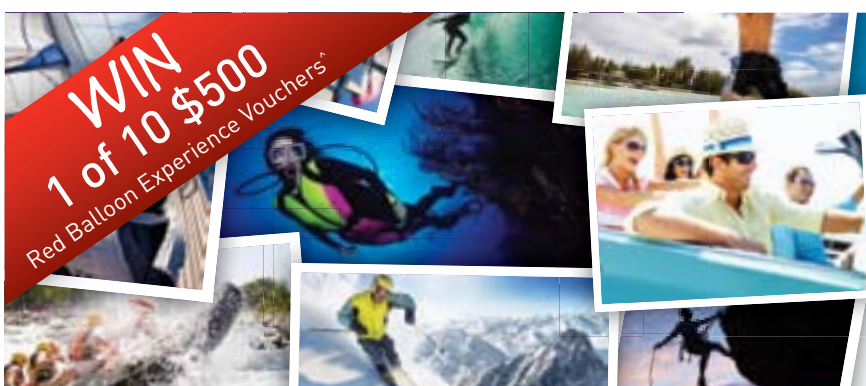
FAREWELL: Below, on his last day in the Air Force, GPCAPT Guy Burton, of 395ECSW, is presented with a letter of appreciation from CAF by ACAUST AVM Mark Skidmore.

Photo: LACW Rosaleen Normoyle



TEST FLIGHT: Gold Coast student Nik Taverner, the winner of a competition run by Defence Force Recruiting, in the cockpit after a successful solo flight in the Super Hornet simulator, aided by 6SQN's FLTLT Leo Lochran.

Photo: ACW Joanne Larsen



We've *simplified* our personal loans, so you can spend more time doing the things you love

More loan options, better rates and no application fees* until 30 Sept 2011.

For more information or to apply now enquire in branch, visit www.adcu.com.au or call 1300 13 23 28.

Terms and conditions and lending criteria apply and are available at www.adcu.com.au. *Application fee of up to \$150 waived for applications lodged before 30 September 2011. *Authorised under NSW permit number LTPM/11/00215 and ACT permit number TP 11/01082.1. Australian Defence Credit Union Limited ABN 48 087 649 741 AFSU/ACL No. 237 988.

ADCU
Australian Defence Credit Union



LOOKING FOR SAVINGS: AFI Richmond team members SGTs Jeff Hunter and Geoff Sanders help AFI HQ staff map their travel process to identify non-value adding/wasteful steps to be eliminated.
Photo: FSGT John Carroll



Join the AFI team

THE Air Force Improvement (AFI) team periodically will be calling for volunteers to join its regional teams.

Members of these teams are already busy at bases, assisting units to improve the way they conduct business.

AFI will seek expressions of interest from ANYO and ANYA personnel for employment within the AFI regional teams for a three-year period through the Director Personnel-Air Force and Air Force People Central.

Members from CPL-WOFF and FLTLT-SQNLDR ranks can then apply through the online EOI process for consideration by a paper selection board.

Candidates successful at this point will then sit before a formal selection board in Canberra to assess their suitability for employment within the regional teams. Candidates selected for employment will then be posted into a regional team consultant position from the following January for specialist and on-the-job training.

The AFI is seeking individuals who display the following attributes:

- Well-developed interpersonal and communication skills.
- Ability to problem-solve, think critically and analyse opportunities.

- Ability to facilitate workshops and actively lead and engage groups of people.
- Experience in implementing improvements in their own workplace.
- A thirst for knowledge and the ability to apply learnt concepts back into a customer workplace.
- Are enthusiastic, motivated and have a genuine interest in improving their Air Force.

If you have questions, contact your local AFI team.

Vacancies can occur at any time so keep an eye on Air Force People

Central Hot Jobs. An AFI ANYO EOI request will soon be posted through People Central.

For any further information or assistance, contact one of the following AFI team OICs: Amberley, Darwin, Townsville – FLTLT Todd Byron, (07) 5361 2722; Canberra-based units – SQNLDR Mia Clapton, (02) 6265 3786; Edinburgh, Pearce – FLTLT Scott Schultz, (08) 7383 2120; Richmond, Glenbrook – FLTLT Miles Le Ray, (02) 4587 2155; Wagga, Williams, East Sale – Mr Brett Morrison, (03) 9256 2191; Williamstown, Tindal – Mr Jeff Head, (02) 4094 7643.

Former CDF backs alumni network

FORMER CDF GEN Peter Cosgrove has thrown his support behind a new program aimed at connecting with former ADF personnel.

The Defence Alumni Network (DAN), which is an initiative of the Services and People Strategies and Policy Group, will be launched on July 5.

GEN Cosgrove recorded a video clip promoting the network, and it will feature on the DAN's internet portal.

DAN Project Manager CAPT Harry Lok said the internet portal would provide a comprehensive alumni program, including social networking, information, news and events designed to attract and engage former members.

Through the portal, DAN members will be able to create a profile, post pictures, direct email to other DAN members and form groups. One of its aspects will be its ability to allow members to find their mates through the site's search facility.

The latest job opportunities for reserve and permanent work will also be listed.

From July 1, ex-service personnel will be able to register on the DAN and connect with their friends and the ADF.

A pre-launch page of the DAN website is at www.dan.gov.au

new car on the radar?

Save now by salary sacrificing

Fleet Network offers all the cost saving benefits of vehicle salary packaging. Our dedicated consultants are focused on delivering outstanding service. Your approval will be completed swiftly and we will keep you updated.

Thousands of Australians have trusted Fleet Network's ability to deliver superb leasing and financing deals on any new car currently available in Australia.

Limited Offer*



Mention you saw this flyer prior to completing your initial contract and we'll give you a choice of either a Free Nav Man C40 Portable GPS or a \$200 Fuel Voucher when your new vehicle is delivered



Call us on 1300 738 601
www.fleetnetwork.com.au

FleetNetwork

Effective subsidy

MORTGAGE subsidy assistance under the Defence Home Ownership Assistance Scheme (DHOAS) is available to reserve members who have completed an eight-year qualifying period and who have accrued a service credit under the scheme.

To qualify, active members of reserve units must complete effective reserve service of at least 20 days within a financial year.

The 20 days must include at least one day of reserve service, with the other days made up of either reserve service, permanent service, CFTS or, in certain circumstances, required unpaid attendance.

Director Relocations and Housing Alan McClelland said he was keen to remind reservists that only effective service was recognised under DHOAS legislation for the purpose of determining a member's eligibility and the level of subsidy entitlement.

"It is important for reserve members to understand that if they fail to render effective service, DHOAS legislation determines that they effectively stopped being a member of the ADF for that entire service year," Mr McClelland said.

"Ineffective service can substantially reduce the subsidy benefit – or cease it altogether.

"I urge all reserve members to be mindful of this requirement."

He said that if members believed exceptional circumstances had prevented them from performing effective service as a reserve member, they might still be able to have their service deemed effective under Regulation 20.

"Recognised exceptional circumstances include the correction of a record-keeping error or where a service-related medical condition made the member medically unfit to serve during the year.

"However, exceptional circumstances would generally not include civilian employment or where service was not offered.

"If seeking Regulation-20 consideration, members must submit their applications through their unit for endorsement by their commanding officer.

"After endorsement, applications can then be submitted to the Director-General Personnel of Army, Navy or Air Force as appropriate."

Mr McClelland said if members had any concerns about their eligibility for a Subsidy Certificate, they should review the scheme's website or speak with a DHOAS consultant.

Comprehensive information about DHOAS is available at www.dhoas.gov.au or by calling 1300 4 DHOAS (1300 434 627) or emailing dhoas@dva.gov.au



READ THE SIGNS: Mortgage subsidy assistance under DHOAS is only available to reservists who have completed an eight-year qualifying period and have accrued at least 20 days' effective service within a financial year.

Photo: CPL Aaron Curran

Employer support scheme survey to measure value

LCDR Helen Walker and
SQNLDR Deanna Nott

A SURVEY designed to gauge the effectiveness of the Employer Support Payment Scheme is being sent to reservists, their military supervisors and civilian employers.

Cadet Reserve and Employer Support Division Directorate of Employer Support Payment Scheme (ESPS), through Defence contractor Dipolar, will contact a select group who received Employer Support Payments in the financial year 2009/10 via email or regular mail.

The director of ESPS, Doug Stedman, said the objective of the scheme was to enhance employer support for reserve service to increase the availability of reservists for Defence service.

"As with any Government program involving the expenditure of public monies, it is important that we monitor how well the program is achieving its objectives," he said.

"This short 10-minute survey will help us measure the value of the reserve service undertaken by reservists for which ESPS payments were made. In addition, the survey will seek to provide data on issues such as how do employers find out about the ESPS and where do they go to seek advice on ESPS queries."

The survey data will also be used to assist Defence staff and Defence Reserves Support Council members in managing the employment of reservists.

DFA calling families to have their say

DEFENCE Families of Australia (DFA) has called for opinions from Defence families as the organisation prepares for its annual DFA Conference in August.

DFA is inviting views on deployment, relocations, education and childcare in its annual pre-conference surveys and meetings before the August conference.

A DFA spokesperson said all comments were welcome at any of the scheduled regional DFA pre-conference meetings and families could also register their thoughts online at www.dfa.org.au/survey

The survey closes on June 30. Families who complete the survey will be eligible to win one of ten \$50 gift vouchers.

For more information on the DFA pre-conference, call 1800 100 509 or email www.dfa.org.au



Australian Government

VVCS – Veterans and Veterans Families
Counselling Service

Supporting Australia's veterans, peacekeepers and their families

VVCS provides counselling and support services to Australian veterans, peacekeepers, eligible members of the Defence Force community and their families, and F-111 Fuel Tank Maintenance workers and their partners and immediate family members. VVCS is a specialised, free and confidential Australia-wide service.

VVCS can provide you with:

- Individual, couple and family counselling including case management services
- After-hours crisis telephone counselling via Veterans Line
- Group programs including Anger Management, Depression, Anxiety, Lifestyle Management and Heart Health
- Support on transition from military to civilian life, including The Stepping Out Program
- Information, self-help resources and referrals to other services.

We can help you work through issues such as stress, relationship, family problems and other lifestyle issues as well as emotional or psychological issues associated with your military service. If you need support or would like more information about us please give us a call or visit our website.

1800 011 046*

www.dva.gov.au/health/vvcs

* Free local call. Calls from mobile and pay phones may incur charges.



Veterans and Veterans Families Counselling Service

A service founded by Vietnam veterans

Expressions of Interest

Role: Combat Control
Intake 6

Rank: LAC-CPL

Mustering: ANYA

Closing date: July 1

Role: Remuster to
WKSSPVR

Closing date: July 26

Role: Australia's
Federation Guard

Rank: LAC-CPL

Mustering: ANYA

Closing date: July 29

Role: Military Skills
Instructor

Rank: CPL-SGT

Mustering: ANYA

Closing date: July 29

► For information on how to apply, log on to People Central via the PMKeyS portal on the DRN homepage.



Ph: 07 5495 8259
Fax: 07 5499 1231

- History Plaques & Boxes
- Sculptures Now stocking
- Hat Badges
- Desk Name Plates
- Canes & Stands

NEW OWNERS - Noel & Sheralyn Vellnagel
P.O. Box 1258, Morayfield Qld 4506
sales@spitpolished.com.au

SPIT POLISHED PRESENTATIONS
www.spitpolished.com.au

SUPPORT THE FAMILIES OF OUR FALLEN HEROES

Since 1923 Legacy has kept their promise to Australian veterans and taken care of the families of those who have died as a result of their war service.

Legacy offers more than just financial aide. We give the widows and families of our deceased veterans hope.

Young families and children receive not only pension advocacy and financial hardship relief, but education and development support as well.

Disabled dependants receive enduring care, social inclusion, independence skills and support they need to make the transition to residential care.

Ageing widows that have been left behind receive trusted advice, protection from social isolation and financial support so they can live at home with pride and dignity.

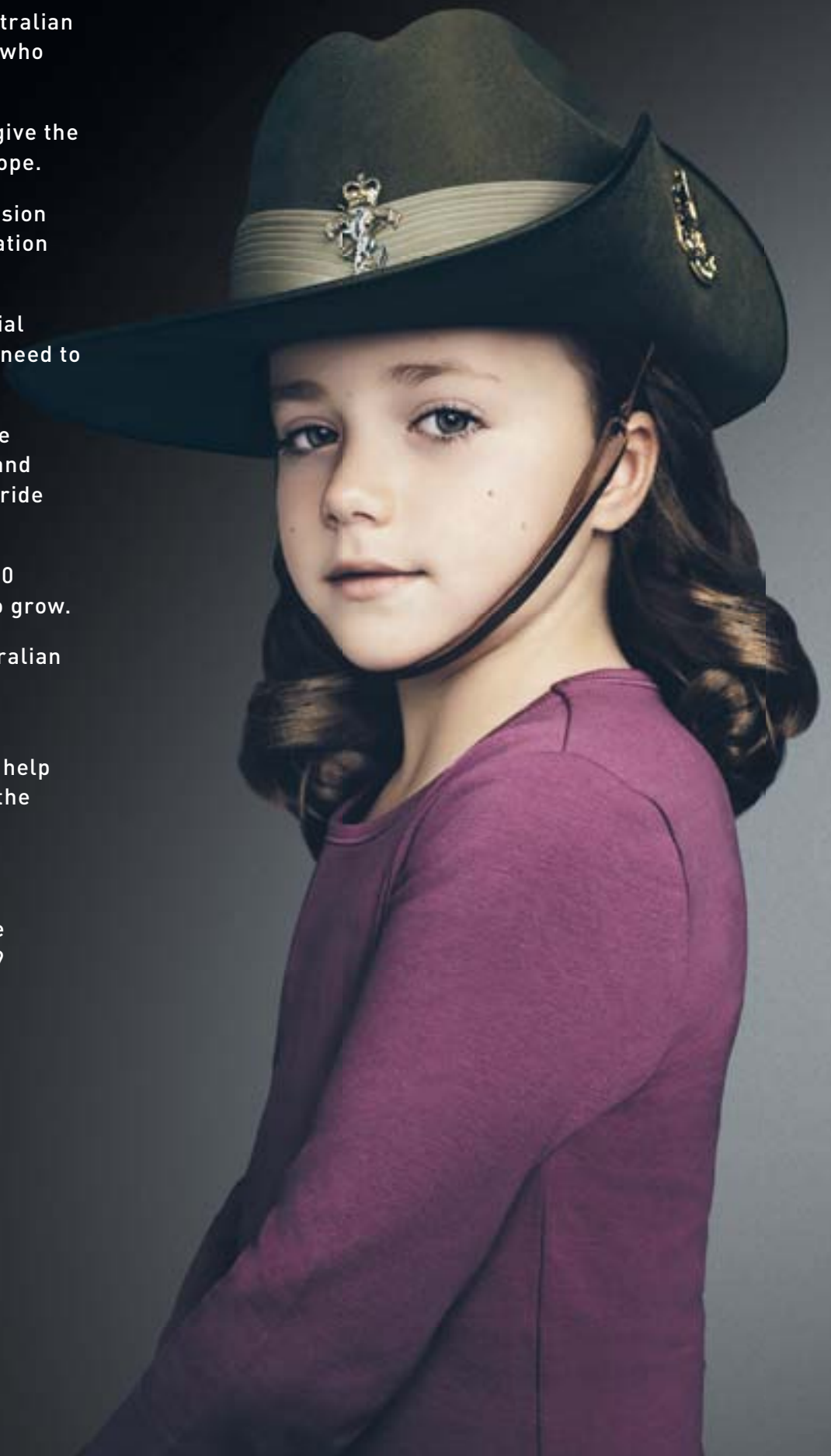
Currently we support the families of over 100,000 deceased veterans, but this number continues to grow.

For nearly a century Legacy has supported Australian Defence Force families in times of great need, but to continue we need your help.

Support the organisation that supports you, and help us keep a promise to our mates who have made the ultimate sacrifice.

Please give generously.

To find out how to make a donation or participate in a Workplace Giving program call 1800 534 229 or visit legacy.com.au



TO DONATE, CALL 1800 534 229 OR VISIT LEGACY.COM.AU

NATIONAL PARTNERS



PROUDLY SPONSORED BY



Course is fit for all

NUMBER 292 Squadron has graduated its first AP-3C Fitter Introduction course.

It comprised eight avionics fitters, four aircraft fitters and two structural fitters.

The CO's award was won by structural fitter AC Rhys McIntee for not only his high academic results, but for outstanding practical achievement and an excellent attitude throughout the training.

The course was the culmination of close to a year's work and collaboration with Headquarters Air Lift Group and 285SQN, which has also put its own program in place.

It was implemented to streamline the training of new fitters who had just posted in from the RAAF School of Technical Training at RAAF Base Wagga.

The previous training system involved new fitters being placed on training courses at 292SQN's Maintenance Training Flight (MTF) as they became available.

The operational unit then assumed responsibility for on-the-job training to bring the new fitter up to the standard needed to work on the aircraft and ground support equipment.

This system was cumbersome and placed a huge training burden on the unit, while many fitters still had training courses to complete for up to six months after their posting into the unit.

Under the new program, the new fitters are assigned to 292SQN MTF for 10 weeks and complete all of their



READY: The graduating fitter students from the new 292SQN MTF AP-3C Fitter Block Training Program course. AC Rhys McIntee, front left, won the CO's award on course. Photo: LACW Nicci Freeman

classroom and flightline practical training.

At the end of the course, they would have covered aircraft safety, systems introduction, vehicle licences and ground handling and ground support equipment.

When they return to their units, they are authorised for a large range of flightline and maintenance tasks, and are a much lower training burden to the unit.

During peak practical phase training on the flightline, other instructors from 292MTF and 92WG were used to maintain safety and conduct assessments.

The course is the first step in a range of training changes. 292MTF is now reducing the number of avionics courses required by the electronics on the AP-3C from 13 to four.

This will represent a saving in time away from aircraft of more than a week across all the courses and also a reduction in aircraft recourses required for practical phases of the training.

This new method of training should be in place by early next year.

Air warfare school's role expands

TRAINING by the School of Air Warfare (SAW) at RAAF Base East Sale has taken on a new course by assuming responsibility for Air Combat Officer Air Battle Management (ACO ABM) training.

For the past 54 years, 41WG's Surveillance and Control Training Unit (SACTU) provided ABM training.

Its graduates have provided wide-area surveillance, airspace control and execution of air battle management operations.

However, following 41WG's recent deployments to Kandahar Airfield in Afghanistan it was determined that ABM's operating in multinational operations required broader skill sets than were provided under the SACTU training programs.

The decision was made to transfer this training to SAW as it is already responsible for the training of all other ACO specialisations.

To ensure the change-over occurred smoothly, the CO SACTU established a special team comprising SACTU training development staff and ABM subject matter experts.

For more information on SAW, visit <http://intranet.defence.gov.au/raafweb/sites/schoolofairwarfare>

NEED A HOLIDAY?

Why not try one of the RAAF Welfare Recreational Company's apartments in one of three amazing locations

www.raafholidays.com.au

GOLD COAST AMBASSADOR APARTMENTS		DARWIN MARRAKAI APARTMENTS		MERIMBULA TUSCANY APARTMENTS	
Attractions Theme Parks Currumbin Sanctuary Jupiter's Casino		Attractions Gateway to National Parks and the Top End		Attractions Magic Mountain Family Recreation Park Yellow Pinch Wildlife Park Whale watching cruises (Sep to Nov) Jazz festival (June long weekend)	
BOOKINGS Phone: 07 5531 5692/0417 780 961		BOOKINGS Phone: 08 8981 9283		BOOKINGS Phone: 02 6495 2030	

One million for Campus

DEFENCE's online training website Campus achieved a major milestone on May 9 when its millionth student graduated.

Navy's AB Jenna Harvey was the historic graduate after she completed the Introduction to Security course.

Campus was launched in 2003. Director General Defence Education, Training and Development BRIG Peter Gates said the one millionth Campus course completion was a significant milestone for Defence as it moves to take greater advantage of technology for the delivery of training and education.

"Campus is used to deliver about 3000 courses to all Defence members and has the capacity to support other forms of e-learning, including mobile and other technologies," BRIG Gates said.

"Campus is a key part of our future learning and development architecture."

The owner of the Introduction to Security course, the Security Communication and Skilling Business Domain, was delighted that it was their course that took Campus over the one million mark.

Assistant Director of Security Communication and Skilling, Debra Moloney said: "It's great to get more exposure for our Campus course and I'm pleased she found it convenient and user-friendly."

"Our team has worked hard to ensure the course is up to date and engaging. This is the second version of the course and when it was changed we tried to and make it more attractive," she said.

Meanwhile, the Campus management team is working to improve Campus for both students and content owners.

One project that has had a huge impact on the way Campus functions is the Learning Management System (LMS) Upgrade, which started on May 23.

This moved Campus to a new delivery platform, meaning Defence personnel can enjoy a faster and more streamlined e-learning experience. It has also provided a stable foundation for Campus to build and expand upon in future.

As well as the LMS upgrade, Campus is currently working with stakeholders on other innovative technologies and enhancements, such as Virtual Classrooms Systems and improving the quality of course content through a Content Developers Resource Centre.

The Campus team is also exploring the possibility of access to a LMS from outside the DRN (Campus Unclass).

If the live trials are successful and the initiatives are supported into the production environment, these projects will contribute significantly to training for service personnel and will assist Defence in achieving its savings targets within the Strategic Reform Program.



THINK SAFE: Dr Tony Kern, left, pictured here with GPCAPT Alan Clements, Director of Defence Aviation and Air Force Safety, has offered the ADF a new approach to safety. Photo courtesy DDAAFS

Good enough just isn't good enough in the global war on error

Rebecca Codey

IT ISN'T acceptable to hide behind the old adage "to err is human".

Instead, we should aim for excellence in all we do, be professional, accountable and contribute to the global war on error with a targeted approach to better understand ourselves and our own error-producing conditions.

That's according to human-performance expert Dr Tony Kern who, during a four-day forum in Canberra recently, challenged the conventional wisdom on human error. He introduced the alternative concept of empowering individuals to recognise and strive for perfection rather than merely compliance.

"When we hide behind this wall of 'people make mistakes and there's nothing we can do about it', it impacts not only quality of life but safety," Dr Kern said. "Errors do happen, but many can be controlled with little more than enhanced knowledge and serious personal intent."

The Directorate of Defence Aviation and Air Force Safety-facilitated forum was attended by ADF personnel involved in safety.

The aim of the forum was to increase the ADF's practical human-factors (HF) capability by exposing ADF participants to contemporary HF training and practical

tools, which will be trialled across the ADF over the next 12 months.

Dr Kern said accountability and responsibility were not politically incorrect.

"There's nothing wrong with telling someone we are giving them the tools and expect them to use them," he said.

"For far too long we've focused on minimum standards of safety for operational performance. We have to be able to expect that, given new tools, people can strive for precision to ensure we all take more control and accountability for making the system safer."

"The key that opens the door to all of this is - 'If it is to be, it is up to me.' It is the role of each individual to decide whether or not they use the information, tools and technology they have been given."

"This is not about fixing problems. Often safety is perceived as fixing some deficiency and that's not what this is about. This is about triggering latent potentials within people, believing that the human side of the man-machine interface is just as capable of solving the safety problem as any technology."

For more information, contact the Deputy Director of Human and Systems Performance, WGCDR Ben Cook, at email ben.cook@defence.gov.au or visit www.convergentperformance.com

Police career on the radar for students



Security Police member LAC Adam Stewart demonstrates a police vehicle radar to Peter Burford during a tour of the 24SQN Military Working Dog and Security Police facilities at RAAF Base Edinburgh by 50 students undergoing a Certificate III in Police Studies at the Adelaide TAFE.

Photo: LACW Nicci Freeman

BULLETIN BOARD

Air Force Band

June 12: The Ceremonial Band will support the 3 Wing AAFB parade at RAAF Base Richmond from 2pm.

June 17: Force 10 will perform at the Royal Children's Hospital in Melbourne.

June 22: The Ceremonial Band will support the 1RTU graduation parade at RAAF Base Wagga from 11am.

► To confirm dates and timings, call (03) 9256 2514.

315SQN reunion

No 315 (City of Canberra) Squadron AAFB (formerly 15 FLT NSW AIRTC) will celebrate its 60th anniversary on September 17. As part of the celebrations, 315SQN invites all former squadron members to attend a parade and squadron open day at the Multi User Depot, HMAS Harman, Canberra.

► For more information, visit the 315SQN website at <http://sharepoint.westcom.com.au/315SQN/default.aspx> or contact CO 315SQN FLTLT (AAFC) Rob West at rob.west1@defence.gov.au

au or FSGT Glen Jones at glen.jones1@defence.gov.au

Air Force fire and rescue reunion

An Air Force fire and rescue reunion will be held at the Ollims Hotel in Canberra from October 28-30. The reunion will include a reunion dinner and dedication of a plaque to all serving and former members of the Air Force Fire and Rescue Service at the RAAF Memorial Grove.

► More information from Pat Mildren on (07) 4728 5261 or email pmildren@bigpond.net.au



Merici College

Caters for ADF families in the ACT

Merici College

- is a quality, affordable non-government secondary school, educating girls in a Catholic environment
- is renowned for its strong focus on pastoral care
- has targeted support for ADF families with an ADF mentor on site
- offers a wide and varied curriculum in a technology rich environment
- has direct buses to the College from most suburbs and neighbouring NSW centres

Building Futures
FOR EXCEPTIONAL YOUNG WOMEN

To find out more about Merici College

see our website at www.merici.act.edu.au

or contact the Enrolment Officer Ms Trish Ryan on (02) 6243 4102

or by email: patricia.ryan@merici.act.edu.au

Finding changes at Pearce

FLTLT James Denton

RAAF Base Pearce recently welcomed back eight retired members of No. 4 course RAAF College.

The occasion was a reunion with the theme ‘what’s changed’.

The day consisted of a base tour, a visit to 79SQN and 2 Flying Training School (2FTS) headquarters, Hawk and PC-9 static displays, and a chance for the visitors to talk to both junior and senior pilots.

The visitors – five pilots, one navigator, one equipment officer and one intelligence officer – graduated from Point Cook in December 1954.

Three served at Pearce in their time, two as flying instructors and one at 25SQN.

Former GPCAPT John Downing served as CO 2SQN and flew Canberra bombers in Vietnam in 1971. During this time, he and his navigator were shot down by two SA-2 surface-to-air missiles and spent several nights evading the Viet Cong.

Former AVM John Paule commanded 9SQN and was director general manning and chief of personnel during his service. He is also the father of the current head of Military Strategic Commitments, AVM Kevin Paule.

Former WGCDR Peter Larard commanded 79SQN and served as a flight commander at 2FTS. His grandson, PLTOFF James Larard, is following in his footsteps after recently completing pilot training at Pearce.



FORT MASSEY CEMETERY: Every Anzac Day, Navy exchange officers conduct a dawn service at SGT Selwyn Loveday’s grave in Halifax, Canada. The cemetery has 128 WWI and WWII grave stones. Photos courtesy LCDR Bob Dunn



➤ Turning 30-something?

Health Insurance

If your 30-something partner is not in the permanent ADF and does not have private hospital insurance yet, then under Federal Government laws, they’ll be up for higher premiums for every year they delay taking it out.

But there’s no need for the birthday party to be spoiled. Just tell them to call Defence Health now to find out how to avoid or minimise the higher premiums.

The longer they leave it, the more it will cost.

Call Defence Health on **1800 335 425** or visit www.defencehealth.com.au before 30 June.



Join before 30 June 2011 and save.

Lifetime Health Cover is applicable to the civilian dependants of full-time ADF personnel.

Family sees grave in Canada

CPL Melanie Schinkel

FOR the Loveday family, Anzac Day was particularly significant this year because they saw photographs of where their relative, SGT Selwyn Loveday, was laid to rest in 1942.

Every April 25, Navy exchange officers based at Halifax, Canada, hold a dawn service at SGT Loveday’s grave at Fort Massey Cemetery.

LCDR Bob Dunn coordinated the dawn service this year and said Fort Massey Cemetery provided the ideal setting to commemorate Anzac Day as it held 128 Commonwealth WWI and WWII graves.

“A few months before the service, I was doing some research on SGT Loveday when out of the blue I was contacted by 15-year-old Courtney Hall from Toowoomba,” LCDR Dunn said.

“Courtney was SGT Loveday’s great niece and she had also been researching her great uncle online when she came across information about the dawn service in Halifax.

“She explained that the Loveday family had never seen SGT Loveday’s final resting place. So I offered to take some photos of the service and send them to her.”

He said that Courtney showed the photographs to SGT Loveday’s relatives including his surviving older brothers and sisters.

SGT Loveday served in WWII at No. 12 Flying Training School and died of cerebral spinal meningitis in Nova Scotia Province on October 26, 1942.

Courtney’s father, Robert Selwyn Hall, who was named after SGT Loveday, sent LCDR Dunn an email thanking him for the photos and arranging the dawn service.

“My mother, Mavis, is SGT Loveday’s sister, and she thinks of him every Anzac Day. She fondly recalls him as a young boy who dreamed of flying,” Mr Hall said in his e-mail to LCDR Dunn.

“Thank you for remembering SGT Selwyn Keith Loveday this Anzac Day, not as a soldier buried far from home at Massey Cemetery, but as a mate, son, brother, uncle and great uncle who is remembered by all who knew and loved him, and by those who came after his untimely passing.”



RESTING PLACE: SGT Selwyn Loveday’s grave.

Link to proud 460SQN past



SPECIAL CONNECTIONS: Left, CO JEWOSU WGCDR Pete Mitchell explains the finer details of flying an F/A-18 to former 460SQN members Frank Gubbins, left, and Graham Berry during their recent visit to RAAF Base Edinburgh. Above, 460SQN veteran Bob Newman presents CO 460SQN WGCDR Robert Elliott with a commemorative montage in Canberra. Photos: CPL Rodney Welch and LAC Al Bencke

THE reformation of 460SQN last year has struck a chord with the WWII veterans of the former famous Lancaster squadron, according to squadron CO WGCDR Rob Elliott.

Since then, they and their families have returned to re-establish their links with the squadron.

"I regularly receive calls from former members or family connections of the squadron and it has been my honour to meet them, speak with them, and hear their remarkable stories," WGCDR Elliott said.

"They are special men. They faced grim odds of survival with extraordinary courage and determination. The squadron effectively died five times over with a total of 1018 fatalities [and 169 aircraft lost] by the end of the war.

"I can't imagine the courage these men had to muster to strap into a Lancaster each evening with those kinds of odds."

WGCDR Elliott first met the 460SQN veterans at the reformation dining-in night last year.

"While these men are in their 80s and 90s, their youthful exuberance has not diminished, and they feel in their element when back among fellow airmen and airwomen," he said.

Since that night, Maurie O'Keefe, a Lancaster radio operator, has presented the squadron with a working Lancaster radio, while Bob Newman joined 460SQN's celebration of the Air Force's 90th anniversary recently, during which he presented a photographic montage featuring the first CO [WGCDR A. Hubbard], A Flight Commander and FLGOFF James Saint-Smith DFC DFM – the first pilot of the famous 'G for George' Lancaster, which is now on display at the Australian War Memorial.

On Anzac Day in Adelaide this year, former 460SQN members Frank Gubbins and Graham Berry were invited to tour RAAF Base Edinburgh following a chance meeting with members of Aerospace Operational Support Group and Information Warfare Wing (IWWG). Their visit to the base on May 13 included an inspection of an F/A-18 and the opportunity to watch a Hornet conducting circuits.

CO IWWG WGCDR Ian Gibson said that they were remarkable men.

"It was an honour to share their company and host them at Edinburgh," he said.

Mr Berry was in the first Lancaster shot down and subsequently became a prisoner of war [at the infamous Stalag Luft III].

Because of his poor German language skills, he was not considered for the escape party of 'the Great Escape'.

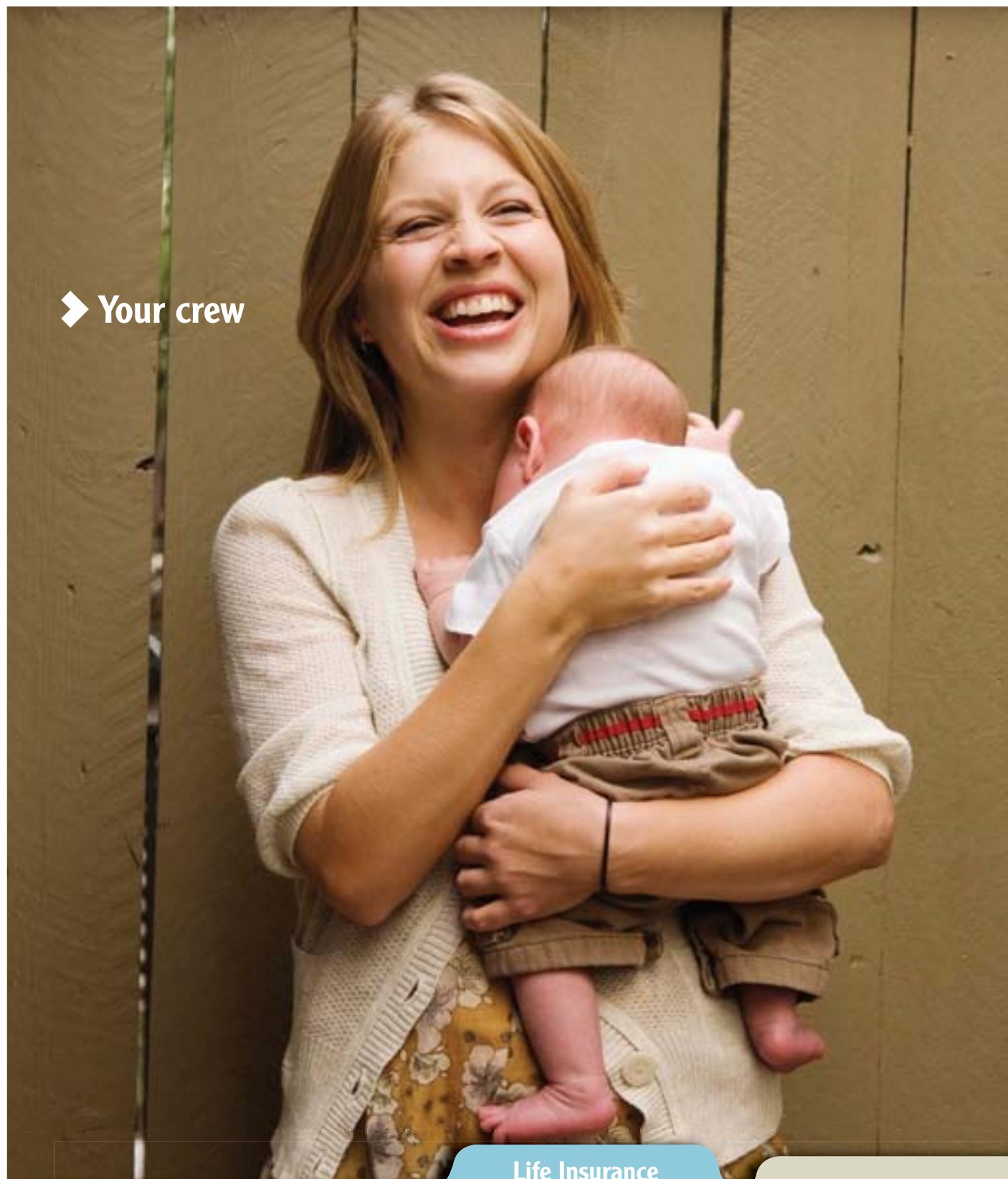
Meanwhile, Mr Gubbins survived 30 missions when the average survival rate in the Lancaster was only eight.

When asked of their greatest memories, both replied: "The mateship, the camaraderie. They are life-long friendships that go beyond."

WGCDR Elliott said it was this mateship that brought the men back to the squadron.

"We take every opportunity to embrace these opportunities and honour their service and sacrifice. Their courage and perseverance is inspirational and drives the current squadron to strive to continue this rich history of distinguished service," he said.

► Your crew



Life Insurance

It's nice to know that your crew on the home front will be looked after if anything happens to you. Because life is full of uncertainties no matter how fit and healthy you might be now. So if you have people who depend on you financially, then consider Defence Health Term Life Insurance for their protection. It will even cover you on warlike operations if you take it out before you know you are to be deployed. Don't delay.

For a quote, brochure or application form call Defence Health on 1800 335 425 or visit www.defencehealth.com.au

This information is of a general nature only and does not take into account your personal objectives, financial situation or needs. You should consider your personal circumstances and the relevant Product Disclosure Statement in deciding whether to acquire this product. You may wish to seek independent advice. This product is underwritten by Asteron Life Limited (ABN 64 001 698 228, AFSL 237903) and Defence Health receives remuneration of 11.78% of all premiums you pay to Asteron Life Limited. The Financial Services Guide and Product Disclosure Statement may be obtained by calling the Defence Health Member Service Centre on 1800 335 425 or downloaded from www.defencehealth.com.au



DefenceHealth

I can't imagine the courage these men had to muster to strap into a Lancaster each evening with those kinds of odds.

– WGCDR Rob Elliott

It begins in the gym

Enlistees' messages of support boost LAC Bill Solomou as he begins the JOIN BILL CAMPAIGN to get fit.

WHAT a difference a week makes. I would like to thank all service members for their encouragement and support. The response has been outstanding.

Members have taken on my challenge and have asked for advice, ranging from exercise techniques through to nutrition.

Nutrition will be discussed in coming issues, so in the meantime I recommend limiting your meal sizes.

I know it's going to be hard; I have started substituting some of my favourite 'no go' foods like chocolate for fruit.

At this stage, my motivation is quite high – my work colleagues are making sure I don't fall off the training wagon.

Under the guidance of PTI SGT Shane Duncan I started the program this week and am a little sore – but not fatigued.

The program is tailored at losing weight, increasing muscle endurance and improving cardiovascular fitness.

It is structured on low-impact but high-intensity exercises. The program



WORKING IT OUT: SGT Shane Duncan gives LAC Bill Solomou some fitness tips in the gym.
Photo: LS Paul Berry

works your upper, lower body and torso.

SGT Duncan encouraged personnel to join my campaign and recommended people first see their local PTI, medical staff and nutritionist for assistance.

"Set a realistic target, start off gradually and build up to the target," he said.

"Don't try to do too much too fast."

Those who train on a regular basis might want to think about inviting a colleague for a walk or a session in the

gym. Your encouragement is all they may need to start exercising.

In the last issue, I spoke about setting a realistic goal and said I was aiming to lose about 15kg. It's important to set a goal and also take note of your measurements.

Measure your chest, waist, hips, thighs, biceps and calves. Remember to place the tape over the largest body mass. For example, when measuring your waist, make sure you have the tape over your belly button.

The invitation stands – join me!

Bill's program

PERFORM the **conditioning circuit** at least three days a week, going through the circuit once in each session in the first week and twice in the following two weeks. Break up the session with 30 seconds of cardiovascular work – run, skip, bike or row, etc – between each exercise.

On alternate days incorporate the **cardiovascular program**. And don't forget to take a rest on Sunday!

CONDITIONING CIRCUIT

Warm-up: rowing machine, light intensity, for 10 mins.

Stretch for five mins.

Pec dec: 20 low-weight, high-intensity reps.

Sit-ups: 20/25 (ADF) standard.

Leg abductor: 20 low-weight, high-intensity reps.

Seated chest press: 20 low-weight, high-intensity reps.

Back extension: 20 low-weight, high-intensity reps.

Seated leg curl: 20 low-weight, high-intensity reps.

Assisted dips: 20 low-weight, high-intensity reps.

AB coaster: 20 low weight, high-intensity reps.



Seated leg extension: 20 low-weight, high-intensity reps.

Delt machine: 20 low-weight, high-intensity reps.

Alternate arm leg lifts: 20 high-intensity reps.

Squats: 20 high-intensity reps.

Lat pull down: 20 low-weight, high-intensity reps.

Knee raises: 20 high-intensity reps.

Lunge: 20 high-intensity reps.

Cool down: five mins.

CARDIOVASCULAR PROGRAM

Week one (total of 50 mins): Tuesday (15 mins); Thursday (20 mins); Saturday (15 mins).

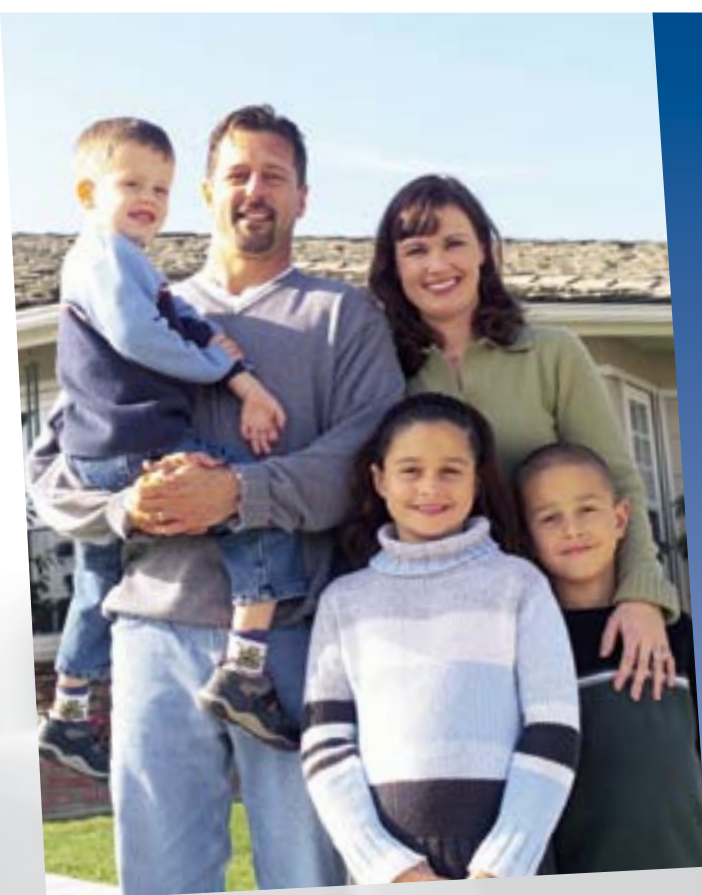
Week two (55 mins): Tuesday (20 mins); Thursday (15 mins); Saturday (20 mins).

Are you eligible for a DHOAS subsidy?

Then you are also entitled to home and contents insurance through the Defence Service Homes Insurance Scheme—even if you don't have a DHOAS home loan.

The scheme offers:

- Comprehensive cover
- Economical premiums
- No general excess
- Contents new for old replacement, regardless of age.



Our Australia-wide network is easy to access.
For the cover you can count on just call **1300 552 662**.
www.dsh.gov.au



Australian Government
Department of Veterans' Affairs





Our readers weigh in

EDITOR'S NOTE: During the six months of Bill's fitness campaign we want to publish your messages of support, your campaign updates, advice and any questions you might have for the fitness experts within Defence. Keep your emails coming to Bill at vasilis.solomou@defence.news.gov.au. Here are some of the messages we have received so far:

I started last week to prepare to come back from LWOP. I've spent the last two-and-a-half years enjoying the great food of Penang (Malaysia). My current weight is 92kg and my goal is 80kg for now. Don't have any PTI help but am working with an ex-Irish soldier who runs a boot camp over here. Good luck!

– CPL Anita Gill

Go Bill! 100 per cent support from this end. I myself have just been classed as disease free after dealing with two major operations on bowel cancer, and I, too, have put on weight over the past 15 months. I am fighting unfit and ready to rock! At present I am about 105kg and want to get to 85kg as well. My journey starts today... race you to the end!

– Tim

Good work man, that's awesome you put yourself out there and set the challenge. If you put in the effort you could lose truckloads of weight. I could have lost more than the 13kg I did. Well you've set the goal and everyone knows it so I think you'll have plenty of motivation. Good luck mate, I'll be checking.

– Camo

G'day young fella!! Sign me up!! The latest newspaper is awesome, and you are looking fantastic.

– CPL Andrew Eddie

I've just been reading your story in the newspaper, good on you and I hope you succeed. I'm 45 and yes I've put on some weight. I don't exercise enough and I probably don't eat how I should. You said the PTI's program would be published in the next issue, but what about an eating plan? That would also be helpful.

– Dave

BILL: Yes Dave, keep a look out for coming editions of the newspaper as we're going to cover such topics as healthy eating and nutrition.

I read with interest the weight loss program you have recently commenced. I am in the same boat. I am 48 years old and weigh 85kg at present with my aim being to get down to 75kg. I have set myself a goal to do this within 100 days, which I began on May 23, so it will be good to compare how we are both going.

– CPOCIS Rohan Jennings

You mate...are a legend :D

– LAC Robert Cain

I joined in 2002 as a mature entrant at about 95kg. I was a fat boy, but passed my Army fitness standards. Then a year later I was 105kg. I am now at 89kg, and have a new goal of 79kg. Why? I joined a triathlon team this past year and I can see that the 10kg will make a massive difference in running and cycling times. My advice is make it fun. Start your exercise early

in the morning, especially now that it's cold. As you get fitter, the weather will get better and you will look forward to getting up in the morning. Have a training partner who is in the same boat but who you don't work with, so that at lunchtime you will feel guilty if you are not ready for your run as they might be out there waiting for you and wasting their own exercise time. Good luck and keep it up.

– CAPT Bart Kohler

I thought that when I joined Defence I would be in my prime, and I was for the first year. I have a desk job and that means that I sit down for hours at a time. Our department has recently implemented group fitness, but I need more. I was 63kg when I joined, 59kg after training and 75kg now. I feel like I have lost control.

– Tegan

I couldn't resist sending an email of encouragement. A few years ago I was overweight (94kg) and couldn't find the motivation to lose weight. At the time, my colleagues recommended lunchtime PTI classes. It was tough at the beginning – those PTIs don't take "no" for an answer. I resisted throwing in the towel and attended all lunchtime PTI classes (for about nine months) – it was worth every minute. The environment was positive, friendly and contagious. I'm now off the base and continue to train per the PTI classes. Last summer I managed to get down to 72kg with about five per cent body fat. I wish you all the best, and remember YOU CAN DO IT – REBIRTH THAT ADONIS BODY AND GREEK GOD LOOKS!

– Theo



DEFENCE RESERVES SUPPORT

Supporting Australia's Reservists and their Employers

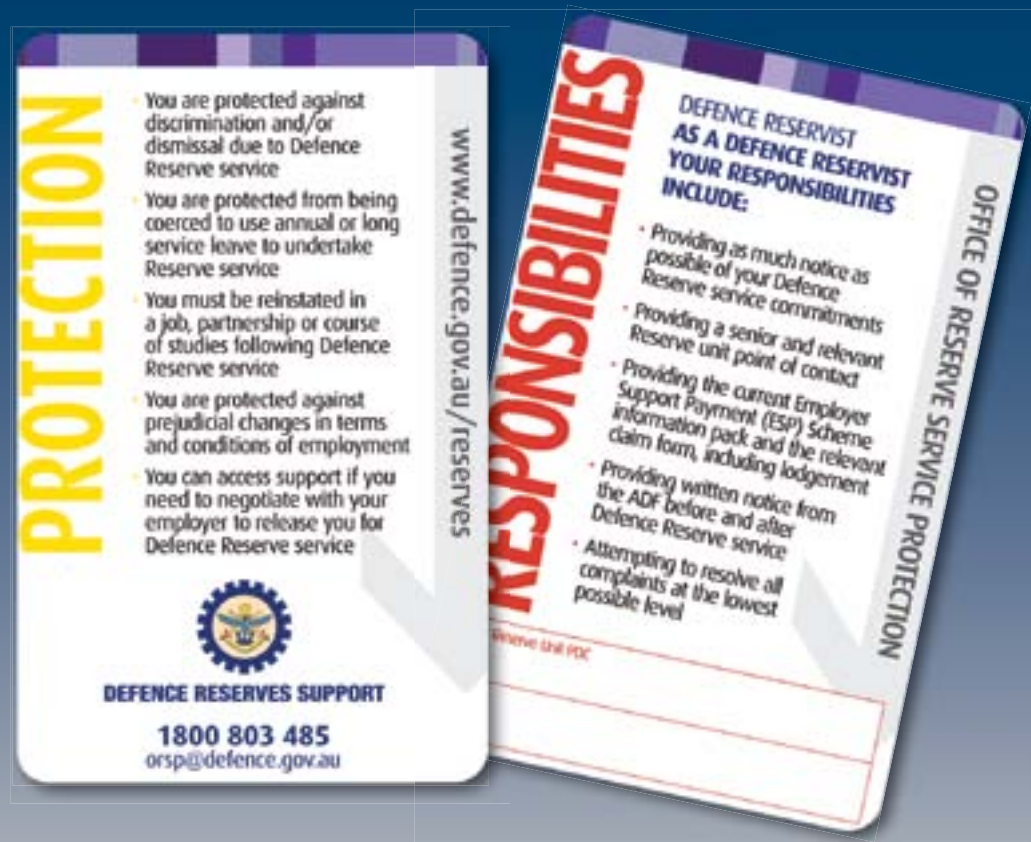
RESERVISTS - Know your rights and obligations

This card has been designed to help you understand your rights and obligations as a Defence Reservist.

It gives you tips about the protection that is available to you, as well as how you should discuss Reserve service issues with your civilian employer.

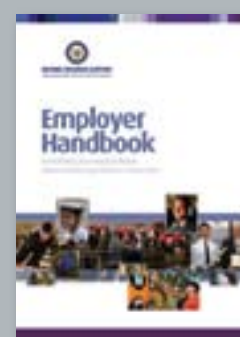
You can pick up a card at your unit or squadron. Alternatively, call one of our Defence Reserves Support specialists and they will send you one.

We're here to help Reservists and their Employers.



Remember to collect an Employer Handbook for your boss. It contains everything they need to know about employing a Reservist.

1800 803 485
defence.gov.au/reserves





FLASHBACK: A clipping from *Air Force News* on June 10 last year.

IN DEMAND

SEVEN Air Force women were named after the tri-service carnival in Canberra in the Australian Services Rugby Union (ASRU) carnival. They are FLTLT Margie Quinn, FLGOFF Gabi Cook, OFFCDT Kate O'Brien, OFFCDT Sarah Hume, CPL Brooke Jacoby-Saunders, CPL Rebekah Allen and LACW Brimlea Smyth.

RISING STAR: Coach's pick OFFCDT Kate O'Brien is lifted by FLTLT Margie Quinn, front, and OFFCDT Sarah Hume. Photo: LAC Bill Solomou

Up where we belong

A year ago, CAF declared that Air Force would field its own women's rugby team this year. Against the odds, that was achieved ... and more, as **John Martin** reports.

FLTLT Margie Quinn could not have been prouder. Last year she was one of only five female players Air Force could muster for the Australian Services Rugby Union (ASRU) carnival. They had to join forces with Navy to field a team against Army. It was to no avail though: Army won. Again. This year, however, Air Force had 12 players for the carnival and was able to field a 10s team in its own right against Navy on May 15. With rookie coach OFFCDT Dan Bligh at the helm, the Air Force women won 17-12. "After playing with the Navy for the past five years, to finally run out as captain of our own Air Force team for the first time was an amazing experience," FLTLT Quinn said. But that was not the end of the euphoria. FLTLT Quinn was one of eight Air Force players (co-captain, in fact) selected in the combined Navy-Air Force team to try its luck against Army, which had not been beaten in the clash since 2007. That changed on May 21 with a 10-5 scoreline in our favour and a lot of Air Force merriment that went right to the top. After last year's carnival, CAF AIRMSHL Mark Binskin declared that Air Force's aim was to field a women's team in their own right at the 2011 championships. It seemed like a tall order at the time, FLTLT Quinn, doubling up as the team's manager, and Air Force Rugby Union set about finding prospective players. When those players went into a

five-day camp on May 11, they had reason for some pessimism though. LACW Thelma Gerber, one of the standout players from 2010, was ruled out three weeks before the camp with a shoulder injury and SQNLDR Mina Roberts was injured playing club rugby the Saturday before the camp. "Considering these were two of our most experienced players, it was a pretty big blow coming into camp with only 12 players, only four of whom had played at the service rugby level," FLTLT Quinn said. Two of the newcomers had very limited experience. "FLGOFF Rae Lahiff came into camp with only a soccer background and FLGOFF Esther Suh ended up running on as our front rower having only discovered rugby in the last month or so." OFFDT Bligh was a 21-year-old who played with the men's team last year but was unable to back up this year because of a shoulder injury that required surgery recently. "I've always wanted to coach, I just didn't think it would be this soon," he said. He was in no doubt, however, that there were good things ahead. "We had a successful camp. We put a lot of emphasis on the 1 per cent efforts, all the little things. "Leading into the game against Navy I felt like we could genuinely take the win. "The vibe was fantastic and the core group of players were rock solid. "We controlled the game from the start with great direction and purpose. "The intensity was sensational. Navy put on a late surge but our girls executed the plan to a tee and capi-

talised on Navy's errors. The hardest part of the day for me was naming the coach's award because all 12 of our girls deserved it for such a brilliant effort throughout the camp (considering we trained twice a day for two to three hours apiece with NO complaints). "But it went to aggressive back-rower OFFCDT Kate O'Brien. "Kate played in the second row and was a pillar of strength in the set piece. Her jumping was so on-song that she grabbed every lineout bar one." The Player's Player award went to SGT Clare O'Driscoll, "who really locked down our midfield both in defence and attack", hotly followed by versatile CPL Rebekah Allen, who played at various times scrum-half, centre, flyhalf and flanker, and CPL Brooke Jacoby-Saunders, who excelled at No. 10. **FOOTNOTE:** This is a story with an even-happier ending. It had been hoped the Air Force women could take the field in jerseys that the Air Force Rugby Union committee had ordered for them. Unfortunately the jumpers didn't arrive in time and the women had to play in some club rugby jerseys. "Since we couldn't play in the jerseys, our patron, AVM Mark Skidmore asked VCDF to present the jerseys to us at the ASRU Function on Saturday night (after we had beaten the Army), which was great," FLTLT Quinn said. Aside from more players, the Air Force team is also looking for a manager. For information, contact, FLTLT Margie Quinn on (02) 403 45217 or margaret.quinn@defence.gov.au

Vanquished but not diminished: men still have plenty to offer

DESPITE failing to make a dent at the Australia Service Rugby Union (ASRU) carnival in Canberra, Air Force has nine players in an ADF squad training for the International Defence Rugby Competition in New Zealand and Australia in October. ADF coach CAPT D.J. Cahill said CPL Mick Wallace and AC Adam Dahmer had been added to a watchlist of about 60 players after the ANZUS Cup in Brisbane and the ASRU tri-service carnival in Canberra. Already on the list were FLGOFF Andre Holmes, CPL Richard Falkenmire, CPL Bodine Luscott, LAC Aaron Lobendahn, AC Darren Bruce, LAC Chris

Tuttiet and LAC Alex Chan. The squad will be pruned to 30 in August after more fitness tests and development camps. Air Force made a promising start in Canberra. In its first game, against Navy on May 15, it only trailed 3-0 at half-time after having missed three penalty shots for goal. But then things went belly-up. Air Force went on to lose 32-0. Two days later it lost to Army 74-0, leaving Army and Navy to play off for the title. Navy won that encounter 25-22. At first glance things looked bleak for Air Force. But not so, according to CPL Bryan Hudson, who took the coaching reins in

Canberra. "We had eight new players, with three of them excelling and being earmarked for future ASRU caps," CPL Hudson said. He was delighted with the play of Air Force rookie of the year winner LAC Playford as well as FLGOFF Holmes, CPL Luscott, LAC Studders and LAC Connolly. CPL Hudson, who first graced the field as an Air Force player in 2005, took over the coach's job from civvie Stuart Lundie who was in charge at the ANZUS Cup against the Royal New Zealand Air Force and the US Air Force in Brisbane in April. Lundie, who is the set-piece coach for Norths in the premier-grade Shute Shield in Sydney, is



THE REAL DEAL: FLGOFF Andre Holmes being tested as part of the ADF squad. FLGOFF Holmes figured in a photo in the last *Air Force News* too – only CPL Bodine Luscott was mistakenly named instead. Photo: AB Dove Smithett

LEAD TWICE THE LIFE

DMO

DMO MILITARY RESERVES
exciting opportunities Australia wide!

Exciting opportunities are available for Military Reservists in the following trades/ specialisations:
» Project Management » Logistics » Finance » Administration » Technical Trades » Engineering (mechanical & electrical) » Aircrew

DEFENCE MATERIEL ORGANISATION | www.dmojobs.gov.au or call 1800 DMO JOBS (1800 366 562)

SPORT

COACH
SEES
LIGHT AT
THE END
OF THE
TUNNEL
— PAGE 30



June 9, 2011

MAKING A SPLASH: OFFCDT Carrie Fettes who has been selected in the Australian Country Water Polo team which goes to Europe in August. Photo: LAC Bill Solomou



Europe calling

Hmm, is it something in the water at the Australian Defence Force Academy in Canberra or is it the racing fuel? Whatever it is, there's a few hard-working cadets getting their passports ready.

REVVED UP AND READY TO GO: Clockwise from left, OFFCDTs Alistar Weir, Piotr Gluchowski, Brodie Kilkenny, Paul Gardner, Ashlean Waight, Mark Jefferies and the driver OCDT Ben Bonnell who are members of the Academy Racing team going to Britain for the Formula Student Competition in July. Photo: LCPL Mark Doran

Stories,
Page 31

A TEAM OF THEIR OWN: How Air Force women took CAF's vision and ran with it — PAGE 30

**MILITARY
MEDAL BOXES**
PROTECTING YOUR HONOURS & AWARDS

Quality leather bound,
Australian made medal
boxes, available in
various sizes.



FROM ONLY
\$69.95

ORDER ONLINE
www.militarymedalboxes.com

Phone 1300 661 482
Post PO Box 8259 Warnbro WA 6169