

NAVY News

The official newspaper of the Royal Australian Navy

Volume 46, No. 22, December 4, 2003



Mum's the word

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Go karter!

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05 in Gulf

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Lip synch

ABET Alan Gillett receives a warm welcome home by his girlfriend Candice Bratt after the Huon Class Mine Hunter, HMAS Diamantina returned from the Solomon Islands to HMAS Waterhen, in Sydney on November 14.

Full story and photos appear on page nine.

Photo: ABPH Yuri Ramsey

Operational honours for divers in Arabian Gulf

BREATHING BUDDIES

By Graham Davis

"Jason was in trouble. I couldn't see anything because of the silt. I had to feel what was happening. "I used my bare hands... and strength... to push the mine off him."

This is how LSCD Troy Miles described to *Navy News* the scene in six metres of "zero visibility" water in the port of Umm Qasr earlier this year where with LSCD Jason Dunn, he had been tasked to recover Iraqi seamines from a sunken tug, converted to a minelayer.

Troy's actions have now been acknowledged in a list of Operation Falconer honours, announced on November 27.

Then a member of AUSCDTHREE, he has received the Commendation for Distinguished Service.

The citation accompanying the award said Troy was tasked with the disposal of two sea mines in the port of Umm Qasr, Iraq.

"During an operation, one of the mines became dislodged and another diver was pinned between the mine and the hull of the minelayer," the citation continued.

Continued page 5

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Launching Blue Link (from left) Dr Andreas Schiller, CDR Craig Roy, Mr Rick Bailey, Dr Sharan Stone and Dr Neville Smith.

Floating new technology

By Graham Davis

They are about two metres long, painted bright orange and are called Argo floats.

They are one of the lynchpins of "Blue Link", a \$15 million initiative formally launched in Sydney in October. There are only 30 drifting in waters around Australia, yet by 2005 it is hoped there will be another 270, many of them controlled by Australia.

The floats, along with other initiatives, could help the Navy do its job better, help make our oceans safer for those who use them and

could mean larger catches for our fishermen.

Costing \$25,000 each, the floats drift for nine days deep beneath the waves collecting data on temperature and water density levels.

On the 10th day a battery pack changes the density of the cylinder and it bobs to the surface where the waves collect data to a satellite.

Job completed, it then descends to repeat the process. After about four years of producing data the batteries expire and the float sinks "dead" to the seabed.

There are three partners in the project, the Navy, the CSIRO and the Bureau of Meteorology.

Dr Sharan Stone, Parliamentary Secretary for the Environment and Heritage launched the initiative at the Maritime Museum in Sydney. Blue Link will provide forecasts of what is happening at or near the ocean surface and in the upper two kilometres of the ocean.

"It will provide forecasts of the ocean similar to the land-based weather forecasting Australians have enjoyed for the past 40 years," Dr Stone said.

"Ocean charts, including shipping charts for ocean currents, eddy locations and ocean temperatures, will be similar to those generated for the weather."

Major changes unsurpassed in history

The recent announcement of key outcomes from the Defence Capability Review have highlighted significant improvements for Navy.

Indeed, new additions to the fleet over the next decade or so will provide a level of combat firepower, amphibious warfare, seafight and surveillance capabilities that in many ways are unsurpassed in the history of the Navy.

Perhaps the most complex of these new capabilities will be the introduction of three air warfare destroyers (AWD). The first of the new ships is planned to enter service in 2013. It will be a ship between 6,000 to 8,000 tonnes and have a crew of less than 200.

It's already been announced the destroyers will incorporate an advanced US-designed combat system – probably a variant of the Aegis air warfare system that incorporates a high powered phased array radar and long range missiles.

This air warfare system can track large numbers of aircraft at extended range and, in combination with modern air warfare missiles, can simultaneously destroy multiple aircraft at ranges in excess of 150km.

It more than triples the range the Navy can engage an air target and allows ships to act prior to hostile aircraft being in a position to launch their own weapons.

The AWD will work alongside the Air Force's new airborne Early Warning and Control aircraft and next generation fighters.

The acquisition of the new destroyers is a significant part of one of the biggest overhauls in the Royal Australian Navy's history.

Other major acquisitions include two 20,000-plus tonne amphibious warfare ships to replace HMAS *Tobruk* and an LPA, the installation of SM2 missiles and a major upgrade of four of the Navy's FFGs, the addition of a large strategic lift ship to replace the second LPA and an early replacement for the fleet oiler HMAS *Restralia*.

The Government has indicated a strong preference to build the new air warfare destroyers in Australia in an estimated \$4.5 billion project.

According to the Director of Maritime Development, CAPT Steve Gilmore,

detailed design options for the new destroyers will be put to the Government by the end of 2004.

"From a capability perspective it's going to introduce us to service a true area air warfare capability and become a critical component of an ADF air warfare system," CAPT Gilmore said.

"It's most exciting and quite probably the most complex capability the RAN will have ever introduced."

The Navy had deliberately set out to select a suitable air warfare system before finding a hull to house this cutting edge technology. This methodology recognises the significance, in terms of both cost and capability, of this part of the overall ship.

Meanwhile, work on the \$1 billion upgrade of the Navy's FFGs has already commenced with HMAS *Sydney* the first ship to undergo the work at ADI's Garden Island facility in Sydney.

CAPT Gilmore said fitting the FFGs with SM2 missiles would give the Navy an interim area air warfare capability prior to the delivery of the new destroyers. The addition of two new amphibious transport ships, with multiple helicopter spots and organic landing craft operated from a large well dock area, would give the Navy the capacity to embark, deploy and sustain a significant land force and their supporting elements.

The DCR also includes the acquisition of a strategic seafight capability. This is complementary to amphibious operations and will enable the provision of considerable support to deployed forces.

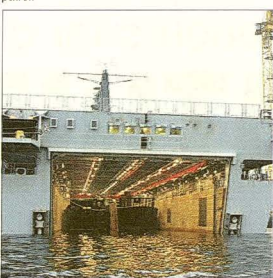
Coupled with these acquisitions is a major upgrade for the Anzacs, the addition of Armadale class patrol boats from 2005, the replacement of the combat system and new advanced heavyweight torpedoes for the Collins class subs, the introduction of the Super Seasprite helicopters and their Penguin missile system, the replacement of the sensor in the laser airborne depth sounder (LADS) aircraft and the continued installation of a new mine warfare (MW) command support system within the MW group.



The Super Seasprites and their Penguin missile system add a potent sting to the Navy.



An artist's impression of the new Armadale class patrol boat.



Australia's new amphibious ships may have a floatable docking facility.

Missile packs some punch

The SM2 missile, which has been earmarked for the Navy's FFGs under the Defence Capability Review, has been described as the world's premier surface-to-air-defence weapon.

The FFGs Mk 13 launcher and Mk92 fire control system will be modified to fire the SM2.

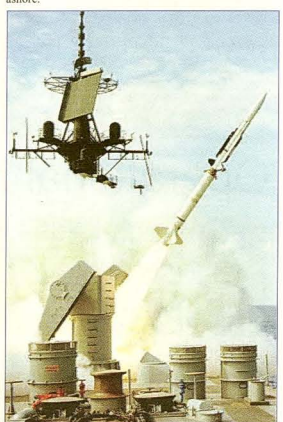
The SM2 is primarily used for fleet area air defence and ship self defence, but it also has an extended air defence capability and it has a secondary anti-surface ship mission.

The SM2, which is extensively used by the US Navy, has consistently demonstrated its effectiveness against targets from surface ships to helicopters and manned aircraft.

It can also be used against in-coming missiles, from very low to very high altitudes and from stationary to supersonic speeds, under a variety of weather conditions, and across a spectrum of electronic countermeasures environments.

SM2s use tail controls and a solid fuel rocket motor for propulsion and manoeuvrability, and, in addition, extended range missiles have a booster with thrust vector controls.

The significance of their vastly improved range over the current SM1 is a force multiplier and will deliver significant capability to defend maritime units and forces ashore.



The SM2 missile will be fitted to the Navy's FFGs giving Australia an interim air warfare capability.



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CHAP Paddy Sykes performs a Remembrance Day Service onboard HMAS Newcastle. Photo: LSPH Kaye Adams

Moving services for Newcastle

By CHAP Paddy Sykes

HMAS Newcastle (CAPT Gerry Christian) had the opportunity to be involved in two Remembrance Day celebrations this year while participating in Operation Catalyst in the Arabian Gulf.

USS Fletcher hosted a special Remembrance Day service at sea on November 9 to coincide with a visit to the MEAO by the Commander UK Maritime Forces, RADM David Snelson. RADM Snelson was present to

remember the two Royal Navy Sea Kings which collided with loss of all life during Operation Iraq Freedom.

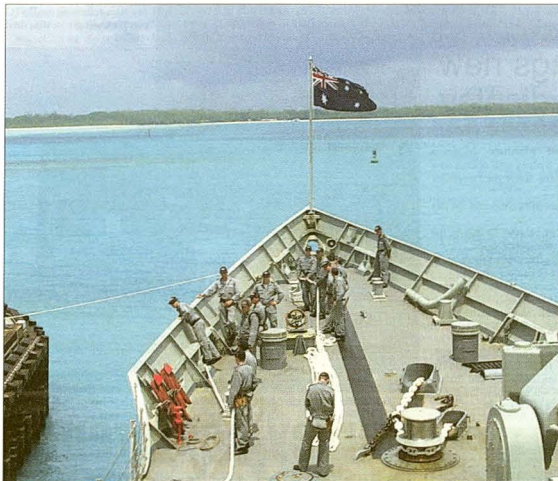
CAPT John Peterson USN, Commander Destroyer Squadron FIVE represented the USN. The service was held in the vicinity of where the fatal accident took place and was conducted by Chaplain Chris Luckraft RN and Chaplain Mark Tidd USN.

Newcastle's Executive Officer, Chaplain and three members of ship's

company represented the Commanding Officer and HMAS Newcastle.

On November 11, Newcastle arrived in Bahrain, where the ship's company was able to participate in a ship's Remembrance Day ceremony alongside the wharf at Mina Salman. CHAP Paddy Sykes led the service with the Sailor of the Quarter, POMT Jason Dorward, reading the scripture verses and WOMT Rick Bisset reciting the Ode.

CAPT Christian laid the wreath.



Storm clouds gather in Diego Garcia as Melbourne heads for The Gulf.

Melbourne takes charge

By LEUT Matt Carroll

Commander Vern Dutschke and his ship's company in HMAS Melbourne have relieved CAPT Gerry Christian and his team in HMAS Newcastle on Operation Catalyst duties in the Arabian Gulf.

Newcastle is returning to Australia.

HMAS Melbourne did a fuel stop in Diego Garcia on November 13 while en-route to the area of operation.

The fuel stop was delayed by a day because of the closure of the US

Navy port as a precaution against an approaching cyclone.

After embarking fuel and stores Melbourne travelled "at speed" to make up the lost day and rendezvous with her sister FFG.

Four days and 2000 nautical miles later, Melbourne arrived on time to conduct a dual "replenishment at sea" with USNS Pecos and relieve Newcastle.

The FFGs then conducted officer of the watch manoeuvres and personnel transfers for hand-over briefings before Melbourne bid farewell to Newcastle.

Along with the hand-over brief

ing opportunities arose for some family reunions between members of the two ship's companies.

These included a de-facto couple, two sets of brothers and two cousins.

As Newcastle faded from the radar screens, Melbourne looked ahead to the Straits of Hormuz and the Arabian Gulf.

Melbourne has now officially taken over as the sea borne presence of the Navy in the Middle East.

Operation Catalyst will see the ship and her ship's company away from their families, friends and loved ones over Christmas and early 2004.

Top job in Baghdad passes to Navy

Commodore Campbell Darby has taken up his appointment as commander of the Australian forces in the Middle East Area of Operations.

Defence Minister Senator Robert Hill announced Commodore Darby has replaced Air Commodore Graham Bentley, who has commanded the Australian contingent since late May.

Based in Baghdad, Commodore Darby will lead around 850 Australian Defence Force personnel, who remain on active service in the Middle East to support Coalition stabilisation and reconstruction efforts in Iraq.

"Commodore Darby assumes command at a critical stage of the rebuilding phase of operations in Iraq, as coalition forces reinvigorate their efforts to assist with transition to self-government and establish a lasting peace," Senator Hill said.

"Our most recent ship in the Persian Gulf, HMAS Newcastle, has done a fantastic job having conducted 475 queries of suspect vessels and 396 boardings."

CDRE Campbell Darby was born and raised on his parents' wheat and cattle property near Quirindi in Northern NSW before joining the RAN College at Jersey Bay in 1973.

Initial sea training culminated in the award of the Voyager Sword for the highest marks in the Midshipman's Fleet Board.

A succession of junior sea postings followed including to Papua New Guinea

as Executive officer of the PNG Heavy Landing Craft Bana in 1976/77 and as the Master Gunner of HMAS Vampire in 1978/79. Selected for Principal Warfare Officer (PWO) training he successfully completed the Royal Navy (RN) PWO course in 1981 before two years sea exchange with the RN.

In 1983, on return to Australia he became the Anti Submarine Warfare (ASW) Officer and Operations Officer of HMAS Brisbane. As a Lieutenant Commander he returned to the UK to teach PWOs at the RN's School of Maritime Operations during 1985-88.

A posting to Cairns and command of the patrol boat HMAS Ipswich during 1988-90 followed this overseas posting.

He spent a period in Maritime Headquarters (MHQ) in Sydney as the Fleet ASW Officer and then Commander-Operations followed. Early in 1991, as a Commander, he was posted to the Directorate of Naval Officers' Postings in Canberra.

He was selected for command of the frigate HMAS Sydney in 1995 and then in 1998 he took over the position of Chief Staff Officer Operations in the headquarters responsible for all the RAN's fleet and aviation activities.

He was Captain of the last guided-missile destroyer, HMAS Brisbane before it was decommissioned.

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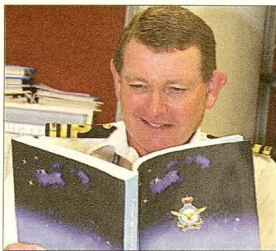
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Aerospace Combat expert CMDR Graham Bell.

Aerospace position has Bell ringing

By Michael Weaver

The Royal Australian Navy can lay claim to a coup within Aerospace hierarchy following the recent appointment of CMDR Graham Bell to the position of Director Aerospace Combat Development.

This follows the recent and well-deserved promotion of Air Commodore Kevin Paule.

Although CMDR Bell's appointment is temporary, it is believed to be a first for the RAN.

CMDR Bell was quick to point out that he has absolutely no agen-

da to pursue the acquisition of an aircraft carrier or the growing of a monstache (he understands that the latter do not grow in the shade anyway).

CMDR Bell said he is absolutely delighted that Director General Aerospace Development Air Commodore Byrne has seen fit to make this decision that now sees CMDR Bell providing direction on issues ranging from F/A-18s to Blackhawks.

CMDR Bell attributes this vote of confidence in naval aviators to having been around a while (naval

aviator speak for being an old bugger).

It is likely to be a bit of culture shock to some his compatriots within Aerospace Development, particularly when provided with directions like "steady as she goes" or "full-ahead both".

CMDR Bell's previous postings encompass careers in two navies.

He joined the Royal Navy in 1972 and served as an ASW pilot and flying instructor before he transferred to the RAN in 1980 where he served as the training

officer with 817, 723 and 816 squadrons.

Postings as an Officer Commanding at ADFA and Assistant Navy Scientific Adviser have been his only postings outside of aviation in a career spanning 31 years.

CMDR Bell says it's inappropriate to attempt to wreak havoc and change during this period, preferring a "steady as she goes" approach.

CMDR Bell's next posting will see him returning to DSTO to "complete some unfinished business".

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Navy snags new museum display

By LCDR Mick Gallagher & Bill Richards (ANMM)

The Australian National Maritime Museum (ANMM) at Darling Harbour Sydney will open a new exhibition on the history of the RAN on December 10.

Even Harry's Café de Wheels will be there on the day serving its famous party pies.

The exhibition simply titled "Navy" is free to the public and will remain on view for several years.

Chief of Navy, VADM Chris Ritchie is scheduled to officially open the exhibition on December 10.

It will replace, update and expand a Navy exhibition that has been on display since 1991.

Studded with human stories the exhibition will demonstrate the great diversity of RAN activity down through the years.

On display, the four models of HMAS Sydney I (light cruiser, 1913-28), Sydney II (light cruiser 1935-41), Sydney III (aircraft/ship carrier, 1948-73), and Sydney IV (guided missile frigate, 1983-) will show the evolution of Navy technology over the last 90 years.



HMAS Melville alongside DSTO's Pyrmont complex.

Photo: Yuri Ramsey

Survey conference plumbs new depth

By Graham Davis

It is called Rapid Environmental Assessment (REA) and it is something Defence managers planning a troop landing or littoral operations need.

There is a new emphasis on REA and it is a requirement of naval commanders seeking to carry out effective mineaware, amphibious, surface and sub-surface operations, the Chief of Navy, VADM Chris Ritchie, told 220 delegates attending the Shallow Survey 2003, conference staged at Cockle Bay, Sydney from November 17 to 20.

VADM Ritchie officially opened the conference.

It was the third international conference on high resolution surveys in shallow water.

The conference was organised by DSTO with strong support from the RAN's Hydrographic Division (CAPT Bruce Kafer).

It attracted civilian and defence scientists and uniformed officers from as far afield as Denmark, Trinidad, South Africa, the US, UK, South Korea and Japan.

The esteemed gathering stemmed from a luncheon meeting in 1999.

This year's conference was enhanced by static displays of scientific detection equipment as it relates to the sea and what is below the waves.

When not attending lectures, delegates did a number of tours including a visit to the Hydrographic Division in Wollongong and a tour of the hydrographic survey ship HMAS Melville (LCDR Anthony Withers) which, in a rare happening, had been secured beside DSTO's Pyrmont office.

The conference was devoted to the exploration of new technologies and processing methods for mapping and characterising the seabed in shallow water areas.

It was this theme that VADM Ritchie highlighted when he discussed the relevance to the way the RAN does its job in littoral waters.

He said it was vital for those planning a landing or littoral operations to know what was on the shallow seabed and to have that data quickly transferred to electronic charts on a warship.



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Breathing buddies

From page 1

"Without hesitation, LS Miles freed his fellow diver and secured the mine. He displayed considerable courage under very hazardous circumstances and willingly disregarded his own safety for the safety of others. Through his efforts, the port of Umm Qasr was subsequently declared mine free."

Jason, who received a similar commendation for his work in the same incident told *Navy News*: "I was on the stern of the vessel attaching a lifting bag to the mine when it slipped off its cradle."

"It landed in my lap. I was pinned by the knee. I began shouting to Troy for help."

"Underwater you can make out some words. It's like a mother understanding what her baby wants."

"Troy soon knew I was in trouble and together we pushed the mine off me," Jason said.

Jason said he was not injured in the incident and both of them continued with the task.

They reported the incident when they surfaced. Jason identified the mine as a Lugin 185 series.

Jason and Troy met when they were posted to AUSCDPTONE at HMAS *Waterhen*.

Jason, 31, has been in the RAN ten years and lives with his wife Kayleen and their children Samuel, 3, and Ella, 12 months, at Port Kennedy.

Jason's citation reads that he "excelled under great duress in extremely challenging conditions whilst knowing himself to be in very hazardous circumstances and in great peril".

After 11 years in the service, Troy will join the Reserves and is preparing to leave the permanent RAN to do an adult apprenticeship in the building trade.

He lives with his wife Alison and their daughter Lily-Jasmine, 12 months, in Cairns.

As for his mate Jason, now back with AUSCDPTOUR, Troy said: "Jason and I go way back".



LSCD Jason Dunn may have been hung out to dry in Iraq, except for the brave actions of his mate LSCD Troy Miles (pictured left). Photo: SGT William Guthrie

Tax ruling a win for Navy

The Tax Office has recently released a Class Ruling (CR 2003/94) which provides members with confirmation of the taxation treatment of their earnings while serving in the Solomon Islands as part of operation ANODE.

The Ruling states that income and allowances received while in the Solomon Islands will be exempt from income tax under section 23AG of the Tax Act, providing the member has been engaged in the Solomon Islands for a period of 91 days or more.

In a significant win for Navy, the Ruling extends the exemption to members who have served on naval vessels within the territorial waters of the Solomon Islands. Members who meet the criteria for the exemption, and who have not already done so, should complete a declaration of Solomon Islands service and forward it to their relevant pay cell. Copies of this declaration are available from the Annex to DEFGRAM 181/2003.

They may be obtained from the Defence Tax Management Office by sending an email to taxati.on.management@defence.gov.au or by telephoning 1800 806 053.

Operational honours

By Graham Davis

Twenty-six RAN personnel, two ships and a clearance diving unit were acknowledged in a list of Operation Falconer honours, announced on November 27.

Navy personnel to receive awards were: RADM Marcus Bonser, as an Officer of the Order of Australia (Mil Division AO) for his "distinguished service to the ADF as the Commander Australian Theatre in support of combat operations during Operation Falconer".

To receive Member of the Military Division of the Order of Australia (AM) were CMDR Aaron James Ingram CSC for exceptional service in planning and execution of combat operations as the CO of HMAS *Darwin* and CMDR Christopher Peter Percival for exceptional service in achieving outstanding logistics support to the naval task group.

Medal in the Military Division of the Order of Australia (OAM) went to CMDR Luke Charles-Jones, LCDR Michael David Edwards, CPO Vaughn William

Heath, WO Andrew Mark Kirkpatrick, CMDR Philip Spedding and CMDR Malcolm Kenneth Wise.

The Distinguished Service Cross (DSC) was awarded to CAPT Peter David Jones and CAPT Peter Glenn Lockwood CSC.

The Distinguished Service Medal (DSM) went to LCDR Scott Craig, CMDR David McCourt OAM and LCDR Michael Leslie Maley.

Apart from LS Troy Miles and LS Jason Dunn, other RAN personnel to receive Commendation for Distinguished Service were, LS Scott Wayne Gillespie, LEUT Brendan John Horn, LEUT Darran Ronald Horrobin, LCDR Ivan Michael Ingham, PO Gavin Ronald Stevens and PO Michael Victor Winter OAM.

The Conspicuous Service Cross went to SBLT Jye Travis Flood and CAPT Gregory John Yorke.

Two RAN members to receive the Conspicuous Service Medal (CSM) were CMDR Dale Graeme Stephens and LEUT John Nigel Walker.

Meritorious Unit Citations went to AUSCDTHREE, HMAS *Kanimbla* and HMAS *Anzac*.

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Farewell follows fine tradition

The traditions of rowing the departing Commanding Officer ashore took place at *HMAS Cerberus* late last month.

CMDR Warren Bairstow Executive Officer *HMAS Cerberus* presented CAPT Clinton Thomas with a memento for his services as the Commanding Officer at *Cerberus* from January 25 to October 30.

CAPT Thomas climbed on board the *Cerberus* steam truck signifying his farewell as TA-LOG.

Many uniformed and non-uniformed personnel lined the streets for his farewell as the Commanding Officer.

CAPT Thomas was accompanied by Mrs Thomas during his final farewell as the Commanding Officer.

CAPT Robert Richards assumed command of *HMAS Cerberus* with effect Friday, October 31.



Outgoing *HMAS Cerberus* Commanding Officer CAPT Clinton Thomas and his wife say farewell.



HMCS Calgary ran into some familiar weather on her arrival in Sydney.

Photo: ABPH Yuri Ramey

Pea soup greets Calgary

By Graham Davis

The Canadian warship *HMCS Calgary*, with warning siren sounding, trotted out of a rare pea soup fog swirling across Sydney Harbour on November 20.

The sea fog rolled in reducing visibility to 100 metres on parts of the harbour.

Earlier it had made driving hazardous for those commuting from the Central Coast to Sydney.

The 4770 tonne Halifax class

frigate and her ship's company of over 200 received a warm welcome.

With a red painted mustang on her superstructure, the well armed frigate made an impressive sight.

Calgary eventually emerged from the fog into bright sunlight.

She headed for Fleet Base Five where DMS tugs *Seahorse Quenda* and *Currawong* waited.

Although the Canadian ship was entering a friendly port, she maintained strong protection measures.

There were M16-bearing sailors

on sentry duty at bow and stern and 50 calibre machine guns mounted.

After six months at sea, *HMAS Calgary* has begun her return home from duties in The Gulf.

"People are starting to smile a bit more, make a few jokes," reported

CMDR Dan MacKeigan, the ship's Commanding Officer, in a media conference before leaving for home.

"We were all pretty serious for quite some time... you stay on edge that long, it can get to you."

DCN gives to worthy appeal

Deputy Chief of Navy RADM Rowan Moffitt has presented Peter Cooke-Russell, Secretary of the Naval Association of Australia (NAA) over \$1,700 for the George Cross Appeal.

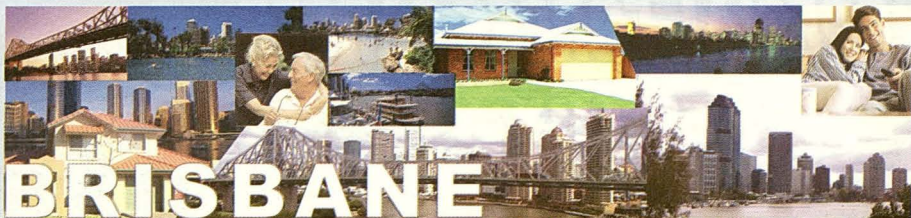
This money was raised through the generosity of attendees at the Chief of Navy's Symposium and was, DCN said, a great effort.

The appeal total now tops \$25,000 and aims to raise at least \$100,000 to buy LCDR George Giosse's George Cross and other medals along with his personal journal and photo album. The medals will be put on display in the new Navy Museum once constructed.

In December the authority will be through for donations to be tax deductible. Retrospective tax receipts will be given to individual donors at that time.

"It is vital that Navy comes together to raise as much as we can to keep our heritage in Australia," said DCN.

Donations may be made by cheque to "The NAA George Cross Trust Fund" and sent to the Naval Association of Australia, GPO Box 711 Canberra ACT 2601.



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Lucky escape for fishermen

HMAS Fremantle (LCDR Matt Brown) went to the aid of an Indonesian fishing vessel in distress approximately 300 nautical miles north-west of Darwin on November 12.

The vessel's engine had broken down and the three crew members were bailing water out by hand.

They had almost run out of fresh water and had no food. The nearest land was Indonesia, 110 nautical miles to the north. The vessel was five metres long and one metre wide and not suited to be so far out to sea.

HMAS Fremantle gave the crew 10 days' rations and then used their 4.7 metre rigid hulled inflatable boat (RHIB) to take the small vessel in tow.

"They were pretty pleased to see us," said LCDR Matt Brown. As luck would have it, a few hours later *HMAS Fremantle* located a larger Indonesian fishing vessel, several miles away, and through the Indonesian linguist skills onboard *Fremantle* was able to hand over the smaller fishing boat to the larger one to be escorted back to Indonesia and safety.



HMAS Fremantle bailed out this Indonesian fishing boat 300 nautical miles north-west of Darwin.



CDF GEN Peter Cosgrove visits Navy cooks at Telstra Stadium. Photo: POPH Bill McBride

Cooks satiate hungry fans

By Graham Davis

There were thousands of mouths to feed in the past two months at Telstra Stadium.

First there was the National Rugby League grand final series, next came the lead-up games, semi-finals and final of the World Rugby.

Helping prepare the meals were three Navy cooks.

They included LSCK Chris McGregor, who normally works in the Wardroom at *HMAS Watson*, and ABCKs Melissa Webb and Megan Wilcox, who are from the galley at *HMAS Kuttabul*.

For six weeks, five days per week, as part of "work experience" the trio worked with the stadium's executive chef John Deane and his staff, preparing a full range of food.

Mr Deane said he was impressed by the attitude, work ethic and professionalism displayed by the trio.

Sunday, November 16 saw some VIP visitors call at the stadium kitchens to talk with the busy cooks. They were Mr Mal Brough, the Minister Assisting the Defence Minister, Chief of the Defence Force, GEN Peter Cosgrove and the Parliamentary Secretary to the Defence Minister, Fran Bailey.

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AUSTRALIAN DEFENCE
CREDIT UNION

SA turns out in force

Navy Week in South Australia was a great success with the Adelaide community turning out in large numbers to support the week and in particular tour *HMAS Darwin* (CMDR Aaron Ingram) and *HMNZS Te Kaha*.

Darwin crew members and local sailors participated in a week of activity to celebrate Navy's presence in Adelaide and the arrival of *Te Kaha* was an added bonus.

The week started with the traditional White Ensign flag raising ceremony on Port Road followed by numerous activities including the ships' open day, commemorative church service, visit to community

groups and schools, demonstrations by the Navy diving team and performances by the Navy Band SA Detachment.

Local Navy cadets also had the opportunity to spend the night on *Darwin*.

One of the highlights of the week was the visit by the Navy Band to the Women and Children's Hospital. The band played Disney movie classic themes and TV cartoon themes to an excited audience and some of the children had the chance to try a musical instrument.

Senior Naval Officer-SA CMDR John Parkin said it had been great to have both ships visit Adelaide for this year's Navy Week and the public had responded.



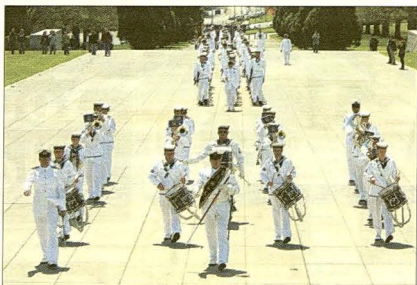
ABOVE: *HMAS Darwin* proved to be a big hit with crowds during celebrations for South Australia's Navy Week.

LEFT: The Navy Band's South Australian detachment entertained youngsters at the hospital.

RIGHT: Navy Week in Victoria saw this impressive march to the Shrine of Remembrance.

Photos: LSPHOT Hunt LAC Welch and the Women and Children's Hospital.

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Vics show true colours

Navy Week in Victoria from October 26 to November 5 attracted large crowds to a variety of colourful activities.

These commenced with the *HMAS Cerberus* Open Day, attended by over 4000 people. Demonstrations of wet rescue procedures and survival at sea proved very popular, except with those in the water.

Reserve divers showed their skills in a diving tank, and DSTO showed off their new mini yellow submarine.

Local community involvement was the

theme this year. The CFA put on some hot demonstrations of their rescue abilities, and numerous community organisations provided static displays.

Local schools also were represented in the first School Art Show. A wonderful selection of children's artwork was put on show at the cinema.

The weather was unfortunately a little disagreeable, but the rain held off for the most part.

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Diamantina shines brightly

By Graham Davis

THE RAN's coastal minehunter HMAS *Diamantina* (LCDR Paul Scott) has helped recover an 18-year-old Solomon Islands girl abducted six months ago.

Using the ship's security detachment along with Australian Federal Police and re-inforcements from the Solomon Islands police, the teenager was removed from a house on one of the remote islands in the group. The recovery of the girl was one of the more unusual tasks carried out by *Diamantina* and her ship's company during her two months as part of Operation Anode.

The minehunter returned to her home base, HMAS *Huon*, on Friday, November 14 to be given a warm welcome by family and friends.

They were joined by the Deputy Maritime Commander, CDRE Nigel Perry, the head of the CD Mine Warfare FEG, CAPT Steve McDowall and the Maritime Command Warrant Officer, David Baker.

Telling of the abduction, LCDR Scott said: "About six months ago the girl was abducted from her own village near Ghizo and taken to another island."

"The abduction was reported to the Solomon Islands police on the island and they went and got the girl from the house."

"They took her to their police station but the occupants of the house came down and took her back."

"Because an offence had occurred it was decided to get her back and take her to her home village."

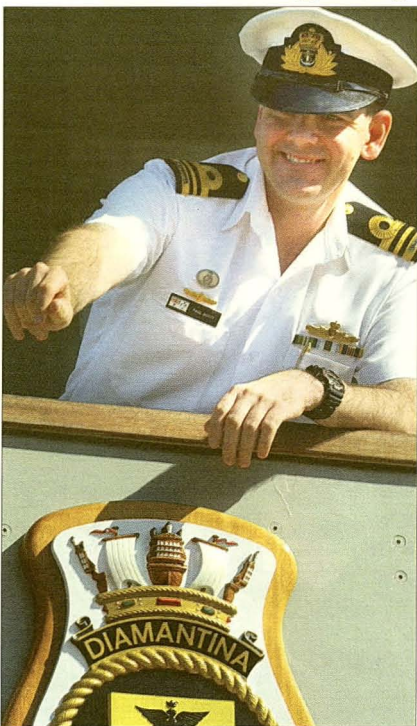
"We took some Solomon Islands police, and Australian Federal Police to the island."

"Along with our own security detachment the police went ashore and recovered the girl. It was a pretty benign affair," LCDR Scott noted.

She was returned to her home village near Ghizo. LCDR Scott said that in addition to the abduction incident his ship's company had done eight bordings.

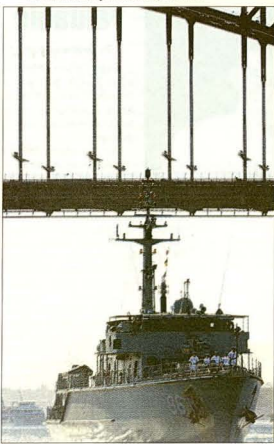
"We also visited 30 villages getting the message across that law and order was being restored."

"We were warmly welcomed," he said.



ABOVE: LCDR Paul Scott spots family and friends as *Diamantina* docks.

LEFT: *Diamantina* cuts a pretty picture under the harbour bridge. Photos: ABPH Yuri Ramsey



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Flying visit by former pupils

By Graham Davis

The one teacher, 30 pupil, Tanja Public School on the far south coast of NSW prepared the brothers Hissink, Joel, Paul and Ben, well for careers in the Royal Australian Navy.

When the school celebrated its 125th anniversary late in September and invited all "old" boys and girls, along with present pupils and parents to attend the activity, the Hissink brothers were keen to take part.

LEUT Joel Hissink from Maritime Headquarters in Sydney along with brother ABMT Paul from Darwin made it.

Unfortunately brother Ben was at sea in HMAS Adelaide and could not attend.

The RAN itself helped the celebrations with CMDR Ken Macaulay-Black, the commanding officer of 817 Squadron, allowing one of his Sea King helicopters to alight at the school during a navigational training exercise.

Royal Navy exchange officer, LCDR Paul Hannigan commanded the flight.

On landing LCDR Hannigan and his crew were joined by Joel and Paul and more than 100 people who attended the fun day. Many of the children wore clothes of an early era including mop caps, aprons, britches and straw hats.

Joel had some official duties joining another former pupil Elise Myles in handing out special badges to the pupils who attended the school.



LEUT Joel Hissink steps into a time warp during his visit to Tanja Public School in NSW.

Photo: LSPH Brad Fullerton

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To apply for this position you will need to obtain the selection documentation (Applicant must quote the position number when obtaining selection documentation). Applicants should read the Guide to Applicants booklet for information on eligibility requirements, the assessment process and addresses for the return of applications. All of the documentation is available from:

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Applications are due by

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The Department of Defence fosters Workplace Equality and Diversity.



PO Gavin Stevens admires the brush work of painter Jan Williamson.

Photo: POPH Bill McBride

Portrait proves valuable

By Graham Davis

Petty Officer clearance diver Gavin Stevens, a veteran of two Gulf Wars, has a \$9,600 price on his head in the nicest sense of the term.

Soon after returning home as member of Clearance Diving Team Three, the unit which did yeoman service locating and clearing mines in the northern end of the Gulf, Gavin was invited by the newly formed non-profit Portrait Artists Australia, to have his portrait painted.

Assistant Surgeon General, Brigadier Brian Pezzatti, a doctor who has served in Rwanda, East Timor and Bougainville, was also invited to sit.

North Shore artist Jan Williamson painted Gavin while Paul Newton painted BRIG Pezzatti.

The completed portraits then became auction items for the organisation's inaugural "Faces of Charity" fundraising dinner held in September at the Art House Hotel in Sydney.

During spirited bidding, PO Stevens's portrait sold for \$9,600 and BRIG Pezzatti's for \$20,000.

The proceeds will go to Legacy soon.

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Mum makes some waves in Solomons

By Graham Davis

At seven o'clock each Saturday or Sunday night for three months, four-year-old Laura Muller sat close to the telephone in her grandparent's Canberra home.

This was the time and the night her mother, LCDR Donna Muller, would call her.

LCDR Muller is the commanding officer of the heavy landing craft HMAS *Labuan*.

Based in Cairns, the ship was one of several RAN vessels called to participate in Operation Anode, the operation involving Australia, New Zealand and several other island nations to bring an end to lawlessness in the Solomon Islands.

As such LCDR Muller became the first mother to command an Australian warship in an operation.

(The first woman to command an RAN ship in an operation was LCDR Jan Noonan who took *Labuan* to East Timor during the early stages of that operation.)

LCDR Muller's husband, LEUT Stuart Muller is currently doing a PWO course with the result that for the last three months, their daughter Laura has been in the care of Donna's Canberra parents, Greg and Jenny Hajek.

"Once a week...generally at seven on Saturdays or Sundays I would call Laura and talk for between 15 and 20 minutes," LCDR Muller said.

For LCDR Muller, promotion to command was one of the highlights of her career.

An ADFA graduate and member of the RAN for 13 years, the 31-year-old mum was given command on July 7.

"Two weeks later I was on my way to the Solomons."

Her executive officer SBLT Danielle Radnjic was in the "same boat" also joining the ship just two weeks before deployment.

LCDR Muller admits she faced the operation with some trepidation.

"Fortunately I had a very experienced ship's company," she said.

"To be honest taking command and going to the Solomons was my greatest experience.

"It was amazing I never thought I would be doing what I did.

"I had a lot of faith in my ship's company."



LCDR Donna Muller of HMAS *Labuan* gets some quality time in with her four-year-old daughter Laura. Photo: PO Kev Bristow

Trust explains changes

The Vietnam Veterans Trust has just had a change of name, a change of chairman and an expanded role.

The trust will now be known as the Australian Veterans' Children Assistance Trust or AVCAAT.

ADML Mike Hudson (Rtd) had been appointed the chairman of the trust.

It will continue the work of helping with tertiary education costs for children, however, instead of only children of Vietnam veterans benefiting, selected children and grandchildren of Australia's veterans of all wars will be covered.

The trust's chief executive officer, BRIG Patrick Gowans, announced the name change and the expansion of those who will benefit.

He said that currently the trust runs 16

grant schemes using money from government, ex-service organisations and private sponsors.

About 50 new grants are offered each year, he said.

Most of these are the 30 national Long Tan Bursaries funded by the Repatriation Commission for Vietnam veterans' children.

Of the remaining grants, some are national and others for NSW, Queensland and South Australian applicants only, as their funders have specified.

Money received by the trust for grants is tax deductible.

ADML Hudson announced that Australia's new Governor General MAJGEN Michael Jeffrey had become the trust's patron.

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New look for Seaworthy

The staff at the Directorate of Navy Safety Systems in Canberra would like to welcome you all to the new and improved *Seaworthy*.

The glossy magazine that used to be known as *Seaworthy* has now been decommissioned and replaced by a new, user-friendly format as a regular feature in *Navy News*.

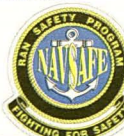
Articles published in *Seaworthy* will reflect real-life situations facing Navy.

Personnel of all ranks and categories will read about topics such as the general rules for entering a confined space, the benefits of personnel protective equipment, the results of safety surveys, summaries of information from the various safety manuals, as well as articles of a general nature.

If you have a safety issue that you would like raised and believe it should be published to the wider audience, or would like to write an article for inclusion into *Seaworthy*, please send them through to: LSCSO Ben Porteous, CP4-6-032, Campbell Park, or email benjamin.porteous@defence.gov.au.

These two pages have been put together with the assistance of the Directorate of Navy Safety Systems in Canberra. Points of contact are as follows:

DNVSAFE	CMR Nick Youseman	(02) 6266 3017
ADNAVSAFE	LCDR Jeff Short (RN)	(02) 6266 4112
SO (OH&S)	WONPC Dave Malloy	(02) 6266 2427
SO (RC)	Mrs Jacqui Bryant	(02) 6266 2731
SO (AA)	Mr Jeff Ballard	(02) 6266 3466
SO (Comms)	POET Dwain Wrankmore	(02) 6266 4016
LSSM-N	LSCSO Ben Porteous	(02) 6266 3959
DNVSAFE -	CP4-6-009, Campbell Park, Canberra, ACT, 2600.	



Don't become another statistic on the roads during this holiday period.

Dead tired

By LSCSO Ben Porteous

It's a grim fact, but someone in the Defence Force will be involved in a road accident over the Christmas holiday period. You may not know this person, they might be sitting next to you, it could even be you. Read on...

The cause of nearly a quarter of all deaths in the RAN from 1994-2002 was vehicle accidents, yet we are not made aware of the causes of these accidents. Millions of dollars are spent on advertising campaigns each year. So how and why are our people still being killed and injured in road accidents?

Fatigue
We have all felt the effects during those long hours on watch: the sore tired eyes, loss of concentration and drowsiness. These are the same symptoms of fatigue drivers face each minute longer they stay on the road than necessary.

Driver fatigue can severely impair the driver's judgment and can affect anyone - yes, even you! It is particularly dangerous because one of the symptoms is the decreased ability to judge your own level of tiredness until it is potentially too late.

Other symptoms vary between drivers, but may include yawning, boredom, reduced



Even minor accidents can have major consequences.

Passage plan to safety

Awareness that everyone is accountable

At the recent Navy Symposium, Director General Navy Safety, Certification and Acceptance (DGNSCA) CAPT Mark Sander spoke of the RAN's "Journey in Safety", highlighting that, as in every journey upon which we embark, there is both a start and an end point.

He equated the journey to something we are all more familiar with and called it "A Passage Plan to Safety" with the destination of "Keeping Navy Safe".

As with any major evolution we would normally close up at "specials" and carry out "pre-sea" checks across a whole range of systems and manpower.

So what are these safety "pre-seas"? Initially we will need a comprehensive safety management system.

A successful safety system consists of five very simple building blocks:

- A safety policy;
- Effective planning to manage the identification/assessment and control of risks;
- An implementation process;
- A performance measurement system;
- A system for management review;

No, has the RAN completed the necessary preparations to enable us to undertake this passage?

Yes, our safety management system is known as NAVSAFE and is fully described in ABR 6303 (NAVSAFE Manual, Navy Safety Management) and details these very same building blocks. The NAVSAFE program also identifies the various committees and boards which, when they meet, focus purely on safety.

Is risk a factor to be taken into account

for our passage plan? Yes, of course, and we have our own risk management process which is also described in ABR 6303.

However, the focus should be on being risk aware, not risk averse, and reducing our risks to as low as reasonably practicable. NAVSAFE is now relatively mature as a system but is there anything missing? Yes, we still lack a consistent, all-embracing safety culture that binds our system and us together.

Individual areas of the Navy such as aviation, diving and the submarine community, possess a well-developed and effective safety culture that is evident at all levels of management and personnel.

However, this is not the case for the whole of Navy and the recent safety culture survey has produced some thought provoking and interesting results.

Safety Culture Survey

Generally it was thought that safety has a high priority now and has increased significantly during the last two years. There is a greater awareness of safety and that people accept that everyone is accountable for safety.

About 80 per cent of the survey respondents believed that:

- safety is a high priority for management;
- they are encouraged to work in a manner that ensures safety of themselves and others;
- everyone works towards improving safety;
- they are encouraged to identify and report hazards;
- it is their business if correct safety protocols are not followed by others.

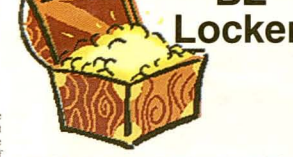
Where's the website?

The RAN Safety Program website is located on the Defence Intranet site (or DefWeb) and can be found in a number of ways.

Direct - <http://defweb.cbr.defence.gov.au/navsyscom/navsafe/navsafe.htm>.

Via the Navy home page - Navy home page, click on the picture and scroll down to Intranet links and click on NAVSAFE.

Via the Systems Command website - Navy home page, click on organisations, open up the Australian Systems Command page, follow the links to safety and certification and then RAN Safety Program.



The BZ Locker is devoted to acknowledging the hard work that is going on in Fleet units, and our shore establishments in the Safety area. The inclusion in the BZ Locker is recognition of a job well done.

HMAS Adelaide

The Fire Protection Officer (FPO) was conducting a set of rounds at the completion of work and identified that an oxy-acetylene hose coiled on the forecastle was still charged. Further investigation by the FPO found that the subcontractor had failed to properly secure the bottle group or remove the hoses, which were still fully charged. Personnel, both civilian and Commonwealth, conducting welding operations need to ensure that equipment is properly secured on completion of work.

Prevent this from happening by conducting a set of completion of work rounds. They may seem tedious but it will reduce the risk of such events escalating into major DC incidents.

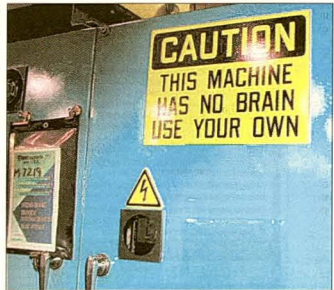
Incidents in the Fleet

A contractor working within one of our establishments fell 2.4 metres onto a tiled floor. As the contractor was attempting to descend from a roof cavity, through a manhole, the structure around the manhole gave way.

The contractor's safety heard the loud crash and found the contractor on the ground with the structure on top of his body. It was assessed that the incorrect sized ladder had been used to gain access to the roof cavity.

The crew of a Minor War Vessel (MWV) had to take action as a Sydney ferry severed the tether to their mine detection unit, which was streamed to 160 yards. Harbour control had made numerous broadcasts that warning all harbour traffic of the geographical exclusion zone around the MWV. Ships' companies try to mitigate all hazards they may face but are aware of the hazardous training environment presented by Sydney Harbour and are always open to risk.

Contractors onboard a FCPB were conducting repair work to the hull using an electric disk grinder. Whilst cutting through the hull plate from below the hull, the grinder kicked back and struck the operator in the neck/shoulder region.



What are your safety needs?

DNVSAFE has a supply of various safety-related items available for distribution.

What's available right now? We have posters on flying safety and risk management, including the hazard risk index calculator and the hierarchy of controls (these posters are A3 in size).

The Navy hazard risk index calculator also comes in a handy pocket-sized format. Meanwhile the NAVSAFE 03 conference marked the launch of two new videos that have recently been distributed around our fleet: the "Ship Safety Hazards" and "Keep Navy Safe" videos both received good reviews from all personnel at the conference.

Navy Safety Policy - Does your organisation hold a copy of the policy signed by CN prior

to August 28, 2002? If so you can obtain the current version by contacting DNAVSAFE or downloading an electronic version from the website.

ABR 6303 - Edition 3 of the NAVSAFE Manual is dated January 29, 2002 and is the only version to be used. Once again, contact DNAVSAFE if you need a copy of edition three and to ensure that you are placed on the distribution list for all future issues. Don't forget if you require back issues of *Seaworthy*, we still have some of these available. If you have any ideas for posters or any specific requirements, ie subject and size, contact us at: DNAVSAFE, CP4-6-009, Campbell Park Offices, Canberra, ACT, 2600.

www.defence.gov.au/news/

You're kidding



Each edition of *Seaworthy* will devote space to some of the most unsafe acts caught on camera. If you have a photo that is worthy of publishing in this section, please send them in to DNAVSAFE. This photo really needs no further explanation.

Safe working in confined spaces

By Maurice Barnes (Environmental Medicine Unit)

Chapter 6, (which is currently being updated to reflect the revised content of AS 2865-2001).

What is a confined space?

A confined space, in relation to a workplace, means an enclosed or partially enclosed space that is at atmospheric pressure during occupancy and is not designed primarily as a place of work; it could have restricted means of entry and exit and, at any time, it is liable to:

- have an atmosphere with potentially harmful level of contaminants;
- have an oxygen deficiency or excess;
- cause engulfment.

A person is considered to have entered a confined space when a person's head, ie the breathing zone, or upper body is within the boundary of the confined space. However, inserting an arm for the purpose of atmospheric testing is not considered an entry to a confined space.

Why are confined spaces dangerous?

Confined space accidents are renowned for multiple fatalities with the single greatest threat coming from the attempted recovery of an injured worker.

The Defence Safety Manual, SAFETYMAN, outlines Defence policy and management responsibilities for working in confined spaces and is fully compliant with the standards. In the RAN, the procedure is detailed in ABR 5225, Vol 1.

The atmosphere within a confined space may be monitored with specialised monitoring equipment, which has been calibrated by an approved calibration authority.

Deficient levels of oxygen to maintain consciousness and support life are undetectable without the use of correctly calibrated analysis equipment.

Restricted working space often leads to work being carried out closer than desirable to electrical and mechanical risks.

---To be continued next *Seaworthy* (Feb 2004)

This is due to lack of preparation, with res-

Accidents that occur in a confined space may often be compounded when the rescuer succumbs to the same fate as that of the worker being rescued.

www.defence.gov.au/news/

Your say...

If you or your unit has any safety-related articles for publication in future editions of *Seaworthy*, or have a safety issue you want raised, send them to:

LS Ben Porteous,
Campbell Park CP4-6-032,
or email
benjamin.porteous@defence.gov.au

Sad farewell for RADM Hammond

A Naval commemorative service for the late RADM Nick Hammond AO RAN Rtd, was held at Kesswick Officers' Mess, Adelaide, South Australia.

Nick Hammond, who passed away on October 12, was born in England in January 1945 and moved to Australia with his parents in 1949.

He attended schools in Melbourne and joined the Royal Australian Navy in 1960.

In his distinguished career he held a number of key positions at sea and ashore as a Weapons Electrical Officer.

On promotion to Rear Admiral in 1992, he was appointed as the Assistant Chief of Naval Materiel before transferring to the Naval Reserve in 1995.

He was awarded an Order of Australia in 1993.



RADM Nick Hammond.



Hydrographer LEUT Celene Harris, who passed away on September 29.

Young life mourned

LEUT Celene Harris died suddenly on September 29 of complications caused by epilepsy.

Celene, a Hydrographic Specialist, was at the occasion of her untimely death, a member of the ADF Recruiting Staff in Melbourne.

Celene joined the RAN in early 1998, after completing an Honours degree in Oceanography at the University of NSW.

After sea training in various warships, including HMA Ships *Paluma* and *Shepparton*, Celene embarked on a career in hydrographic surveying.

In early 2000 Celene undertook the RAN Hydrographic Officers' Course at HMAS *Penguin* and was promoted to Lieutenant.

Posted to HMAS *Shepparton* and HS Blue Crew, she was diagnosed with epilepsy and posted ashore to the Australian Hydrographic Office in Wollongong.

While there she was seconded to ADF Recruiting for an Australian tour as a role model.

Celene's funeral service was held at the HMAS *Watson* Chapel on October 9.

CAPT Bruce Kafer (Hydrographer of Australia) reflected on Celene's life.

"Her positive attitude and effervescent personality inspired those around her, and she left a legacy – one of duty, confidence, accepting all challenges head-on, and absolute commitment to our important service to the nation," CAPT Kafer said.

Pay arrangements under scrutiny

Federation back with first instalment in monthly column for Navy News

NO, the Armed Forces Federation did not die and go to heaven.

We are alive and still kicking, but we were missing in action for a while and are pleased the Service newspapers have decided to resurrect our column so we can resume the provision of independent and unfettered views on ADF conditions of service. And, with the replacement pay arrangements on the horizon, it could not have come at a better time.

The dust is yet to settle since release of the consultation draft of the proposed ADF Workplace Remuneration Arrangement (WRA) 2004-2006 and ADF road shows are still being conducted to spread the word about the new deal and gauge members' views.

That brings us to the first point: that is, the continued denial for ADF personnel covered by the Arrangement to have the right to vote and insist the chain of command be used as the primary mechanism to provide feedback to management before presenting this matter to the Defence Force Remuneration Tribunal (DFRT) for endorsement.

Feedback and acceptance by members is fundamental to any remuneration process but what has always concerned the Federation is the degree of uncertainty surrounding such acceptance and whether the chain of command is an appropriate mechanism to measure this. We say it is not.

There is only one way to be certain

that the majority of ADF personnel accept what is put to them and that is by allowing them to vote on the WRA.

We understand there will be some strong opposition against voting with a preference to continue with the status quo. There also seems to be an unrealistic perception that a "no" vote (if that was to occur) would undermine command relationships.

Unit commanders and the majority of ADF personnel with rank in their arms and shoulders do not put the WRA together in the first place.

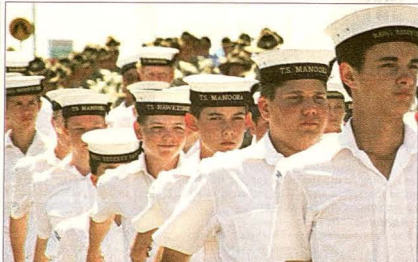
So, how and why would a vote of "no" undermine command?

If it was good enough for the star ranks to vote on their pay arrangement last year, why can't the same courtesy be extended to the rank and file?

The Federation put the forging to the CDF when we last met with him on September 24 and while we respected each others views, we agreed to disagree on this aspect of the WRA process.

We will have a bit more to say on the proposed Arrangement after further assessment of its content and having considered the views of our membership.

The Armed Forces Federation of Australia can be contacted on (02) 6260 5100, 1800 806861 or Arflfa@bigpond.com.



Cadets from TS *Manoora* looked impressive recently during a tri-Service parade in Taree, NSW.



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Cadets adjust their sights

Twenty-five Naval Cadets from *TS Sirius* and five St George area Air Cadets have undertaken rifle shooting training at the Anzac Rifle Range in Sydney.

The instruction, which leaned heavily towards the safe use of firearms, was conducted by members of the Australian Naval Reserve Rifle Club.

The commanding officer of *Sirius*, LCDR Phil Anderson, applauded the club for providing the instruction.

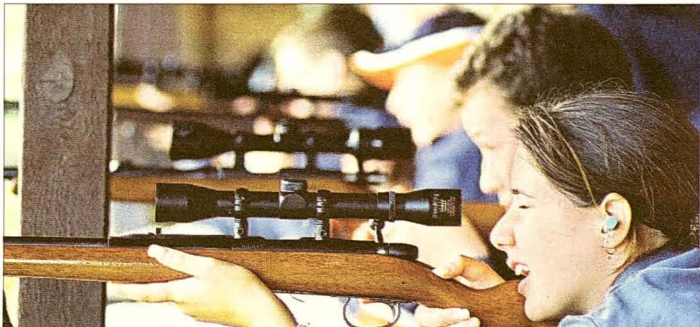
"We had 30 cadets present and there was a staff member with each one of them," LCDR Anderson said. "It was a great turnout."

The rifle club had its origins in 1844 and was reformed in 1923.

During World War 2 its members trained new sailors in the use of small arms.

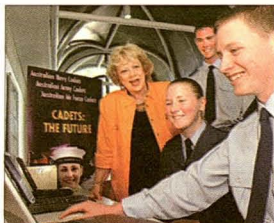
The club shoots from noon every Saturday and invites new members to join them.

Inquiries can be directed to 9349 4323.



ANC recruit Rene Vella takes aim during a rifle training exercise at the Anzac Range in Sydney.

Photo: LSPH Damian Pawlenko



Parliamentary Secretary to the Minister for Defence, Fran Bailey, launches CadetNet.

Web nets new set of recruits

More than 27,000 Navy, Army and Air Force cadets from across Australia will learn how to build their own CadetNet unit website in an initiative which will revolutionise cadet communication.

The enhanced CadetNet capability and the roll-out of the web builder training has been launched at the Australian Defence Force Academy in Canberra.

The initiative is part of the Government's Cadet Enhancement Program which is reinvestigating the Australian Defence Force Cadets.

CadetNet is a portal integrating Navy, Army and Air Force cadet websites and connecting over 460 cadet units throughout Australia.

This latest enhancement to CadetNet means around 27,000 cadets, aged between 12 and 18, will have their own email address and be able to participate in on-line learning and on-line discussions.

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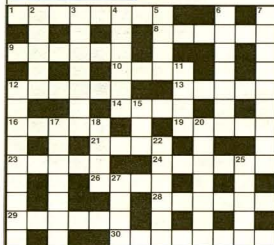
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CROSSWORDS

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ACROSS

- 1 What is one who is uncommitted on a particular issue (8)
- 2 What is one who is playfully mischievous (6)
- 3 What are positively charged electrodes (8)
- 4 What is adult female page (4)
- 5 To withdraw from membership in an organisation is to what (6)
- 6 Who was a character in Wind in the Willows (5)
- 7 Which craft was used in the Kon Tiki expedition (4)
- 8 Where is justice administered (5)
- 9 Which word element means 'holy' (5)
- 10 Which International body coordinates economic and social policies (1,1,1,1)
- 11 What is the first name of the British singer/pianist John (8)
- 12 What are sun-dried clay brick Mexican structures (6)
- 13 Which Peninsula is an Aboriginal reserve in the NT (4)
- 14 What is the radio telephonic distress signal (6)
- 15 Which is one of the woodland players in an orchestra (6)
- 16 To be more natural is to be what (8)

DOWN

- 2 What is a particular variety of art, film, and the like (5)

- 3 What is brewed by the top fermentation method (6)
- 4 In cricket which ball doesn't bounce, full ... (6)
- 5 Which lustrious black Australian bird is of the genus Corvus (4)
- 6 What is one who instinctively questions accepted conclusions (7)
- 7 Where do children engage in games (9)
- 8 What are chronic drunks (4)
- 9 Which is an Australian international football team (9)
- 10 In maths what designates an inverse trigonometric function (3)
- 11 Who is the British actor born 1921, Sir Peter ... (7)
- 12 What is a particular Chinese secret society (4)
- 13 In church, who carries a candle (7)
- 14 In mythology what is a guiding spirit (6)
- 15 To remove information from a computer memory is to what (5)
- 16 During one's youth, what does one sow (4)



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to you... Hats off to tricorne issue

As a connoisseur of naval customs and something of an authority on naval uniform, I'm dismayed by the prospect of replacing the tricorne hat by a peaked cap. It would be said that if there's one object that symbolises the contribution of women to the Navy it's the tricorne, and has been since women were first permitted to join the naval service. In fact, the lineage of the tricorne can be traced much further back than that of the peaked cap.

When the prospect of female membership first arose it was felt that the peaked cap worn by men was not compatible with the expectations of the time of what was appropriate for women's clothing, but rather than pull a new design out of thin air, the powers that-be quite rightly investigated naval precedent for an alternative concept.

What they came up with was the design worn to this day, based on the tricorne worn

by officers in the 17th and 18th centuries (even predating uniform regulations by some time), but made comparable to the peaked cap.

Such an judgement must be the product of the harshest degree of rationality and objectivity, and should not be determined by superficial personal preferences or short-term fashion considerations. If such change does occur, it will, for however long it lasts, be a part of history, and will probably be around a substantial length of time regardless of popularity.

This having been said, the only logical alternative to the tricorne is therefore to follow the example of the Pakistan Navy (not to mention the RAN's khaki shaligi) and expand the custom of the wearing of the peaked cap

to both men and women (perhaps with some minor differences), which would also be in accordance with the increasing trend towards greater uniformity between the dress of men and women.

The other alternatives, some of which were included in the recent survey, lack the formality, tradition and the distinctively naval style that makes the tricorne such a recognisable part of naval attire, and, to my mind, a number of them, such as the USN and police styles, look rather 'dainty' in that mother-of-the-bride sort of way.

Is even considering an alternative design necessary? If the cost of obtaining them from the UK is unreasonable, can't a local manufacturer be contracted to produce them at a reasonable price, or are there other motives behind the proposal?

Mr. J. Prowd
 prowjd@impulse.net.au

Official reply from Manager-Navy uniforms

Manager - Navy Uniforms Mr John Gill has responded to Mr Prowd's letter:

A search through the 1995 Hobbs Report (An historical analysis of RN Clothing), provided that the RN started using a tricorne hat for female senior sailors and officers in 1918, and that the present style was introduced in 1940, with a further move to a plastic cap cover occurring in 1957.

Essentially, there have been a number of changes to the RN female headwear that the RAN have naturally embraced.

Navy News - Over to You's your way of having your say about issues that concern you and your mates.

If you have something to input, write to us and make a difference to the policies and issues that affect you.

Email your letters to the editor Navy News at navynews@defencenews.gov.au. Please note letters cannot be published anonymously.

A recent display of WRANs uniforms at HMA *Harmar*, as part of the unveiling of the WRANs Commemorative Plaque onboard, provided evidence of a number of different hat styles that have been worn by our females since formation of the WRANs, and these items are on display at various Navy museums and historical sections around the country.

Whether or not the proposed change is an improvement will be determined through the process of objective assessment, which is why this trial is being considered.

To the point in time, reports on the initial prototypes (four people have been provided prototypes) are that they fit better, are less prone to being blown off in the wind, and have the ability to carry 'scrambled egg' to identify senior officers in the same way as their male counterparts.

There were still some design concerns with regard to crush and subsequent deformity. A further change to the design during process has been requested, and it is now

intended to undertake a trial of a further twenty hats in the new year.

The question of whether we should just issue peaked caps to females is also to be considered as part of the review. The initial feedback, however, when comparative tests were conducted in the Navy Headquarters, was that the male version cap does not present a good option on smaller framed females (this can also be said for some smaller framed males), primarily because of the effect the contrast colours of black and white have.

The Australian Airforce, and the Royal Australian Airforce both have females wearing the traditional male peaked hat (albeit the RAAF tent the female version as optional wear on non-ceremonial occasions), but do not suffer the same disadvantage of contrast colours.

Prototypes of the Army style of peaked cap were made in Navy's colours (to see how the smaller crown would look), but the contrast and therefore visual impact was still significant.

Whilst the Pakistan Navy may have opted for the peaked cap version, the RN, RMZN, United

States Navy and the Canadian Forces still maintain a female version of headdress.

The Manager - Navy Uniforms initiated this review as a result of the English manufacturer going into liquidation and the subsequent high in-country purchase price.

It is anticipated that an alternative to the existing tricorne would provide some price reduction, because some of the manufacturing processes evident in the current style would not be required in the alternative.

It is intended that a comprehensive trial of any alternative to the existing tricorne would be undertaken, before presenting the outcomes of the trial (including user and observer feedback) to Deputy Chief of Navy for further consideration, and Chief of Navy for ultimate determination.

It should be noted that both DCM and CN pay particular attention to uniform matters, and no decision would be made without full consideration of all aspects, including tradition, in accordance with ADR 81 paragraph 902.

John Gill
 Manager Navy Uniforms

Dikko

by Bob Dikkenburg



Bulletin Board

HMAS Success Ships Ball
 The HMAS Success' Ships Ball will be held on Friday December 5, 2003 at the Stamford Plaza (Cross Street) Double Bay, from 7pm until midnight. Dress Formal/Black Tie. Tickets cost \$55.00 each. All personnel who have served on HMAS Success are invited to attend. POC HMAS Success MIDD McArthur addn117@a304.navy.gov.au, POPT Dickson 484@a304.navy.gov.au or LSNPC Smith 09a@a304.navy.gov.au or the ship's gangway 02 93599151.

AGA Sydney Cocktail Night - December 5
 The Australian Defence Force Academy Graduates Association (AGA) will be holding a free cocktail night for all ADFAG graduates in Sydney at the HMAS Watson Wardroom at 6 for 6.30pm on Friday December 5, 2003. The evening will feature a guest speaker and there will be plentiful canapes, cheap drinks, and money over the bar. All ADFAG graduates, whether serving or non-serving, and their partners are welcome to attend. Attendees must RSVP via the Association's website at www.adfagrad.org, or by emailing contact@adfagrad.org.

Email your items for 'Bulletin Board' to: navynews@defencenews.gov.au, or contact the editor by phoning 02-6266 7707.

HMAS VICTORY

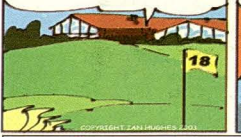
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Terrible day! Larry hit a terrific drive and dropped dead on the 4th. fairway!

Sorry to hear that. It must have been dreadful!

You can say that again! Hit the ball, drag Larry, Hit the ball, drag Larry...



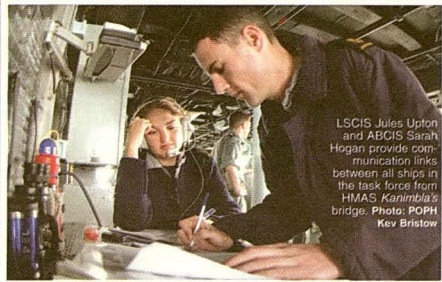
Call our 24-hour phonelink 1300 13 23 28 or visit our website at www.adcu.com.au

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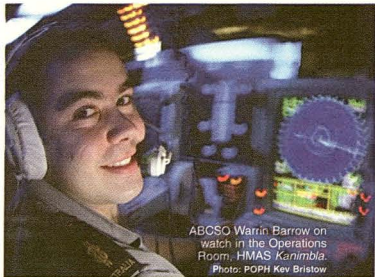
THE ROYAL AUSTRALIAN NAVY



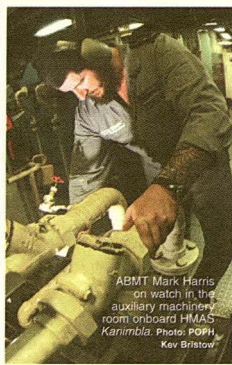
SMNMT Jason Papadopoulos on watch in No. 1 Engine Room onboard HMAS Kanimbla. Photo: POPH Kev Bristow



LSCIS Jules Urton and ABCIS Sarah Hogan provide communication links between all ships in the task force from HMAS Kanimbla's bridge. Photo: POPH Kev Bristow



ABCSO Warrin Barrow on watch in the Operations Room, HMAS Kanimbla. Photo: POPH Kev Bristow



ABMT Mark Harris on watch in the auxiliary machinery room onboard HMAS Kanimbla. Photo: POPH Kev Bristow



Maintainers conduct the 150-hour service on Kanimbla's Seahawk helicopter. Photo: POPH Kev Bristow



Liquid (RAS/L) between HMA Ships Melbourne and Success. Photo: POPH Kev Bristow



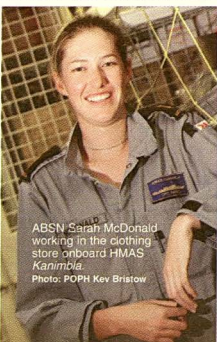
LSSM Greg Cure on the casing of HMAS Shearan. Photo: ABPH Bill Louys



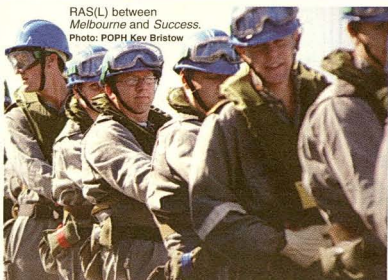
HMAS Kanimbla's flight deck team. Photo: POPH Kev Bristow



SMNCIS Michael Dyer conducts flag training onboard HMAS Kanimbla. Photo: POPH Kev Bristow



ABSN Sarah McDonald working in the clothing store onboard HMAS Kanimbla. Photo: POPH Kev Bristow



RAS(L) between Melbourne and Success. Photo: POPH Kev Bristow



ABEM Elizabeth Duve helps passengers onboard HMAS Kanimbla's RHIB. Photo: POPH Kev Bristow

End of year game wrap-up

This year has been such a bumper year for games we've had to split our normal Chrissy special over two editions.

Keep an eye out for the next edition for more giveaways.

Star Wars Jedi Knight: Jedi Academy

www.lucasarts.com/products/jediacademy/
www.activision.com

Last edition we went boldly where no man had gone before. This time we enter a galaxy far, far away. Like that other franchise, Star Wars games have been a bit of a mixed bag. Some of the early *X-Wing* vs *Tie Fighter* games were great, and *Dark Forces* wasn't too bad.

More recently, however, they've been a bit... well, plain to be honest. The massive amount of Episode 1 games has left a sour taste among most gamers.

That is all about to change. There isn't a person my age who watched the original trilogy as a kid and didn't run around making lightsaber noises (I guess there is probably a new generation of them now). *Star Wars Jedi Knight: Jedi Academy* lets gamers enjoy the great sound effects with the amazing moves and actions last year's Episode 2 is now famous for.

Star Wars Jedi Knight: Jedi Academy puts the player in the shoes of a Jedi trainee under the tutelage of Luke himself as the good guys attempt to fight off the new scourge of the republic. For those in the know it is set after Episode 6 and closely follows some of the stories I've read in the Star Wars novels.

Players pick their character's race, gender, dress and even get to build their own lightsaber before embarking on increasingly difficult missions. The missions aren't all just walking around either. I found myself duelling foes on speeder bikes, tearing across the ice on one of those kangaroos crossed with a goat and supporting an X-wing attack on an Imperial station.

On the PC it plays very well.

A combination of the normal FPS control keys and mouse movements to control the saber's stick combine to give a player great control. The only time it gets difficult is when a player attempts to combine a couple of force powers



Far far away, in the Jedi academy.

with an acrobatic attacking move... I found I just didn't have enough fingers at times.

As you read this the Xbox version of the game should be hitting the shelves. I'm surprised that I'm saying this but I think the console controller will make it a bit simpler to control Yoda when the enemies start in thick and fast. And if the Microsoft console will offer a better Jedi experience.

Unreal II: The Awakening

<http://www.unreal2.com/>

Apparently if you jump 300 years into the future the world looks pretty bleak.

Just after the award-winning (and some would say Quake-slaying) *Unreal*, *The Awakening* puts the player in the shoes of a crusty old marine set on saving the free world as we know it.

This game is a FPS with a storyline and absolutely amazing graphics making it an immersive experience. It also has a bit of length to it, something that is becoming rarer these days.

Its standard FPS fare but done extremely well. This is probably because of the fact it is a single-player game, not a multi-player system with a couple of scripts thrown together for those without decent connections. If it has a downside it is that all of this beauty comes at a price. A cutting edge system is really needed to enjoy it.

Battlefield 1942: Secret Weapons of WWII

www.eagames.com/official/battlefield/
1942.us/home.jsp

Secret Weapons of WWII is the second expansion pack of the phenomenally successful *Battlefield 1942*. It adds 16 new vehicles, seven new weapons. Eight new maps/campaigns and a new objective-based mode in which players must achieve objectives in a certain order. More importantly it adds two new teams to the game. Players can now leap from the sky as the Fallschirmjäger or storm the beaches as a British commando. The addition of the expansion pack makes *Battlefield 1942* one of the most comprehensive online games available. It has also kept the game's popularity high with Aussie servers routinely full on weekends. If you own the original this pack is definitely worth the extra cash.

Console Corner: Xbox

Tom Clancy's Ghost Recon: Island Thunder Ubi Soft

www.ubisoft.com was recently lucky enough to attend a screening of Ubi Soft's coming Australian releases. For me the show was stolen by the Xbox version of the developers' seminal Counter Terrorism game, *Rainbow Six*. We'll look at this game next edition.

In the meantime I've been perfecting my Xbox aiming with green-rodie Tom Clancy games. *Ghost Recon* has become an outstanding Xbox hit, so it is little wonder that *Island Thunder* is also flying off the shelves.

Unlike the PC version, this Xbox title is a stand-alone game, you don't need *Ghost Recon* to play it. *Island*



Ghostly Recon with Tom Clancy.

Thunder includes eight single-player missions in Cuba and the Big fella summons all those years of chewing on stogies.

The strike on the island has the US insert small SF teams with specific missions to ensure anarchy doesn't spread.

Island Thunder, like its PC cousin, introduces helo insertions and generally expands on what is already a capable franchise.

After playing the PC version to death, all *Island Thunder* on Xbox does is highlight my lack of right thumb control. I'm like Wyatt Earp with a mouse and keyboard but give me a thumb stick as an aiming device and I shoot like my brother.

The game includes a selection of auto-aim sensitivity settings to make things easier but, of course, being a male I refuse to use them.

Controlling the rest of your team is also quite complicated. I suggest replaying the first mission a few times to get manoeuvring your team-mates down pat before heading into the more difficult missions.

With Xbox Live now up and running and the large number of multi-player options included in *Island Thunder* I'm sure it will become standard fare on the Aussie Xbox servers very shortly.

Star Wars: Knights of the Old Republic

www.lucasarts.com/products/swkotor/index.html

Like *Jedi Academy*, *Star Wars: KOTOR* is a game worthy of George's big franchise.

Set 4000 years before Episode 1 in a time when Jedi were plentiful, the player begins a quest to uncover the evil of the Sith.

Yep you read it right, a quest as in D&D geeky-type quest. *Star Wars:*

KOTOR is essentially a role-playing game with all of the background nerdy stuff hidden.

There are hours of gameplay here just exploring worlds.

At the time of writing I'm four hours in and still on my first world.

It is an enthralling game for anyone into the *Star Wars* thing as this early history goes into an amazing amount of detail explaining the lead up to the more familiar movies.

It is a single-player game but those with Xbox Live will be able to download new content.

Games grab

We have copies of the reviewed games up for grabs this edition. We'll also have a trolley load more next edition so get those entries in.

Entries should be emailed to ADFGamesmen@telstra.com with the name of the game you would like to win in the subject line. Only one entry a person. Subsequent entries will be discarded.

Include your full name and mailing address in the email or your entry won't be accepted.

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Lives brought into focus



Mystic River

Stars Tim Robbins, Sean Penn, Kevin Bacon, Laurence Fishburne, Marcia Gay Harden and Laura Linney. Directed by Clint Eastwood. Rated MA.

Reviewer: PTE John Wellfire

Rating: ★★★★★

Clint Eastwood's adaptation of Dennis Lehane's novel uses a lot of close-ups; the camera focuses right in on an actor's face, which is where the action is in this gritty story of three men who each have individual problems and a shared demon in their past.

Jimmy Markum (Sean Penn), Sean Devine (Kevin Bacon) and Dave Boyle (Tim Robbins) grew up together in a blue-collar neighbourhood in Boston.

An event in their childhood had an impact



Jimmy Markum (Sean Penn) and his friend, Dave Boyle (Tim Robbins), confront past demons in the character-driven movie *Mystic River*.

on all of them, especially Dave, who was most directly affected by the event and, despite being married with a son of his own, never quite got over it.

When Jimmy's 19-year-old daughter is murdered and Sean, now a police detective, is assigned to the case, the three of them are forced to face their past and present demons.

Clint Eastwood has proven his abilities as a director before and this film is arguably his best work to date.

Tim Robbins is absolutely brilliant and Sean Penn surprised me with the depth he gave his character. Eastwood's clever use of the camera brings the most out of these two incredible actors.

Kevin Bacon was unfortunately not as powerful as his co-stars, possibly because he's played the detective part so many times that he slipped into the role a little too easily.

There's a sense of hopelessness surrounding the characters in this movie, particularly in the relationship and lives of Jimmy and Dave, who often seem like spectators rather than active participants, unable to change the direction they take.

This is a totally character-driven film, a rare and welcome sight, but if there is a fault it's in the story. The reason behind Jimmy's daughter's murder, while the intention may have been to shock the audience with the senselessness of it, is a tad unconvincing.

Ultimately *Mystic River* is a psychological movie, carried brilliantly by two of the best actors around, but if you're not into this kind of character-driven story you'll find it a bit slow. The action takes place inside the characters, making this a brilliantly-portrayed and very powerful film, but one that's not for everyone.



Blind justice and fine art

Dare Devil

Stars Ben Affleck, Jennifer Garner. Rated PG. From RedBack DVD.

Unfortunately I watched *Dare Devil* after watching a movie of substance and depth. In comparison, *DD* falls disappointingly short.

Another viewer of *DD* said it was typical of American films; every aspect of the movie was explained with nothing left to the viewer's imagination, or perception.

Dare Devil, based on the comic-book character of the same name, is about Matt Murdock (Affleck), who is involved in a chemical accident that leaves him blind but with all sorts of other abilities. Sure he can't see, but he's great with sonar-type skills.

He has no probs getting around at night thwacking the bad guys who terrorise his neighbourhood. He has these crazy glazed over ice-blue eyes and wants to avenge his father's death. He also is a lawyer defending the poor.

The baddest of bad men has recruited an unusual English chap who is handy with a dart, or similarly sharp object, to take down the partner in the bad man's firm – and his lovely daughter Elektra (Garner).

Naturally, Elektra and Mr Devil have hooked up, and each tries to save the other from the bad guys. Worth it to see Affleck in a tight red costume.

Paradise Found

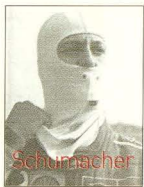
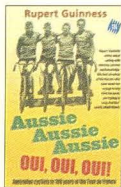
Keifer Sutherland, Allun Armstrong, Natassja Kinski, Raul M15+, Magna Pacific.

Paul Gauguin (Sutherland) is a successful stockbroker and his family live in 1880s opulence until his passion for buying paintings from a roadside artist, Camille Pissarro (Armstrong), causes him to change his life.

When Pissarro comes to Gauguin's house to sell more paintings, the two become friends and Pissarro encourages Gauguin to paint, saying he has natural talent.

Soon Gauguin leaves his job to paint full-time. The family is forced to sell their home to survive, then Gauguin decides to head to Tahiti for greater inspiration. We know Paul Gauguin as a brilliant French artist, but *Paradise Found* shows another side to the saga – that of his family struggling to remain together despite the passion that consumes his life.

—LT Simone Heyer



The collection of sporting books donated by Random House for some lucky entrant in the Airforce News sporting giveaway.

Sporting chance for all

Australia may have missed taking the prize in the World Cup but Air Force News has the goods with a set of four sporting books to give away courtesy of publishers Random House.

One Step Ahead by Rod MacQueen with Kevin Hitchcock is a look at the strategies for rugby and life as applied by one of Australia's great union coaches.

Rupert Guinness' *Aussie Aussie OUI OUI OUI* is a look at the years past of Australian cyclists

competing in the most gruelling of all events – the Tour de France. This book looks at the achievements of men like Hubert Opperman and Stuart O'Grady and Phil Anderson.

Schumacher: The Official Inside Story of the Formula One Icon is self-explanatory. Devoted half to text and half to photos, it is a must for the Team Ferrari fans.

Last, but by no means least, is the updated *Wallaby Gold*, the history of Australian rugby union, a complete look at the national team since

its inception in 1899. This book includes all the information any die-hard Wallaby fan needs.

To take home these books all you need to do is answer one simple question: Where was the 1999 Rugby World Cup final played?

Email your answers to rafn6w@defencenews.gov.au with your name and full mailing address.

Only one entry a person is permitted and the winner will be drawn on December 19, with the books mailed out for Christmas.

Plot to kill the Führer

Killing Hitler

Screens SBS on December 14 and 21 at 7:30pm.

Reviewer: Mark Cross

Bombs, poison or snipers – the means are limitless but the opportunities rare as the Special Operations Executive (SOE) plans the assassination of Adolf Hitler in late 1944 and the chance to bring the war to a speedy end.

Using a combination of dramatisation, historic footage, interviews with SOE veterans and a roundtable of British military academics



What's on TV?

and experts, *Killing Hitler* takes an in-depth look at Operation Foxley, the SOE initiative begun on June 6, 1944, as the D-day invasion began its roll across France.

Killing Hitler not only looks at the physical aspects of undertaking a political murder but also the ethical and consequential aspects, apply

illustrated by the killing of Reinhardt Heydrich, the Nazi security service chief, in 1942, and the reprisals that followed and the Von Stauffenberg attempt on Hitler's life in 1944.

Killing Hitler is a well presented docu-drama on a subject that has not been deeply explored on recent television.

It is finely tuned, although one of the dramatic passages, used and reused, becomes a little laboured after the fourth time around.

This is well worth the look for those interested in one of the lesser known facts of World War II.

www.defence.gov.au/news/

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Looking back on it all

By MAJ Ross Ralton

As the year draws to a close, it may be a good time to recall the essential elements of the many physio articles that have appeared in Defence newspapers since August 2001.

One of the underlying principles developed in these articles has been to illustrate the importance of early presentation to the medical centre, doctor or physio so that proper treatment can be commenced as soon as possible. In this

way, further damage can be avoided and the best long-term result achieved.

Given the high cost of injury rehabilitation in monetary terms and days lost from work, attention to the content of the physio articles may assist in reducing this load on valuable resources.

Similarly, to continue to train or exercise with an injury will, in most cases, result in worsening the situation and only increase the time off work and away from the desired activity or sport.

Specific injuries discussed include:

Tennis elbow – treated effectively with ice, exercise modification, bracing and analysis of aggravating factors.

Shin pain – commonly a biomechanical problem managed with exercise modification, massage, stretching and orthotics.

Neck pain – often caused by faulty work posture and treated with correct ergonomics, mobilisation, massage and exercises.

Shoulder problems – often caused by too much upper body exercise but successfully treated with re-education of rotator cuff muscles and exercise modification.

Hamstring strains – often related to a lower back problem. Acute injuries are managed with the Rest, Ice, Compression and Elevation (RICE) regime and gradual return to activity.

Ankle sprains – one of the most common sporting injuries but have an excellent chance of full recovery if treated correctly early.

Lower back pain – care with lifting techniques, weight control and sporting activities can prevent injuries from occurring. Physio can be very beneficial for pain relief and back re-education.

Anterior knee pain – correction of muscle imbalances, biomechanical analysis, exercise modification and patellar re-alignment may assist with decreasing this type of knee pain.

Plantar fasciitis – this annoying condition often responds well to rest, massage, arch support and reducing the aggravating factors.



PhysioFacts

Articles discussing the prevention of injuries included:

Ergonomics – the ability to function for lengthy periods without developing injuries equates to good 'machine-human integration'.

Posture – if the spine is not correctly aligned, it can contribute to problems such as lower back pain, decreased efficiency in running and degenerative spinal joints.

Core stability – the ability to move, lift or throw with the body well supported around a stable base, to prevent injury.

Taping and bracing – only a few joints can be successfully taped without losing capability through restriction of movement.

Selecting a running shoe – running shoes should be replaced regularly and be selected with regard to flexibility, midsole density, heel counter, outsole and biomechanical characteristics.

Educational topics included:

Healing process – muscle, tendon, ligaments and cartilage all take considerable time to heal. The process cannot be accelerated but is easily adversely affected by returning to activity too soon.

Electrical apparatus in physiotherapy – such as ultrasound and laser have not been proven to be effective. Treatments such as ice, heat, massage and mobilisation may be more beneficial in healing.

The effectiveness of muscle stretching – the role of stretching in pre- and post-activity warm-ups may not be as important as commonly thought.

Don't leave fitness at work

By SGT Rob Orr

The festive season is fast approaching and, once again, the year has flashed past with the speed of a thousand startled gazelles. Ironically, the time when most people want to look their physical best (summer and swimwear), they are consuming too many calories and doing too little exercise. On leave you finally have time to train when you want, as often as you want and for as long as you want – yet many would rather sit on the couch and watch the same television shows as last year or exercise their trigger fingers on the latest com-

puter game. You want to relax, you say, enough of training and work.

How about using this period as part of what is called a transition phase in a periodised planning programme. The aim of the transition phase is to recover from the rigours of training during the year in such a way so as to allow repair and recovery of the body (and mind) while ensuring there is a minimal period of de-training or reversibility. With this in mind there are two areas that can be manipulated to ensure an effective training transition from one year to the next. These are maintaining a body focus and maintaining an active lifestyle.



Maintaining a body focus

This involves helping the physical body to relax and recuperate with activities designed to stimulate the body in one way or other (eg increasing muscle relaxation, increasing blood flow etc). It is important to note that this is an active approach as opposed to one passive in nature (like sitting doing nothing).

Some suggestions:

Get a massage, lie in a flotation tank, try yoga/meditation, have a spa or sauna, float in a swimming pool.



An active lifestyle

Keeping an active lifestyle involves doing activities that require a degree of physical performance. Some activities will require only marginal effort while others may be a little more taxing.

Some suggestions:

Go for a trail ride on a horse, bushwalk, hike, hire a mountain bike, roller blade along a promenade, walk the dog, go to the park, kick a ball or play backyard cricket, try waterskiing, para-sailing or sandcastle building.

To conclude

You may even be pleasantly surprised that when combining these two approaches you feel more relaxed and physically regenerated than you would doing nothing.



Parliament of the Commonwealth of Australia

SENATE

Senate Committee Inquiry into the Effectiveness of Australia's Military Justice System

The effectiveness of Australia's military justice will be examined by the Senate Foreign Affairs, Defence and Trade References Committee. The Committee will assess whether the Australian Defence Force is handling investigations and inquiries impartially and with rigour, and producing fair procedures. The transparency and public accountability of military justice procedures will also come under scrutiny.

Submissions are invited from the general public as well as persons with direct knowledge of matters listed in the Terms of Reference. Submitters should send the advice available on the Committee's webpage before preparing their submission, or ring the Committee Secretariat on (02) 6277 3535 or 6277 3538. A range of information relevant to the inquiry is available at:

http://www.aph.gov.au/Senate/committee/FADT_CTTE/miljustice/index.htm

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Manly test for Sea Eagles

RUGBY LEAGUE

The Manly Sea Eagles Rugby League team held a three-day physical team-building challenge at HMAS Penguin.

The challenge was based on the Clearance Divers Acceptance Test (CDAT), with modifications to cater for timings and logistics. Manly coach Des Hasler instructed POPT Brad Walsh to implement military style instruction and leadership to build teamwork and unity through hardship and discomfort.

Activities included: a gate-to-gate run, wharf circuit, beach PT, sand hill sprints, long range beach running, run jumps/beach circuit, interval training and team building.

Between PT they were given tours of the base and dive school facilities. There

were presentations from personnel who toured in the Gulf, Timor and Solomon's. They cooked all their own food and slept in sleeping bags in the gym.

POPT Walsh adopted a bit of "old school instruction" with the Sea Eagles, bonding the team through a common desire. Throughout the activity the Eagles were regularly heard to say, "Is he the most hated man in the Navy?" They were instructed on the procedure of drill, class reporting and class inspections. They were doubled throughout the three days, given numbers instead of names and were to stand at attention and answer "yes sir" when spoken to.

"When fallen in and in a squad they were to maintain a ceremonial divisions attitude, with push-ups for any breaches of the rules.



CEO of the Manly Rugby League Club Paul Cummings (centre) presents a signed jersey to CO of HMAS Penguin CMDR John Shevlin and POPT Brad Walsh to say thankyou for the base's support and help to the Sea Eagles. Photo: ABPH Yuri Ramsey

Free cricket action in Queensland

Queensland Cricket has invited Defence members to attend the ING Cup one-day match, Queensland Bulls against Southern Redbacks on Wednesday, December 17 at the Gabba for free.

Members who show their Defence ID at the gates will be admitted free of charge. Complimentary tickets for the match are also available by e-mailing nancy.treathern@defence.gov.au.

VAT Smith Cup at Albatross

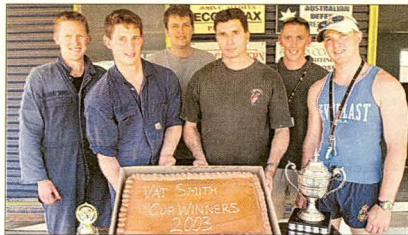
Teamwork and fun were the names of the game for the annual VAT Smith Cup at HMAS Albatross on November 19.

Named after the late father of the Fleet Air Arm Admiral Sir Victor Albert Trumper Smith, the novelty event involved relay teams of six in a series of entertaining challenges including swimming, cycling, running and even pie-eating.

ADML Smith took command of HMAS Albatross on January 14, 1957, at the same time the Shoalhaven Shire Council had been dismissed, with ADML Smith appointed as the administrator.

He carried out many civic duties and did much to draw the local community and Navy closer together, with a close rapport still enjoyed today.

The event was expertly organised by LSPT Ollie Kaese.

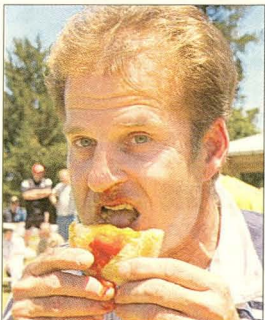
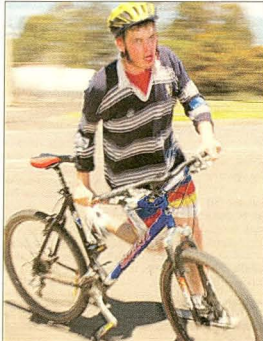


Above: Members from the winning Team from TAAVN with their trophies and enough cake for six very large pieces after the VAT Smith Cup.

Right: Mr Glen Gibson from FAEU gets a bit more than he bargained for during the pie-eating stage of the VAT Smith Cup at HMAS Albatross.

Left: SBLT Evan Mobbs from 816 Squadron during the cycle leg of the VAT Smith Cup at HMAS Albatross.

Photos: ABPH Neil Richards



Army slices up WA interservice

GOLF

The 2003 WA Interservice Golf Competition was held in October with the Army winning on the final day to clinch the trophy.

The tri-Service champion for WA was Warren Howard from the Army and the Navy champion was ABMT James Patterson from HMAS Adelaide.

The Army defeated the RAAF on the first day 8-3 and Navy defeated RAAF 9-2 on the second day.

Navy had been the previous winner for the last two years and was looking for three in a row. Both teams had many new players and a close contest was on the cards.

Navy was up 6-4 and one match square after nine holes, but couldn't keep the momentum going and Army finished in front on the day, winning 7-4.

The Defence Force would particularly like to thank ADI Limited for their sponsorship of the Interservice event and their promise to also sponsor the event for the next two years.

Navy would like to thank their sponsors whose assistance was invaluable, Skilled Engineering, Thales Underwater Systems, Aust Submarine Corp, Defence Credit Union, Spolless, The Fitness Generation, Tenix, Defredcrit, Golf Down Under, Kings Choice Meats, L.L. Hooker Rockingham and Secret Harbour GC.



The WA Interservice Golf team (back L-R): Mark Klopper (manager), Gary Webster, Glen Wright, Jason Minns, Warrick Preston, Foss Merrick, Chris Lee, Tom Costello; (front L-R): Scott Brown, Alan Von Shadden (captain), Keith Hilton (vice-captain), Adam Moore, Dave Parry and James Patterson.

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NAVY NEWS, December 4, 2003 - 21



ADF Sports Noticeboard

Golf

Entries for the 2003 ADF Golf Association National Championships to be held in Canberra from December 8-12 are filling fast. Entries close on November 26 and entry forms can be downloaded from the ADFGA website (www.sportcentre.com.au/dfga/index.htm) or by phoning WGDGR Trevor Owens (02) 6265 6278 or by email request to trevor.owens@defence.gov.au

Lacrosse

Defence members, male and female, who would like to or have played lacrosse are required for upcoming competition. If you have played for a civilian club or the Defence Force (Army had a team in the 1990s) please contact Joshua Robinson to gauge the number of people interested in participating. Email: joshua.robinson@defence.gov.au, or call (07) 3332 8339.

Sailing

The organising committee for Northsea 2004 invites volunteers to help organise the largest voluntary adventurous exercise in Defence. Interest from any Defence employee will be welcomed. Please contact FLTLB Rob Saunderson at niconb@austrarmetro.com.au for further details.

Shooting

Canberra District Army Rifle Association invites all Sney-qualified soldiers, sailors and airmen, regular or reserve, to develop their core skill in an atmosphere of friendly competition at the Duntroon WTSS facility on the first Thursday of every month starting at 6pm. Bring cans, webbing and \$2 coin. Contact Sgt Brian Hartigan on 0408 496 664 or email brian@bigishgig.com

Squash

RAAF Base Williamtown will conduct a Hunter Region ISS Squash Tournament on February 13-14. The event comprises open and graded events and ISS matches. ADF and AFS players of all levels are encouraged to attend. The tournament is not aimed at elite players only. Further information and nomination forms from SGT Madonna Doyle on (02) 4928 8827, or email Madonna.Doyle@defence.gov.au

Touch Football

The 12th ADF National Touch Football Championships will be held at RAAF Base Amberley from November 27 - December 4. Further information from WO2 Ross Crowe, phone (07) 3332 7908 or email ross.crowe@defence.gov.au

Waterpolo

The ADF Waterpolo Association will conduct the annual interservice championships in Townsville from December 1-5. Men's teams from NT, NQLD, SEQLD and Southern States (combined) are expected to compete along with women's teams from NQLD and SEQLD. A male and female team will be selected to compete at the Australian Country Championships in May. Further information from an email waterpolo.reps@ADFWaterpolo.com.au or ADF Waterpolo president MAJ Jason Seelman on 02-8933 8193.

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BASKETBALL

By Lt Michael Wicks

NSW took both the men's and women's finals at the ADFBA Combined Services Basketball Championships, held at Randwick Barracks recently.

All states except Tasmania fielded a team in the tournament, which marked the 20th anniversary of Combined Services Basketball, with SA and ACT combining to field a side in the women's draw.

Queensland, renowned for having a strong team each year, played well against our good sides but had some close encounters with the weaker teams.

The finals in the men's and women's game were both contested between WA and NSW.

The women's final was played first and was a hard fought match.

NSW started the game well, but struggled to find form through the middle of the game, allowing WA to open up a lead midway through the second half.

NSW dug deeper and began applying more pressure to the WA side, and through a good team effort with everyone contributing pulled themselves back into the game and ran away to win in the dying minutes.

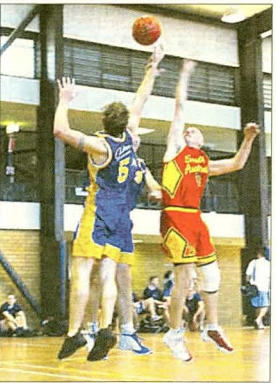
The men's was played next, in their first encounter WA came out firing and opened up a 10-point lead early.

This time however the tables were turned and the NSW team utilised their depth to lead by 15 points at the first break and 25 at the half.

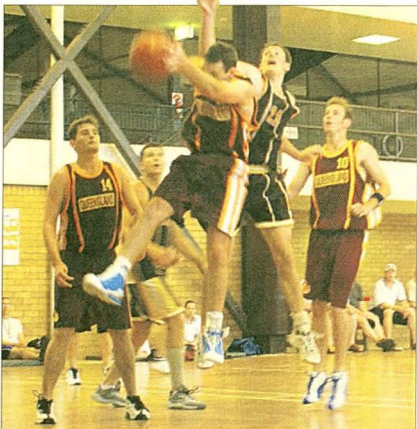
The lead was further extended in the third quarter and almost hit 40 points, but the experienced WA side went down fighting, playing hard to the end and pulling themselves back to under 20 points late in the fourth quarter.

Despite their gallant efforts, WA were unable to overcome the strong NSW team, which eventually won by 26 points.

For more information on Defence Forces basketball including contacts in each state visit the website <http://brotherhood.asiis.net.au>



LS Dave Medinis (No.5) contests possession against South Australia. Photo: WOFF Ray Bennell



A Queensland player comes down with the rebound during the match against WA at Randwick Barracks. Photo: WOFF Ray Bennell

Message makes good for All-Star

LS Scott Northey has been awarded the 2003 HMAS Newcastle (CAPT Gerry Christian) in The Gulf, but was still able to play a significant part at the 2003 Combined Services Basketball Championships at Randwick Barracks recently.

LS Northey was named in the ADF All-Stars, a team selected to mark the 20th anniversary of the ADF Basketball Association (ADFBFA), with a video message of the presentation of his All-Stars singlet shown at a gala dinner where Scott's mother was present.

Other Navy members of the ADF All-Stars include LCDR Bruce Fallon and coach LEUT Rod Cooper in the men's team and LS Trish Dover and CPO Linda Eddington.

ADFBFA patron RADM Raydon Gates also flew in from Asia on the morning of the dinner to attend and assist with presentations before 250 people.

Another Navy highlight at the dinner included the presentation of the MAJ Greg 'Frenchie' McDougall award to CMDR Chris Siegmann who has been a stalwart of the ADFBFA since the first national championships at HMAS Cerberus in 1983.

The next major event on the ADFBFA calendar is a tour to New Zealand next June to play the New Zealand Defence Force side.

LS Dave Medinis from the ACT was selected as a reserve in the ADF men's side, while LEUT Julie Kirk from Sydney gained a spot in the women's team.

— Michael Weaver

Dine with footy legends

AUSTRALIAN FOOTBALL

The RAN Australian Football Association (RANAFBA) will hold its second Legends Reunion Dinner in Canberra on Friday, April 16, 2004.

The reunion dinner will coincide with the National Interservice Carnival, with Navy playing Air Force in the opening game earlier that day.

The dinner will be held at the Sir Donald Bradman Pavilion at Manuka Oval in Kingston (also the game venue) and will kick off at 7pm for 7.30 sit-down.

Apart from many warries and cold ones, there will be a memorabilia auction as well as the further induction of the

"Legends" into Navy Australian football's hall of fame.

Nomination forms and the criteria for the hall of fame can be found on the RANAFBA official website at www.navyfooty.com.

A deal has been struck with the Rydges Hotel, Capital Hill and details can also be found on the website.

The reunion is open to everyone who has been involved with the national Navy side.

Last year's dinner was a huge success and tickets sold quickly.

Interested personnel should contact the Navy's football manager, CPO/CS Jim Thiele via the website or on (02) 6266 6805.

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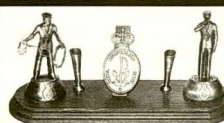
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Full deck, navy trumps for Navy

SOCCER

By Andrew Stackpool

Navy soccer players took to the ADF Interservice National Titles with a full deck, but failed to come up trumps against Army and Air Force at Randwick Barracks from November 3-5.

In hard-fought games against Navy and RAAF, Army emerged champions in both men's and women's competitions.

The women's final scores saw Army defeat Navy 3-2, before blasting RAAF off the park 6-0.

Navy's men's side lost 4-0 against Army, while Army went on to defeat RAAF 1-0.

The women's match commenced with an early goal by Navy. Army came back hard and knocked in three goals in short order.

The balance was threatened just before the end of the half when a determined Navy effort saw their second goal slammed home.

At the start of the second half both teams hit the field running. The play was hard but Army hung in for a goalless half that saw them victorious.

Spectators expecting fireworks during the Army's match against Navy were not to be disappointed.

Both teams hit the field running and again no quarter was neither asked nor given. Army had the greater challenge - a championship to defend.

Navy's grit and determination was not enough as Army capitalised on every chance.

The result was three fast goals in the first half, consolidated by the fourth in the second.

Navy's result against RAAF was not available.



An ADF player (left) is taken along for the ride by his British Royal Engineers opponent during their match at Victoria Barracks.
Photo: Bill Cunneen

ADF side engineers comeback win over British

By Andrew Stackpool

The ADF soccer team scored a stunning 3-1 victory over the visiting British Royal Engineers at Victoria Barracks, Sydney on November 7 as an addendum to the ADF Interservice Nationals.

The match was held on a carpet-like pitch and proved a fitting climax to a busy week, which saw Army walk away as the interservice champion for 2003.

Third on their home ladder, the REs had also defeated a NSW Police team 2-0 and an ADF team in Queensland 9-0.

The first half seemed initially to be going the sappers' way, while the ADF team, which came together the day before following five hard days of soccer, was still putting together a few combinations.

The UK team took full advantage of the Aussie's dilemma and quickly put the first goal on the board.

"Our strength was in our backs," said president of the Australian Combined Services Soccer Association CAPT Tony Bell (9RQR).

"It was pretty hard on them, but they held the Brits until we got the game plan together."

Despite their fatigue the ADF side's determination paid off. ADF started to dominate the midfield and just before half-time, striker Paul Fleming was fouled in the box. LAC Gillard stepped up and booted the equaliser.

The second half saw a revitalised ADF, which dominated play and kept the ball in the opposition half for most of the time. The visitors fought hard but a couple of good set plays gave ADF the goals.

The first came after an hour mark when Paul Fleming got the ball after a long throw in. Controlling it on his chest he volleyed past the keeper. Then at the 80-minute mark, Fleming dashed past his marker, squared the ball to the far post where LAC Gillard tapped it in.

Have a go says soccer president

By Andrew Stackpool

President of the Combined Services Soccer Association LEUT Paul Denny is encouraging more participation and support for ADF soccer.

His remarks came at the end of the Interservice Soccer Nationals at Randwick Barracks, Sydney, from November 3-5.

The intense competition saw some 160 male and female players participate. They included teams from the NSW Police, who had just returned from the World Police Games in Barcelona.

LEUT Denny said that despite the high operational tempo currently levied on the ADF it was encouraging to see individual units giving soccer and other Defence sportsmen and women more flexibility. This was great for the sport and was also good for the ADF.

"Here we have teams giving 110 per cent, always physical, highly skilled and playing to their best."

"They want to be here, even if that means giving up leave and paying their own way to participate," he said.

LEUT Denny would like to see more money made available and indicated many ADF sporting teams are seeking corporate sponsorship to assist them.

"This (extra funding) will lift individual and team standards, further benefiting each individual sport," he said.

"ADF soccer is getting a much higher profile than it used to, especially now that the women are putting up very strong teams" - LEUT Paul Denny

"In the case of soccer (which is the world's most played game) ADF soccer is getting a much higher profile than it used to, especially now that the women are putting up very strong teams."

"The men are competing very strongly as well and the standard of talent has international recognition."

"For example, during the last tour to Vietnam,

Laos and Cambodia we played both military and national teams, although the latter are by and large made up of players from their conscripted Defence Force."

"Soccer is their national sport and we were very well received."

Women performed exceptionally well in the Australian/Malaysian Championships, while the ADF recently won at the NSW Corporate Games. The women's team has been undefeated against 17 teams, winning gold and silver over the last five years.

The men have won gold and silver twice while the over-30s team has never been defeated since the Games' inception.

Denny believes that competitions like the interservice carnival also have a very positive impact on retention rates.

"If people are supported properly and can compete at this level, even go on to the ADF teams, then they'll keep coming back," he said.

"They'll stick round to give it all they've got. This, along with the friendships they make and take back into the workplace is a powerful incentive."



A member of the Navy women's soccer team takes out the ball and her Army opponent during the National Interservice titles at Randwick Barracks.
Photo: Bill Cunneen

Triathletes at large for Noosa Festival

TRIATHLON

By WO2 Greg Young

A group of 22 ADF triathletes found themselves among the flock of things in a field of more than 3600 at the annual Noosa Triathlon, which since 1983, has grown to become the second largest triathlon in the world.

The Australian Services Triathlon Association (ASTA), with the help of Tenix and Uncle Toby's, supported the triathletes competing in the event from all parts of Australia. All members of the ADF team were presented with an ADF race singlet for the event to make the team easily identifiable on the course.

A hot and humid morning greeted the competitors as they set out on their 1.5km swim, 40km cycle and 10km run which is the Noosa Triathlon.

The elite males hit the water to signify the start with the age groupers who headed off every four minutes in wave after wave with up to 150 competitors in each wave. The action was frantic and

at one stage there were swimmers in the water, cyclists covering the entire 40km of the cycle course and the elite males had started the run leg.

The fastest ADF male competitor was CAPT David Little from RTC SEQ/D. A time of 2hr 6min and finished 142nd overall. Second place went to SGT Bradley Gordon from 41 RNSWR and third went to MAJ Jeff Rudd from RTC SEQ/D.

The fastest ADF female competitor was WO2 Shelley Foster from APA-Brisbane in a time of 2:16.41. She also won her age group making her one of the fastest 40-44 year age groupers in the world.

All the other individual and team competitors performed to their best ability and gave it all they had to show the civilian community that the ADF is able to hold its own in the sporting field.

If you think you would like to do Noosa or any other triathlon, contact your local ASTA representative or WO2 Greg Young on (02) 9600 4266 or by email on greg_young@defence.gov.au

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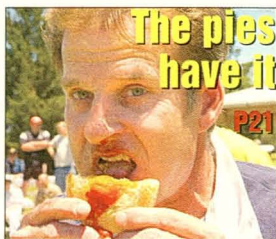
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Navy News Sport



MASTER STROKE

By Paul Cross

ADF Hockey players displayed the Midas touch at the recent Australian Masters Games in Canberra to bring home two gold medals and a silver.

The Men's 40s and 30s both ended the competition as champions, while the women were pipped at the post for silver.

Teams organiser LCDR Brian Froome said this was the best result that ADF Hockey had achieved, surpassing the Newcastle Masters' single gold medal.

"The final game of the Men's 40s went down to penalty strokes, after a nil-all score at full time, which we won 3-1," he said.

"In the Men's 30s, the team they played in the final beat them in the first round 2-1, but in the final everything clicked and they flogged them 8-2 - they just couldn't seem to do a thing wrong. This is not unusual with our teams;

because we have people from all over the country it can take up to the second or third day before they start working as a team."

He said the women lost the final 2-0 but held their opposition out on several occasions.

"We had an age spread in the women's team from 30 to 47 competing against 30- to 35-year-olds in the other teams and when you are doing 25m sprints backwards and forwards it takes it out of you."

LCDR Froome said the standard of the competition was high but because there were a limited number of teams playing the early rounds were played across age groups.

"All age groups played against each other so we had the ADF 40s playing the ADF 30s at one stage - which ended up in a draw - but up until the final game the ADF 40s were higher on the ladder and teams the 30s lost to, the 40s beat."

Left: LEUT Andrew Bewick, RANR, blasts a shot at goal from just inside the circle for the ADF Men's 40s against Tuggeranong during the Australian Masters Games in Canberra. Photo: Michael Weaver

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Karter on the go in WA

By Michael Weaver

The drive to succeed has seen dirt kart racer LSATA Adrian Haywood hit top gear with his first State title in Western Australia.

LS Haywood won the Australian Independent Dirt Kart Racing Association WA State title on November 8-9, capping off a successful season where he also scored numerous wins at local events in and around Perth.

Starting from pole position for the final, LS Haywood crossed the line half a kart-length in front of his nearest rival, after some 14 entrants qualified for the event.

"Basically, any one of the top four guys could have won the State title, so I was lucky to get through for the win," LS Haywood told Navy News.

"The track had been watered just before the race, so it was really slippery and made it a bit of a technical race. You really had to hold your line to keep your position."

LS Haywood won the 125cc open water-cooled light (below 85kgs) division and said the win is a definite highlight in a fairly successful year where he has won just about every event except the Australian title, where he finished fourth after being hit by a back-marker.

"I've never won a State title or anything that big, so hopefully it will help me towards sponsorship."



State champion LSATA Adrian Haywood in action during this year's WA titles. Photo: Brad Mitchell

"I'm going to see next year with HMAS Canberra, so I don't even know if I'm going to defend my title, but hopefully I can."

"I want to get into speedway eventually. I didn't want to move forward into any other form of motorsport until I'd reached the best in each level."

LS Haywood said his very supportive work group helped make the win possible, with the helicopter technician putting his skills to good use to keep the kart in ship-shape mechanical order.

His sister ABCK Renee Haywood, pit chief Craig Stewart, workmate LSATA Shaun Hindmarsh and sponsor Stewart Style Stickers have been the "bolts" behind the "nut" at the wheel, while LS Haywood's boss CPOATV Jimmy Carruthers has been very supportive in providing back-up facilities for the team.

"We work on that go-kart as if it is a helicopter and I've never broken down due to a maintenance error or anything like that," said LS Haywood.