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Front Cover

AW139 hovers in Baldonnel, with ARW members conducting fast rope training. Photo by: Armn Pat Reilly (105 Sqn)

For more Defence Forces photographs, checkout: www.flickr.com/photos/dfmagazine

Hello and welcome to our final issue for 2013, it truly was a very successful year. Hopefully your photo has made it into our *On Parade* gallery, as we were inundated with them again. In our *In Focus* pages we feature the recent Niemba Ambush Anniversary and some members of the DF who were awarded a National Bravery Award and the recent Naval Service Fleet Review. In *Fire! Fire! Fire!* we hear about the first ever combined UNIFIL fire-fighting exercise. In our next feature Lt Cdr Patricia Butler tells us about the *Naval Services International Energy Award*. Continuing on in this bumper issue Lt Col Richard Cummins (Retd) revisits the Air Corps participation in the 2011 *Libya Rescue Mission*. Our centre spread is a photographic celebration of the 100th Anniversary of the formation of Óglaigh na hÉireann. In *Strategic Review* Comdt Fran O'Grady tells us about Training South Sudan's Police Force. In *History* we continue with part two of The Birth of an Army: The Formation of Óglaigh na hÉireann 1913-1915 and also the 50th Anniversary of Helicopter Operations in Ireland. In our *In Reserve* feature by Wesley Bourke, where he visits 28 Inf Bn while conducting Exercise 'Lough Sallagh'. In *Sport* Comdt Mark Brownen informs us on the Army Dive Group and where it came from. And finally we have a small piece on the recent Cork Rebel Week 2013. Plus our other regular features – *World Strategic Picture*, *Tac-Aide*, *Gear Review*, *Noticeboard*, *Reviews* and *What I Do*.

Note: My apologies to Sgt E Doherty (27 Inf Bn), who should have been accredited for the photographs in '27 Inf Bn Celebrations' on page 14 last month.

Sgt Wayne Fitzgerald - Editor

Remembrance Sunday



This year, Wexford Town held its first Civic Ecumenical Remembrance Day Service with many participants from different organisations in attendance. Photo by: Patrick Hogan



On Tuesday 12th November a tree was planted in Seaford Cemetery, East Sussex for the Irish men who fought in World War I/II. Other veterans attended from Canada, the West Indies and the Royal British Legion. Pictured (L/R) are: Frank McElroy, Martin McKeown and Edward Bell. Photo by: Róisín McElroy



Elizabeth Mary Collins, an Irish nursing sister who served in France during World War I and II, was a hero, not only did she aid injured soldiers during the German invasion, but she also helped soldiers escape occupied France. She was awarded the King's Commendation for brave conduct and the bronze medal of the French Red Cross. Elizabeth died in Newhaven on 7th June 1952 and was buried in a pauper's grave. Some years ago the Royal British Legion found out and bought her plot, giving her a headstone to be remembered.

Now every year a wreath is placed by her graveside by members of the Irish Defence Forces Veterans UK and the Royal British Legion. This year Mr James Gough (RBL) and Frank McElroy (IDFUK) laid the wreath. Photo by Róisín McElroy

6 | ON PARADE



CHARITY 4 PEAKS CHALLENGE

The photo shows Lt Daire Roache and members of 1 Mech Inf Coy, DFTC presenting a cheque for €773 to Col John Courtney (retired), Treasurer of St Brigid's Hospice, The Curragh for a Charity 4 Peaks Challenge they completed from 12-16 Aug 2013 of Brandon Mountain, Kerry, Mweelrea Mountain, Mayo, Croagh Patrick, Mayo and Nephin Mountain, Mayo. Photo: Lt Mark Cullagh (B Coy, 7 Inf Bn)



1ST RBS AIMERS COURSE

Pictured are the instructors and students of the 1st RBS Aimers course conducted by the newly formed Air Defence Battery of 2 Arty Regt. (L/R): BS Willie Cullagh, Cpl Paul Cambell, Gnr Conor McEntee, Conor Ganley, Comdt Brian Walshe (Bty Comdr AD Bty), Gnr Shane McGrath, Dean Ross, Gordan Carson, Sgt Gerry Coyne (Instr) and Lt George Balfe (Cse Offr). Photo: RSM Noel O'Callaghan (2 Arty Regt)



AIR CORPS CLASS OF 1991

Pictured on 20th October 2013 are members of the 55th Apprentice class of 1991, who met at the Maldron Hotel, Portlaoise to catch up after 22 years. Not all could make it with some still on duty either in Baldonnel or with the Dublin Fire Brigade. Sadly three members have since passed on; Keith Wall, Martin Flanagan and Stephen O'Gorman (May they R.I.P.). Photo: Armn Pat Reilly (Retd)



BALKANS MEDAL

Pictured on 7th November 2013 receiving his Non-Article 5 Balkans medal is Lt Col John O'Loughlen (Deputy Chief Joint Implementation Commission, KFOR HQ). The presentation was made by COMKFOR, General Salvatore Farina in Film City, Pristina. Photo: Lt Col John O'Loughlen

42YRS FOR FLAG AND COUNTRY

Cpl Joe McInerney (MP Coy 1st Bde) retires after 42 years of loyal and dedicated service. He enlisted in 1971 and spent most of his career with the Military Police Corps, serving in the Military Detention Bks, Curragh, then Ballincollig, Cork, and finally with the MP Coy in Collins Bks, Cork. Joe also has served overseas on seven different missions during his career. Pictured on his last day as Post Master of the Post Office in Collins Bks, Cork. Photo: Sgt Barry McCarthy (HQ 1 Bde)



DUBLIN CITY MARATHON

Pictured on 30th October 2013 during the Dublin City Marathon, on Cromwellsfort Road in Walkinstown, were five members of the RDF who were doing the marathon in full Battle Dress in aid of Pieta House - no easy feat. They are (L/R): Lts Sean Coffey, John Carroll, Barry Sherry, Justin Rice and Neil Richardson. Photo by: Jimmy O'Connor



BACK IN TIME

Donal Keane (75) stepped back in time to the history of his father Joe Keane of six-mile-bridge Co. Clare when he visited Abercorn Bks, Ballykinler, in Northern Ireland recently. While there Donal made a presentation to Major Mark Owen OC HQ Coy 2 Bn The Rifles. Pictured (L/R): Maura & Kevin McCormack (Irish UN Living History), Cllr PJ Ryan (Deputy Mayor Clare Co Co), Major Mark Owen, Donal Keane and Dermot O'Connor. The visit was organised by Kevin and Cllr Ryan. Photo: Kevin McCormack



WARRIOR'S DAY

Retired Veterans from Munster gathered in Nenagh Co. Tipperary on Sunday 6th October 2013 for the purpose of supporting their comrades from the local Lower Ormonde Branch of ONE for their 'La na bhFiann' (Warrior's Day). Pictured L/R: Joe O'Mahony, Cllr Ger Darcy Mayor of North Tipperary, John Hennessy National President of ONE, Steve Dennehy and Tony Canning. Photo: Domhnall MacCarthaigh (PRO SAC)



NAVY MARATHON RUNNERS

On the left is L/Commop Cian MacParthalain who completed the 38th Marine Corps Marathon in Washington DC USA on 27th October 2013. With 25,000 participants it is the 4th largest marathon in the US. Pictured on the right is A/Commop Damien Aderley who completed the NYC marathon on 3rd November and is pictured at Ground Zero.



MP OFFICERS CONFERENCE

Pictured are participants at the NATO/PfP Military Police Officers Conference held in Dublin from 04 - 08 November 2013. The conference was attended by delegations from twenty countries and included Senior Police Officers from both Military Police and Gendarmerie Forces. Photo: Comdt Damien Coakley (EO & SSO PM & DMP Office)



MILITARY MEDICAL CARE

Pictured with their respective Senior NCOs and Officers are DF students who graduated from the School of Medicine, UCC with a Diploma in Military Medical Care recently Photo by: A/Sea David Jones (NS HQ)



IRISH ROAD VICTIMS

Six members of 2 Arty Regt marched from Athlone to Mullingar for over seven and a half hours pulling a hospital trolley with a full body mannequin. This was done in memory of lives lost and injured through road traffic accidents and to raise awareness for the Irish Road Victims Association (IRVA). They were: RSM Noel O'Callaghan, BS Gary Madden, Sgt Alan Graham, Sgt Lloyd Murphy, Cpl Fergal McLoughlin and Gnr Peter Scally. Photo: RSM N O'Callaghan



DF BENEVOLENT FUND

On 8th November 2013, the Association of Retired Commissioned Officers (ARCO) held their 20th Anniversary Dinner in the Officers Mess, McKee Bks. Pictured handing over a donation of €1,000 to the Defence Forces Benevolent Fund are (L/R): Lt Col Joe Ahern (Retd) Hon Secretary ARCO, Chief of Staff Lt Gen Conor O'Boyle, Brig Gen Liam Mac Namee (Retd) President ARCO and Cdr Gerry O'Flynn (Retd) Vice President ARCO. Photo: Cpl Pat O'Meara (105 Sqn)

NIEMBA PEACEKEEPERS REMEMBERED

BY SGT WAYNE FITZGERALD PHOTOS

BY SGT MICK BURKE OR OTHERWISE

ACCREDITED

On 8th November 1960, the biggest loss of life of Irish soldiers in any single incident overseas happened in the Belgian Congo. This heartbreak and significant moment in the history of the Defence Forces took place while these troops were serving as UN peacekeepers with 33 Inf Bn as part of the Organisation des Nations Unies au Congo (ONUC).

On that fateful day Lt Kevin Gleeson took his 11-man patrol over a bridge on the Luw-eye River near the town of Niemba where Baluba tribesmen ambushed them. After a courageous fight against overwhelming numbers, nine of the patrol were killed. One member of the patrol, 20-year-old Tpr Anthony Browne from Rialto, Dublin, survived the initial attack but was subsequently killed. His body was not found until November 1962. Tpr Browne was

also posthumously awarded the first ever Bonn Míleata Calmactha (Military Medal for Gallantry), the DF's highest military honour, for his conduct during the ambush.

His citation reads: "He endeavoured to create an opportunity to allow an injured comrade to escape by firing his Gustaf, thereby drawing attention to his own position which he must have been aware would endanger his life. He died a reasonable opportunity to escape because he was not awarded the chance to rescue such an injured comrade."

would endanger his life. He had a reasonable opportunity to escape because he was not wounded but chose to remain with an injured comrade."

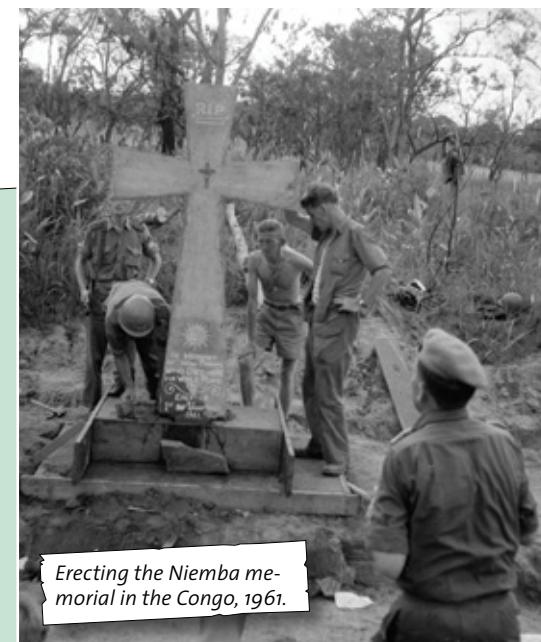
Those that lost their lives were: Lt Kevin Gleeson (30), Sgt Hugh Gaynor (29), Cpl Peter Kelly (25), Cpl Liam Dougan (34), Pte Matthew Farrell (22), Tpr Thomas Fen nell (18), Tpr Anthony Browne MMG (20), Pte Michael McGuinn (21) and Pte Gerard Killeen (27).

Two members of the patrol survived, Pte Joseph Fitzpatrick (then 21) and Pte Thomas Kenny (then 24).

On 10th November 1960, in a follow-up operation to recover remains, Pte Patrick Davis died after he was shot accidentally. He was laid to rest with his colleagues from the ambush.

From 1960 to 1964, 12 Defence Forces units with almost 6,200 troops, served with ONUC. In those four years 26 Irish troops paid the ultimate sacrifice in the name of peace.

On Saturday 9th November 2013, the 53rd Niemba Commemoration took place in



the Garrison Church, Cathal Brugha Bks, with a Mass at 1200 hrs followed by a wreath-laying ceremony at the Memorial Garden outside the church.

The annual ceremony is organised by the Organisation of National Ex-Servicemen and Women (ONET) on the first Saturday in November.

The veterans of ONET and IUNVA provided a guard of honour and the 'Last Post' was played by members of the Army No 1 Band. This was followed by a minute's silence, 'Reveille' and then the national anthem as the national flag was raised to full mast.

Wreaths were laid by Deputy Lord Mayor of Dublin, Councillor Pat McCarran; Chief of Staff Lt Gen Conor O'Boyle; Secretary General of the DoD Maurice Quinn; ONET President John Hennessey; the UK Ambassador HE Dominick Chilcot; US Defence Attaché



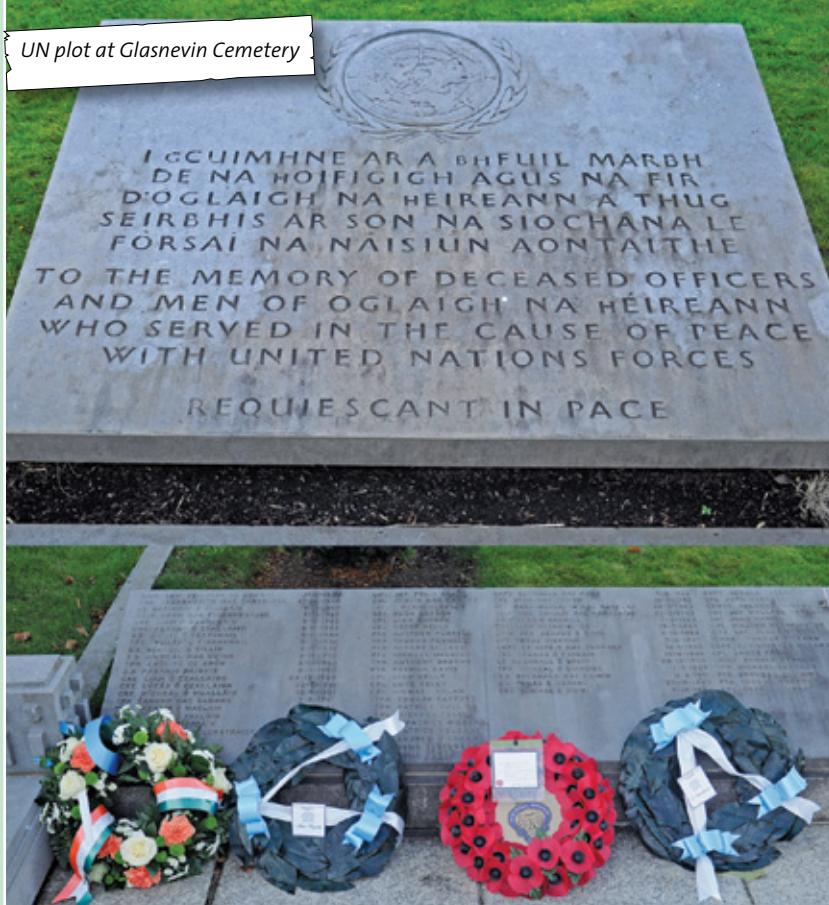
Lt Col Sean Cosden; Dan Garland of IUNVA; Lt Col Joe Aherne (retd) of ARCO; Brig Gen Jerry Enright (retd) of 33 Inf Bn; Comdt Earnan Naughton of RACO; Mark Scally of PDFORRA; Comdt Eugene Gargan of RDFRA; Declan Pendred of the Irish Naval Association; Noel Cullen of the Royal British Legion; and Martin Coyne ONEt (on behalf of the American Legion in Ireland). Also present was former Swedish army officer Stig von Bayer who served in the Congo at the time of the ambush.

Even though most of these trailblazing peacekeepers have now retired, their memories of the Congo and places such as Elizabethville, Jadotville and Niemba are still very strong within the Defence Forces as we continue to remember and honour them.

On the previous day, Friday 8th November, members of the IUNVA, with families and friends of troops of 33 Inf Bn, held a ceremony and reception in Glasnevin Cemetery and Museum at the monument and plot for Irish soldiers who died while on service with the UN and for members of Óglaigh na hÉireann, which is where the state funeral for those who died in the Niemba Ambush took place.

After the ceremony the family of Tpr Anthony Brown (MMG) presented his old bull's-wool uniform to IUNVA for a loan. It will be put on display in IUNVA's HQ at Arbour Hill. ■

Members of ONE and IUNVA



UN vets Ronnie Daly and Dan Garland with Tpr Brown's uniform



National Bravery Awards

At a ceremony in Farmleigh House, Phoenix Park, Dublin, on 1st November 2013 Ceann Comhairle Seán Barrett TD presented 21 people with awards for outstanding acts of bravery going back as far as 1987. Three of these awards were presented to members of the Defence Forces.

The honours are awarded by Comhairle na Mire Gaile (Deeds of Bravery Council), which was established in 1947 to provide for suitable state recognition of deeds of bravery. The Council, which is chaired by the Ceann Comhairle, includes the cathaoirleach of Seanad Éireann, the Lord Mayor of Dublin, the

Lord Mayor of Cork, the Garda Commissioner, the president of the Association of City & County Councils and the chairman of the Irish Red Cross. The Council awards gold, silver and bronze medals and certificates

of recognition. At the ceremony, three silver medals, eight bronze medals and 21 certificates were awarded.

In July 1999, Elizabeth Barrett, who is now a lieutenant in the Naval Service, was a scout leader with the Skerries Unit. When camping along with other scouting units in Lough Key, near Boyle, Co Roscommon, she rescued another scout leader from drowning by swimming out into the lake and towing the victim back to safety. For her efforts on that day, ■

Elizabeth Barrett was awarded a certificate of bravery.

On 25th February 2011 A/Sea John O'Flynn (Naval Service Reserve, Cork, who had just returned from two weeks at sea on LÉ Eithne, jumped into the River Lee in Cork to save a man who was struggling in the water. A/Sea O'Flynn received a bronze medal and a certificate of bravery for his exploits.

In August 2011, Cillian Mahon and Pte Ryane Twomey (3 Inf Bn, Kilkenny) were celebrating their Leaving Certificate results when they noticed a fire in an apartment block in the Patrick St area of Fermoy, Co Cork. They managed to kick open the main entrance door to the apartment complex and enter the building. The two teenagers managed to locate and drag one man outside to safety from the smoke-filled building. On learning that another person was still inside Cillian alerted the emergency services while Ryane returned into the building, using his t-shirt to shield his mouth and nose, and brought the second person to safety. Both young men received silver medals and certificates of bravery for their outstanding acts. ■



NAVAL FESTIVAL CORK

BY LT CMDR PATRICIA BUTLER (NS PRESS OFFICER) PHOTOS BY A/SEA DAVID JONES

In October, Cork Harbour was a hive of activity as the Naval Service welcomed visiting foreign naval vessels to Cork as part of Cork Rebel Week's naval festivities. The international naval festival began when visiting foreign warships from the UK, Russia, Belgium and France, took part alongside Naval Service ships in a spectacular fleet review in Cork Harbour, the world's second largest natural harbour.

A naval fleet review is a traditional gathering of ships that is observed by a dignitary from the hosting state and for the event in Cork the Minister for Justice, Equality and Defence, Mr Alan Shatter TD took the fleet review on-board LÉ Eithne, taking a salute from each of the ships at anchor as LÉ Eithne sailed past.

Normally, each of the 11 warships, both saluting and being saluted, would have their decks lined with their crews and the ships dressed overall with colourful naval flags. However, due to challenging weather conditions on the day, this element of the review was not carried out. The fleet review was still an impressive spectacle.

Once the review was completed, the fleet weighed anchor and proceeded to Cork City where they remained for the festival dressed overall with colourful flags by day and lights by night. Five of the visiting foreign naval ships and two Naval Service ships berthed alongside the quays while the Russian ship berthed alongside Cobh.

As part of routine naval ceremonial, each of the ships performed a synchronised lowering of its flags at sunset, before lighting the ships overall for night hours. With so many ships it was an impressive display each evening.

The ships were open to the public over the weekend and visitors were able to meet the sailors and see the ships up close.

The festival, part of Cork's Rebel Week festivities organised for 'The Gathering 2013', witnessed a true celebration of the connection between navies and the civil society which they serve to protect, and displayed real potential to be repeated. ■





ASIA

Over 5,000 people were killed after Typhoon Haiyan swept through the central Philippines. With winds up to 315kmph it left a trail of destruction that affected as many as 11 million people. Aid from around the world is being pledged and Ireland has deployed members of the Dept. of Foreign Affairs Rapid Reaction Force.



Pakistan's security forces claim that an American drone strike killed the leader of the Pakistani Taliban, Hakimullah Mehsud on 1st November. One of the most senior leaders of a militant Pakistani network with links to the Taliban, Nasiruddin Haqqani, was shot dead near Islamabad. Although he was on America's list of global terrorists it is not known who killed him.

AFRICA



Somalia and Kenya signed an agreement with the UN's refugee agency to encourage Somalis in Kenya's

two huge, UN-administered camps to return home over the next three years. At present, most of the 500,000 Somalis living there are reluctant to leave because of the dangers they would still face at home.

Congolese government forces supported by UN troops scored a victory in the eastern province of North Kivu, capturing the main base of the M23 rebel group. Their leaders have reportedly fled into

EUROPE

Talks with Iran in Geneva by the five permanent members of the UN Security Council plus Germany narrowly failed to pass an interim agreement. They had hoped to pave the way for a comprehensive plan to curtail the Islamic Republic's nuclear programme. France demanded stronger safeguards while Israel's Prime Minister Binyamin Netanyahu, protested vigorously against what he dubbed "the deal of the century" in Iran's favour. They will meet again before the end of the month.



After masked men attacked polling stations local elections in Kosovo were suspended in ethnically divided northern Mitrovica, a Serbian-dominated part of the country. A partial re-vote will be held later. The tensions underline the challenges facing the EU, Serbia and Kosovo in implementing the deal brokered in April to integrate the Serbian population in the north of Kosovo with the rest of the country.

In Germany the British ambassador was summoned to Germany's foreign ministry for his reaction to the latest spying allegations, printed in the British media. He said that the roof of his embassy in Berlin may have been used by the Americans for eavesdropping. The head of the German parliament's intelligence committee has called for inquiries into the statement.

German officials revealed that 1,400 artworks looted by the Nazis in WWII and missing for 70 years had been discovered at a flat in Munich during a tax raid in 2012. The collection is estimated to be worth more than \$1 billion and includes masterpieces by Matisse, Chagall, Picasso and Renoir.

THE MIDDLE EAST



Iraq's prime minister, Nouri al-Maliki, arrived in Washington to ask for more military assistance after scores were killed in a spate of bombings by insurgents. Many of these bombings have been linked to al-Qaeda, which has driven Iraq's army out of parts of the Sunni-populated territory to the north and west of Baghdad.

On 17th November a bomb attack against military offices in a suburb of Damascus killed at least 31 Syrian troops, including four high-ranking officers. Sources claim rebel groups planted the explosives in Harasta.

THE AMERICAS



Admiral William McRaven, the head of US Special Operations Command, said the United States will train 5,000 to 7,000 Libyan troops as well as counterterrorism forces. Another US official said the training is likely to take place in Europe.

243 US Marines landed in Tacloban City on Leyte Island after the US ordered urgent emergency efforts in response to typhoon Haiyan, which has destroyed entire coastal communities. General Paul Kennedy, head of the contingent, said, that the US military presence will likely expand to about 1,500 to 2,000 troops in the coming days.



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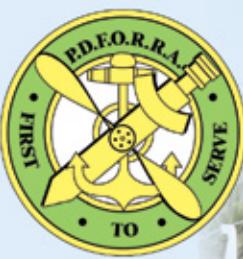
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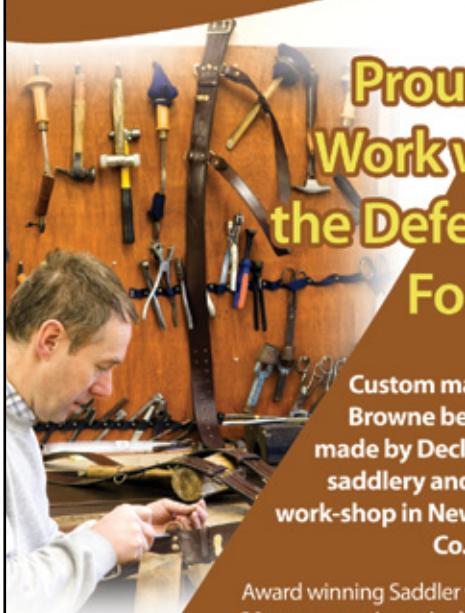


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Fire! Fire! Fire!

BY CAPT JOHN MURPHY (108 INF BN FIRE OFFICER)

The deployment of an engineer fire crew to 108 Inf Bn UNIFIL is only the second time that the Defence Forces have deployed a fire-fighting and rescue team to a mission area. The crew is deployed with a fully equipped fire tender with breathing apparatus sets and road traffic collision (RTC) rescue equipment, and is based in Post 2-45 on a 24/7 basis.

The IrishFinn Battalion HQ in Post 2-45 recently played host to the first ever joint military fire-fighter exercise in a UN mission. The exercise involved fire-fighters from Ireland, Austria, Finland, Malaysia, and the famous Sapeurs Pompiers, who are the full-time Parisian fire-rescue services, a role that has historically always been a military one.

The training was specifically geared towards aviation fire-fighting and the immediate fire and rescue response to be deployed in the event of a helicopter crash or hard landing. Post 2-45 has a dedicated helipad, which provides both a day and night landing capability. The Irish fire crew is always deployed as a precaution for any heli landings at the post. One such landing involved the medevac of a wounded Malaysian soldier who was badly injured in a road traffic collision in which another Malaysian soldier was killed.

UNIFIL's Mission Fire Officer (MFO), Robin Stenhouse, and Force Fire Marshall, Major Zamri (Malaysia), conducted the training. Both these officers have a wealth of professional and practical experience in dealing with real aviation fire incidents, including helicopter and aircraft crashes in remote places such as the Congo and South Sudan. This added an extra edge to the training, which was done under Lebanon's baking heat; even more so when wearing full PPE and BA sets.

The fire-fighting tactics taught were specifically designed to take into account each fire crew's unique circumstances, such as equipment or manpower.

The MFO was quick to point out the uniqueness of the training. "This is the first time that military fire-fighter units on a UN mission have trained together and this will be developed as the mission continues," he said. "This is important in providing UN missions with a proper understanding of the fire-fighting assets available to the force commander and the interoperability of the various crews that could be tasked in dealing with a major incident.

The remoteness of the posts and the lack of fire-fighting infrastructure available to support fire-fighting assets make this training all the more valuable for the crews."

The Irish fire crew carry out daily checks and tests on their equipment like any full-time fire-fighter crew and then return to carry out their engineer taskings such as working as an electrician, fitter or carpenter.

The daily crew consist of a minimum of one NCO, four privates and a fire officer and in total nine of 108 Inf Bn's engineers are fire-fighters, qualified as breathing apparatus wearers and RTC operators, trained in removing casual-





ties from crashed vehicles using tools such as hydraulic cutters and spreaders.

Cpl Aiden Webster, NCO i/c of the crew, says: "Prevention of fire is even more important than a good response and to this end we conduct thorough weekly and monthly fire inspections of all locations. Any issues we find are dealt with immediately to reduce the dangers of a fire occurring."

All first responders, which include the fire crew, a duty water-truck driver, medics and MPs, are tested with a simulated fire within the confines of the camp on a weekly basis. This keeps everyone alert and means that nothing will be left to chance should the worst happen and a fire break out.

The deployment of a fire crew has been a new departure for the Engineer Corps and has refocused efforts to continue to maintain this important skillset and operational capability. The renaming of the DFTC Fire Service to the DF Fire Training Centre and DFTC Fire Services Platoon as part of the recent reorganisation highlights this renewal of effort. At present, qualified fire-fighters from 1 and 2 Fd Eng Cos are being rotated through

the DFTC platoon in order to remain current and keep up to date with their training and improve overall capabilities within the Corps.

A number of other improvements to infrastructure and training for future fire-fighting within the Corps are also underway. The combined fire-fighting training exercise held in UNIFIL confirmed that our training and capabilities remain to the highest of international standards. ■

See the full set: www.flickr.com/photos/dfmagazine/sets



NS International Energy Award



BY LT CDR PATRICIA BUTLER (NS PRESS OFFICE)

On 25th September 2013 the Naval Service received the award for International Energy Project of the Year from the Association of Energy Engineers (AEE). Presented at the World Energy Engineering Congress in Washington DC, this award recognises international energy projects that either present a first-of-a-kind approach in the country where it has been implemented or are more conventional in nature but have achieved significant success.

The Naval Service entry was based on its Energy Management System (EnMS), which has led to significant energy, cost and emissions savings since its implementation. The NS is unique in that it is the first state organisation to become certified to the International Energy Management Standard, ISO 50001, and is the first military organisation to fully undertake the challenge of placing energy efficiency as a key cornerstone of its requirements subject to external scrutiny.

As the maritime element of the Defence Forces, the NS is the state's principal seagoing agency with a general responsibility to meet contingent and actual maritime defence requirements in addition to providing other services such as fishery protection,

maritime search-and-rescue, dealing with maritime pollution, and assisting An Garda Síochána, and Customs. The Service uses its fleet of eight ships, supported by its land-based assets, to carry out these requirements within Ireland's maritime domain (an area of approximately 1,000,000 km² of some of the most hostile sea conditions in the world) and beyond.

In 2007, with the impending purchase of larger ships to cover extended areas of international sovereign responsibility coupled with the start of the economic downturn, NS command recognised that increased fuel costs, decreasing budgets and increased areas of operational responsibility potentially conflicted. The NS responded to this challenge by targeting improved use of energy resources and placing energy efficiency as a cornerstone of its day-to-day operations.

Further to this, in response to European Directive 2006/32/EC to increase energy efficiency, the National Energy Efficiency Action Plan (NEEAP) was published. This resulted in a target adopted by the DF of a 33% reduction in absolute energy consumption to be achieved by 2020. As marine gas oil (MGO) consumption formed approximately 90% of NS energy usage,



Lt Cdr Ger Menihane receiving the AEE award from Dr Eric Woodruff



Lt Cdr Menihane meets former Governor Schwarzenegger at the AEE ceremony

and 35% of DF energy consumption, it was imperative that the NS sought to place its greatest focus here.

Early stage programme development commenced with the initiation of Certified Energy Manager (CEM) training for identified key personnel. An outcome of the CEM training was the recognition that the most effective approach to energy management for the NS was a structured approach, properly resourced.

The NS then put in place a structured energy management framework in line with the international energy management standard, ISO 50001, which was under development. The NS also committed to undertake formal training on energy management

standards in order to allow personnel to properly develop the ISO 50001 structure and implement a strategic approach across the organisation's operational and engineering disciplines.

Having appointed an energy manager and a cross-functional energy team, the NS set about completing an energy review, or gap analysis, using in-house personnel, assisted by external expertise, to develop a more structured understanding of the various elements impacting the energy use of the organisation and to allow functional performance indicators to be developed for all areas of operation.

It was made clear at an early stage that it was an imperative that energy management could not impinge on operational requirements. Further to this, the system was to be output driven and not a paper exercise. This challenge was embraced by the NS Energy Management Team (EnMT) which set about developing the structures to make this happen. The implementation team was fully supported by higher command, which reviewed recommendations at each stage of development and put into place a number of operational and support directives that underpinned the work of the energy team.

The completion of the structured implementation of the EnMS was marked with the recognition by an external certification body of full compliance with ISO 50001 but more importantly by a clear increase in energy efficiency, and a reduction in energy consumption and cost to the organisation.

The structured energy management system is lean from an administrative perspective, ensuring that the focus is on energy and not bureaucracy. The benefits seen to the organisation from this approach have been: reduced energy consumption of 80 GWh (20% over the four years of implementation); an annual energy consumption figure in 2011 of 30% below the 2007 baseline; savings of €5.8m; a reduction in emissions of 20 million kgs CO₂; improved technical understanding of energy consumption; and improved energy and operational planning through improved co-operation and communication between the operational and engineering/support functions of the Naval Service.

These achievements were key to the AEE judging panel selecting the NS as meriting the award. For the same reasons the NS was also shortlisted as a finalist in the Sustainable Energy Authority of Ireland (SEAI) Energy Awards in 2012.

As the twin challenges of decreasing budgets and increasing fuel prices continue, the NS will continue to refine its energy management system to mitigate the effects of these challenges and enable the NS to meet its statutory requirements. ■

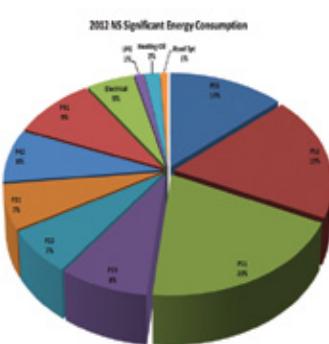


Fig 1. NS Significant Energy Users 2012 (NS EnMS)

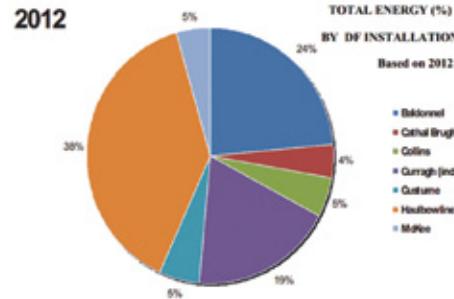


Fig 2. DF significant Energy Users 2012 (DF Energy Register)

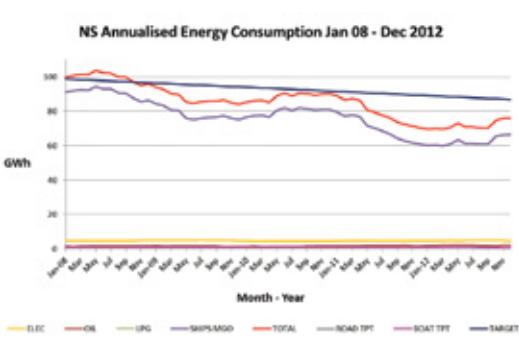


Fig 3. Annualised NS Energy Consumption vs NEEAP Target 'Glideslope' (NS EnMS)



RESCUE MISSION

Revisited

BY LT COL RICHARD CUMMINS (RETD)

As Libya spiralled into civil war at the beginning of 2011 governments around the world became very concerned for the safety of their citizens stranded in that country. Various countries put in place plans to extract their people as the security situation deteriorated. On February 21st 2011, the Irish government took the decision to deploy air assets to assist the Department of Foreign Affairs (DFA) in organising the evacuation of Irish citizens.

Late on February 21st two Air Corps aircraft, a Learjet 45 and a CASA CN235, with eight crew departed Casement Aerodrome for Luqa Airport in Malta. The Learjet is one of the two aircraft that provides the Ministerial Air Transport Service (MATS) to the government. It has a capacity for a crew of three and seven passengers. The Casa maritime patrol aircraft was configured for its role in Malta to take a crew of four and 21 passengers.

This was the start of a nine-day humanitarian operation under the control of the DFA, who had a team deployed at the Irish Embassy in Malta to provide consular assistance to Irish citizens evacuating from Libya.

The following day the Casa aircraft was tasked with transporting DFA officials to Tripoli airport in an effort to co-ordinate the evacuation. This mission proved to be problematic and despite intense negotiations with the Libyan authorities the aircraft and officials returned to Malta without managing to extract anyone. On subsequent days DFA officials commuted to and from Tripoli using commercial flights in a

continuing effort to extract Irish citizens.

A decision was taken in Dublin on February 24th to deploy the Gulfstream GIV aircraft to Rome to collect the Irish Ambassador to Italy, Mr Pat Hennessey, and bring him to Malta. Mr Hennessey also had ambassadorial responsibility for Libya and was in overall charge of the Irish operation. The Gulfstream GIV is the other MATS aircraft and operates with a crew of four and can carry 14 passengers.

Additionally, an Emergency Civilian Assistance Team (ECAT) consisting of DFA officials and a member of An Garda Síochána deployed on this flight. Army personnel also travelled to provide assistance in the area of command, control and communications. The Air Corps also sent a detachment commander to assume responsibility for all Air Corps assets on the ground in Malta.

On the same day the Learjet was tasked with an air ambulance flight to Tripoli at the request of the British government. On this mission the aircraft successfully evacuated a British family of five, consisting of a mother who had just given birth by Caesarean section, her baby, husband and two other children, to Malta for urgent medical treatment.

February 25th began with extensive briefings at the Irish Embassy in Valetta followed later by a multinational meeting where a general consensus was reached that this should be a European-wide effort by all nations to assist EU citizens. There were extensive air assets from other European coun-



Air Corps CASA personnel on their return from Valletta. From (L/R): Capt Barry Sills, Capt Gerard Fitzpatrick, Cpl Anthony Conlon, GOC AC Brig Gen Paul Fry, Cpl Jimmy McCormack, Col Harvey O'Keeffe (now retd), Capt Peter Griffith, Comdt James Quinn and Capt Conleth Walsh. Not pictured, Cpl Tom Shanahan.



Families reuniting on the ramp at Casement Aerodrome as 'Irish 251' returns from Valletta.

national who had subsequently presented himself for evacuation.

On February 28th the aircraft remained on standby and as the day developed it was decided that the Gulfstream GIV would return to Ireland later in the day with a further seven Irish evacuees.

The mission was formally stood-down by Ambassador Hennessey after the departure of the Gulfstream GIV. The CASA aircraft and all remaining military personnel departed Malta on March 1st.

During the period of the operation Defence Forces personnel operated effectively at the Irish HQ in the Irish Embassy and in the multinational Non-Executive Operations Co-ordination Centre (NEOCC) and the Air Corps successfully carried out all tasks assigned to it by the DFA. This included three flights into Tripoli airport, one of which was the air ambulance flight. The two other flights were for the transportation of DFA officials and multinational diplomatic teams to Tripoli airport to co-ordinate evacuation efforts on the ground. The Air Corps also repatriated 14 Irish citizens from Malta to Ireland on two flights in the final days of the operation. The operation represented a new departure for the Air Corps in the aid-to-the-civil-power (ATCP) role, but a challenge that they met successfully. ■

** The author would like to acknowledge the assistance of Comdt Jimmy Quinn (AC) in the preparation of this article. This article was previously published in the newsletter of the Association of Retired Commissioned Officers (ARCO), Issue No: 23, Autumn 2012. www.iarco.info*

tries on the ground in Malta at this stage including C130 aircraft from Italy, The Netherlands and Sweden, and a C17 from Canada. The Air Corps aircraft continued on standby but were not called on.

On February 26th the Learjet departed Malta for Casement Aerodrome with seven Irish evacuees on board who had been evacuated to Malta from Benghazi by the Royal Navy's HMS Cumberland early that morning.

On February 27th the Gulfstream GIV transported three multinational diplomatic teams, consisting of Irish, British and Maltese diplomats, from Malta to Tripoli with a view to assisting any EU citizens who presented themselves at the airport. This was necessary as most of the embassies were not now functioning in Tripoli as their staff had been extracted.

The Gulfstream GIV was used as a command, control and communications centre for the teams operating on the ground in Tripoli airport, who were assisting in extracting evacuees onto an Italian C130. They continued on the ground in Tripoli for the remainder of the day, eventually returning to Malta that night with one British



An emotional reunion in the VIP terminal, the reunited families along with the crew of 'Irish 251' from left, Sgt Leona Walsh, Capt Matthew Quinlan (now retd), Flt Sgt Peter Plunkett and Capt Arthur Hunter Nolan.

CENTENARY OF THE FOUNDING OF THE IRISH VOLUNTEERS, ÓGLAIGH NA HÉIREANN

PHOTOS BY ARMN JASON BYRNE (105 SQN)

On Sunday 24th November 2013, a state ceremony to mark the centenary of the founding of the Irish Volunteers, Óglaigh na hÉireann was held in the Garden of Remembrance, Dublin. President Michael D. Higgins with An Taoiseach Enda Kenny TD led the ceremony, with other members of government in attendance. Over three hundred members of the Defence Forces participated in this event including a Cavalry Escort, Military Bands, Guard of Honour, Cadet Honour Guard, Representative Bodies from across the Defence Forces and an Air Corps Fly Past. This centenary has a unique relevance and significance for the Defence Forces.

"This year marks the centenary of the foundation of the Irish Volunteers. The state commemoration planned for November will have particular relevance for the Defence Forces. The military professionalism and tradition of loyalty, which was set by the Irish Volunteers, a century ago is evident in today's Defence Forces. Many of you here today will play a significant role in this ceremony and in other centenary commemorations as we move through this decade of commemorations."

Alan Shatter TD

Minister for Justice and Defence
PDFORRA ADC on 2nd October 2013





Photos by Cpl Neville Coughlan - These pictures were staged with members of 1 Mech Coy, DFTC and the Lord Edward's Own Re-enactment Group from Kilcullen, Co Kildare.

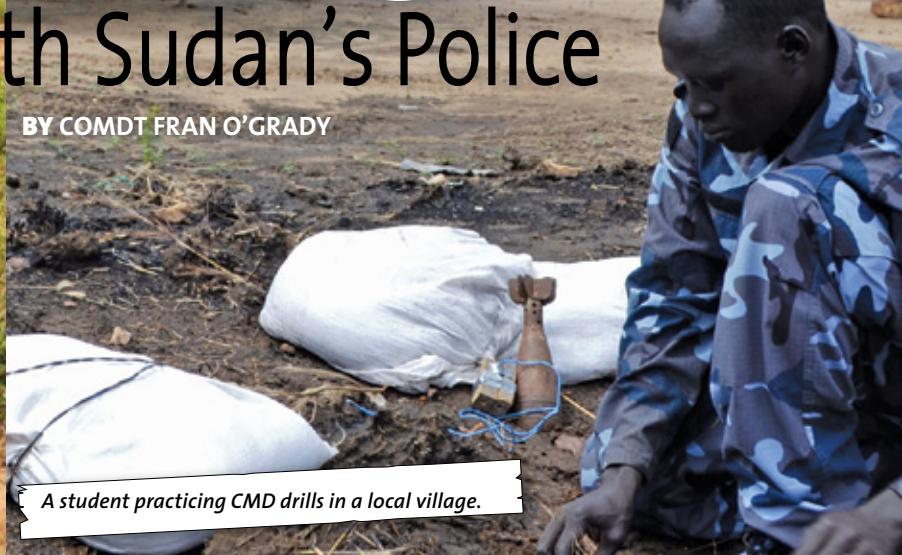
TRAINING

South Sudan's Police

BY COMDT FRAN O'GRADY



CMD Team member conducts a disposal task.



A student practicing CMD drills in a local village.

South Sudan's difficult road to nationhood saw it endure two rounds of civil war, spanning almost 40 years – the longest in African history. Independence on 9th July 2011 was met with an air of euphoria and high expectation but the new nation's divorce from Khartoum has undoubtedly been a painful process.

Two years on from independence, despite massive financial support from the international community South Sudan remains one of the most impoverished and least developed countries in the world and the ongoing violence and instability is deeply rooted, with historical divisions and power struggles among political protagonists ever-present. Add to this a chilling set of development statistics. For example, the fact that over 50% of South Sudanese live below the poverty line; maternal mortality is the highest in the world; and life expectancy is only 42 years¹, speaks volumes to the harsh living conditions faced by the population.

This is a country suffering from trauma and one which has inherited vast tracts of land contaminated by mines and other explosive remnants of war (ERW). As the populace begins the leviathan task of nation building, the need to clear these hazardous areas has become a priority. In response to this need, the United Nations Mine Action Service (UNMAS) conceived a development initiative to train selected members of South Sudan's police service with a view to establishing a national capacity in this field. This endeavour, the first of its kind in South Sudan, is supported by the Defence Forces in the form of a technical training team of four personnel who deployed in August 2013 as part of the United Nations Mission

to South Sudan (UNMISS) and attached to UNMAS.

Any meaningful assessment of the challenges facing capacity development initiatives in South Sudan must be undertaken in the context of the region's past. Many people, from the Nubians to the Ottoman Turks, have left their mark on this part of Africa, but perhaps one of the most divisive periods when it comes to stultifying the pace of development can be attributed to the Anglo-Egyptian conquest of Sudan at the end of the 19th Century. The colonial structure that followed, with all its trappings, created, amongst other things, a middle class in northern Sudan while southern Sudan was left virtually to its own devices.

A wedge was further driven into this divide by the introduction of 'closed districts' policies aimed at administering the South as an entirely separate region. The concept was to intentionally develop the South at a slower pace by restricting trade, religion and education. Southern Sudan was thus isolated from the north and until Sudan's independence in 1956 it was planned that these southern lands would be assimilated into British East-Africa². However, in the rush to extricate itself from the region, Britain did not decouple divergent entities and over half a century later South Sudan is still markedly less developed than its neighbours.

For these reasons, the challenges facing capacity development in South Sudan are different from those faced elsewhere on the continent. The UN currently estimates some 73% of South Sudanese adults are illiterate³. In light of this fact alone, one might consider UNMAS's initiative to establish a national capacity in the technical-

Member of DF Team observes student conduct firing drills.



Mr Paul Evans, Second Secretary, Embassy of Ireland, Addis Ababa, views police CMD training in Rajaf.



Irish Ambassador to South Sudan, Mr Aidan O'Hara presents Comdt Fran O'Grady with his UN medal.

ly complex field of conventional munitions disposal (CMD) as ambitious.

At present, South Sudan does not have the capacity to address the significant mine and ERW problems that it faces, and will face, for decades to come. Therefore, the challenge for the international community in partnership with the government of South Sudan is to develop an effective national capability in this field.

UNMAS is mandated to develop this capacity with the intention of gradually transferring the responsibility to the host nation. To this end, UNMAS intends to train the police in CMD and the army in demining (due to commence in 2014).

The composition and disposition of the South Sudan National Police Service (SSNPS) lends itself to undertaking the mobile and spot task CMD function on a nationwide scale. By contrast, the robust structure of the Sudan People's Liberation Army (SPLA) sees it better suited to engaging in the labour intensive, logically heavy and systematic business of humanitarian demining.

Rambo Isaac (an UNMAS staff member and CMD operator who is also South Sudanese and acts as a translator when needed) succinctly captures the relationship between these separate but complementary functions: "The idea is that army humanitarian demining teams and police CMD teams will complement each other operationally. They are just different tools in the toolbox that hopes to fix the mine and ERW problem here in South Sudan."

The Defence Forces team currently in-theatre is already playing a key role in one of these streams, the pilot scheme to train police CMD operators.

Any capacity development initiative should cross the 'start line' with an understanding of what the 'finish line' should look like, even if the route in between proves to be an elliptical one. That is to say, there should be a clear vision of what the desired end-state is before taking the first step in the process. With regards to the police CMD training initiative, the desired end-state is the establishment of a self-sustainable, nationwide SSNPS CMD capability. To achieve this there is a requirement to train enough police CMD teams to deploy to all 10 states in South Sudan. Although this will take a number of years, the successful completion of the pilot course represents a positive first step in realising this goal and gives cause for guarded optimism.

The DF-led, eight-week, pilot course ran from September to November and was based out of the National Police Training Centre in Rajaf, near the nation's capital, Juba.



As might be expected of a first course it was a learning experience for both students and staff alike. Importantly, those lessons learned (be they administrative, logistic or training related) were incorporated into a 'lessons learned' process in order to improve the training package for future courses. Furthermore, only by maintaining this continuous cycle of course review and refinement can the training evolve and remain fit for purpose.

In conducting a course of this nature, staff need to retain a flexible and responsive approach to the instruction. How we teach is often as important as what we teach when it comes to the students assimilating the material. All lectures, lesson plans and tutorials were reconstructed by the Irish team with this in mind: the objective being that the training framework should be environment specific and tailored to meet the anticipated tasks that the teams would face when operationally deployed.

Effectively balancing the pace of instruction and navigating language barriers is essential in the delivery of this technically difficult course. Rambo Isaac says: "We are all (staff and students) learning every day on this course in our own different ways. This is a dangerous job that the students are being trained to do and it is very important that the students and staff communicate well. The students must feel comfortable at all times to speak up if they don't understand something. This is a two-way process."

Graduation day in November for the first CMD course was met with a palpable sense of purpose and pride amongst the class. Twenty out of the initial twenty-five students qualified as CMD operators, enabling the operational deployment of three teams to their respective home states.

The future support of the SSNPS is critical to the overall success of the project, and the training of CMD teams is only the first step in this process. It is imperative that the capacity being developed is clearly understood by the police service if it is to be resourced and tasked appropriately. Real sustainability will require the police to take full ownership of this project in the years to come; and with that ownership comes a responsibility to meet the many challenges that will indubitably present themselves. Colonel Deng, SSNPS point-of-contact for the initiative, expressed the view of the police: "We are ready for this and greatly welcome the Irish teaching the police in CMD. We look forward to learning these skills and being responsible for conducting this training ourselves in a few years."

¹ OCHA, *Humanitarian Achievements in South Sudan (as of 31 Dec 2012)*.

² Young, John. *The Fate of Sudan* (London, 2012.)

³ OCHA, *2012 Humanitarian Achievements in South Sudan (as of 31 Dec 2012)*.





EXERCISE

‘Lough Sallagh’

Over the past few issues we have looked at how the recent reorganisation has affected units around the county. Many personnel, permanent and reserve, have been relocated and retrained, and the adoption of the ‘Single Force’ concept has seen RDF units disbanded. Reservists are now organised as platoons, troops, companies, and batteries of permanent units. Recently we visited 28 Inf Bn in Co Donegal where permanent and reserve personnel from the battalion were undergoing an integrated training exercise.

Over the past few years 28 Inf Bn has seen substantial changes. PDF personnel in Lifford and Rockhill House were transferred to Finner Camp, and this year the local RDF unit, 58 Res Inf Bn, was stood down and its personnel now make up the reservists of 28 Inf Bn’s C, D, and E Cos, based in Rockhill House, Sligo town, and Finner Camp respectively.

Since the reorganisation earlier this year the battalion, under Lt Col Séan Gavin, has made sure that the reservists are being fully trained and integrated into the unit.

“The ‘Single Force’ concept is going very very well in our unit,” Capt Paddy Toye, OC B Coy, told us. “Since the reorg we have utilised the resources, instructors, staff and training schedule of the PDF companies to assist in the training of the reservists. Where possible we have brought the reservists in and integrated them into our training. So far this year

they have completed PT tests, medical training, manual handling, infantry skills, and public disorder training.”

Even though their units have been disbanded and personnel transferred, the reservists have been extremely positive. As Capt Toye pointed out there have been huge benefits with the ‘Single Force’ concept: the integration is allowing the reservists to benefit from the resources of the battalion, and to receive expert training from soldiers just back from overseas tours of duty, Pot NCO and Standard NCO courses, and Recce courses, just to name a few. The reservists are now also finding themselves undergoing training in areas they were never exposed to previously, such as public disorder training.

Exercise ‘Lough Sallagh’ was the culmination of the year’s training. The 72-hour exercise consisted of a fully integrated permanent and reservist company carrying out conventional operations from Lough Sallagh into the Bluestack Mountains. In the scenario, as armed insurgents retreated across the mountains the 28 Inf Bn troops had to carry out forced marches, platoon- and company-attacks over difficult terrain, and resupplies. In typical fashion for army exercises the summer decided to turn itself off temporarily and the rains came, just to add in that extra bit of hardship.

“Integration exercises like this enable our reservists to learn from the experi-

ences and benefit from the knowledge of their permanent counterparts,” said Capt Toye. “It’s new, it’s a challenge, but already they are achieving the KPIs (key performance indicators) set for them.”

Watching the platoons carrying out an attack there was no way of telling who was PDF and who was a reservist. The appointments were totally mingled; one platoon had a regular sergeant, a reservist lieutenant, and a total mix in the sections. The knowledge transfer was very evident. Simple things that regular soldiers take for granted, such as staying warm and dry at night, packing a patrol pack, or dealing with weapons stoppages, are things reservists simply wouldn’t be used to dealing with on a daily basis. Throughout the exercise the permanent soldiers, with their wealth of experience and knowledge, were advising and assisting their reservist counterparts and the positive interaction between them was fantastic to see.

The reservists, it has to be said, are extremely positive and committed. While they come from all walks of life, from paramedics to secondary school teachers, and aerobics instructors to barmen, they all dedicate their spare time to



BY WESLEY BOURKE
PHOTOS BY CPL NEVILLE COUGHLAN

serving their country. Others, like Coy Sgt Liam Kelly from D Coy, come with a wealth of experience already. Liam previously served in both 1 Cn Cois and 28 Inf Bn for six years before going on to serve with former RDF units 19 Inf Bn FCÁ and 58 Res Inf Bn for another 20 years.

"The 'Single Force' concept is working well," Liam said. "I was a strong proponent of the previous integration model but it has to be said this is better as it is now allowing us to learn from guys who are doing this every day."

Lt Neil Maryfield, E Coy, concurred with Coy Sgt Kelly's sentiments. "This type of exercise is so beneficial for us," he said. Our troops are getting the exact same training and the exact same experience as their permanent counterparts. The added benefit for us is the knowledge transfer. Because the exercise is hard it means the learning curve is much steeper; however it is

also much more valuable."

Integration also means the battalion commander is directly responsible for the reservists and in turn they must report to him.

"The integration with the regulars and reservists in 28 Inf Bn is going very well," said Comdt Peter Kennan, OC E Coy. "In the 2005 re-org RDF units were twinned with PDF units but with the 'Single Force' concept we are totally integrated. For example, this morning I was at the Battalion Commander's Conference with all the other company commanders and I can tell you the OC did not treat us reservist any different and expected us to be of a high standard. He asked each company commander for a full brief on their company and how the exercise was going. And you are expected to have the answers. As Lt Maryfield said, the learning curve is much steeper but we are meeting the challenge." ■



Vox Pops

Cpl Kevin Doherty, B Coy

"It has been a good exercise and a learning curve for everybody. We've had to learn to work with the reservists and they've had to learn to work with us. Believe it or not the standard amongst the reservists is quite high and you can see they've been doing a lot of training. We had a number of two-stars moving onto their three-star course so they needed a bit of tuition but that is to be expected. In my section I had privates from B Coy who were helping out the reserve guys. Everybody has been working very well together."



Cpl Christina Fox, E Coy

"The 'Single Force' concept is going very well for us and exercises like this are a great learning experience. The regular soldiers are very helpful and have no problem giving you advice and teaching you anything that you ask them. I've learned loads and the fact you have someone beside you with so much experience is great. Its invaluable experience we would not have previously got."



Pte Paul Gallagher, C Coy

"I think the 'Single Force' concept is a great idea as guys from our company have done so much since the re-org including public order training and improving infantry skills: it's been great. This exercise is tough as we're not used to being on the ground for such a long period with so much kit, but it's very enjoyable. Last night we carried out a four-hour patrol; I've never done anything like that before. The regulars helped us out in putting up our 'bivvies' and making sure we kept dry."



Pte Chris O'Mahony, C Coy

"The training this year has been great and we were straight into it with public order training in Finner Camp and Rockhill. Not easy; tough, but we had great fun. We've a few lads in our unit from across the border and when it comes to training like that there's always good banter."



I'll admit though I was nervous when the re-org happened because I didn't think the regulars would accept us in their unit. But they've been so helpful and friendly to us. They give us advice on anything we ask and show us how to do it. It's been great."

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How to construct a sub-surface OP (Observation Post)

Many corps and units within the Defence Forces have to construct sub-surface OPs in order to observe their target while at the same time remaining unseen and undetected. Fire support teams, cavalry or infantry reconnaissance detachments or ARW teams can operate for long periods of time keeping eyes on target and gathering and sending back vital ISTAR (intelligence, surveillance, target acquisition, reconnaissance) to higher headquarters.



SELECT THE SITE

1. The site must be no closer than 800m to the target. Any closer greatly increases your chances of being detected.
2. Check the backdrop: Do not use the top of a hill. The idea is the OP will blend in with the background and will not be easily noticed by anyone on the ground or in the air.
3. Comms Check: Before you start construction make sure you have secure comms. No comms? Find another site.

Construction, replenishment and de-construction of the OP are carried out at night time in order to avoid detection.

Remember to only have one entrance and one way in and out of the area so as not to have paths all over the place. Cover your pathway with local foliage to conceal from detection.

CONSTRUCTION

1. Peel back the sod, dig to required depth and width, depending on the number in your team and how much equipment you have. Remember, you could be living in it for up to 72hrs straight.
2. Fill sandbags with clay for wall construction. Dump excess clay 500m away from site and camouflage to avoid detection.
3. Construct a shelf for your optical equipment.
4. Reinforce walls with sandbags.
5. Construct aperture and trap door for target observation.

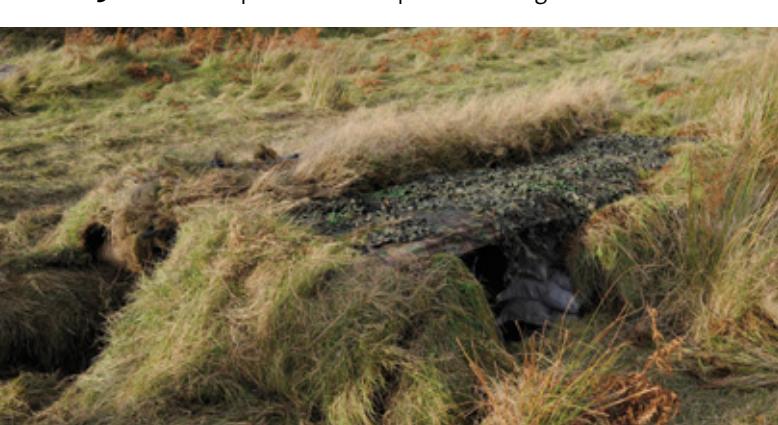


ROOF

There are five steps to constructing the roof.

1. Construct a frame: for roof construction use poles from 105mm camo nets for the frame.
2. Waterproofing: place a basha over the frame for waterproofing. Secure with tent pegs and bungees.
3. Place camo net over the basha.
4. Place chicken-wire over the entire roof and thread local foliage through the wire to conceal and blend the OP with the surrounding area. Chicken wire is the best way to avoid breaks and lines in the roof. The threaded foliage allows for a continuous appearance and optimum blending with the surrounding area.
5. Once roof is finished roll the peeled sod onto the sides covering the tent pegs and edges of the basha, camo net, and chicken wire.

Remember, replenish local foliage only at night



50 Years of Heli Ops

This article has been reproduced from a booklet put together by the Air Corps to commemorate the 50th anniversary of the commencement of helicopter operations.

BY CAPT DAVID BROWNE AND LT COLIN GALLAGHER
PHOTOS 105 SQN (PHOTOGRAPHIC)



The decision by the Irish Air Corps to purchase helicopters wasn't arrived at through major strategic planning, but rather as a result of a number of tragedies from the late '50s onwards. In 1957, following a boating accident in which five people tragically drowned on 22nd October near Clare Island, an inter-departmental committee was set up to investigate the position in regard to arrangements for rescue on the occurrence of sea and air disasters, and to make recommendations. They concluded that better radio communications at sea and a 24-hour coordination service would suffice – and that the requirement for helicopters to save lives would be so rare that it wouldn't warrant being introduced.

In 1961 two shipping incidents where lives were lost (one in October near Eagle Head off the Mayo coast and a second in December off the Wexford coast) prompted a rethink of this strategy. When the involvement of RAF helicopters reduced the number of fatalities from the Halronnel off Wexford, a second committee concluded in 1962 that the men saved from the Halronnel could not, in all probability, have been saved by any other means. This report was presented to the Minister for Transport and Power Mr Erskine Childers who, after the very harsh winter of 1963, raised seven questions to the Dáil, all relating to the establishment of a helicopter rescue service. The official Dáil report (Vol 199, No 1, Tuesday 22nd January, 1963) included a paragraph stating that "The Government have decided that some helicopters should be acquired which will be available for sea and air rescue work... and the service will be administered by the Minister for Defence."

No 3 Operations Wing was originally established under the name of Helicopter Flight in 1963 with the arrival of two SA 3160 Alouette III helicopters. The decision was made to commence a search-and-rescue (SAR) service, operated by the Defence Forces, with the Air Corps providing the aircraft, and the Naval Service providing the Rescue Co-ordination Centre. The Alouette III, having originally been designed to meet a French Army requirement for a medical evacuation helicopter during the Algerian campaign, would suit the role very well. At the time these helicopters were so rare and in demand, the original course was carried out on an Alouette II.

The first two helicopters, A195 and A196 arrived on 26th November 1963. The first SAR mission took place on 23rd December 1963, only three weeks after the service had gone operational, while the first air ambulance took place in February 1964 after a period of heavy snowfall in the west. The men of Helicopter Flight quickly distinguished themselves in those early days with a series of particularly daring rescues on Muckish and Glendalough to name but a few.

These original two helicopters were augmented over the coming years with a further six Alouette IIIs, bringing the total fleet to eight airframes by 1974. At this time Helicopter Flight was upgraded to squadron status. To date, 18 DSMs have been awarded to crews of these helicopters, which provided a SAR service until August 2002.

As the political situation in Northern Ireland deteriorated in the 1970s, the unit saw two new tasks develop to an unprecedented level: those of Army Support and support to An Garda Síochána. Based at Finner Camp, Monaghan Bks and Cavan Bks, these aircraft were used extensively for border recce, observation and limited troop transport. During this period they transported everything from VIPs such as Eamonn de Valera, to IEDs from Coleman's Island, while also maintaining a SAR service for the public.

This intense operational activity of the Alouette IIIs led to reduced availability for training of new crews, so in 1978 sanction was given for the purchase of two SA 342L Gazelle helicopters. This aircraft was at the time the primary training helicopter of the British Army Air Corps, as well as the principal anti-tank helicopter of the British and French armies. From this moment, all helicopter conversion courses would be flown on the Gazelle, and this would last until June 2003.

In 1981 the Defence Forces leased an AS330 Puma helicopter. As fortune had it, the country would then experience the harshest winter in living memory, with the highest recorded snowfalls. The Puma was invaluable to Operation 'Snowman', the greatest air relief operation the state had ever seen. Despite this, the lease for this aircraft was discontinued in 1982.

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In 1986 the unit was upgraded to Wing status with the introduction to service of the AS365Fi Dauphin II helicopter. The Dauphin was at the time the first aircraft in the country to be equipped with a 'glass' cockpit, replacing the traditional 'boiler gauges' of the Alouette III with television-screen-style cathode ray tube (CRT) instrument readouts. This gave the Wing a 24-hour SAR capability for the first time in its history, and began a new era of SAR.

In 1997 the unit began supporting the recently founded Garda Air Support Unit at Baldonnel and continues to this day to exclusively provide pilots, technicians and an operating base for An Garda Síochána.

On the night of Thursday 1st July 1999, the unit suffered the loss of a full crew and aircraft while deployed on SAR duty. Dauphin 248 was on its first night of a new deployment in the Southeast on 24-hour SAR duty in Waterford Airport when a call for assistance was received to search for a boat reported lost off Dungarvan in poor visibility. Following the successful completion of the mission and with further assistance provided, the helicopter was flown back to Waterford Airport just after midnight. However, visibility at the airport had deteriorated to such an extent that each attempt to land at the airport had to be abandoned. With the helicopter now low on fuel, the crew made the decision to perform a coastal approach, but tragically struck high sand dunes near Tramore during the attempt. The complete crew of Capt Dave O'Flaherty, Capt Mick Baker, Sgt Paddy Mooney and Cpl Niall Byrne lost their lives in the impact. The Distinguished Service Medal was posthumously awarded to each of the crew for acting in the truest spirit of the unit's motto, *Go Mairidis Beo* (That Others May Live).

The introduction of a leased Sikorsky S-61 in Sligo for SAR and the introduction of a second Garda helicopter in 2002 enabled the remaining Alouette III pilots to develop the Army Support role to the greatest degree ever experienced. The pilots began to train to the NATO standard of helicopter drills for the first time, and with the permanent withdrawal of SAR in 2004, the way forward to a dedicated military role for the unit was assured.

September 2005 saw the arrival of the Eurocopter Deutchland EC-135 for 302 Squadron. This was the first green-coloured helicopter operated by the Air Corps since the Puma of the early 1980s. These helicopters continue to give excellent service today in the areas of pilot conversion training, recce and aerial photography.

In November 2006, 301 Squadron took delivery of the first two Augusta Westland AW 139s. Now, for the first time, it had an all green, militarily capable fleet. This former SAR squadron now had a dedicated military role to be developed, but many of the traditional skills learnt would lend themselves to this new task, particularly in the skills of fast roping and abseiling.

Ironically, by 2007 the incredible Alouette III was still in service. Forty-four years of continuous operation saw the coming and going of the Gazelle, Puma, Dauphin, S61 and Squirrel helicopter types, not to mention many other fixed-wing aircraft. Not bad for an initial £50,000 each!

The Alouette III remains the most important aircraft ever operated by the Air Corps, having saved more lives, given longer service, given more positive exposure to the Defence Forces, and offered the best value for money compared to any other air asset. But then, the new fleet is still young.

No 3 Operations Wing today consists of four squadrons: 301 Tactical Helicopter Squadron, which employs six Augusta Westland AW139s; 302 Training and ISTAR Helicopter Squadron, which operates two Eurocopter EC135P2s; 303 Deployment & Technical Support Squadron, which carries out day-to-day and heavy maintenance on the helicopter fleet; and 304 Policing & Security Squadron, which employs two EC135T2s and a BN Defender 4000 fixed-wing surveillance aircraft. (304 Squadron is jointly operated by the Air Corps and An Garda Síochána in carrying out the gardaí's day-to-day airborne security operations). Wing HQ consists of the Operations Cell, which coordinates flying missions, training and associated taskings; the Orderly Room, which carries out all day-to-day administration; and the logistics staff, who deal with everything from survival equipment and mission supplies, to the procurement and maintenance of flight-planning computers and transport. ■



The Birth of an Army:

The Formation of Óglaigh na hÉireann 1913-1915 (Part II)

(In the first part of this reprinted article relating to the establishment and early years of Óglaigh na hÉireann we saw how the movement came into being and we ended with the smuggling of weapons for the Volunteers into Howth and Wicklow.)

BY CQMS GERRY WHITE AND LT COL BRENDAN O'SHEA



Programmes of training were drawn up to bring new recruits up to a reasonable proficiency in drill, discipline, basic field-craft and marksmanship. A general instruction was issued in the spring of 1914 advocating that every effort should be made to recruit Volunteers who had previously seen service in the British Army and who could be quickly utilised as instructors. Regular weeknight training soon got underway and on Sundays the new Volunteers were expected to partake in route marches and tactical exercises designed to improve fitness, develop individual field-craft skills, and foster group cohesion.

But there were also significant problems. John Redmond, leader of the Irish Parliamentary Party (IPP), was reluctant to become involved, initially viewing the movement with deep suspicion. Aware of this, MacNeill set out to secure Redmond's support without the authority or approval of his own executive, who feared that once Redmond came on board his supporters would attempt to exercise outright control.

In a move to preempt this possibility the Provisional Committee called a national convention for June 14th to create a national executive on their terms. Redmond responded by issuing an ultimatum in the press on June 9th demanding that they recognise the preeminent position of the IPP and augment the committee with 25 additional IPP members from different parts of the country.

As predicted, this would give Redmond de facto control of the Volunteer movement and a meeting of the Provisional Committee was

convened to discuss this demand on June 15th. After a heated debate MacNeill finally proposed acceptance of the demand to avoid splitting the movement: eighteen voted in favour with nine against. To have done otherwise would have fragmented the movement even before it had become fully established and Hobson was correct in his view that the committee had been left with no alternative. "In the interest of national unity, and in that interest only," he said, "the Provisional Committee now declares that, pending the creation of an elective governing body by a duly constituted Irish Volunteer convention, and in view of the situation clearly forced upon them, they accede to Mr Redmond's demand to add to their number twenty-five persons nominated at the instance of the Irish Party." On the positive side the addition of Redmond's nominees to the committee brought in many new recruits, and by the end of August 1914 the movement could legitimately claim an active membership of just over 180,000.

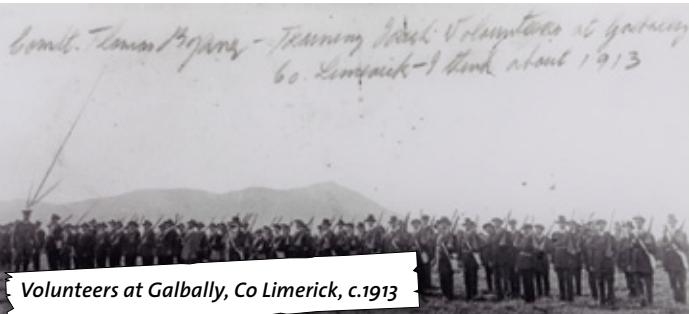
However, this arrangement was not destined to last and it evaporated completely at the outbreak of World War I when Redmond, in response to the signing and placement of the third Home Rule Bill on the statute books (suspended until termination of the war), made an impassioned plea on September 20th to a unit of Volunteers at the village of Woodenbridge, Co Wicklow, to enlist in the British Army. "I say to you, therefore, your duty is twofold", he said. "I am glad to see such magnificent material for soldiers around me, and I say to you, 'Go on drilling and make yourselves efficient for the work, and then account yourselves as men not only in Ireland itself, but wherever the

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The Men of the West, 1916-21



Volunteers at Galbally, Co Limerick, c.1913

firing line extends, in defence of right, of freedom and religion in this war." 170,000 Volunteers answered Redmond's call.

However, this group, renamed the National Volunteers, soon became irrelevant in an Irish context as thousands of their number set off to serve with great distinction in the 10th and 16th Divisions of the British Army. The more militant minority, initially numbering 12,000, refused to follow suit and, dominated by the IRB and retaining the title of the Irish Volunteers, set about the daunting task of rebuilding an entire organisation.

A special meeting of the remaining members of the Provisional Committee assembled on October 10th and elected Eoin MacNeill as the new chief of staff. They also passed a new constitution which categorically spelt out the objectives of the movement: "To secure and maintain the rights and liberties common to all the peoples of Ireland; to train, discipline, and equip for this purpose an Irish Volunteer Force which will render service to an Irish national government when such is established; to unite in the service of Ireland Irishmen of every creed and of every party and class."

The Volunteers were effectively restarting from scratch. Unlike the British Army they did not have any established recruiting offices and were forced to rely on publicity in periodicals such as *The Irish Volunteer* and public parades including Saint Patrick's Day, when local Volunteer units took to the streets, usually accompanied by pipe bands.

The organisation's structure was also changed to cater for the smaller numbers and when the first convention took place after the split (at the Abbey Theatre, Dublin, on October 25th 1914) it was agreed that the movement would be governed by a general council of 50 members (meeting monthly) and a nine-man central executive

(meeting weekly). A month later a Committee of Military Organisation was appointed and tasked with drafting proposals for the establishment of a new general headquarters. These proposals came into effect on December 5th and provided for a headquarters staff comprising a chief of staff, a quartermaster general, and directors of organization, operations, and training.

A scheme of military organisation was also introduced at this time that saw the tactical Volunteer units designated as companies, with an establishment of 103 all-ranks. These companies were subdivided into half-companies, each with two sections, and each section contained two eight-man squads and a number of specialists.

Volunteer battalions, under the command of a commandant, would comprise of from four to eight companies, and plans were made to establish specialist engineer, transport, supply and communications battalions along with a hospital corps.

Volunteer brigades would be commanded by a brigadier general and would consist of three to five battalions.

However, instituting a military structure was the easy part. The Dublin Brigade, for example, was relatively well equipped with the rifles landed at Howth but Volunteers elsewhere in the country were generally left to purchase their own weapons.

Occasionally fund-raising raffles were held in which the first prize was a rifle, but an acute shortage of combat weapons still remained. To alleviate this problem, wooden rifles were frequently used for training and when live firing was permitted most Volunteers were limited to two or three rounds of ammunition.

Nevertheless the first Irish Volunteer summer camp took place during mid-July in Co Tyrone, with further concentrations held during August in Co Wicklow and north Cork, and in Galway in September. On each occasion over two hundred men attended and the Volunteer leadership set about developing the concept further. From these humble beginnings Óglaigh na hÉireann set out on a route which would ultimately change the course of Irish history.

In May 1915, World War I had reached a stalemate in the trenches of the Western Front. The IRB element within the Volunteer leadership identified that 'England's difficulty' was 'Ireland's opportunity' and plans were made to pitch the movement into open rebellion against the Crown in pursuit of Irish freedom.

Founded in the political crisis of 1913, forged in the Rebellion of 1916, tempered by the attrition of the War of Independence and Civil War, Óglaigh na hÉireann would finally emerge in 1922 as the custodians of sovereignty: a constitutionally based national army tasked with defending a free and democratic Irish state.



'Uniforms of Dublin Soldiers through the Ages' by F. Glenn Thompson, taken from *An Cosantóir* Vol. 48 No. 9 September 1988

1. The Irish National Guard raised in 1911 by August in Finlay and later merged

green of various shades remains with us ever since. Professor Eoin MacNeill, Chairman of the National Executive of the Irish Volunteers designed the cap badge which is now worn by all members of the Defence Forces. The Dublin Brigade had the words "Drong Atha Cliath" on the badge.

3. The uniforms of the Irish Citizen Army was a very dark shade of green relieved by a red hand worn on the side of the hat. Most of the members of the Irish Citizen Army were members of the Irish Transport and General Workers Union. James Connolly was the Commandant of this Force.

4. A Captain of the Dublin Brigade Irish Volunteers. Owing to the availability of cloth for the manufacture of uniforms, patterns varied as would be expected, but officers tried hard to keep as close to dress regulations as possible.

5. The Dublin Guards was the first unit in 1922 to make its formal appearance on the streets of Dublin to take over Beggars Bush Barracks. The Guards were distinguished by brown leather equipment.

with the Irish Volunteers. Their head-dress gave the uniform an almost central European appearance. They carried French bayonets and drilled with wooden rifles. Their first headquarters was in Blackball Street and some of their members wore saffron kilts.

2. Suitable uniform patterns for the Volunteers were agreed upon in 1914 and

Army Diving

BY COMDT MARK BROWNEN

PHOTOS BY ARMY DIVE GROUP PHOTOGRAPHERS

The history of army diving can be traced to 15 May 1958 with the formation of the Curragh Sub Aqua Club, which while a civilian club had many DF members, some of whom went on to found the Army Sub Aqua Group (ASAG) in 1974.

The first major operation involving military members of the Curragh Sub Aqua Club came in 1969 when their assistance was requested by the gardaí in the search for the bodies of nine children who died when a boat capsized off New Quay, County Clare. This operation, which lasted almost three weeks until all the bodies were recovered, involved 20 divers operating in search teams for the duration.

When the ASAG was established in 1974 it drew its membership from all corps and services. Originally recreational in nature the ASAG also had the capacity to be transformed into a viable and well equipped military underwater unit. The group's original core element of about 70 divers (led by such notables, now long retired, as Des Hearns, Shane Gray, Dave Betson, Billy Nott, and Mick Moriarty) set about training all who passed through the annual courses on Bere Island in the skills required to allow the group be used both as an adventure and confidence training tool and as a deployable military diving unit.

As the ASAG was one of the few established groups in Ireland with the capacity to assist with underwater searches and other water-based operations it quickly became regularly in demand to assist the gardaí, whose own diving unit was small at the time, and the new Naval Service diving unit.

As the capacity of both the gardaí and NS's diving units grew the requests for ASAG assistance lessened, allowing the group to concentrate on its core business, the provision of adventure and confidence training for units. This training was co-ordinated by the Army Council for Adventure Training (ARCAT), which later evolved into the Defence Forces Council for Adventure Training (DFCAT).

Operating through SO Sports and Fitness Policy in the J7 Directorate the ASAG delivers regular support to unit exercises and confidence training throughout the Defence Forces. Adventure training is extensively used by armed forces throughout the world as a leadership development tool. Studies have shown that there is a direct link between the experience gained from leading in high-risk adventure training activities and leading troops in operational deployments.

The group name was changed in the mid-1980s to the Army Diving Group (ADG) following a request to the director of training and a survey of the members that took into account the traditions and origins of the group. The ADG is recognised nationally and affiliated with the Irish Underwater Council, the national governing body for underwater recreational activities.



Tpr Tom O'Doherty giving the OK signal on entering the water.



A diver's technical kit

Since 1991 the concept of delivery of this adventure and confidence training was expanded. To ensure the DF was benefitting and getting the maximum return for the significant investment by various directors of training,

transport, and ordnance over the years the focus of the group was expanded to include the delivery of support to training institutions and units that had water-based aspects to their exercises or training programmes.

The ADG set about qualifying its members to a nationally recognised standard via its approved syllabi of training and expanded the pool of qualified and properly equipped personnel available to support the demands of the rapidly evolving unit training of today's Defence Forces.

An education programme was also identified for the divers and the ADG now has one of the highest numbers of diving instructors and diving instructor assessors nationally, with skill-sets ranging from diver medic to mixed-gas blender instructors and cox'n instructors, amongst others.

The group has also seen a significant growth in technical diving aspect. Members have dived on well-known wrecks such as the Lusitania (92m off Cork), the Laurentic (70m+ off Malin Head) as well as the Aud, made

famous by Roger Casement's exploits in 1916.

To ensure the skills and drills remain at the highest possible levels the group encourages members to remain abreast of modern developments. Trips to more challenging areas, ranging from the Galapagos to Scapa Flow and Antarctica, have been undertaken by ADG members, at no cost to the group, to improve on and further develop the necessary competencies. Members also volunteer for RNLI and community search-and-recovery units in their own time. Training with these groups is also beneficial in improving skills.

The ADG is also a registered powerboat school and can conduct and award powerboat licences under the Irish Sailing Association's powerboat training scheme. This has facilitated the training of safety boat coxes for units who regularly employ rigid inflatable boats (RIBs), such as the Air Corps, who provide safety cover during pilot training. This licence is similar to that awarded to members of An Garda Síochána, Customs and certain RNLI grades. The group's cox'n instructors undergo an annual external validation process to ensure our standards are maintained and reports sent to DJ7.

With dedicated military diving in the Defence Forces nearing its 40th year, it has developed from a small group of dedicated individuals with little equipment to a well equipped, versatile team of qualified personnel available to enhance the training and development experiences of today's Defence Forces. ■



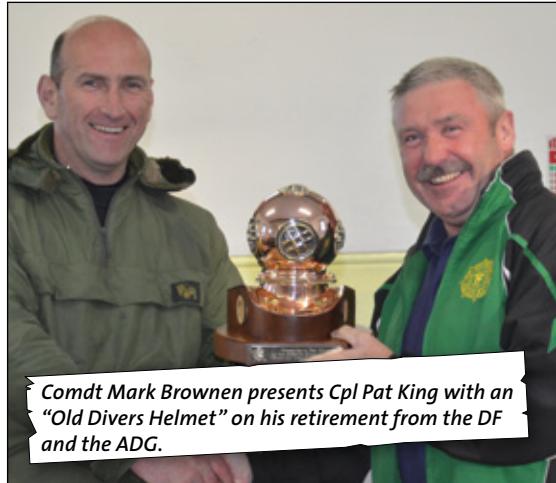
Pictured at Scapa Flow 1988 (L/R): Comdt Pat Sweeney, Comdt Ray Quinn, Lt Col William Nott and Cpl Pat King preparing to dive on a German WWI naval wreck. Photo: Lt Col W. Nott



A trainee diver carrying out the basic CPR drills - a requirement of every qualified diver.



Members of the Air Corps on a CFT Coxswains Cse, run by the ADG in May 2013.



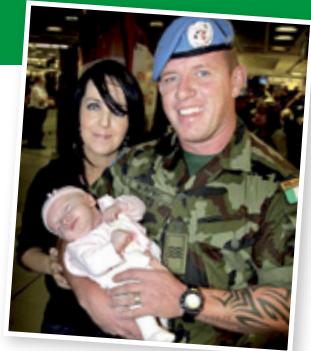
Comdt Mark Brownen presents Cpl Pat King with an "Old Divers Helmet" on his retirement from the DF and the ADG.





GANBO & GACBO

Group Life Cover for CAFNBO members and their spouses



Since the last review on 1st January 2011

€8,680,000

has been paid out to the families of **56 GANBO members**

€5,115,000

has been paid out to the families of **33 GACBO members**

Source: Matt Byrne, CAFNBO, November 2013

OUTCOME OF THE 2013 REVIEW

Please see the outcome of the 2013 Review for the Group Life Plan for CAFNBO members and their spouses below. The underwriting of the scheme has been transferred to Friends First. This is effective from the 1st January 2014 and is guaranteed for the next 3 years.

WHAT ARE THE BENEFITS OF THE SCHEME?

• DEATH BENEFIT

MEMBER: was: €155,000,	now: €160,000
SPOUSE/PARTNER: was: €155,000,	now: €160,000
DEATH OF A CHILD: €5,000 (no change)	

• ACCELERATED TERMINAL ILLNESS PAYMENT

In the case where a member is diagnosed with a terminal illness with death expected within 12 months,* the Scheme will make an advance payment of up to 40% of the benefit payable under the GANBO/GACBO Scheme. This facility applies to serving members and their spouses only.

HOW MUCH DOES THE SCHEME COST?

GANBO Scheme for CAFNBO members: was: €6.23 per week
now: €7.02 per week

GACBO Scheme for members' spouses/partners:
was: €4.62 per week
now: €5.16 per week

TOTAL COST OF SCHEME:
was: €10.85 per week
now: €12.18 per week

HOW TO JOIN

The GANBO & GACBO Scheme is open to all members of CAFNBO and their spouses/partners. To join today, complete a membership card and submit it to the address below.

A nominated beneficiary is not legally binding on the trustees of CAFNBO who administer the payment of benefits which arise on death. If you wish to change your beneficiary, simply complete a New GANBO Card (Blue Card) and mark it 'CHANGE OF BENEFICIARY' on top. Address: Secretary CAFNBO, CAFNBO House, 33 Infirmary Road, Dublin 7.

PLEASE NOTE: A beneficiary is the person (or persons) nominated by you on your membership card.

HOW TO MAKE A CLAIM

For change of beneficiary or notification of death, contact

CAFNBO: Tel: (01) 671 1841
Email: caf dbo@eircom.net
Website: www.cafnbo.com
Write to: CAFNBO, CAFNBO House,
33 Infirmary Road,
Dublin 7.



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GEAR REVIEW

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increases acceleration and manoeuvrability while remaining lightweight. The authentic OrthoLite® insoles provide

cushioned comfort in any environment.

For peace of mind, the RECON Trainer includes a 5.11 Blood Type Patch Kit for quick attention in emergency situations. Other features include: Full-length CMEVA midsole, stable rubber outsole and toughened toe reinforcement.



Our reviewer Capt Bernard Behan (MONUSCO) says...

The 5.11 Tactical Recon cross trainer is an excellent version of a hybrid runner/shoe for casual wear while in an operational environment. These cross trainer's can be best described as a lightweight, breathable and extremely tough set of footwear. I have been testing these cross trainers on my current overseas mission in the Democratic Republic of the Congo (MONUSCO), during my out of uniform duty hours. The standard of manufacturing quality is visibly very high and has also performed as described in this hot climate. They have been used for various tasks and I have found that they offered me excellent comfort while keeping my feet cool in this temperate and very humid climate. I can safely say that I have been impressed with this product and could easily recommend them to others who may be looking for a comfortable, strong and versatile piece of footwear for all environments. I believe that the price listed is reasonable for the quality offered.

Comfort 9 - Breathability 9 - Durability 8 - Value 8

PT A-BRAVO BUMP HELMET

COLOUR: OD GREEN

PRICE: €70.00

The manufacturer says...



A lightweight 4 pt suspension helmet with Bungee Molle fastener. Comes with nape pad and multi chin strap for stable NVG platform. Black zinc phillips bolts for complete field strip. Dynamic porting and removable EVA foam for maximum comfort and breathability. Only helmet that Decontaminates. HAHO/HALO Jump Tested 20,000+. Weight: 1lb. Designed for comm system support. Drill pattern includes MICH/PASGT/Norotos mount types (rectangular and triangular). Waterproof, Shockproof, MIL Grade. In addition this helmet would be ideal for outdoor adventure sports.

Our reviewer Sgt Fran Whelan (No 5 Sp Wing & DFAM) says...

I tested this helmet from an outdoor sports perspective and not from a military one. As a climber I compared it to a climbing helmet which conforms to standards from UIAA. The vents are on top which would allow falling snow and small rock debris to enter. It is quite bulky and the strapping system didn't feel of the high quality material I expected. I found when wearing gloves it was not easy to adjust the buckles and straps. For these reasons I would not recommend it for climbing. Tested on a mountain bike the helmet feels snug and warm and it vents well. I found the helmet has a tendency to move back on the head and the chin strap seems uncomfortable for me. The padding is held in place by Velcro, which can be easily removed for cleaning and replacing. The padding must remain in place and cared for at all times as there are a few small interior nuts on the inside of the helmet which may be an issue on impact. I would recommend it for mountain biking and kayaking.

Comfort 7 - Breathability 8 - Durability 8 - Shockproof 8 - Waterproof 9



Princeton Tec®

PRINCETON TEC SWITCH MPLS

COLOUR: BODY: TAN WITH RED AND WHITE LED

PRICE: €45.60

The manufacturer says...

The Switch-MPLS is designed as a personal task light that offers very light weight and unmatched versatility. Combining functionality with intuitive design is the name of the game when you have a dual-LED head on a flexi-neck platform. Specialty lighting colours are important when accomplishing tasks that require night vision preservation, the Switch-MPLS



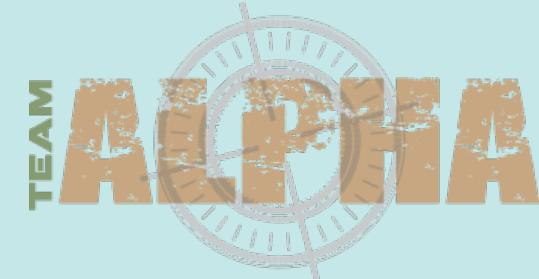
will always turn on in the low mode of these specialty colours, but with a 2 second hold of the large push button, the Switch-MPLS will activate the bright white or red LED mode for better illumination. Specialty LED colours include Red, IR, Blue, and Green. High output colours include White and Red.

Specifications: power 10 lumens, batteries 2 x 2016 lithium coin cell, weight 17 grams and waterproof to level 1 (designed for water resistance to splashing and quick dunkings).

Our reviewer Cpl Ruairí Jacob (1 ACS) says...

The MPLS is designed as a task light for the soldier who finds they are carrying out numerous jobs within their line of work. It is designed to aid the soldier in many aspects and is also a great aid for those who require it to operate at night, maintaining night vision. When operating the system it always turns on at the lowest setting first and switches on as red lighting first. There is also the option of using white light by just a press of the operating button. This task light is very light to carry at 17 grams and can be attached to your assault vest, helmet and even your personal weapon - with the correct railing system. It is a very manoeuvrable system due to the flexi neck, so you can manipulate the light to suit your need. I used the system on the weapons intelligence course and found it of good benefit whenever I was working at night. Due to its nature you hardly know you have it on your person. The battery life is good and it uses 2 lithium coin cell batteries. This also makes it handy as the spare batteries can be easily carried. The only downsides were the cost and also the fact that our Steyrs' don't yet have the railing system required. Overall the system itself is very good and proves to be a good aid to the operational soldier in many different capacities.

Waterproof 9 - Battery Life 9 - Brightness 8 - Flexi-neck 9 - Function 8



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COMPETITION

This month Team-Alpha is offering a €100 Voucher to be used on their website www.team-alpha.ie. For a chance to win this prize please answer the following question:

How much is a pair of Camelbak Cold Weather Gloves on www.team-alpha.ie?

Answers on a postcard to An Cosantóir's regular address or by email to subs@military.ie, closing date is 21st January 2014. Winner will be the first correct entry drawn.

Last month's winner of a €100 voucher for Team-Alpha.ie was Eoghan Brady.



NOTICEBOARD

This page is designed to give our readers an easy-to-follow list of upcoming events or notices for our wider Defence Forces Family. Readers who want to submit notices that may be of interest to others should keep their notices to the point, include contact details and send by email to: magazine@military.ie or by post to: Editor An Cosantóir, DFHQ, Block 5, Ceannt Bks, DFTC, Curragh Camp, Co. Kildare, Ireland. **PS. Our old noticeboard will still be made available on www.dfmagazine.ie**

ONE CALLS FOR NEW MEMBERS

The Organisation of National Ex-Servicemen and Women (Óglaigh Náisiúnta Na hÉireann) or ONE is a support organisation for ex-service personnel of the Irish Defence Services. Representing veterans since 1950, ONE is dedicated to looking after the welfare of ex-service personnel of the Irish Defence Services and is recognised as the official representatives of ex-service personnel by the Dept of Defence and the Military Authorities.

They are always seeking new members to join their ranks, membership is open to any person who has served in the PDF, RDF, Irish Red Cross, Civil Defence or Garda Síochána providing such person has had at least one-years satisfactory service and has been honourably discharged.

For more information or to find your nearest branch visit: www.oneconnect.ie or www.facebook.com/ONELreland or email info@oneconnect.ie or Ph: 01 485 0666

Word Search

Cross off the words in the list as you find them.

Word searches are fun, they also bring benefits you may not realise and can play an important role in keeping you mentally fit.

R	D	J	E	M	W	D	A	G	S	N	S	J	X	G
Y	T	D	B	E	A	W	G	Y	F	O	G	D	A	N
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J	Y	A	K	I	H	I	O	V	U	T	A	W	P	N
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Military

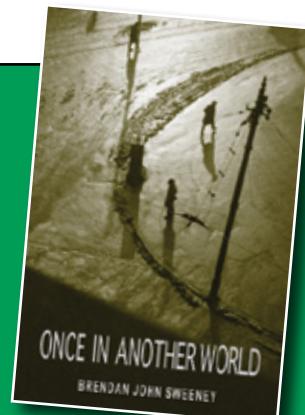
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DECEMBER Q&A COMPETITION

1. What year was the Niemba Ambush in the Congo (this issue)?

Answers on a postcard to our normal address or email subs@military.ie for a chance to win a copy of 'Once In Another World' by Brendan Sweeney – reviewed September 2013.

Last month's winner of 'Dougie's War' written by Rodge Glass and drawn by Dave Turbitt was Alan Breen. Closing date is 21st January 2014.



BY WESLEY BOURKE PHOTOS BY A/SEA DAVEY JONES (NS)

In conjunction with 'The Gathering', Co Cork held a week-long celebration of "all things Cork" from October 14th - 20th. Named 'Rebel Week', the celebrations had a specific focus on bringing international visitors and family home to Cork, both the county and the city, throughout the week. The initiative targeted a minimum of 5,000 international visitors in addition to returning friends and family living abroad, plus locals and other people from around the country.

A host of activities were held to celebrate 'Rebel Week', including a Rebel Week passport; international marching bands; international Cork Day, on October 16th, in celebration of both Michael Collins' birthday and International Food Day; international sporting events; the Global Cork Economic Forum; and the Global Cork Network.

As part of the activities Collins Bks, Cork, opened its gates to thousands of schoolchildren, tourists and members of the public.

To mark Collins' birthday on October 16th, which for the day was also called Cork Independence Day, the Minister for Agriculture, Food and the Marine, Simon Coveney TD, and former Minister for Justice (and Michael Collins' grand-niece) Nora Owen, along with other invited guests attended the celebrations in Collins Bks.

Brig Gen Derry Fitzgerald (GO 1 Bde) told the large attendance about General Collins who he told them was the army's first commander-in-chief and was remembered "as an Irish hero and visionary."

Minister Coveney said General Collins was "Cork's greatest son" and had made the ultimate sacrifice for his country while Nora Owen said he would have been "thrilled" at the events that were organised and would have been proud of the modern Irish army.

All elements of 1 Bde were on display, from infantry support weapons to the heavy-lift capability of the Transport Corps. There were also several vintage vehicles on display including Sliabh na mBan; a Thompson Ford armoured car; and a yellow 1919 Rolls Royce Silver Ghost

commandeered by the IRA in Co Cork in 1921. The latter vehicle, nicknamed the 'Moon Car', was fitted with two mounted Lewis machine-guns and had a top speed of 70mph, faster than other cars on the road at the time. This particular vehicle is believed to have been used in an attack on British troops disembarking in Cobh in 1924; an incident in which a soldier and a civilian were killed. The Moon Car has been magnificently restored by Jim Blackburn, the same man who helped restore the Sliabh na mBan.

Of great interest to visitors to Collins Bks was the museum with its collection of personal papers and artefacts belonging to General Collins.

The day also saw the launch of a special exhibition in the museum recounting 300 years of military friendship between France and Ireland. Four members of the France's 92nd Infantry Regiment attended this ceremony. The 92nd, originally named the Walsh Regiment, was founded by Irish Wild Geese soldiers and fought for France in a number of famous battles including the 1745 Battle of Fontenoy in Belgium, where the French defeated an allied force of British, Hanoverians, Austrians, and Dutch.



Pictured at the launch of An Toglach viewer in the Military Museum, Collins Bks, Cork as part of Cork Rebel Week are (L/R): Superintendent Barry McPolin, Cork City Manager Mr Tim Lucey, Minister Simon Coveney, Lord Mayor of Cork Cllr Catherine Clancy, GO 1 Bde Brig Gen Derry Fitzgerald, Mrs Nora Owen and Mayor of Cork County Cllr Noel O'Connor. Photo: Capt Dave Sweeney (1 Bde Arty Regt)



REVIEWS BOOKS

BOOK

THE BESTSELLING 'SPIDER' SHEPHERD SERIES

BOOK 1 & 2

BY STEPHEN LEATHER



HARD LANDING

Publisher: Hodder & Stoughton (hodder.co.uk)
Published: 2004, (New edition September 2008)
ISBN: 9781844568574 **ASIN:** Boo2V09292
Price: €6.64 (pb) / €0.58 (eBook)
Pages: 484 pages

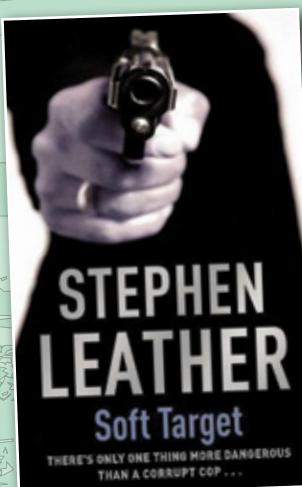
INTERNATIONAL BESTSELLING AUTHOR Stephen Leather's first 'Spider' Shepherd thriller 'Hard Landing' is set inside Belmarsh Prison, a category 'A' prison used for high-profile cases, including convicted terrorists. In this hard-hitting tale, Shepherd, a former SAS trooper, is part of a deep undercover police squad tasked by the Home Office.

Using the cover of being on remand as a hardened armed robber, Shepherd must get close to his mark, a notorious drug baron who continues to run his illegal operation from behind bars, harassing and killing witnesses to stop any trial. Shepherd must establish who is on the crime-lord's payroll, including inmates and prison officers, in this notorious top-security prison.

Be warned, this hard-man tale has a tear-jerking parting shot; so keep the hankies handy! **WF**

SOFT TARGET

Publisher: Hodder & Stoughton (hodder.co.uk)
Published: 2005 (new edition September 2008)
ISBN: 978-0340834091 **ASIN:** Boo2V091F2
Price: €7.69 (pb) / €5.93 (eBook)
Pages: 520 pages



EX-SAS TROOPER turned undercover cop 'Spider' Shepherd returns in Stephen Leather's the second book of his bestselling series. In 'Soft Target' Spider is playing the role of killer-for-hire to two unsuspecting friends; one who wants to do away with his business partner and a gangster's wife who wants rid of her violent spouse.

The many subplots will keep you entertained as Spider swaps his identities and interweaves between them; infiltrating an elite armed police unit turned rogue who started a private war against the 'Yardies', taking them out, stealing their profits and selling off their drugs in Dublin.

In another sub-plot we learn of a group of Muslim fundamentalists who are planning to attack London. In the final pages Spider and our rogue cops come face-to-face with terrible danger as they race against time to track down the terrorists in London's tube stations.

Spider Shepherd is a truly likeable character, who juggles parenthood and the role of a special undercover policeman with tremendous skill and devotion. **WF**

About the author: Stephen Leather is one of the UK's most successful thriller writers, with more than two million books sold. His bestsellers include 10 books and seven short stories in the Spider Shepherd series, have been translated into more than ten languages. Before becoming a novelist he was a journalist for more than ten years on newspapers such as *The Times* and the *Daily Mail*. He has also written for television shows such as *London's Burning*, *The Knock* and the BBC's *Murder in Mind* series. Two of his books, *The Stretch* and *The Bombmaker*, were filmed for TV. www.stephenleather.com

BOOK

BAD TIMES - CANNIBAL GOLD [KINDLE EDITION]



Author Chuck Dixon

Publisher: Bruno Books (September 2013)

Sold by: Amazon Digital Services, Inc.

ASIN: B00F4DHLQE

Price: €2.35

Pages: 162 pages

WHEN DR TAUBER approaches Dwayne Roenbach to go on a rescue mission to search for his missing sister, Caroline Tauber, and her two colleagues in the Nevada desert, he didn't really know what he was getting in to.

"I need you to take a small team into the most dangerous place on the planet and bring them all back alive, with no backup, no support and no comms. There and back with no incident or casualty, and keep it to yourself forever!"

The part he left out was that their destination is 100,000 years in the past!

Dr Tauber's unknown financial backer puts his private jet at Dwayne's disposal to go get his team. Dwayne, who has 10 years military experience, including three tours in Iraq and two in Afghanistan with the elite US Army Rangers, reforms his ex-Ranger team consisting of African American Chaz Raleigh, Native American James 'Jimbo' Small and explosive expert Rick Renzi. Together they find more than they could have imagined when they arrive in prehistoric Nevada.

With a great storyline and really interesting character profiles, New York Times bestselling author Chuck Dixon has started another great action series - *Bad Times*. **WF**

About the author: Chuck Dixon has more than twenty-five years of experience in the graphic novel field as an editor, writer and publisher. Contributing scripts to over a thousand publishers like DC Comics, Marvel, Dark Horse. His comic book adaptation of JRR Tolkien's 'The Hobbit' continues to be an international bestseller. He currently writes 'GI Joe' and 'A-Team' for IDW, 'The Good the Bad and the Ugly' for Dynamite, and 'The Simpsons' for Bongo Comics.

www.dixonverse.net

DVD

RED 2

Director: Dean Parisot

Starring: Bruce Willis,

John Malkovich,

Mary-Louise Parker,

Anthony Hopkins, Helen

Mirren, Byung-hun Lee, Catherine Zeta-Jones, Neal

McDonough and Brian Cox

Certificate: 12 years +

Runtime: 1hr 56mins

Release date: 25 November 2013



SOME OF HOLLYWOOD'S finest stars reprise their roles in this spy sequel to *RED*, an action comedy based on DC Comic's cult graphic novel as ex-CIA agent Frank Moses (Willis,) classified as 'Retired and Extremely Dangerous' (*RED*), reforms his team for another mission.

Frank is asked to track down a nuclear device but first he must find out its location from the scientist who created it, Edward Bailey (Hopkins), who is locked up in a mental facility. Frank, with his sidekick Marvin (Malkovich) and girlfriend Sarah (Parker) in tow, and aided by Russian KGB agent Katja (Zeta-Jones), heads to Moscow. With other unknown agents in pursuit and a deadly assassin (Lee) contracted to kill him, it's all guns blazing in this enjoyable light-hearted action comedy.

www.lionsgate.com/movies/red2/



GAME

BATTLEFIELD 4

ICE

18
www.ea.com

THE FOURTH INSTALMENT of the *Battlefield* series, powered by Frostbite™ 3 – the next-generation graphics engine, offers players a glimpse into the future of interactive gameplay: a future that is more realistic, dramatic and believable.

In *Battlefield* you can demolish the buildings shielding your enemy, or you can lead an assault from the back of a gunboat. The game grants you the freedom to do more and be more while playing to your strengths and carving your own path to victory.

In addition to its hallmark multiplayer, it features an intense, dramatic character-driven campaign that starts with the evacuation of American VIPs from Shanghai and follows your squad's struggle to find its way home.

Immerse yourself in the glorious chaos of all-out war. www.battlefield.com/battlefield-4

Genre: First Person Shooter - **Platform:** Xbox 360, PS3 & PC - **PEGI:** 18+ - **Release:** 01/11/2013 - **Price:** €59.99. (PC €39.99). © Copyright 2013 Electronic Arts Ltd. All rights reserved.



NAME DAMIEN MURPHY
RANK PO/SEA
UNIT LÉ AOIFE
POSITION ON BOARD BOATSWAIN

I also have to ensure that the ship is stocked up with sufficient stores to last the required length of a patrol, which is usually four weeks.

At sea my day usually starts at 0700, which is 'Call the Hands' (time to get up), and by 0800 I have briefed my two leading hands on the work that needs to be carried out during the day. Between 0800hrs and 0900hrs the ship is cleaned below decks; wash spaces, accommodation spaces, messes and all alleyways have to be cleaned and maintained. I then check all this work after it has been reported as completed.

When the ship's RIBs are being launched for boarding operations I am required to supervise all aspects of safety. Again, my team reports back to

"I have been in the Naval Service for the past 22 years and have enjoyed every minute of it. I have to say the Service has been good to me."

me to say all checks have been carried out as per the SOPs and that the required number of personnel are on deck to launch the boat. I then report this to the EO, who in turn informs the captain: 'Ship's boat ready to launch.'

When the ship goes to anchor or berths alongside a quay I oversee that all procedures are being carried out properly and safely.

I am also responsible for the training of the ship's seamen in all aspects of seamanship and safety.

I have been in the Naval Service for the past 22 years and have enjoyed every minute of it. I have to say the Service has been good to me. Life at sea can involve very long hours and tough going but it has been very rewarding and I wouldn't trade it for anything else. ■





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We wish all retired members of the Permanent & Reserve Defence Forces a Merry Christmas and a Happy New Year

Organisation of National Ex-Servicemen & Women

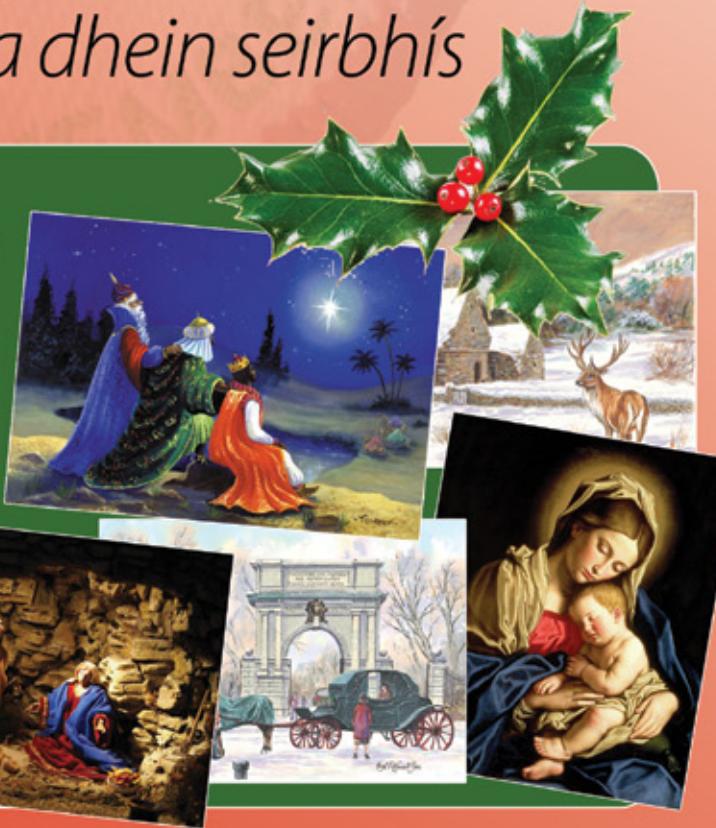
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Ag cuidiú leosan a dhein seirbhís

This year, why not take action to support your former comrades by buying Christmas cards that raise funds for the Fuchsia Appeal. *The Fuchsia Appeal directly supports the Organisation of National Ex-Servicemen and Women's provision of accommodation for homeless ex-service personnel.*



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**Óglaigh Náisiúnta na hÉireann Teoranta, Brú na bhFiann, Smithfield Market,
North King Street, Dublin 7. CHY 13868 Tel: 01 485 0666**

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