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AN COSANTÓIR

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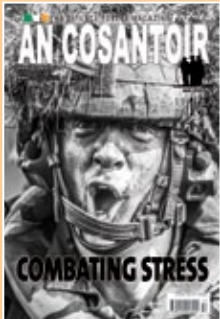
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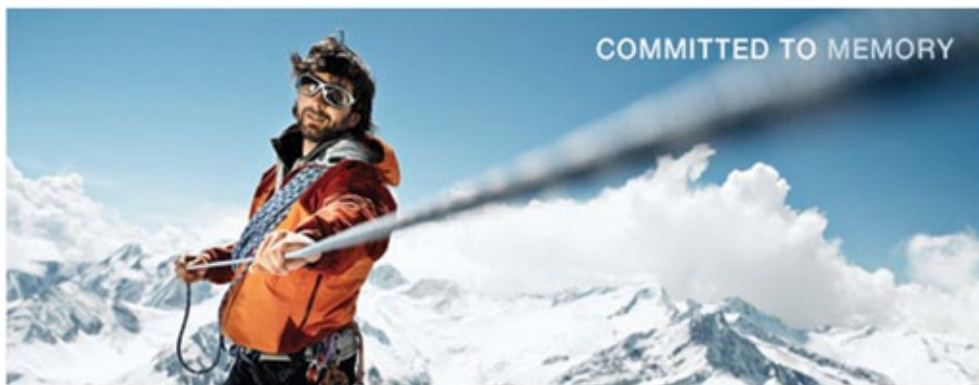
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Front Cover

Pictured is a member of the RDF during a combined RDF Standard NCOs and Potential Officers Course. Photo by Cpl Neville Coughlan

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

Editorial

Hello and welcome to our May 2016 issue, which completes my fifth year as editor, and hopefully there are many more years to come. This month we have an A3 pullout poster on the Javelin 'Fire & Forget' missile. The photos are by Sgt Karl Byrne and Cpl Neville Coughlan and are impressively designed by Sgt Mick Burke.

Our issue starts with your photos *On Parade* and we were inundated with your photos from the 1916 Centenary Commemorations that we were delighted to extend the *On Parade* to page 11. The first *In Focus* piece is *Jim Woods – An Appreciation*. Jim served in the Engr Corps during the Emergency, working on coast defences like Spike Island and Fort Davis. Next up is our visit to the *Listowel Military Museum & Tattoo*, where we met up with owner Jim Halpin, and members of the Tattoo Committee prior to the May Bank Holiday show. Our *Veterans News* is *Donnycarney Does Tony Proud* by Dessy Keegan, IUNVA Post 25 (Fermoy), who explains how 18-year-old Tpr Thomas Fennell killed in Niemba as a member of A Coy, 33 Inf Bn was remembered by his home town. In our front cover story, Jill Davis, an occupational social worker with the Personnel Support Services in 2 Bde HQ guides us through *Stress - Listening and Waiting on the Journey*.

We finally bring you the full story behind Cadet Frank Russell's (now Comdt Retd) memories of the 1966 Easter Rising Commemorations with 1916 Volunteer Seán O'Duffy *Saluting the Flag*. In *A Blast from the Past, the Guns of Easter 1916*, military author and historian Paul O'Brien briefly explains the significance of the very same weapons that were used during the 1916 insurrection and were recently fired on Kilbride ranges. In *Operation Phoenix Rising*, I met up with Seán Ó Cearrúlláin, an Irish born UK Armed Forces Veteran and film-maker, who is launching a Kickstarter project to fund the filming of an 8-part TV series on one of the first Special Forces Units – The Linge Company. Our centre-spread has been devoted to Cpl Neville Coughlan's images captured during the *Centenary of the 1916 Easter Rising*, where a number of ceremonies took place over the Easter period.

For *Strategic Review*, Dr James McCafferty DSM, BA (Hons), PhD who was a member of 34, 36 and 39 Inf Bns, looks at the *UN Emergency Force Suez 1957*, and the possible deployment of an Irish Defence Forces Bn to that mission. Our *In Reserve* feature A 'Terrible Beauty' *Remembered* by Pte Eoin O'Shea, D Coy, 7 Inf Bn looks at The 1916 Rising Centennial Parade from his and his RDF colleagues point of view. For *History*, Paul O'Brien's piece *Clash of the Dreadnoughts* looks at the 100th anniversary of the Battle of Jutland, the greatest sea battle of the Great War. In *Sports* Lt Margaret Hogan, A Coy, 12 Inf Bn gives us an overview of *Defence Forces Soccer*, where it has come from and the future ahead. For our *What I Do* feature we met with RDF Cpl Sean McNally D Coy, 12 Inf Bn who is a fulltime actor who recently played PH Pearse in the Cork Opera House. We also have our other regular features *Gear Up*, *Noticeboard*, and *Reviews*. **Check out our competitions and results on pages 2, 32 and 33.**

Sgt Wayne Fitzgerald - Editor

CAN YOU HELP?

Peter Guerin recently found an old photo at the back of a picture frame that shows a wedding of an officer from the 2 E Bde between 1935 & 1950. If you could help find any family links so he can return the photo. Please contact magazine@military.ie or 045 44 5307





SWIFT WATER & FLOOD RESCUE ▲

Pictured is Sgt Anthony Feery, 6 Inf Bn, who received a certificate in Swift Water & Flood Rescue First Responder (Instr) from Rescue 3 International UK by the Secretary of the DoD Brian Spain, in the Civil Defence HQ, Phoenix Park recently. *Photo: Pte Aiden Sherlock, 6 Inf Bn*



PROCLAMATION DAY 2016 - WEXFORD ▲

Pictured at Wexford CBS Primary School's Proclamation Day 1916-2016 are L/R: Ailish Holnett, Mary Coady, Pte Craig Lacey, Pte Gemma Lacey, Tpr Eoin O'Shea, Capt Danny O'Sullivan, Eamonn Kinsella, Eileen Casey and Jos Furlong. *Photo: Patrick Hogan*



THE EASTER RISING – REMEMBERED DOWN UNDER ▲

Pictured are members of the United Irish Ex-Services Association of Australia (UIESAA) at the monument of Michael Dwyer, in Sydney, as part of the global ceremonies of the 1916 Easter Rising Centenary. The monument has the names of the executed soldiers inscribed on the back. *Photo: Ves Campion*



FR JAMES GILMORE BRANCH ▲

Pictured on St Patrick's Day in Swords are members of the Fr James Gilmore Branch of ONE, who provided a colour party. *Photo: Dessie O'Hara*



◀ MULLINGAR ST. PATRICKS DAY

The RDF continue to keep the Mullingar military tradition alive as members of C Coy, 6 Inf Bn led the 2016 Mullingar St. Patrick's Day Parade, for the first time since the Coy replaced the 54 Arty Regt (RDF) in 2012. L/R: Sgt Robert Cordial, Lt Justin Rice and Sgt Declan Toland. *Photo: Ger O'Connor*



ARMY RESERVISTS TO NEW YORK ▲

RDF members of 28 Inf Bn travelled to New York for the St. Patrick's Day Parade and to commemorate the 1916 Centenary. This year the National Flag was carried up 5th Ave and was flown from St. Patrick's Cathedral for the first time. The Reservists are held in high esteem by the parade committee and the 69th Regiment who have awarded them a prominent place in the parade and cathedral, which no other military has. *Photo: Comdt Peter Keenan, OC E Coy, 28 Inf Bn*



STORM SKILLS TRAINING ▲

Storm Skills Training in Risk Management in Suicide and Self Harm, the first course conducted by Defence Forces with the Kilkenny Fire Service. Front Row L/R: S/O M Doyle, Cpl D McCauley (Instr), Comdt R Kearney A/OC 3 Inf Bn, Kilkenny Mayor J Malone, B Taffe USA SACFO, F Dunne, A/BSM G Waters, S/O P Comerford. Back Row L/R: FF/DR E Brennan, FF G Dohney, FF/DR P Stokes, Sgt D Hogan, FF/DR J Bowden, FF P O'Sullivan and SSO G Griffin. Photo: Pte Jimmy Darcy, 3 Inf Bn



16 POT NCO COURSE ▲

Brig Gen Phillip Brennan, GOC 1 Bde is pictured presenting Tpr Jason Cotter, Cav Sqn 1 Bde with his certificate for completing the 16th Potential NCO course, along with the other recipients recently. Photo: Sgt Don Sheehan, 1 Bde HQ



NAVAL CMDRS VISIT ▲

On Friday 1st April a large visit took place in Cathal Brugha Bks with Navy Commanders from five different NATO nations: Germany, Belgium, UK, Holland and Norway. They are pictured with Irish Naval Service personnel and the 2 Bde EO Col Brendan McAndrew, OC 7 Inf Bn & Bk Comdr Lt Col T. O'Brien, Cllr/Deputy Ambassador Thomas Kluck (Dutch Embassy Dublin) and Cpl Noel Brady, 7 Inf Bn Piper. Photo: Pte Dave Hogarty, 2 Bde HQ



SPIRIT OF THE COMMUNITY AWARD ▲

The Defence Forces were recognised with a Spirit of the Community Award for the work during the November 2015 floods on 8th April 2016 at the West Cork Community Awards held in the Munster Arms Hotel, Bandon. Pictured L/R: BSM Leslie Doyle (RDF 1 Bde HQ) with Guest of Honour Mary Kennedy and Capt Ian Collins (1 CIS), and from Bandon. Photo: Denis Boyle Photography



NORWEGIAN VETS VISIT IUNVA HQ ▲

On 8th April 2016, nine UN Veterans from Norway visited IUNVA HQ and Post 1, on Mount Temple Rd., Dublin 7. Pictured L/R: John Twomey, Chairman Post 1, Noel McGivern, Kaptin Jan Larsen, Michael Colton, President of IUNVA and Paul Smith. Photo: Sgt Mick Burke, PR Branch



27 INF BN NEW 3 STARS ▲

Pictured are members of 51st Pln, 27 Inf Bn, with their instructors after 3 star course passing out parade in Aiken Bks, Dundalk on 29th March 2016. The Pln Comdr was Lt Ian Lonergan, Pln Sgt Jeff Meehan, with Lt Col Walter Hunt OC 27 Inf Bn centre front row. Photo: Sgt Damian Faulkner, 105 Sqn, AC

Jim Woods

An Appreciation

BY GERALD FLYNN

James Leo Woods (17th August 1918 - 15th March 2016), sportsman, engineer and gregarious companion, was an exemplar of the post-independence generation. His friendliness and social networks made him a well-known personality in the Midlands through the 1950s, 60s and 70s and among a wide circle in Dublin in more recent years.

Jim's military career during the Emergency formed his personality and made him a classic 'military man' - though most of his career was spent as a civil engineer. His military engineering background and intelligence demanded that projects be undertaken promptly and properly and not subjected to the political or bureaucratic delays and obstructions that he witnessed in parts of the public service.

Jim Woods was born in Athenry, Co Galway, to schoolteachers, Bridget (née Coffey) and Francis Woods; the fourth of five children. His father died when he was five years old and Jim recalled his mother arriving back by train from a holiday in Kerry after receiving a telegram that her husband was ill, only to be met by a porter who sympathised with her on her loss: this is how she learned that she was widowed.

He spent six years as a border in St Jarlath's in Tuam, which he remembered as tough, spartan and a good introduction for later army life. A bright student, his schoolmasters persuaded him to sit the Intermediate Cert examination three times, as each time he earned a scholarship award for the school.

In 1937 he started his engineering studies in UCG, having won another scholarship, where his talent for mathematics shone. He was also a notable sportsman, winning Connaught senior GAA medals at St Jarlath's. He was on Sigerson Cup winning teams in each of his years in UCG, captaining the team in his final year, and played senior football for Galway.

At UCG he joined the Regiment of Pearse in the college's Officer Training Corps and on graduation seamlessly progressed into the Engineer Corps as the Second World War escalated. He worked on coastal defences and was based on Spike Island in Cork Harbour in charge of maintaining the searchlights on the fortifications at Fort Mitchel (Westmoreland), Fort Davis (Carlisle) and Fort

Meagher (Camden).

He remembers Royal Engineers from Britain being present on Spike Island, training Irish coastal defence artillery units to

operate the two six-inch guns protecting the mouth of Cork Harbour. Jim played tennis with the British officers - who were always out of uniform - in Cobh's Rushbrooke Tennis Club.

Jim also supervised the insertion of explosives into the elegant Belvelly Bridge linking Great Island to Fota. In later years when others speculated as to how long his efforts would have impeded the Wehrmacht from crossing the 20m creek, he laughed and agreed that the maximum inconvenience to Herr Hitler's forces would have been probably less than an hour.

His sporting prowess continued in the military where he was S Comd singles tennis champion as well as out-half on the Comd rugby team that played in a Munster senior cup final.

After the war he started work as a road engineer in Connemara. He married Patricia (née Duffy), also from Athenry, in 1947 and shortly afterwards secured a job with Westmeath County Council. In Mullingar he took up golf and was a popular member of the town's Lakeshore Golf Club, becoming captain in 1963. He returned last summer for a celebratory dinner as the longest surviving club member.

He retained his military connections as a member of the reserve and the Civil Defence and was a regular visitor to the Officers' Mess in Columb Bks, Mullingar, along with an array of colourful characters who 'did their bit' in the Emergency and seemed to have enjoyed every minute of it.

In 1970, Jim moved from the county council to become technical services officer with the Midland Health Board and commuted to Tullamore up to his retirement in 1984. He then moved to Dublin and enjoyed an active retirement between golf courses and horserace meetings.

During his last ten years he lived in an apartment in the TLC care centre in Santry. Despite failing eyesight, he continued to follow most GAA and rugby matches, golf tournaments and race meetings. Up until last year Jim walked about 8km a day - 'head up, chest out, on parade!'

Jim is survived by his children Anne (Mills), Maeve (McGuirk), Declan and Hilda (Carr); 14 grandchildren; and 14 great-grandchildren. His wife Patty predeceased him in 2004. ■



Jim Woods in 1941



British Army Cpl EJ Thomas and his family during the evacuation of Spike Island on 11th July 1938. Photo: © National Library of Ireland



Irish Army troops arrive in Cobh, Co Cork, on the day of the evacuation. Photo: © National Library of Ireland

LISTOWEL MILITARY MUSEUM & TATTOO

BY SGT WAYNE FITZGERALD
PHOTOS BY SGT MICK BURKE

Recently, *An Cosantóir* visited the Listowel Military & Historical Museum, owned and operated by Jim Halpin and situated at the rear of his fishing and shooting supplies shop on Church Street. Entry is free, but there is a jar for donations to help maintain the museum.

Although collecting militaria for 30 years, Jim really started collecting seriously in 2000. In 2010 he rented windows to display his collection but such was the interest that he decided to open the back of the shop as a full-time display area.

Asked how many items he has, Jim told me: "I couldn't be sure, but it's in the thousands – I know that much. I would estimate its value at between €90,000 and €100,000. SAS Lt Col Paddy Blair's replica medals cost £220 in 2009; imagine how much the originals would cost."

Jim is a registered firearms dealer, which allowed him to collect some rare, historic weapons. These include a Lewis machinegun and a Lee Enfield .303 rifle that were captured from the Black & Tans during the War of Independence.

Jim's family is steeped in military history. His grandfather served as a non-combatant in the old IRA and two other relations "caused a temporary split in the family as one sided with 'Dev' and the other with Collins after the Treaty."

Jim's father and his mother's brother both served together in the 12 Inf Bn during the Emergency. His father continued to serve in the DF until pension, while another uncle joined the British Army in 1944 and transferred to the RAF where he went on to have a distinguished 35-year career. Jim also has cousins that served in the Congo and Lebanon over the years.

Jim joined the FCA in 1973 aged 17, serving for 12 years with 15 Inf Bn. His son Kevin also served, with 32 Inf Bn, for a number of years.

Jim joined the Thomas Ashe Branch of ONE a few months ago, reasoning: "As a member of the Listowel Military Tattoo committee, I can't keep asking members of IUNVA and ONE to parade for us if I'm not prepared to do it myself, so I joined the ONE."

The three-day Listowel Military Tattoo, now in its fifth year, is held on May Bank Holiday weekend and Jim says: "It's the only tattoo that I know of that has a battle re-enactment running through the streets, involving blanks and smoke and flash grenades."

He also expressed his appreciation to Padraig Nolan and Damian Stack, who, he says, were instrumental in getting the Tattoo off the ground. He also wants to give special thanks to the Grape and Grain on Upper Church St. for supporting the Tattoo.

Jim also wrote to the local council looking for a monument to be erected in the town square in memory of all Irish men and women who gave their lives for Ireland. This has now been completed.

We also visited a warehouse to see a replica Spitfire Mk Vb being worked on by members of the Tattoo. This large-scale, scratch-built model, which is being constructed from copies of original RAF plans from the 1940s, is being built in honour of Group Capt Francis Victor Beamish, AFC, DFC (with Bar).

The model was built using a metal sub-frame, plywood, brass rails and aluminium, the latter material coming from used printing plates donated by the *Kerry Eye*, *Kerryman*, *Irish Independent* and *The Examiner* newspapers. The project, in planning for two years, was only started at Christmas and will take just under five months to complete. It cost nothing but the time given by those on the project, as all the materials were kindly donated by local businesses. After displaying the Spitfire for the Tattoo, project leader, Padraig Nolan, hopes to house the plane in a museum in the near future. (For his next project Padraig would love to build a full-scale replica of a Huey helicopter, in honour of Irish-born John O'Sullivan, the highest decorated US combat pilot in the Vietnam War.)

The museum, with its superb collection of military and historical items, spanning 120 years, is open Tuesday to Saturday, 10.30-17.30 daily. Visit <http://bit.ly/listowel> for more information. ■



DONNYCARNEY DOES TONY PROUD:

Tpr Thomas Fennell Remembered

BY DESSY KEEGAN, PRO, IUNVA POST 25 (FERMOY)

Tpr Thomas Fennell (known to his family as Tony) was a member of A Coy, 33 Inf Bn, ONUC. On 8th November 1960, Tony and ten comrades were on a routine patrol 'showing the flag' at Niemba, Katanga, Republic of Congo. They were ambushed on a dirt road near the River Luweyeye by a large force of Baluba tribesmen. They were approx 14 miles from their base. In the ensuing battle eight were killed. Tpr Anthony Browne MMG survived the immediate battle but sometime later was captured and killed. Tpr Thomas Kenny and Pte Joseph Fitzpatrick escaped the ambush site and were later rescued by one of their patrols.

"I was stationed with B Coy, 33 Inf Bn maybe about 150 miles away. We sent out a rescue patrol of about platoon strength and

retrieved the two vehicles involved in the battle. Unfortunately we had no luck locating survivors."

On Saturday 5th March 2016 a Remembrance Plaque to Tpr Fennell was unveiled during a wonderful ceremony at Donnycarney Community Centre, north Dublin. The unveiling service was very poignant for me as I completed my recruit training with Tony in the 2 Mtr Sqn. One of our training NCOs, Sgt Hugh Gaynor (then a Cpl), was also killed in that ambush. The Don-

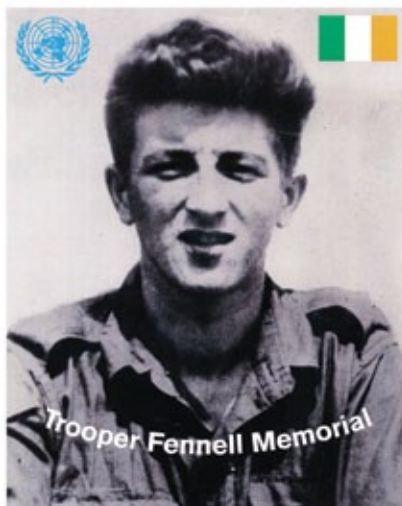
nycarney service was totally driven by the local community in honour of a local lad. The Defence Forces and Veterans Associations were simply invited guests who were treated exceptionally well. The service was excellent but there was stand out moments: the speeches of Críona Ní Dhálaigh, Lord Mayor of Dublin, whose son served in the Defence Forces, Eddie Robinson, National Chairman of IUNVA and Tony's brother Liam. Other moments were: the minute silence followed by the pipers lament, *"no trumpeter can play the 'Last Post' like a military trumpeter - he was superb"*. A wonderful service was rounded off by the young choir from the local schools with a stirring rendition of *Amhrán na bhFiann*.

It is two generations since the Congo and for the sake of accuracy and to the memory of those who served in that mission I'd like to paint a picture. The ONUC mission lasted four years 1960/64, during which time 245 UN military personnel and five civilian staff lost their lives. 26 members of the Defence Forces died during the mission, seven of which were cavalrymen. On

13th September 1961 ONUC went on the offensive to reintegrate Katanga with the rest of the Congo. The Irish unit was 35 Inf Bn. In an early action Tpr Gaffney lost his life in an ambush while driving a Bedford truck. On the night of the 14th a patrol including two Ford AFVs were ambushed and the lead armoured car was struck by anti-tank fire. Two crew members, Cpl M. Nolan and Tpr Pat Mullins died in a subsequent firefight. Tpr Mullins to this day remains 1 of 2 Defence Forces soldiers not repatriated home for burial, and is officially listed as Missing presumed Killed In Action (KIA).

Meanwhile A Coy was completely cut off and heroically fighting in Jadotville about 75 miles from Bn HQ. They held out for five days with their water, food and ammunition depleted. They agreed a cease-fire after which they were taken as POWs. While suffering no fatalities they inflicted huge losses on the attackers. The survivors of the armoured car patrol and a detachment of Irish at The Radio College were captured and joined the Jadotville personnel. They spent almost two months as POWs, before an exchange of prisoners was agreed. In December 36 Inf Bn resumed hostilities, they had five KIA. Finally in 1963, 38 Inf Bn joined in another push, which this time proved to be successful. ONUC wound up in June 1964. The Defence Forces saw very quickly the inadequacy of its equipment and tactics, and swiftly made changes. Probably they were the quickest changes it had made in its short life, but without doubt those changes saved many lives in the many missions in which the Defence Forces have so proudly served. *"It is gratifying now to see the high standing the Defence Forces have within the United Nations and its contributing countries"* ■

Unseen photo of Tpr Thomas Fennell
courtesy of Col George Kerton (Retd)



Easter 1916-2016 Remembered



ONE COBH BRANCH ▲

Pictured on Sunday March 27th are members of the Cobh Branch of ONE who paraded to commemorate the centenary of the 1916 Easter Rising State Ceremony in Dublin. L/R: Domhnall Mac Cárthaigh, Diarmuid Higgins, and Tom Ó Neill. *Photo: Domhnall Mac Cárthaigh*



ONE ROYAL MEATH BRANCH ▲

On Friday 25th March, the Royal Meath Branch of ONE provided a GoH and salute for Trim County Council at the unveiling of a bronze 1916 Proclamation plaque. *Photo: Noel Cloak PRO*



FROM THE RDF TO GUARDS ▲

Pictured on the 2016 Easter Centenary Parade in the Garda Depot are former members of the RDF who are now members of An Garda Síochána Reserve (since 2007). L/R: former Sgt Mick Murray (20yrs), Cpls Kevin Sharkey (14yrs), and Eamonn O'Reilly (20yrs), all served with 6 Fd MP Coy, Cathal Brugha Bks. *Photo: Garda Eamonn O'Reilly*



AIR CORPS ONE BRANCH ▲

Pictured are members of the Casement Branch of ONE who were on parade for Easter Sunday. L/R: Mick Lally, Peter McGlynn, Frank Donnelly, Myles Mooney (Australia), Gerry McCann, Mick Delaney and PJ McCaffrey. *Photo: Frank Donnelly*



CORK ▲

A Wreath-Laying Ceremony took place in Cork's Grand Parade to commemorate the first shots of the Easter Rising. After a reading of the proclamation, speeches were made by the Lord Mayor of Cork City and the Mayor of Co Cork. The ceremony concluded with a flypast by four Air Corps Cessna aircraft. *Photo: A/B Davey Jones NS*



BATTLE OF ASHBOURNE REMEMBERED ▲

Pictured on 16th March 2016, are members of the Defence Forces who took part in the centenary celebrations for the Battle of Ashbourne, in Co Meath. *Photo: Cpl Colin Delaney, HQ 2 Bde*



STRESS

Listening and Waiting on the Journey

BY JILL DAVIS, OCCUPATIONAL SOCIAL WORKER, PSS, 2 BDE HQ

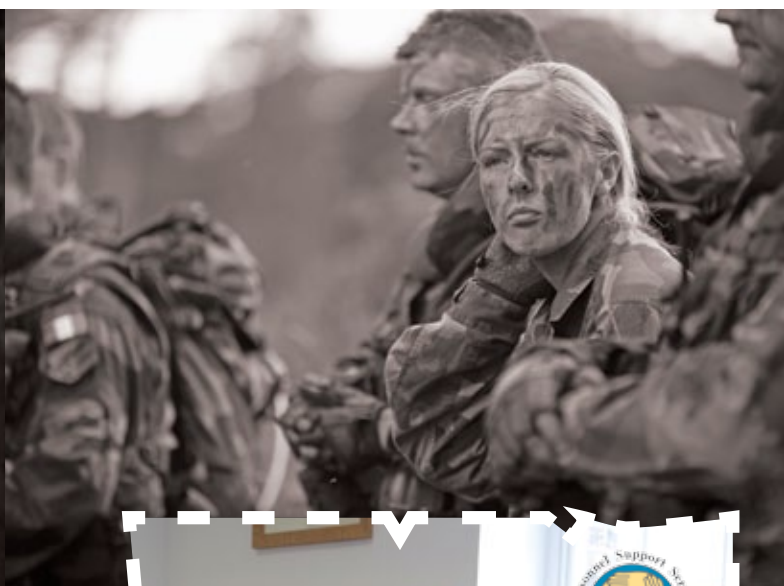
How we cope with the impact of severe stress depends on many factors. These include our state of health, what else is going on at the time, our perception of the stressful event/s and our concern for how others may judge us. Other factors such as feeling isolated or well supported, how carefully we look after our basic daily needs and our understanding of what is happening in us must all be taken into consideration. In times of distress it is not only the mind that is affected, but the whole self – body, mind, spirit and emotions. This is particularly noticeable following exposure to deep shock or danger, whether current, anticipated, or remembered from the past.

Responses to being under stress include an increase in heart rate, alteration in breathing patterns, sharpening of the senses and muscle tension, to name but a few. These and numerous other responses are triggered by the release of powerful hormones and over-stimulation of the body's nervous system, which may lead to a sense of being on constant 'red-alert'. This over-stimulation can lead to anxiety & agitation, which may present in the form of panic attacks. These panic attacks can be frightening and difficult to understand, especially if they appear to occur with no identifiable trigger.

Life events and transitions, even positive ones, bring their own stress. It is easy to hold a stereotype of the person who might struggle following a stressful situation, but this is unhelpful and may lead to missing signs in self or others who do not fit this stereotype. Of equal importance to stressful events themselves, are the levels of inner and external resources available to each person when those events occur. Both are inextricably linked.

There tends to be a pattern to signs and symptoms of stress which, when paid attention to, can provide valuable understanding to what is happening. Knowledge is an important step on the journey towards restoring balance and regaining a sense of control. It is natural to want to fast-forward the return to feeling strong, but no formula can predict how long this will take. Learning to handle impatience and frustration can be important elements of a process which will involve different elements for different people.

Learning to wait with ourselves, as healing sets its own pace, can be a huge challenge. This is especially so for those who judge it a weakness to admit to struggling, or who measure their worth in terms of output or feeling strong and in control. Pressure 'to get back to normal', from within or from others, adds to the challenge.



Learning to recognise and be alert to our own early warning signs are vital first steps in addressing how severe stress, or a crisis situation, has affected us. Many symptoms are universal, but not everyone necessarily experiences these in the same way. For example, tense neck and shoulders, impatience and inability to handle noise or crowds may be one person's initial warning signs. Another person might display uncharacteristic irritability, constant movement when sitting, change in eating or drinking habits or sleep disturbance. Discovering our own cues and symptoms assists us in tailoring a response to meet our particular circumstances.

This is an important time to explore how to do things differently, to look at what has been brought up in us and to quietly bring our attention to it. To deal gently with panic, fear or other distressing feelings takes time, courage and commitment. Many significant points in the life cycle bring change, sometimes welcome, sometimes imposed and deeply resisted. New coping skills need to be learned when familiar ones are not working or are limited in their usefulness.

Unexamined fears, anxieties or uncertainties can take us prisoner. It is easy to repeat old mistakes and behaviours that continue to bring disappointing outcomes. It can be difficult to leave familiar but ineffective habits behind. Accepting the challenge of discovering and practising new habits can be life changing, energising and rewarding.

Think of a carpenter having a tool kit and only ever using a hammer, regardless of the job at hand.

When things go wrong it is easy to fall into old habits, to reach for the same comforts, even when we know they will not bring lasting benefit. This is especially true when a further stressor occurs at a time when we may be feeling low already. Learning ways to expand our coping mechanisms increases the variety of tools available to us which, in turn, can increase the resources at our disposal to deal with other stressful circumstances that come our way.

It is here that the Occupational Social Work Service can help, offering a quiet space to be listened to in a safe and supportive environment, where the work of mapping a new path and rebuilding strength can begin. This can be a first step in the discovery and development of inner resources previously unknown. ■



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The crew of the first Dauphin SAR mission who airlifted an injured seaman off his trawler 70 miles west of Slyne Head, Co Galway, in August 1987. L-r: Comdt Frank Russell, Capt Jim Corby, Sgts Dick Sullivan and Eoin Sherry.



Comdt Frank Russell pictured alongside his crewman, Sgt Flan Garry, in an Alouette III, circa 1977.

Before I came across this copy the photo had remained hidden in a history book, untouched by hand, carefully secreted by my brother for

SALUTING THE FLAG

Memories of the 1966 Easter Rising Commemorations



BY COMDT FRANK RUSSELL (RETD)

The photograph shows Irish Volunteer Seán O'Duffy and Cadet Frank Russell saluting the flag at the Curragh Camp at Easter 1966. O'Duffy is wearing the uniform he wore on active service in Easter Week, 1916. Photo: National Library of Ireland

In this centenary year of the Easter Rising, I recall my happy discovery two years ago of a photo that reminded me of my role in the commemorations of the Rising half a century ago. I was perusing Ernie O'Malley's book, 'On Another Man's Wound', given to me by my late brother Kevin, when I came upon a neatly folded page from the Sunday Press newspaper of Easter Sunday, 1966. It was part of the ground-breaking colour supplement commemorating the 50th Anniversary of the Easter Rising.

To my amazement and delight, it contained a large colour photo of a 1916 Volunteer, Seán O'Duffy, in his original Irish Volunteer uniform, presenting arms to the national flag and, on the other side of the flagpole, my then 20-year-old self in my cadet uniform, also presenting arms.

The well-known Irish Press photographer, Colman Doyle, had taken this highly symbolic photo in tableau style, near Donnelly's Hollow on the Curragh, to represent the evolution of the Defence Forces from its Irish Volunteer origins.

nearly 50 years! This serendipitous discovery brought back a flood of long buried memories from 1966, including my cadet class - the 39th - taking part in the two major commemorative events that year: the Easter Parade and the official opening of the Garden of Remembrance.

I well remember marching six abreast up O'Connell Street towards the GPO on the Easter Parade, one of 80 cadets of the combined 39th/40th classes, along with many other army units, including overseas veterans of the Defence Forces' first major overseas UN mission to the Congo, while overhead a fly-past of four Air Corps Vampire jets momentarily drowned out the marching bands and startled the delighted crowds.

A huge platform stretching the length of GPO had been erected and on it stood 600 be-medalled veterans of the Rising and the War of Independence, with President De Valera and Taoiseach Seán Lemass at their head on the viewing stand. As we reached the GPO we saluted with an 'Eyes left!' ordered by our class officer, Captain Duffy.

Hundreds of thousands of people filled every nook, cranny and tree from College Green to O'Connell Street to witness this wonderful tribute to the survivors of 1916.

The next day, my cadet class provided the guard of honour for the opening of the Garden of Remembrance in Parnell Square; standing on the high back wall overlooking the ceremonies below and presenting arms when the No 1 Army Band played the national anthem.

Although I never met Mayoman, O'Duffy, again after that photographic session in '66, his memory lives on in two unconnected ways. In 1932, he presented a silver cup to the nascent Irish Camogie Association, and to this day the captain of the winning All-Ireland Senior Camogie team is presented with the O'Duffy Cup.

Secondly, Seán's Irish Volunteer uniform, complete with cap and boots, is now on permanent display in the 'Soldiers & Chiefs' exhibition at the National Museum in Collins Barracks, Dublin. They are exhibited in a glass cabinet along with other memorabilia of the 1916 Rising, and, because of my own curiosity in old history books, a new item is being added to the collection. Now enjoying its place there is the once long-forgotten colour photograph of Volunteer O'Duffy and me, taken on a cold hilltop on the Curragh some 50 years ago. ■

A Blast from the Past, the Guns of Easter 1916

BY PAUL O'BRIEN

PHOTOS BY SGT WAYNE FITZGERALD

It was definitely 'Rising' weather, when on the 13th April 2016 on the ranges at Kilbride, the very same weapons that were used during the 1916 insurrection were once again fired, in tribute to those that struck a blow for independence.

The day's events, the brainchild of Lt Col Jimmy O'Neill, saw battalion staff and unit commanders assembled to take part in this historic opportunity. The hands-on demonstration shoot gave all those present a chance to examine and fire the weapons that their predecessors used, and faced, that Easter week.

Ordnance technical officer, Capt Alan Kearney, gave a briefing on each weapon and CQMS Robbie Walsh gave the safety brief. The weapons had been maintained to a very high standard as those entrusted with their safe keeping knew they were looking after an important part of Óglaigh na hÉireann's history.

Brig Gen Michael Beary, GOC 2 Bde, was enveloped in a cloud of smoke as he fired one of the 1,500 Mauser 71s that were landed in Howth and Kilcoole in 1914. This bolt-action, single-shot rifle was considered revolutionary when first issued to the Prussian army in 1872 and a trained soldier could fire four rounds per minute. However in 1916, the rebels faced British soldiers trained to fire 15 rounds per minute from their Mk III Lee Enfield rifle. Some Volunteers also possessed this weapon, which when fired on the range, still demonstrated its accuracy as second to none.

A Vickers regular heavy machine gun, used by British forces, was also fired. This water-cooled weapon was capable of firing 500 rounds per minute, using 250-round belts. During the Rising, British troops positioned a Vickers on the fourth floor of the Shelbourne Hotel from where it strafed Irish Citizen Army positions in St Stephen's Green.

When the Lewis gun was demonstrated, Lt Col Pat Farrelly told the story of how his grandfather, who served under Séan MacEoin during the Irish War of Independence, had to hide his Lewis gun when pursued by British Forces before returning the following day to retrieve the weapon from its hiding place. Considered a light machine gun at the time, this air-cooled weapon, capable of firing 500 rounds per minute and weighing 13kg (28 lbs) was a formidable weapon. Though a very temperamental weapon, often subject to jamming, we were given an excellent, expert demonstration, with the gunner opening fire and clearing stoppages calmly and with great precision.

Recruits from 2 BTC were also given the chance to fire these historic weapons, a welcome break from their rigorous training.

Firing continued with the British officer's standard issue sidearm, the Webley .455 Mk VI calibre, six-shot revolver. This is a top-break revolver with automatic extraction of spent cartridges taking place when the weapon is broken for reloading.

Included in the many weapons the Volunteers smuggled in from Germany were the Luger and the Mauser 'Broomhandle' C96, two semi-automatic pistols. Many senior Volunteer commanders in 1916 were issued with the C96. Eamon de Valera loaned his to Lt Michael Malone, who would use it in the leafy, suburban Northumberland Road, to inflict heavy casualties on attacking British troops.

The pistols and revolver were fired from 10 metres, and the devastating effect on the targets showed these weapons to be as deadly today as they were 100 years ago.

Many of those serving today, including those attending this historic event, had family or relations that took part in the Rising and the subsequent War of Independence, proving that the Irish Defence Forces has a proud and noble history and continues its long tradition of defending, protecting and supporting.

It is planned to put these weapons on display in Cathal Brugha Bks so that other members of the Defence Forces will have the opportunity to see them. ■



Capt Alan Kearney demonstrating the Mauser 'Broomhandle' C96 weapon.





Operation Phoenix Rising

BY SGT WAYNE FITZGERALD & SEÁN Ó CEARRÚLLÁIN

Unknown to many, there was a Special Forces group that operated in the Second World War before the SAS and the US Navy SEALs. Exiled from their Norwegian homeland in 1940 following the Nazi invasion, these men regrouped in Scotland and set about building a new army. The best of these men became commandos and the best-of-the-best joined the elite and secret Linge Company. They completed hundreds of top secret missions, fought Nazi occupation for five long years, stopped Hitler getting the atomic bomb, and at one point were the highest decorated allied unit.

Kompani Linge was a British Special Operations Executive (SOE) group formed under the leadership of Capt Martin Linge in March 1941, originally for the purpose of performing commando raids in Nazi-occupied Norway.

Because of the reasonable similarity of its terrain, mountains, lochs, high passes, and snow in winter, the SOE used the Aviemore area of Scotland, as a special training school.

The group's initial raids, in 1941, were on Lofoten (Operation Claymore) and Måløy (Operation Archery), where Capt Linge was killed.

Operation Phoenix Rising, an eight-part, factual entertainment series, is a story of courage in the face of adversity, overcoming the odds, and going the distance to authentically recreate history. The series will follow two men, Seán Ó Cearrúlláin and Andy Drabov, on their journey to replicate the incredible survival story of the WWII Norwegian Special Forces Kompani Linge.

Drogheda-born and raised Seán 'Skipper' Ó Cearrúlláin, who served in the Royal Navy and RAF for several years, came across the astonishing story of Kompani Linge commando Jan Baalsrud when he read David Howarth's book, 'We Die Alone' (ISBN: 978-0857860514). Baalsrud's heroism and endurance has become the inspiration behind Op Phoenix Rising.

In March 1943, a team from Kompani Linge sailed for Nazi-occupied, arctic, Norway on a two-fold top secret mission: to infiltrate and sabotage Bardufoss Airfield in an effort to stop the PQ convoys being bombed en-route to Russia; and to organise and supply the Norwegian resistance.

However, they were betrayed and following a Nazi ambush only Baalsrud survived. Frostbitten, snow blind, and pursued by the Nazis, he struggled on until he reached a small arctic village, where, nearly dead and a virtual cripple, he survived thanks to the villagers, who were determined to save him despite the mortal risk to themselves.

The other main member of the team, Lithuanian, Andy 'Spider' Drabov, whose grandmother was interned in a Nazi concentration camp during WWII, now lives in Ireland. He had completed his national military service in Lithuania before suffering a terrible knee injury in an RTA that ended any hopes of a military career. Andy says: "Just because one dream is over doesn't mean they all are. Everything happens in life for a reason; our past makes us who we are, so we can be better in the future."

In 2015 Andy followed another dream and joined Dublin City's Civil Defence as an auxiliary fire-fighter. He also thrashed 311 other applicants in a gruelling combat fitness competition to be part of Op Phoenix Rising and take part in this amazing story.

Seán told us: "I've been making and editing films for the last 18 years or so; mostly family or military related. For as long as I can

remember I've been a huge history buff; WWII in particular. I was in my late twenties when I found out my paternal grandfather had served as an RAF aircraft engineer in WWII, so my attraction to the forces kind of made sense. There was something pulling me to uniformed service; I felt at home there.

"In my mid-30s I began to lose my way and my whole life came crashing down around me. My marriage was crumbling and my children were suffering from it. At the time I was unaware that PTSD was affecting my judgement, moods, and that my behaviour and stress was slowly killing me. In 2012 my spine gave way for the third time and doctors told me that as I had neglected the seriousness of my condition their diagnosis was that pain management was the only option left.

"That was very hard to take; having my fitness regime taken away from me in one fell swoop - it was soul destroying.

"But I had this vision to retrace Jan Baalsrud's incredible survival story, and felt it had the potential to give me the motivation to get back to a good health level - it would be my inspiration for recovery."

As part of Op Phoenix Rising's preparations, a professional sports rehab team from Scandinavia will work on Seán's rehabilitation with the aim of bringing his fitness levels back through proper care and training.

Sean continued: "As the creator and driving force behind this project for the last four years, there is no way that I am going to give up on it."

British and Kompani Linge Commandos during Operation Archery, where Capt Linge was killed and Capt O'Flaherty (pictured) was hit by sniper fire and lost one eye. He subsequently became an eye-patch wearing Brig Gen.



Kompani Linge survivor Jan Baalsrud



57 men of Kompani Linge gave their lives during commando raids behind enemy lines in WWII. Pictured is a plaque in their memory at Glenmore Forest Park, Scotland.



Members of Kompani Linge are pictured during a demonstration for the Norwegian King Haakon 7th, and Crown Prince Olav, Norwegian Minister of Defence during WW II. The 'dead' German soldier between the railway tracks had been rendered harmless and an explosive charge placed under him.

**SUPPORT US ON
KICKSTARTER**

Seán has set up a Kickstarter fundraising campaign to help fund the Op Phoenix Rising Series, where people can support them through giving as little as €10 for the DVD of all eight episodes, including special features and extras, or €30 for the DVD and a Tee-shirt, right up to €7,000 to be an associate producer: you choose what matches your pocket or your enthusiasm to back this project.

Seán says: "The Kickstarter campaign aims to raise the funds to make the series; hire multi-Bafta and Emmy award-winning cinematographer, Graham Smith (he was behind the BBC's 2004 two-part mini-series, *Dunkirk*); and also to give the campaign team various production roles that suit. So it's a chance to be part of a pretty historic factual entertainment series produced in Ireland, Scotland and Norway.

"All that is left now is to build an audience for the production of people who enjoy programmes on military history and human endeavour. Many people buy DVD box sets of stories they have only

just heard about; we're simply starting the ordering process earlier with Kickstarter!

"With a highly skilled and experienced team behind the project, it promises to be a fantastic, inspirational story that will shed light on WWII's first real Special Forces."

Op Phoenix Rising's mission is for one man to overcome severe spinal injuries and another to manage a career-ending injury to undertake the original Special Forces training from the 1940s. They must meet the incredibly tough original standards, recreate the original mission rehearsals with historical accuracy, and tell the story of the Linge Company in the same style and with the same quality level as HBO's *Band of Brothers*.

I for one am behind them, and really want to see this series being made! The Kickstarter campaign goes live on 27th May, but you can follow Op Phoenix Rising's progress by visiting their website or social media pages. ■

Email: opphoenixrising@gmail.com

Web: <http://tinyurl.com/oprising>

Twitter: @OpPhoenixRising

Facebook: www.facebook.com/opphoenixrising

Kickstarter: <http://bit.ly/OpPhoenixRising>

EASTER 2016

This year to mark the Centenary of the 1916 Easter Rising a number of ceremonies took place over the Easter period and most included a Defence Forces involvement, both permanent and reserve.

Photos by Cpl Neville Coughlan, PR Branch

Garden of Remembrance



The ceremony held in the Garden of Remembrance on Saturday 26th March 2016 to remember and honour those who gave their lives in the cause of Irish Freedom. The ceremony opened with a cultural piece, including readings, music and poetry. A plaque was unveiled to commemorate the centenary of the 1916 Easter Rising.

The second half of the ceremony comprised the formal State Commemoration of the Irish Volunteers, who gave their lives during the Rising. It included a solemn wreath-laying ceremony followed by a minute of silent reflection and a piper's lament, and the raising of the National Flag to full mast. Cadets from the DFTC performed the iconic Guard of Honour on the walls overlooking the Children of Lir statue. This ceremony was first performed in 1966 on the occasion of the Garden's opening.

Liberty Hall



On Tuesday 29th March 2016 a wreath-laying ceremony took place at the statue of James Connolly at Liberty Hall by President Michael D. Higgins. The President then unveiled a plaque dedicated to the members of the Irish Citizen Army who died during the Easter Rising. Relatives of the fallen members of the ICA were in attendance. The ceremony was followed by a re-enactment of the raising of the flag of the Irish Republic, readings, music and poetry in the auditorium of Liberty Hall. Sgt James Pearse, DFTC, the great grandson of James Connolly read out the proclamation.

CEREMONIES

Kilmainham Gaol, the GPO and Military Parade



On Easter Sunday 27th March 2016, President Michael D. Higgins laid a wreath in the Stone Breaker's Yard in Kilmainham Gaol, the execution site of the 1916 leaders. This ceremony was later followed by wreath-laying, a reading of the proclamation and a Guard of Honour from the Defence Forces' Cadet School in front of the GPO to commemorate the centenary of the 1916 Easter Rising. This ceremony concluded with the National Anthem being played by the Defence Forces Band, and a flypast by the Air Corps. A Parade then began from St. Stephen's Green and travelled via Dublin Castle and up O'Connell Street. Involved were over 3,700 Defence Forces personnel, including Veteran Associations members, 78 vehicles, 13 aircraft and 5 Army Equitation School Horses.



Moore Street

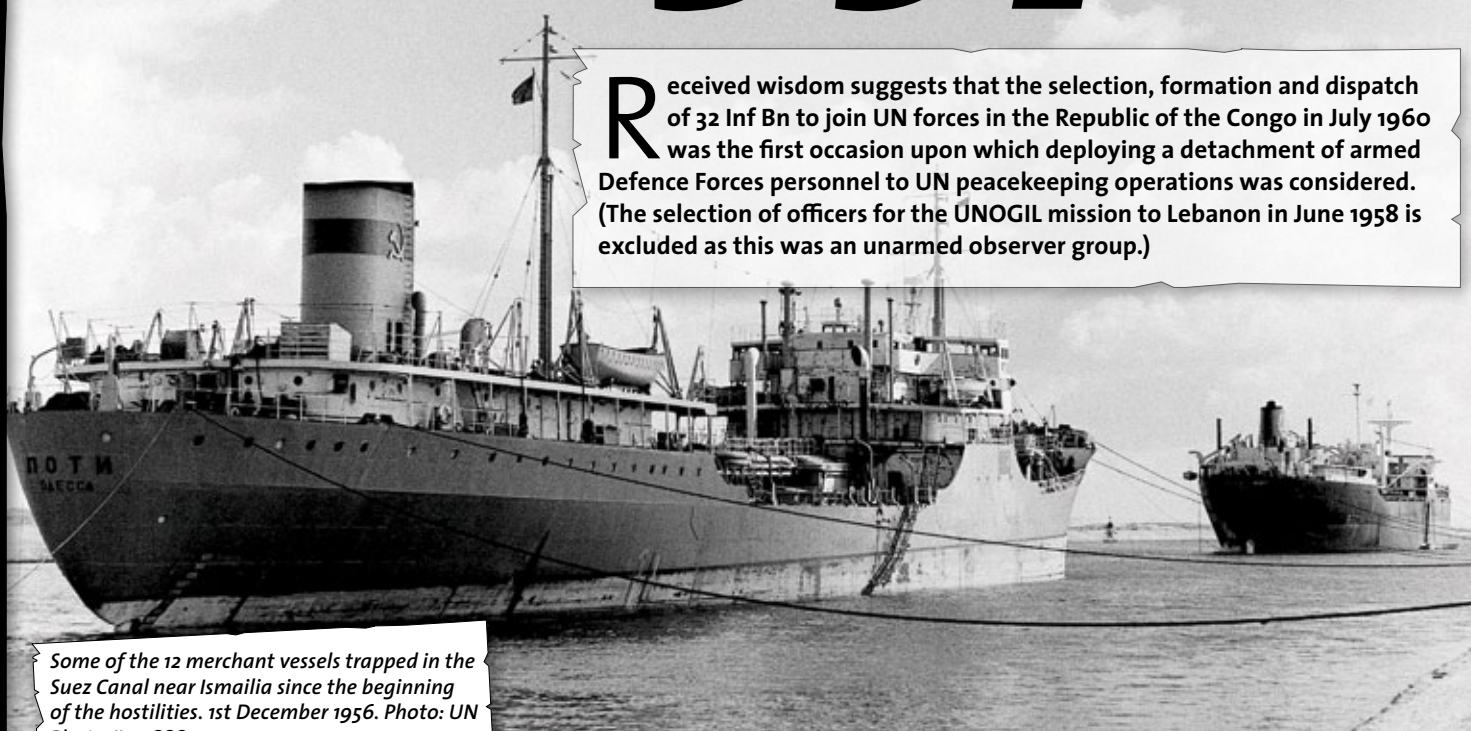
On Easter Monday 28th March 2016 Synchronised wreath-laying ceremonies took place at 12.45pm at six iconic sites associated with the Easter Rising in Dublin. Here we look at the wreaths that were laid on Moore Street.

To see more photographs from all these events visit:
www.flickr.com/photos/dfmagazine/albums

UN EMERGENCY FORCE SUEZ 1957

BY DR JAMES MCCAFFERTY DSM,
BA (HONS), PHD
PHOTOS COURTESY OF MILITARY
ARCHIVES & WWW.UNMULTIMEDIA.ORG

Received wisdom suggests that the selection, formation and dispatch of 32 Inf Bn to join UN forces in the Republic of the Congo in July 1960 was the first occasion upon which deploying a detachment of armed Defence Forces personnel to UN peacekeeping operations was considered. (The selection of officers for the UNOGIL mission to Lebanon in June 1958 is excluded as this was an unarmed observer group.)



Some of the 12 merchant vessels trapped in the Suez Canal near Ismailia since the beginning of the hostilities. 1st December 1956. Photo: UN Photo #127888

In researching the PDF's contribution to four years with the Congo operation, many facets of this history were intriguing: some more so than others. One of the more intriguing facets was that of the speed of the entire process of selection and formation of 32 Inf Bn: a period of just ten days from the UN request for troops on 17th July 1960 to the departure of the first chalk on the afternoon of 27th July 1960. A mere ten days from decision to dispatch – at a time before the Internet, email or mobile phones existed! To send a fully equipped and armed battalion on UN service was something that had never been rehearsed: no manuals existed; it had never been the focus of, or practiced in, exercises. Troop transport to the Congo was carried out by the USAF's Military Air Transport Service: nevertheless, the administrative and logistical processes alone were daunting, given the very short time-frame and the apparent absence of pre-planning.

These factors kept snagging the attention of the writer during his research: in that period, no documents were discovered in Military Archives to shed light on these factors. And yet, despite the undoubted abilities of staff officers of the time, there had to

have been some form of plan. To take just one example of logistics, the unit history of 32 Inf Bn records that 'the battalion carried with them 21 days supply of Irish-made pack rations, the quality of which was excellent'. (These pack rations contained such comparative luxuries as tinned Irish stew and tinned Irish fruitcake.) There were three types of pack, A, B and C; each packed in a stout cardboard carton. The contents and their packaging aside, armies and defence departments don't devise, design and effect from scratch the purchase and supply of such packs in less than two weeks.

This was not the only factor to snag attention: it was also all of the organisation and planning. There had to have been *some* sort of pre-devised plan. In historical research, it is sometimes the case that accidental discoveries lead to previously undiscovered material. In this case, the writer was following the Congo mission recollections that the then chief of staff, General Seán McKeown, delivered at a UN-themed summer school at CTC in 1996 and reported in *The Irish Sword*, Summer 1996 issue. During his recollections on the formation of 32 Inf Bn, Gen McKeown referred to 'a study that had been carried out some time earlier by some of our people'.

To this writer, this reference meant that there was a plan – of sorts, at least – and this led to another question: What sort of a plan and why?

Israeli M-48 tanks moving east across the Suez Canal on the Israeli-constructed causeway. The last Israeli units to pull back into Sinai. 21st February 1974. Photo: UN Photo/Yutaka Nagata #129753



UNEF checkpoint at the entrance into the El Cap buffer zone on the road running alongside the Suez Canal. 1st December 1956. Photo: UN Photo #127894



Lt Eddie Casserly (ret'd) pictured (on the left) beside a USAF Lockheed C-130 Hercules when 32 Inf Bn landed in the Goma, Congo. Also pictured is the DCO Joe Adams. Photo: Military Archives (MA_129_006)



Documents supporting the government's considerations in 1957 – three years before the Congo mission began – were found in the files of the Dept of the Taoiseach in Irish National Archives during a comprehensive research review of files relating to UN matters.

The overall tone of the observations from various government ministers and the views of department secretaries general strongly suggests that if a formal request had been made, Irish soldiers would have been dispatched to Suez in 1957.

Comprehensive material from the Dept of Defence and DFHQ, outlined the results of their feasibility studies, and this writer is of the view that these formed the basis for, or were developed into, an action or contingency plan in the event of future UN requests for troops. This planning, therefore, was what General McKeown had referred to in 1996 and was the planning on which the formation of 32 Inf Bn was effected.

However, the most significant element of this research was the

As mentioned, no documents for the formation period of 32 Inf Bn were discovered in Military Archives, but the 'why' aspect remained. There had to be a reason for this 'study', if only prudent planning by general staff. The 'why' led to the revelation of one of the more interesting, previously undiscovered, facets of Defence Forces' history.

This was that in August 1957 the Irish government – principally the departments of External Affairs and Defence – had carefully considered an anticipated request for armed troops to join UNEF Suez, Egypt. This was formed as a buffer force following on the Anglo-French-Israeli assault on Suez in November 1956. In the event, no formal request for an Irish contingent was received.

discovery of a planned, possible, Defence Forces contribution to a UN force three years before the historic mission to the Congo.

In conclusion, it is apposite to remark upon concerns common to defence planners in both 1957 and in 1960: the strength of the Defence Forces. In 1957, the Dept of Defence assessment noted that 'our existing battalions are very much below strength at the present time' and that the infantry strength was 2,000 NCOs and men – of which only 869 were three-star privates. The defence assessment of 1957 posited dispatch of two infantry companies to UNEF Suez, then roughly equivalent to some 240 NCOs and men. In effect, about 12.5% of the total infantry strength would have been committed to UN service.

In 1960, a report by the adjutant general put the total strength of NCOs and men of the Defence Forces at just under 6,000 other ranks and just under 1,000 officers. This was 40% below the established strength. The AG's report was submitted in December 1960 at a time when both 32 & 33 Inf Bns were serving in the Congo – with some 1,400 officers, NCOs and men. This figure represents 20% of the 1960 total strength of 7,000 all ranks.

The total strength of the Defence Forces in 1957 was also about 7,000 all ranks. Given the relative stability of those years, the infantry elements would have been similar. In 1957, the Dept of Defence expressed concerns at committing two infantry companies to the UN, but by late-1960, two battalions had been committed. A three infantry company battalion organisation means that the actual commitment to the UN in December 1960 was three times greater than that proposed in 1957.

Small wonder then, that General McKeown in his reflections in 1996 observed that:

'It was fantastic, and we said to hell with it whether they were prepared or not; it was worth it to give 700 men an opportunity of this experience. In fact, it was this very response that resulted in what a good few people, including myself, thought was a bit rash. This was the sending of a second battalion a few weeks later. The main problem was here at home in the wake of sending 1,400 people abroad. Unquestionably, it was over-ambitious to send abroad so many of our 7,000-strong all ranks, Permanent Defence Force.'

Irish Defence Forces' service in UN operations over a virtually unbroken 55-year period since 32 Inf Bn marched out to the Congo dressed in their bull's-wool uniforms, wearing their studded, leather boots with 'jam-jar' leggings and 1938 pattern webbing, and carrying their bolt-action rifles, was, and remains, a fantastic opportunity, a great adventure, an honourable experience.

About the author:

Dr. James McCafferty DSM, BA (Hons), PhD served in the Congo with 34, 36 & 39 Inf Bns. His PhD thesis 'Political and military aspects of the Irish Army's service with UN forces in the Congo 1960-64' is based on research carried out in Ireland, Belgium, Britain, France, Portugal, USA and USSR. A copy of his thesis is lodged in Military Archives. ■



Airman Archie Raeside, photographer with 32 Inf Bn, the first unit to deploy to the Congo in July 1960. His book 'The Congo 1960: The First Irish United Nations Peacekeepers' published in 2004 is compiled from his diary and includes his photographs and newspaper cuttings from the early days of ONUC. Photo: Military Archives (MA_129_007)

A 'Terrible Beauty' Remembered THE 1916 RISING CENTENNIAL PARADE

*We know their dream; enough
To know they dreamed and are dead;*
WB Yeats, 'Easter 1916'

BY PTE EOIN O'SHEA, D COY, 7 INF BN

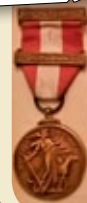
The centennial commemoration of what was, arguably, the most defining single event in the creation of an independent Ireland took place on Easter Sunday, 27th March, 2016. Having served in the RDF for almost a year, I – along with many of my 7 Inf Bn colleagues – had the privilege of being included in the Dublin parade. A section of us 'patrolled' as part of a re-enactment of troops from 73 Inf Bn serving in Lebanon in 1993.

As the parade drew near, I found myself considering the significance and the modern relevance of the sacrifices made some 100 years ago. While no historian, I have been struck by the scale of tragedy, pride, divisiveness, sacrifice, and eventual national independence that were the legacy of Easter 1916. What resonated even more were the subsequent living, breathing, rich narratives of many Irish families, including my own.

My grandfather, Andrew Fitzsimons, born in Dublin on 23rd June 1916 to a very nationalist family, recalled standing outside Mountjoy prison at four years of age with his parents as Kevin Barry, a young medical student and Irish Volunteer, was hanged for his part in an attack that left three British soldiers dead. The outrage following this execution seemed to remain with my grandfather; he chose 'Kevin' as his confirmation name and used the name throughout his adult life. He went on to serve as a captain in the DF during the Emergency.

My uncle, Sean Fitzsimons, also served in the PDF, as an enlisted man. He served overseas in the Congo and Cyprus and was proud to be included in the guard of honour during President Kennedy's visit to Ireland in 1963.

Capt Kevin Fitzsimons who served during The Emergency (1939-1946)



Pte Sean Fitzsimons seen here during service in the Congo (1961-62)



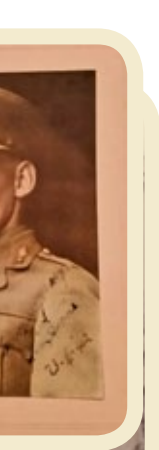
The procession of UN vehicles crosses O'Connell Bridge before passing the GPO

Members of the 73 Inf Bn Lebanon (1993) 'patrol' the streets of Dublin




Members of the 1993 Lebanon group on Pembroke Street before the Parade begins

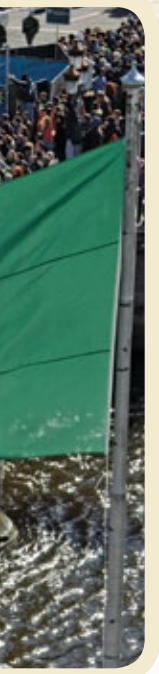




By sheer coincidence, our place in Easter Sunday's parade was directly behind the '1963 Congo group'; I was figuratively walking in the footsteps of my uncle and his comrades! Further ahead still, those men and women soon bound for the Golan Heights were a reminder of Ireland's continuing contribution to UN peacekeeping.



Two of my father's brothers served in the Irish Army and Naval Service whereas two of his uncles previously served with the British Royal Navy during WWII.




The complex subject of Irishmen fighting under both flags during 1916 is examined in scenes detailed in Brendan Kelly's book, 'He Lost Himself Completely' (2014), in which Kelly details the poetic tragedy of shots being fired between Volunteers and British soldiers through the gates of Richmond War Hospital, a location in which many Irishmen were recuperating from psychological trauma (or 'shell shock' as it was then called) suffered while serving in the trenches of the Western Front.

The parade took place less than two weeks after I had accepted a job as a psychologist with Combat Stress, a charity supporting British armed forces personnel similarly affected by recent operations in Iraq and Afghanistan. Even amidst the joy of the day, I tried not to lose sight of the wounds – both physical and psychological – surely suffered by many of those who fought and survived.

The crowds who came out to watch the parade were ten-deep at some points and they applauded and cheered loudly. It was a day for the Irish people and one of relatively few on which they could gain a clear sense of the discipline, pride, and capacity of their own Defence Forces, permanent and reserve.

No fewer than 50 RDF members from 7 Inf Bn participated; a clear testament to the emerging success of the single-force concept of today's Defence Forces – and perhaps a fitting tribute to the Volunteers of 1916.



But my experiences of the day, as well as the rich tapestry of the Rising's meaning and effects within generations of my family, are only part of the story. Many serving today have ancestors to whom, likewise, the Rising was significant in shaping the paths of their lives. For example CQMS Noel Montgomery (7 Inf Bn), when issuing us with our '93 Lebanon uniforms, informed us that two of his uncles had fought in the Rising; one of whom, Tom Crimmins, is credited as being the last man to leave the GPO. ■

AFTER THE PARADE, I ASKED SOME OF MY D COY COLLEAGUES ABOUT THEIR REFLECTIONS:

"It was a memorable experience to be part of a 'once-in-a-lifetime' opportunity [to commemorate an event] that my two great grandfathers fought in 100 years ago. It was an honour to walk the streets that my great grandfathers once walked." – **Pte Craig Lawlor**

"The parade allowed me to pay tribute to my great grandfather who fought in the War of Independence and was a member of the Free State Army." – **Pte Liam London**

"The priceless privilege to be able to honour those who paid the ultimate price for this country is something that cannot be compared. I will always cherish my involvement in these commemorations. That feeling of walking down O'Connell Street is something that I will hold onto forever." – **Pte Thomas O'Mahony**

"Taking part in the Centennial Parade was important to me as my great grandfather, Tobias Breslin, fought in the 1916 rising. Fortunately, he survived and went on to be a 2nd Lt during 'The Emergency' in the 1940's. It was a great privilege to march down O'Connell Street representing my unit and my family." – **Pte Laura Hayden**

"As a volunteer soldier myself, to march down O'Connell Street under the eyes of the President and the relatives of people who fought during Easter Week was a huge honour. To represent the organisation and the nation in this historical event was an unforgettable experience." – **Pte Simon Fitzhugh**

"As an Irishman and a soldier, it was an honour to be able to commemorate, and pay respects to, the men and women who not only fought and died in 1916, but who sowed the seeds for what would become the Ireland we know today and also the Irish Defence Forces." – **Pte Steve Burke**

"Throughout the lead up to Easter Sunday for the past few months has been a very positive experience for me and one that I had been looking forward to within the past year. Although not ethnically Irish but born here, I have never felt as proud or connected to Ireland as I did marching down O'Connell Street representing the country that has adopted my spirit." – **Cpl Anthony Cheung**

"Níl focail agam chun ceartais a dhéanamh don mothú ollmhór bróid a bhraith mé fhéin agus mo theaghlach de bharr mo rannpháirtíocht i gComórtha na Cásca agus chuile a léiríonn sé. Bhí mothúchán bróid agus meas d'Óglaigh na hÉireann le brath ón lucht féachana ar feadh iomlán an bhealaigh. Bhí éifeacht an tionscnamh Bratacha sna Scoileanna le feiceáil gosoiléir ar Sráid an Dáma nuair a thánamar ar grúpa páistí óga ag canadh Amhrán na bhFiann dúinn agus ag croitheadh a gcuid Bratacha Náisiúnta. Fíor am le thocht a mhothú id' scórach."

"Words do not do justice to the immense sense of pride that both I and my family felt from my participation in the Easter Commemoration celebrations and all it represents. There was a palpable sense of pride and respect for Óglaigh na hÉireann from the spectators all along the route. The effect of the 'Flags for Schools' initiative was particularly evident on Dame St. when we passed a group of young children singing Amhrán na bhFiann to us and waving their National Flags. A real lump-in-your-throat moment." – **Lt Antoine O'Beoláin**

Yeats' own poignant words remind us of the tragedy and sacrifice of so many that fateful week 100 years ago. Having witnessed, however, the pride and love expressed by the Irish people on Easter Sunday 2016, I cannot help but believe that the dreams of those who died have since been realised by the living.

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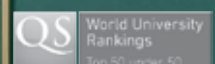
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Date: Friday 27th May 2016 - Time: 10:00hrs - 14:00hrs
Location: DFVBW, Plunkett Bks, DFTC, Curragh Camp

OC Transport Group, Defence Forces Training Centre will host the inaugural Transport Veterans Gathering.

The main purpose is to foster camaraderie and mutual support between serving and veteran members of all ranks and retired civilian employees.

The invitation is open to all Tpt PDF/RDF Veterans and former civilian employees. Unit OCs are requested to inform serving PDF/RDF personnel of this worthwhile initiative and request serving PDF/RDF members to spread the word and raise awareness.



Contact: Tpt Gp HQ staff on Ph: 045 44 5317
Sgt Paul Devine, paul.devine@defenceforces.ie or
Cpl Martin Kiely, martin.kiely@defenceforces.ie.


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CLASH OF THE DREADNOUGHTS

The Battle of Jutland

BY PAUL O'BRIEN

On 31st May 1916, a salvo of shells crashed into the battlecruiser *HMS Indefatigable*, sending up a huge plume of black smoke. Battleships cut through the cold waters of the North Sea, manoeuvring to get a better shot, while others evaded incoming rounds. The Battle of Jutland, the greatest sea battle of the Great War, had commenced.

By the spring of 1916, the war had reached a stalemate, with the opposing armies dug in, facing each other over 'no man's land', fighting a war of attrition.

The arms race that had emerged in the early 20th between Germany and Britain was mainly naval and aimed at dominating the high seas. The development of the dreadnought, considered the first modern warship (combining revolutionary armament supply, an electronic, range-finding, weapons system, and increased speed capability), intensified Anglo-German tensions in the lead up to the war.

The British Grand Fleet, under Admiral Sir John Jellicoe, was based in the Orkneys at Scapa Flow, off the north-eastern tip of Scotland, where they could close the northern exit of the North Sea and where they could also intercept and engage German warships should they threaten the coasts of Britain.

The German High Seas Fleet, commanded by Admiral Reinhard Scheer, was based at Wilhelmshaven, Kiel and Hamburg, and though there had been a number of skirmishes with British warships since the outbreak of the war, it had generally remained in its harbours.

As the British navy was superior in number to its German counterpart, the British wanted a full scale battle engaging both fleets, whereas the Germans intended to use a small battlegroup to lure part of the British fleet into an ambush where it could be destroyed by the full German fleet.

However, British code breakers had cracked the German code and discovered their plan. The British now knew that the full High Seas Fleet would be off the coast of Denmark's Jutland Peninsula waiting to put their plan into operation. Consequently, the entire Grand Fleet headed out to engage the enemy. The battle would involve more than 100,000 men

and 225 ships, and would be fought over three days.

British battlecruisers under the command of Admiral David Beatty sailed ahead of the main fleet and visual contact was made shortly after 14:10hrs on 31st May when *HMS Galatea* signalled that two enemy ships had been sighted. At 14:35hrs she signalled that a large number of enemy ships had now been sighted. The bells for 'action stations' were sounded on all ships as thousands of men manned their positions. The British 13.5-inch guns were brought to bear on their targets, while the German 11- and 12-inch pieces were loaded rapidly in preparation for action. Though the British guns out-ranged the Germans, they did not open fire immediately due to discrepancies in their range-finding equipment. Instead, the first shots were fired by the Germans at 15:38hrs when the *Lion*, *Princess* and *Tiger* were hit. The Royal Navy returned fire hitting the



The Battle of Jutland, by artist Montague Dawson (1895-1973) painted in 1949.



Admiral Sir John Jellicoe, British Grand Fleet Commander



Admiral Reinhard Scheer, Commander in Chief of the German High Seas Fleet

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

Battleship HMS Barham 1916



Von der Tann and the *Moltke*. Destroyers launched their torpedoes, causing the big ships to manoeuvre swiftly to avoid impact. Clouds of smoke from the guns and the ships' funnels obscured the battleground, giving the German fleet an advantage as British gunners had to pause to reload and re-aim, while the Germans could continue firing. Battlecruisers and dreadnoughts cut through the waters seeking targets. These massive hulks of steel manoeuvred into firing positions, their great guns sending shell after shell into the air. Splashes of spray rose into the air as misses

again darts the cage for more. With the noisy rammer, recoiling guns and tipping of these huge shells into loading trays, and other guns going off, the din was terrible. Away goes [the] fire bell again and before it finishes its single 'Ding', the guns crash back and go forward into place to the accompaniment of the shrieking air-blast which blows away all the burning debris. By the time the gun regains its position, everything is ready again.' 1914-18 The First World War An Illustrated History (2014).

Jellicoe headed south in an attempt to cut off the Germans. As the fleets clashed, the *Lutzow* was sunk and the *Seydlitz* and *Derfflinger* badly damaged. The British Grand fleet manoeuvred so as to assault the thinly spread German line. Scheer realised his adversary's plan and attempted to breakout into the Baltic but failed to run the gauntlet and his ships suffered 27 direct hits. The German commander then ordered a full retreat using his lighter ships to cover the withdrawal of the Imperial Navy's best vessels. Out of range of the Royal Navy's guns, the deteriorating light enabled the Germans to escape the onslaught.

Scheer consolidated his remaining force and once again turned to face his adversaries but the threat of a possible German submarine attack dissuaded Jellicoe from rising to the challenge. During the short summer night, both sides continued to clash, resulting in a number of light cruisers and destroyers being sunk. Ships on both sides succeeded in evading a great number of torpedoes, but the German *Pommern* was hit, broke in two and sunk.

By the end of the battle the Royal Navy had lost 14 ships and 7,000 men while the Germans had lost 11 ships and 2,500 men.

Both sides claimed victory, yet with so many casualties on the British side and the Germans forced into a tactical withdrawal, the final outcome was not as many had expected.

Although no dreadnoughts were sunk, many battlecruisers and destroyers were lost on both sides. Though the British suffered the heavier number of casualties, they had forced the Germans back to port and now had undisputed control of the North Sea. Both the German and British military hierarchies were livid that a crushing defeat had not been possible, as they believed outright victory at the Battle of Jutland could have turned the tide of war.

Churchill, the Lord of the Admiralty, berated Admiral Jellicoe for not pursuing the retreating Germans and delivering that crushing blow that would have given the Allies a victory similar to that at Trafalgar.

The amount of ships lost in the battle came as a shock and highlighted their vulnerability in modern warfare. While many still believed in the might of the warship and the dominance of the high seas, others were looking to the air and beneath the waves; the age of the aircraft carrier and submarine was dawning. ■

German Destroyers generating a smoke screen to escape from the British battleships' shellfire



were calculated while hits sent up flame and smoke as the shells detonated.

While the German commander soon realised he was engaging at least a significant proportion of the British Grand Fleet, he was also inflicting considerable damage on the British battlecruisers. The first major casualty of the battle was *HMS Indefatigable*, when shells ignited the ship's magazine blowing it to pieces and killing all but two of her crew. At 16:26hrs, the *Queen Mary* was hit and sunk after a salvo hit her amidships; all but nine of her 1,266 crew perished.

Through the haze, the main British forces steamed into range and entered the fray. HE Reid, a gunner on the dreadnought *HMS Agincourt*, part of the First Battle Squadron, recalled:

'A great flash and terrific crash and two 12-inch guns recoil as their projectiles fly towards the object of interest. Everyone grins as up comes a fresh projectile for each gun...These were immediately rammed home by the electric rammer and down

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

DEFENCE FORCES SOCCER

BY LT MARGARET HOGAN, A COY, 12 INF BN

This May will see the Irish Defence Forces soccer team compete in their 6th CISM International soccer competition since 2006. Having qualified for the World Military Games in 2007 the Defence Forces have gone on to compete in European Championships in 2010, 2012 and 2014 and have finished in third place on those three occasions. The Defence Forces will host Group One of the European Championships in May 2016 and attempt to qualify for next year's second ever CISM World Soccer Championships in Oman. 1 Cn Cois will host the three delegations and the games will be played in the Galway area. The Defence Forces and Football Association of Ireland share a long standing association. The awarding of International Caps by the Football Association of Ireland instils a sense of great pride for both the players and their families and is worthy recognition of their achievements. The support received from the FAI and the Irish soccer community along the way has been enormous, but, while qualification for the finals would mark another watershed for Defence Forces soccer, the link between the Defence Forces and soccer in Ireland dates back many years.

Organised sports in the Defence Forces have their roots in 1923, during the closing days of the civil war, with the formation of the Army Athletic Association (AAA). However, soccer wasn't given official recognition until the emergency when, due to the huge numbers serving in the Defence Forces, "foreign games" were finally authorised. It is said that competitive soccer started

in the Defence Forces in 1940 when the first official match took place between the Curragh Command and the mighty Shamrock Rovers. In 1941 Mrs M. Cunningham, director of Shamrock Rovers, presented the Defence Forces with its first ever soccer trophy, the Cunningham Cup, for which the Curragh and Eastern Commands played on an annual basis. Later In 1961 this became an inter-unit competition and to this day it is the premier inter-unit soccer competition in the Defence Forces.

DERMOT EARLY AND GEORGE BEST, 1986

A significant event in Defence Forces soccer occurred on 28th April 1986 with the hosting of the Shay Brennan testimonial match. Thousands of spectators turned out in the esplanade, Collins Bks, to see a Defence Forces selection take on a Liam Tuohy celebrity eleven. Players such as George Best, Paddy Crerand, Johnny Giles, Liam Tuohy, Tony Ward, Mick Martin, Dermot Earley and many more graced the Dublin Bks venue to celebrate the glittering career of the former Manchester United stalwart. On hearing of the level of support that the Defence Forces had given to Shay's testimonial year, Manchester United officially invited the Defence Forces to tour the UK. The tour which included amongst others matches against Liverpool reserves, Manchester City and a 'strengthened' Manchester United reserves, won the Defence Forces many friends and admirers and raised the profile of Defence Forces soccer at that time.

Over the years Defence Forces personnel have officiated at all levels of the game, both at home and abroad. The most famous of



these is RQ Eddie Foley (Collins Bks, Cork) who is the only Irishman ever to officiate at the World Cup (France 1998). In 1994 Eddie was instrumental in the establishment of the Defence Forces Referees Association and through his work and the work of many others the Defence Forces now has 6 serving personnel currently officiating in the League of Ireland. At present, Eddie is one of only four UEFA Officials currently in Ireland and will be coordinating the officials for this years' championship in Galway.

'CISM' or 'The International Military Sports Council' was founded in 1948 with the goal of establishing permanent relations through sport between armed forces of the world. With its motto "friendship through sport", CISM has grown to become one of the largest international multi-sports federations in the world with 127 member countries and 25 distinct sporting disciplines. 2006 was the first time the Defence Forces soccer team qualified for the World Cup, an immaculate Home Farm hosted the World Cup qualifiers from 16th – 20th October 2006. The initial game,



against a Greek team boasting conscripted professionals from their Premier and First Divisions was a close affair, with the result being in the balance until literally the final kick of the game when a penalty sealed a 3 – 1 victory for the Greeks. The following night a determined Defence Forces team overcame a skilful Dutch side 1- 0 and, with Greece defeating the Netherlands 3 – 0 the night after, the Irish were assured of the play-off position against Italy. In February the Irish stunned a highly fancied Italian

team 3-0 in Whitehall. Thus, the Defence Forces had succeeded in their aim of qualifying for the World Military (CISM) Games at the first time of asking. In extreme weather conditions, the Defence Forces eventually finished a highly credible 7th place, the highest position of any of the Western Nations. Since then the Defence Forces have gone on to compete in CISM European Championships in 2010, 2012 and 2014 and have finished a highly credible third place on each occasion.

The teams competing in this year's European Championship are (Group A) Ireland, France, Greece, Azerbaijan, (Group B) Germany, Poland, Netherlands and Lithuania with Ireland hosting Group A in Galway. The Irish DF face a challenge with two out of the top three most successful nations in World Military Football in France (5 World titles) and Greece (4 World titles) in Group One. France is also the reigning CISM European Champions and has defeated the Irish DF in both most recent meetings in 2014. Azerbaijan finished fourth in the most recent CISM World Games in 2015 so there is

certainly no room for complacency with any of the teams in this Group.

However the Irish DF Team have been consistently performing at CISM Championships and most recently defeated the reigning European Champions Germany at that time in Oleron, France in November 2014 with an outstanding display of courage and dedication.

The current crop of Defence Forces players under the stewardship of manager Comdt Declan Sheridan, Assistant manager Cpl Tommy Hewitt and



Coaches Lt Colm Kavanagh, CS Tony Jinks and Pte Alan Corboy have never been better prepared or more motivated. In their preparation for the upcoming European Championship the Defence Forces had a 2-1 victory over the Combined Colleges and Universities side in Collins Bks Cork and recorded a 1-0 win over the UK Armed Forces in Kilkenny. They have one more fixture remaining before the Championship against Limerick FC on 20th April in UL Campus. The hard fought and challenging matches to date are considered an essential part of the preparation process providing the opportunity to assess and refine systems of play, incorporate lessons identified and to instil a sense of belief and momentum going into the Championships. Both fixtures were very tight affairs played in good, competitive spirits with very little between the sides with the DF victorious in both instances. This helps to maintain momentum and further develop a winning mentality for DF players.

As proud members of the Defence Forces the squad are fully cognisant of the expectations and responsibilities associated with wearing the national jersey and aspire to always do that justice and uphold the values of the organisation. The DF team have personnel that are playing at the highest level of the Airtricity League of Ireland (4 with Wexford Youths) and representing clubs as coaches or players throughout the country. It is a measure of the discipline, commitment and loyalty of the squad that they can so effectively balance the demands of being fully operational professional soldiers with that of playing at the highest levels in Ireland. The script has not yet been written for the upcoming European Championships but the one surety is that the Irish Team will leave nothing behind them when the action commences.

The Defence Forces also has a Women's Soccer team who has been gaining momentum since 2013. The Defence Forces Women's Soccer team plays fixtures against Colleges/Universities and FAI League teams each year. At international level they have played the UK Royal Air Force (RAF) twice and the Netherlands once. In 2013 they defeated the RAF after coming from behind. In 2014 the ladies again came from behind to force a draw against the Netherlands (1-1). In December 2015 they played the RAF away with the ladies being denied a victory by a late equaliser and the game ending in a draw 1 -1.

This was the first occasion that the Defence Forces Women's team played a representative fixture outside of Ireland and, is an indicator of the positive progress made in recent years under the stewardship of Manager Sgt Darren Cody and Coach Pte Alan Corboy. The Women's team will look to build on this result into 2016 and beyond, having remained unbeaten now for the past three years at International level. Their next fixture is on 26th May against Tramore LFC in Tramore. ■



Brig Gen Philip Brennan, GOC 1 Bde the current President of Defence Forces Soccer thanking Pte Mick McLoughlin, 3 Inf Bn and the officials at the recent game in Kilkenny. Photo by: Pte J. Darcy, 3 Inf Bn

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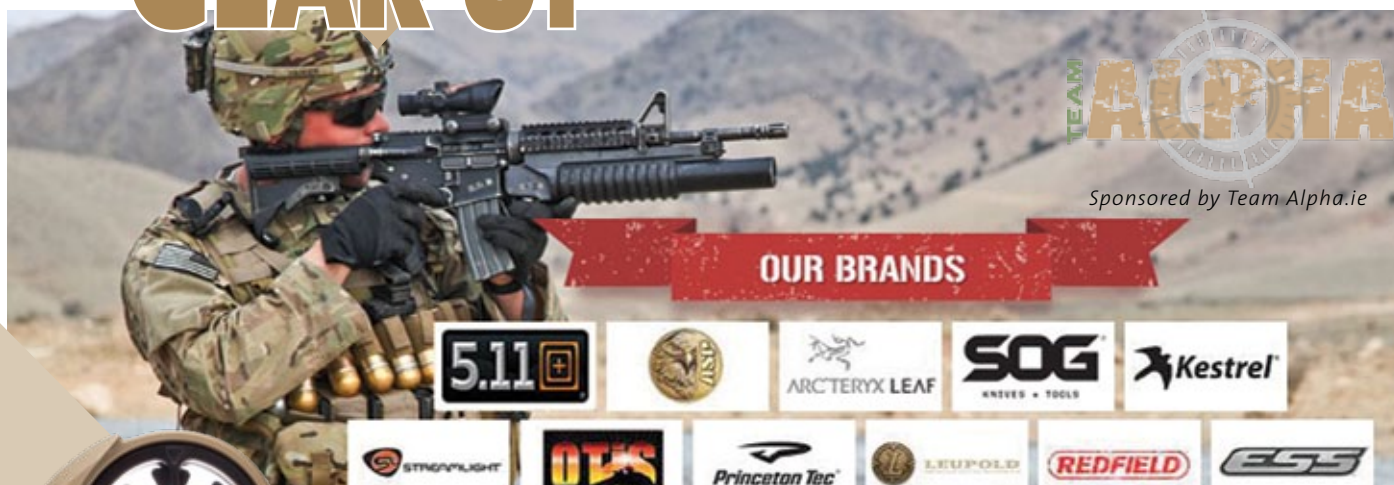
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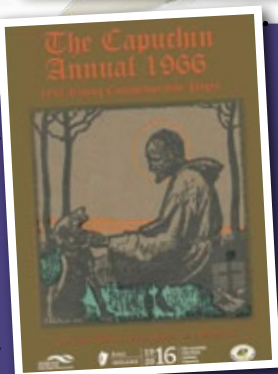
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Last month's winner was: Daire O'Mahoney, Co Donegal

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South Dublin Libraries, by kind permission of the Capuchin Franciscan Order and with the generous assistance of Eneclann, are proud to present a reprint of the 1916 commemorative pages of the iconic *1966 Capuchin Annual* as part of South Dublin County Council's Decade of Centenaries programme 1913-1923. €5 of the €10 cover price of this book will be donated to the Capuchin Day Centre on Bow St. Dublin, run by Br. Kevin Crowley OFM Cap. For over forty years Br. Kevin has worked tirelessly serving the

homeless and poor of Dublin.

The most collectable Capuchin Annual is the 1966 edition, which included an extended section marking the 50th anniversary of the 1916 Rising containing rarely-seen images and previously unpublished eyewitness accounts of events in various parts of Dublin, Enniscorthy, Limerick, Kerry, Belfast, Cork and Galway.

Of particular interest is the memoir by Fr. Aloysius Travers OFM Cap (1870-1957), a Capuchin Friar. This day-by-day memoir provides a narrative account of his movements throughout Dublin from the outbreak of fighting on Easter Monday to the execution of James Connolly on 12th May. His account includes poignant descriptions of many of the executed leaders' last hours.

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1916 Locations Part 3

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RICHMOND BARRACKS 1916: WE WERE THERE

77 Women of the Easter Rising

Author: Mary McAuliffe & Liz Gillis
Publisher: Four Courts Press (July 2016)
www.fourcourtspress.ie
ISBN: 978-1907002328
Price: €22.45
Pages: 320

'*Richmond Barracks 1916: We Were There - 77 Women of the Easter Rising*,' is a collaboration between historians Mary McAuliffe and Liz Gillis detailing the lives of those women that participated in the struggle for an Irish Republic and their incarceration in Richmond Barracks after the insurrection.

Over 3,000 republican prisoners were held at the Barracks, including seventy-seven women, in the aftermath of the Easter Rising. The leaders of the Rising were also held within its walls and court-martialled before being transferred to Kilmainham Gaol for their execution.

This work, released in conjunction with the current preservation and conservation project at Richmond Barracks is a welcome edition, not only for incorporating the events in the barracks but also enlightening the reader to many of the Risings participants and their actions that week. While the important role that women played during the Rising has, in recent years, been acknowledged, this book examines the events through their lives and experiences.

The book contains detailed biographies of the women which enable the reader to connect with these revolutionary women and understand where they came from, their hopes and dreams, their motivations, education, class, politicisation and what were the contributing factors that made them participate in one of the most historic episodes in our nation's history.

An interesting feature of the book is that there are small photographs of the women beside their biographies. This acts as an important reference as they may, in the future, be used to identify the women as more photographs and memorabilia come into the public domain.

This well written, well researched and detailed book highlights the contribution and sacrifices that women made to Ireland's struggle for independence and makes for essential reading on the period. **PC**



TRUCE: MURDER, MYTH AND THE LAST DAYS OF THE IRISH WAR OF INDEPENDENCE

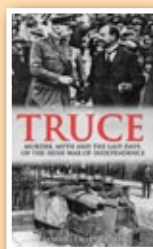
Author: Pádraig Óg Ó Ruairc
Publisher: Mercier Press (December 2016)
www.mercierpress.ie
ISBN: 978-1781173855
Price: €17.99
Pages: 384

Many people believe that when a truce is called during wartime, both sides cease hostilities but nothing is further from the truth. On 8th July 1921, a Truce between the Irish Republican Army and British Forces was announced which was to come into effect three days later on the 11th July. During those few summer days between the 8th and 11th July, it is estimated that sixty people were killed as British and Republican forces continued their war, ignoring orders from their respective commands.

Truce: Murder, Myth and the Last Days of the Irish War of Independence is the latest work by historian Pádraig Óg Ó Ruairc, which examines this often overlooked and bloody episode in our nation's history. This meticulously researched work examines in detail the political and military origins of the Truce before looking at the killings that took place as the Truce was coming into effect. The author examines the deaths under a number of headings such as those of suspected spies, attacks on off-duty British soldiers and pre-Truce offensives and IRA operations. Ó Ruairc also examines fatalities inflicted by British Forces during this period revealing that both sides were conducting operations, debunking the century old myth that the IRA had launched a campaign to kill as many people as possible before the Truce.

Events such as Belfast's 'Bloody Sunday' are also examined in detail, revealing the terror of sectarian rioting that resulted in the deaths of twenty-two people, which today goes almost un-noticed.

The insurgency and counterinsurgency warfare that dominated the Irish War of Independence was brutal in its extreme and the killings continued right on, up and beyond the wire. Ó Ruairc's highly detailed, vivid and revealing story is an in-depth analysis of this controversial period in Irish history. An essential read. **PO'B**



RANGER: INTREPID 4.5

Author: Chris Allen
Publisher: Momentum (April 2016)
momentumbooks.com.au
ASIN: B01BTP191G
Price: €3.50
Pages: 70

Alex Morgan Interpol's 'black-ops' Intelligence, Recovery, Protection and Infiltration (INTREPID) Division's special agent has returned from a successful Helldiver mission. In Ranger INTREPID 4.5 we continue with a short story that adds some back-story to Alex's character.

Highly decorated US war hero John Nash has discovered a sinister plot involving a billionaire and a senator, between prostitutes and embassy's he needs to tell somebody. Nash is down on his luck and living on the streets, invisible to these high flyers whom he watches coming and going without any suspicion.

Alex receives a message seeking help from an old Ranger buddy and he owes him for saving his life in Afghanistan a few years back. Alex is drawn by his old friendship and his debt, but has to go unsanctioned and off the books to help.

Alex confirms everything Nash provides as evidence, which he passes on to the Interpol agency in Washington. When Alex is checking Nash's story he comes across newspaper stories about a vigilante – is there a connection?

Alex decides to help his homeless veteran buddy and goes rogue to catch the senator, and figure out why a billionaire's assistant regularly visits the embassy of an old 'cold war' opponent.

Chris Allen has signed a deal for a full INTREPID series to appear on the big and small screens from 2016 and beyond. **WF**



NAME

SEÁN MCNALLY

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BY SGT WAYNE FITZGERALD

I grew up in Dromahane, Mallow, Co Cork. In 1999 after completing secondary school I went to DIT Rathmines for three years to study for a diploma in Speech and Drama. I did a few part-time jobs during that period including ladies shoe salesman – worst job I ever had!

My career goal was to go into acting full-time but I started off part-time with a comedy group, 'The Craic Pack', doing comedy improv every Friday in the Bankers Bar, off Dame St. We also took part in an Irish festival in Providence, Rhode Island, which was a great experience as they loved the Irish.

In 2004 I completed a BA in Humanities in Dundalk. Then, after working for a year on the Dublin circuit doing theatre work, I went back to Cork in 2006 to undertake an MA in Drama and

Theatre in UCC. This was more academic than I was expecting but was very interesting. I stayed in Cork as I started getting work. One job was with Snatch Comedy, another improv sketch show.

I had also always wanted to join the Permanent Defence Force but because of college and acting I hadn't been able to. So, instead I joined the RDF in 2010, enlisting in B Coy, 34 Inf Bn, in Mallow. I was with one of two platoons from 1 Bde to complete two weeks of recruit training in Bere Island. As the oldest (27) of the 60 recruits, I was always conscious of helping the younger recruits when they needed it.

As a two-star private I took part in a company-level exercise in Kilworth, and it was great to put into practice what we had been taught.

Soon after, I was back on Bere Island for another two weeks undergoing my three-star course, during which we were impressed by the respect we were given and which gave us great confidence. I was very surprised but proud to be awarded 'Best Soldier' of my platoon.

In 2011, six days before I was due to appear in two different shows, I suffered a minor injury to my ankle while training with the RDF. As a result, I played a limping Romeo in *Romeo and Juliet* and a leg-dragging Bassanio in *The Merchant of Venice* – taking the term 'breaking a leg' as close as I wanted!

In 2012 I completed my Potential NCOs course over four weekends and a two-week full-time training camp culminating with a 72-hour exercise, during which we provided the troops for an RDF Potential Officers course. With patrol harbours, night raids, platoon tactics, and an ambush and assault on enemy insurgents, this was another great experience in RDF life. Again surprisingly, I was awarded the 'Best Potential' for the course, for which I was very grateful.

With the re-org in 2012 my unit was re-designated D Coy, 12 Inf Bn, as part of the single-force concept.

In 2013, I completed a few radio plays, including one that was shortlisted for 'best programme' in the National Radio Awards.

My RDF background helped to get me a part as an extra in the film *The Wind that shakes the Barley*, starring Cillian Murphy, as they were looking for people with military training.

I'm still acting and continue to do comedy. I've also appeared in two operas in two silent comedy roles – which was fine, as I can't sing! ■





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