

THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR

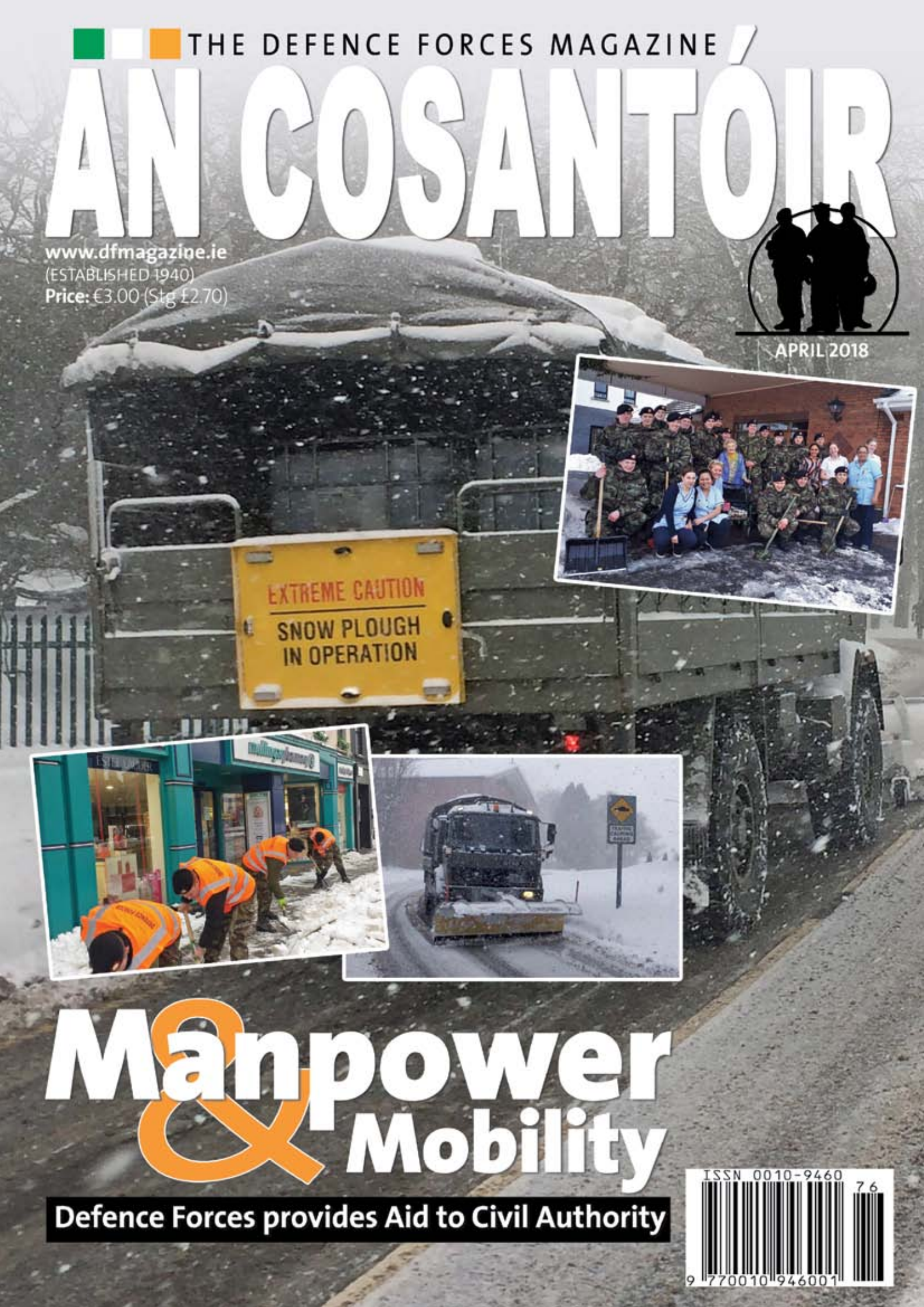
www.dfmagazine.ie

(ESTABLISHED 1940)

Price: €3.00 (Stg £2.70)



APRIL 2018



Manpower & Mobility

Defence Forces provides Aid to Civil Authority

ISSN 0010-9460





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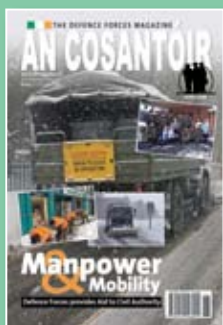
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Number 3
April 2018



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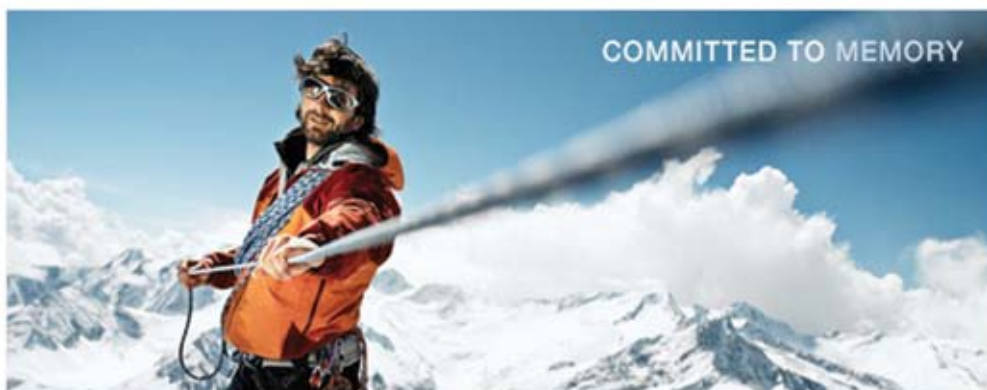
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The fact that an article appears in this magazine does not indicate official approval of the views expressed by the author.

© Published by Oic Public Relations Branch for the Defence Forces at DFHQ, Block 5, Ceannt Bks, DFTC, Curragh Camp, Co Kildare, Ireland.
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Front Cover

Pictured are some images with the Defence Forces providing aid to the civil authority (ATCA).

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

Editorial

Hello, and welcome to our April issue, in which the main focus is on providing aid to the community through aid to the civil authority operations and training for public order operations.

As usual, your photographs from home and overseas stand tall *On Parade*, and are followed by our first *In Focus* piece, which looks at the *An Cosantóir/JM Publishing-sponsored Lt Gen MJ Costello Awards 2017* for contributions to the magazine. Our other *In Focus* feature is on Engineers Week with 2 Bde Fd Engrs Coy, from Custume Bks, Athlone. *Veterans News* looks at recent awards to an off-duty garda and a taximan who saved the life of a member of the Naval Service Association.

Our front-cover feature, *Manpower & Mobility*, reports on the activities of the 1,814 DF personnel and 533 vehicles deployed in support of the civil authorities during Storm Emma.

This is followed by a short piece on *Seimineár Gaeilge 2017* by Capt Cillian de Brún (2 BAR), which took place in the NMCI in Cork in December. (The piece is also reproduced as *Gaeilge* in our online version.) Next, CPO/ERA Ruairi de Barra and L/Sea Donnach Curtain continue our look at the Naval Service with *Muscle & Blood*, which focuses on the ship's crew, without whom our ships would never leave the quay.

In *Fight Light – Fight Right* BSM Mick Smyth (7 Inf Bn) and Comdt Gavin Egerton (Oic NCOTW) look at a new infantry fighting

concept that is evolving internationally and is being developed in the DF by the NCOTW. This is also the focus of *Fighting Light* by CQMS (AR) Michael Barrett (7 Inf Bn), from an RDF perspective.

Cpl Lee Coyle is up next, speaking to members of the Naval Service Reserve (NSR), who train men and women to supplement and aid their Naval Service colleagues. *Shields Up, Visors Down!* continues our main theme where Capt Sarah O'Regan (2 BTC) covers a recent public order training instructors (POTI) course, which culminated in a multi-agency exercise carried out with An Garda Síochána and the National Ambulance Service in Gormanston Camp.

In our first *History* piece Sgt Robert Delaney (Ordnance Base Workshops), looks at a First World War 18-pounder field gun discovered in the US and which is believed to be one of nine guns the British gave to the Free State army in 1922. In our second *History* feature, American author, Joseph EA Connell Jnr, looks at the extensive use of IEDs by Irish rebel forces during the Irish War of Independence.

Our first *Sports* feature looks at the Defence Forces Association of Mountaineers (DFAM) team who participated in a recent climbing meet on the Costa Blanca in Spain. This is followed by Gnr Pauric O'Sullivan's who's who of the *Defence Forces Indoor Track & Field Championships 2018*. All this plus our regular features: *Tac-Aide*, *Gear Review*, *Noticeboard*, *Book Reviews*, and *What I Do Now*.

Sgt Wayne Fitzgerald - Editor

Wayne Fitzgerald

NEW 3-STAR PRIVATES

Congratulations to members of 146 Pln, seen here receiving their three-star rank markings from Comdt Waters (OC Comp B, 1 Cn Cois) on completion of their training. Photo: Cpl John Greene (1 Cn Cois).





1922 MICHAEL COLLINS MEMORIAL EDITION OF AN SAORSTÁT

Donegal County Museum was delighted to receive as a donation, a 1922 Michael Collins memorial edition of *An Saorstát*. It was published 29th August 1922 marking his death in an ambush in Co Cork. It was preserved by Mrs John McBride Nee Tess McFadden from Umlagh, Carrigart, Co Donegal. It was donated by her children - Dr Sean McBride (pictured), Dr Aldena McBride and Mrs Carmel Duffy. Donegal County Museum would be delighted to receive any other material associated with forthcoming Decade of Centenaries events including Suffrage, 1918 General Election, WWI, Armistice, War of Independence, Government of Ireland Act and Civil War. Photo: Caroline Carr, Donegal County Museum



FRC CAPABILITY UNDOF

In its role as the quick reaction force (QRF) for not only UNDOF but also for OGG, it is critical that the Force Reserve Company (FRC) maintains a capability to deal with any medical emergency that the mission may encounter. This picture is of a recent medical exercise and evaluation in which the FRC Medical First Responders (MFRs) were tested and highly commended for their ability, and level of medical knowledge, by the UNDOF senior medical staff. Photo: Capt Ross Barrett, 56 Inf Gp, UNDOF



148TH RECRUIT PLATOON

Pictured passing out parade of the 148th Recruit Platoon, 12th Inf Bn in Sarsfield Bks, Limerick. Recruit Cormac Doyle was presented with the 'best tactical soldier' trophy by Lt Col Sean Murphy, OC 12th Inf Bn. Photos Pte Michael 'Rama' Walsh



ENJOY RETIREMENT

Pictured with Lt Col Keogh, OC 1 Cn Cois and A/Sgt Major Gallagher, is CQ Phil Garvey on his last day in service before retirement. Phil has over 42-years-service in the Defence Forces and completed 16 tours of duty overseas. Wishing him all the best in retirement. Photo: Cpl John Greene, 1 Cn Cois



RESERVIST PROMOTIONS

Pictured are four newly promoted Reserve Captains based in the DFTC. This is the first Lt to Capt promotions in the Reserve for four years. They are from (L/R): Capt (AR) Chris O'Slatara, CIS Sch, Capt (AR) Eoin O'Connor, NCOTW, Capt (AR) Pat McTigue, MP Sch and Capt (AR) Glynn McKenna, 1 ACS. Photo: Lt Col (AR) Gery Maguire, HQ DFTC



▲ DEPT OF FOREIGN AFFAIRS & TRADE

28 members of Dept of Foreign Affairs and Trade successfully completed Personal Security and Awareness Training (PSAT) and Hostile Environment and First Aid Training (HEFAT) in UNTSI from 19th - 22nd February 2018. Sincere thanks from UNTSI to all the contributing units, the IWW, ARW, J6, the AC MTS and SERE Sch, the Ord Sch, Tpt Sch, and Med Sch, without whose hard work and professionalism this training could not be conducted. *Photo: Comdt Laura Fitzpatrick, UNTSI*



▲ INTERNATIONAL WOMEN'S DAY

The School of Music has one of the highest ratios of females per unit in the Irish Defence Forces. Pictured celebrating International Women's Day are Back Row L/R: B/w Alice McCarthy, B/w Emma Lee Meegan, B/w Francesca Fitzpatrick, B/w Laoighse Styles, B/w Johanna Kenny, B/w Catherine Hayes. Front row: B/w Avril Burbridge, B/w Linda Norris, B/w Sorcha Mc Mahon, Sgt Aine Doyle, Cpl Ellen O'Connell, B/w Caroline Nolan and B/w Maeve O'Brien. *Photo: CQMS Brian Guilfoyle Retd*



▲ 110 INF BN DONATES TO CHARITY

The 110 Inf Bn recently returned from their tour of duty in Lebanon with UNIFIL. During their tour they held various events and activities which culminated in them raising over €11,000 for charity. Their primary charities were ONE Fuchsia Appeal and Aoibhinn's Pink Tie. Recently at the laying up of the unit colours in Custume Bks, Athlone they presented a cheque for €3,001 to ONE's CEO Ollie O'Connor. *Photo: Ollie O'Connor*

▼ SEARCH & CLEARANCE IN UNDOF

Pictured are members of the 56 Inf Gp who conducted a Search and Clearance Operation in UNDOF AO at the request of Observer Group Golan (OGG) in order to validate a safe lane at a UN position. The operation included engineer, EOD, medical, CIS and security personnel. *Photo: Lt James McKeon, 56 Inf Gp, UNDOF*



▲ MINISTERIAL VISIT TO UNTSO

The Minister with Responsibility for Defence Paul Keogh TD, alongside DCOS Ops Maj Gen Kieran Brennan and accompanied by DoD personnel visited UNTSO HQ, in Jerusalem recently. Minister Keogh and the visiting VIPs were briefed on the work of the 12 Irish UNTSO personnel currently serving in Egypt, Israel, Lebanon and Syria. Pictured (L/R): Comdt Shane Courtney, Maj Gen Brennan, Minister Keogh, DCOS UNTSO Col Petteri Kajanmaa (Finland), Irish Ambassador to Israel Alison Kelly, Capt Dónal Gallagher, Assistant Secretary General DoD Mr Ciaran Murphy, Comdt Aileen Keating and UNTSO Chief Security Officer Mr Ronan Corcoran. *Photo: Comdt Shane Courtney*

▶ HANDBALL DOUBLES

On Saturday 10th March 2018, Sgt Glen O'Kelly, TIS Kilbride won gold at the UCD one-wall handball doubles competition where he partnered with his son Jake. The DF handball team are now in training for the Nationals in May. Anyone interested in trying out for the panel contact Sgt O'Kelly in Kilbride Camp. *Photo: Sgt Rena Kennedy, PR Branch*



IN FOCUS

LT GEN MJ COSTELLO

BY SGT WAYNE FITZGERALD

GROUP PHOTOS BY CPL NEVILLE COUGHLAN

Awards 2017

On 7th March 2018, we presented the inaugural *An Cosantóir*/JM Publishing Sponsored Lt Gen MJ Costello awards for 2017. These awards are made in recognition of the recipients' excellent contributions to the magazine.

An Cosantóir was first published in 1940 by Lt Gen Michael Joseph (MJ) Costello (OC Southern Command) as a newsletter for the troops. Its purpose was to provide a medium to disseminate official views and provide instruction to members of the Command. After the Emergency, *An Cosantóir* was adopted as the single official publication for the Defence Forces, developing over the decades from a weekly to a monthly A5 pamphlet, and then on today's 40-page, full-colour, A4 magazine, which has 10 issues per year and a readership estimated at 25,000.

The introduction of these awards was made possible through the continued support of Mr Joseph Nazari, managing director of our current design and publication company, JM Publishing & Design, who have been working with us since May 2011. The 2017 award recipients were CPO/ERA Ruairi De Barra (*LÉ Samuel Beckett*) and CQMS (AR) Michael Barrett (D Coy, 7 Inf Bn).

CPO/ERA Ruairi De Barra was presented with the award for 'Best Article 2017', for his article 'Rebuilding Somalia', which appeared in our May issue and received wide circulation in the national media, including being republished in *Emergency Services Ireland*. The article was nominated by *An Cosantóir* for the prestigious European Military Press Association's (EMPA) best article award in 2017, which brought it to an international audience, where it was picked up and reprinted by *Combat*, the Australian military magazine.

The article looked at international efforts to support the Somali government in combating piracy and lawlessness off their coast, and featured former Naval Service officer, Chris Reynolds, current Director of the Irish Coast Guard, who was on secondment to EUCAP Somalia as Head of Operations.

Ruairi has contributed seven articles to *An Cosantóir* over the last two years.

CQMS (AR) Michael Barrett was presented with the award for 'Best Contributor 2017', in appreciation of his continued contributions to the magazine, with 17 articles submitted over a 22-year period. These articles started back in 1996, when, as a young reservist, then Cpl Michael Barrett, A Coy, 20 Inf Bn, wrote 'FCA Platoon Goes Underground', which looked at his unit's defensive exercise during their annual camp in the Glen of Imaal.

Michael's regular submission of articles and high-quality photographs over the subsequent years have made him a valued asset to *An Cosantóir*, helping us to stay current and up to date with what's happening on the ground. In addition, his articles and photographs help to record how the RDF has evolved over the last two decades.

It is also very fitting that both recipients have articles appearing in this issue. We thank them for their contributions and we hope to see much, much more from Ruairi and Michael in the issues to come.

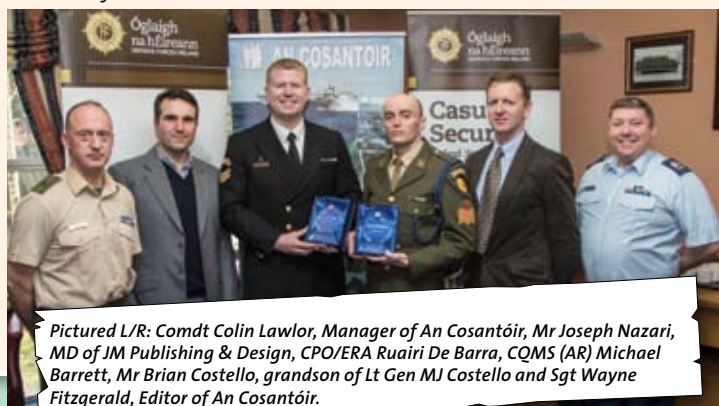
If you are interested in submitting an article please see our Tac-Aide on how to do this on the inside back cover of this issue. Maybe you could be next year's winner of the Lt Gen MJ Costello Award. ■



Lt Gen MJ Costello



Our 2017 Award winners: CQMS (AR) Michael Barrett (D Coy, 7 Inf Bn) and CPO/ERA Ruairi De Barra (*LÉ Samuel Beckett*).



Pictured L/R: Comdt Colin Lawlor, Manager of *An Cosantóir*, Mr Joseph Nazari, MD of JM Publishing & Design, CPO/ERA Ruairi De Barra, CQMS (AR) Michael Barrett, Mr Brian Costello, grandson of Lt Gen MJ Costello and Sgt Wayne Fitzgerald, Editor of *An Cosantóir*.

ENGINEERS WEEK: 'ENGINEERING OUR FUTURE'

BY COMDT SHARON MCMANUS, 2 FD ENGR COY
PHOTOS BY CPL NEVILLE COUGHLAN

EngineersWeek
24 Feb – 2 March 2018

Engineers Week is an Engineers Ireland initiative held annually nationwide to promote and celebrate engineering, and took place from 24th February to 2nd March 2018. The Defence Forces Corps of Engineers (COE) is an accredited continuing professional development (CPD) employer ensuring that engineering competence levels are achieved and maintained in the organisation. The COE has supported Engineers Week since its inception in 1999 and Custume Bks, Athlone with the Field Engineer Company (now 2 Fd Engrs, formally 4 Fd Engrs) has been supporting this event since 2008.

Each year local primary and secondary schools are hosted for a morning, where the students can learn about engineering in the military in a fun and practical way. Children learn using all of their senses so allowing them to see engineering at a practical level and to touch and feel the equipment is very beneficial and much more tangible than learning in a classroom.

For Engineers Week 2018 the theme was 'Engineering our Future'. The children's visit began with a lively, interactive presentation in Kelly's Square Auditorium, which focused on the following: What is an engineer? How does the military innovate? and What does a combat engineer do?

The main thrust of the presentation was to demonstrate to the children that *curiosity* and a *desire to problem solve* were crucial elements in engineering and that each and every child could be an engineer. The responses from the children with examples of how they 'engineered' things was impressive and entertaining.

Examples of how the military need to innovate in order to improve, fix a problem, move faster and work smarter was demonstrated with examples from everyday life that were originally mili-

tary inventions e.g. duct tape, GPS navigation etc. This captured the children's attention and again brought realism to the concepts.

The presentation ended with an overview of the roles of combat engineers at home and abroad focusing mainly on: Camp construction and survivability in particular electricity production & water purification; Mobility in particular bridge building & minefield clearance; and counter mobility in particular minefield laying & explosive demolitions

The range of questions posed by the children was astounding, like: *"What is the first thing that is built when deploying overseas? Why not bring water with you overseas? Why do you do minefield clearance when mines are illegal? How do moving forces keep in contact?"*

After the presentation the children were split into small groups and brought to the display area where they visited the following stands: Minewolf Mine Clearance Flail; Berro Water Purification Plant; Infantry Assault Bridge (IAB); Rubber Inflatable Boat (RIB); Engineer Specialist Search & Clearance Equipment; Electrical Circuit Boards; the Ordnance Corps EOD Robot and finally Small Arms Weapons, Body Armour and Motorola Radios.

Each stand was manned by at least 2 technicians who explained in detail to the children how the equipment worked, allowed them to operate it where possible or simply hold and feel the weight in other cases. The children unscrewed sockets and wired electricals circuits, used metal detectors, ran across the IAB, held mines, climbed aboard the RIB, got into firing positions with the GPMG and Steyr and had a lot of fun in the process. Some lucky schools were also able to see the EAS Helicopter and receive a short brief on its capabilities.

Ten primary schools visited during Engineers Week with over 450 students.

The event was not only beneficial for the visiting students and schools but also for the COE. Explaining how and why the COE does its work and evaluating the best way of communicating that to children as well as demonstrating that to the most inquisitive minds is a challenge in itself and one that certainly aids continuing professional development.

The schools featured in the photos are from Baylin National School and Curraghboy National School. We are looking forward already to Engineers Week 2019! ■



VETERAN'S NEWS VETERAN'S NEWS VETERAN'S NEWS

THE NAVAL SERVICE ASSOCIATION HONOUR HEROES

BY SGT WAYNE FITZGERALD PHOTOS BY CPL LEE COYLE

On Sunday the 25th March 2018, the Dublin Branch of the Naval Service Association held their Annual Deceased Members Mass in Cathal Brugha Bks, Dublin.

After the mass they went to the Michael Collins Club beside the catering centre where a number of presentations were made. The main presentation was to Garda Stephen Murray and taxi driver Brian Herron who performed roadside cardio-pulmonary resuscitation (CPR) to 76-year-old Neville Brennan. Neville served in the An Slua Muiri (now the Naval Service Reserve) for 42-years and is currently a member of the Naval Service Association.

Neville was driving his car accompanied by his wife Sheila and grandson Robert on the Drumcondra Road on the evening of 14th August 2017, when suffered a heart attack while driving. This made him swerve onto the other side of the carriageway and crash. Thankfully off-duty Garda Stephen Murray was in traffic when Neville's car swerved into his path and crashed. Garda Murray searched for a pulse to no avail and dragged Neville from his crashed car and started to administer CPR.

Neville's family created a Facebook campaign to try and locate the heroes that saved their father's life, and thankfully they did within 24 hours.

Taxi driver Brian Herron pulled over straight away and began to assist Garda Stephen Murray with CPR at the scene. He said it was pouring rain but all he could think about was saving this man's life. Brian is a member of Emerald Diving Ireland and credits them for his quick action. He said, "People are afraid that they will do something wrong, but if they just do what they can, even if it's only ringing an ambulance and providing comfort." He advocated that people could do courses in CPR and need to practice to be comfortable with providing first aid.

Neville's daughter, Sgt Hazel Brennan has 25-years-service in the Reserve Defence Forces and is currently serving in the 7 Inf Bn said, "My father had no pulse, Garda Murray sent my son to locate a defibrillator, but the only defibrillator was locked in



Neville pictured with his daughter Hazel and his wife Sheila in Cathal Brugha Bks. Photo: Sgt Hazel Brennan



Taxi driver Brian Herron and Garda Stephen Murray being presented with their Certificates of Appreciation by Brian Gildea, President of Dublin Branch, NSA.



the bank and he couldn't find another one... the hospital were very clear, it was the immediate action of the CPR that saved his life." Hazel concluded, "I just can't explain how very grateful my family and I are for the quick actions of Stephen and Brian, who are heroes for saving my father's life. He would be dead if it wasn't for those men." ■



Garda Stephen Murray, Neville and his wife Sheila and Brian Herron, outside the church in Cathal Brugha Bks.

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ARE YOU THE IRISH DEFENCE FORCES' ELDEST VETERAN



An Cosantóir – the Defence Forces Magazine and Ireland's Military Story have teamed up with Military Archives and the National Museum of Ireland in search for the oldest veterans of the Irish Defence Forces.

We would like to find the eldest veteran in each Corps/Service and record their story.

If you served or know anyone who served in the following Corps/Services: Air Corps, Artillery, Cavalry, Coastwatching Service, Construction Corps, Engineers, Infantry, Local Defence/Security Force, Local Defence Force (LDF), Fórsa Cosanta Áitiúil (FCA), Medical, Marine/Naval Service, Signals, Transport, Military Police, or Ordnance please get in touch.

As part of an ongoing Oral History project, the Veterans accounts will be recorded and deposited for future generations in Military Archives and the National Museum, and published in both magazines.

A reception will be held in the National Museum of Ireland, Collins Barracks, Dublin, in the New Year, date TBC.



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CALLING NOTICE DF REVIEW 2018 PEACEKEEPING & PEACEMAKING INTERVENTIONS

The Defence Forces are looking for submissions, from interested parties, for the Defence Forces Review 2018.
For more information see: <http://www.military.ie/info-centre/publications/defence-forces-review/>

MANPOWER & MOBILITY:

DEFENCE FORCES PROVIDES AID TO CIVIL AUTHORITY

BY SGT WAYNE FITZGERALD



On Wednesday 28th February 2018 Storm Emma hit Ireland and collided with the Beast from the East to provide the country with the heaviest snowfall it had seen since 1982. Met Éireann issued a red weather warning to much of Ireland's east, southeast and midlands in the run-up to the event that initially brought Dublin, Kildare, Louth, Wicklow and Meath to a halt before spreading to much of the rest of the country. Many roads remained impassable until the thaw that began on Monday 5th March reached them.

Parts of Wicklow and Carlow reported 60cm of snowfall, compared to the previous Met Éireann record of 45cm at Casement Aerodrome on New Year's Eve 1962.

During this period of extreme weather, the Defence Forces deployed 1,814 personnel and 533 vehicles in a range of tasks to support the civil authorities, and Tuesday 6th March saw them still operational, clearing snow and ice from towns in County Wexford; Blessington in Wicklow; and Naas and Clane in Kildare.

Defence Forces personnel provided a significant support role in the major emergency response, with deployments

across a wide spectrum of activities. 'Manpower and mobility' deployments, using 4x4s, and other specialist vehicles, took place in counties Carlow, Cork, Dublin, Donegal, Kerry, Kildare, Kilkenny, Laois, Louth, Longford, Meath, Offaly, Waterford, Westmeath, Wexford and Wicklow.

Members of the Defence Forces and Civil Defence provided ambulance services and patient transfers for hospitals, while also helping local authorities to clear roads blocked by the heavy snowfall.

The range of assistance provided was extremely varied and the following list of activities only represents the tip of the iceberg: road clearance in Kildare, Laois, Meath, Waterford and Wexford; transporting HSE staff and patients; transporting people for dialysis treatment; providing paramedic support and ambulance services; transporting midwives and essential staff to the Coombe and Holles St maternity hospitals; carrying out Meals on Wheels runs; supporting the Dept of Foreign Affairs and Trade; transporting essential Met Éireann staff; clearing snow and ice from Crumlin Children's Hospital and Harold's Cross Hospice; transporting essential Prison Service staff; and providing

transportation support to An Garda Síochána.

Members of the Reserve Defence Force were also on hand to help their PDF colleagues, including providing a 6x6 truck to support the ESB's electricity reconnection works in Cork.

Such a well-coordinated response was enabled to a great degree by a number of memorandums of understanding (MOUs) and service-level agreements (SLAs) agreed between the Department of Defence (DoD) and a number of other government departments and agencies as a framework for the provision of services. In this framework, the Defence Forces are seen as a major resource in supporting local authorities on a 24/7 basis during civil emergencies such as severe weather, floods, forest fires, etc.

Lt Col Mark Staunton, OIC Current Operations, J 3/5, DFHQ, says: "ATCA requests from An Garda Síochána, local authorities or the HSE, who are the primary response agencies (PRAs), are routed to us through Executive Branch, Department of Defence.

"Once the National Emergency Co-ordination Centre (NECC) is stood up, we deploy a liaison officer from Plans and Capabilities Section, J3/5, to collaborate with our colleagues from DoD to represent the defence organisation's support capabilities. Additionally, local MEM regional teams are stood up by the PRAs with local DF liaison officers in attendance to manage DF support to the PRAs at a local level.

"During Storm Emma the Defence Forces agreed to take direct HSE emergency support requests through the tactical operations centres (TOCs) in 1 Bde, 2 Bde and the DFTC. This proved very successful in managing a myriad of HSE emergency callouts such as dialysis patient transfers, critical care staff movements and emergency patient transfers."

The minister for defence chairs a government task force in the Office of Emergency Planning (OEP), which comprises those ministers and/or senior officials of government departments and public authorities that make a key contribution to the emergency planning process.

The NECC, which was established in 2007, is where ministers and/or senior civil servants can convene to co-ordinate national responses to a major emergency, and is equipped with the latest robust communications systems and support facilities. DF Operations Branch staff officers attend all NECC meetings, where they advise on DF capabilities and resources.

According to a report in the *Sunday Independent*, Minister with Responsibility for Defence Paul Kehoe TD paid tribute to the members of the Defence Forces and the Civil Defence who contributed to the relief efforts, saying: "Defence Force personnel responded to every request, which ranged from transferring a significant number of dialysis patients, transporting medication to Crumlin Children's Hospital, and ensuring a sick child could receive a passport so that they could travel abroad for medical attention...Both the Defence Forces and Civil Defence showed once again that during a time of emergency, the community is put first."

On the morning of Thursday 1st March 2018 when Met Éireann issued a non-essential travel advisory for after 4pm that day, the DF Press Office announced: 'Defence Forces personnel will be available for in extremis situations of life and death after 4pm today. We will be asking the regional emergency co-ordination managers of the HSE, and others, to

prioritise tasks so that we can mitigate the risks to our own personnel.'

A number of years ago the Government Task Force on Emergency Planning launched a 'Be Winter Ready' information campaign to give the public advice on how to prepare for severe weather and highlight the 'whole of government' approach being taken. The central message of this information campaign is simply to encourage people to be prepared, to stay safe and to know where to find help if they need it. There is a 'Be Winter Ready' information booklet available at www.winterready.ie

A View from the Coalface: Capt Kieran Brennan, 3 Inf Bn ATAC operations reports during Storm Emma

Significant snowfall in 3 Inf Bn's area of operations (AO), comprising of Kilkenny, Wexford, East Tipperary, Waterford and Carlow, saw 3 Inf Bn personnel deploying across the southeast in various roles, all under the umbrella of aid to the civil authority (ATCA). Due to the large AO, various elements of the transport fleet, ranging from Pajerro 4x4s, Scania 6x6s, and a snowplough, were prepositioned to RDF centres in both Wexford and Waterford. This decision was pivotal in providing flexibility to meet the requests that that would soon be arriving.

Personnel were co-located with each county's crisis management centre and HSE centre. This enabled the forming of a mutually supporting face-to-face relationship with key stakeholders to ensure that DF personnel and assets were deployed in a timely and effective manner throughout the operation.

The ATCA deployment lasted for a full eight days. Most significantly, the battalion's Scania 6x6s, snowplough, and Pajerro 4x4s conducted 40 emergency calls to homes in the greater Wexford area in support of the HSE. Personnel also drove and assisted HSE paramedics in dealing with emergency medical cases.

A number of these tasks took place over a number of hours at night, with DF personnel and their HSE counterparts traversing snow drifts by foot for a number of kilometres to ensure that necessary medical equipment and supplies arrived at their objective.

In addition, Defence Forces' assets were used to transfer 80 dialysis patients to and from various renal clinics across the South East for their essential daily appointments.

Community health nurses were transported to treat patients; Meals on Wheels deliveries were made to vulnerable, mainly elderly, people; and staff transfers from all of the principal hospitals in the region took place.

The deployment culminated in mobilising a full company of troops to travel to Wexford to assist in snow clearing at strategic infrastructural locations such as hospitals, public transport hubs, schools, clinics, and pedestrian footpaths. 3 Inf Bn's assets were supplemented by 1 Bde Tpt Coy, 1 Inf Bn, DFTC Tpt and DFTC Engr Group at various times of the operation. Over eight consecutive days, 3 Inf Bn deployed 408 troops and 30 vehicles to successfully complete over 380 tasks in support of the civil authorities.

Snow Stories



On March 6th troops from 7 Inf Bn dug this lovely lady and her brother out of their snowed-in house in Roundwood and discovered that it was her 100th birthday the next day. Lt Richard O'Hagan said: *"It was great to have the opportunity to meet Ms Doyle on the eve of her 100th birthday. As we were working in the same area the following day we decided we would call back with a card and a cake to help her celebrate the big occasion."* Photo: Sgt (AR) Hazel Brennan, 7 Inf Bn



Pictured are Sgt Alan Graham, Sgt Ollie McNamee, Cpl Eddie Donlon and comrades from 2 Bde Arty Regt deliver Meals on Wheels. *"The Defence Forces wherever they are needed is where they are."* Photo: Retired RSM Noel O'Callaghan, 2 BAR

"Outstanding work by Capt Sean Gough and Sgt Brian Buckley, Recce Pl, SP Coy, 7 Inf Bn, who conducted an insertion march from Brittas into Kilbride Camp to conduct a relief-in-place with duty personnel and to resupply local residents with much needed food supplies." – Coy Sgt Gerry Duff, 7 Inf Bn



"Thank you to the Irish Defence Forces, ESB, local farmers and great communities throughout Ireland, for helping to clear roads, and reconnect power and water in areas isolated by snow. This is a photo taken in Carrigaline, Co Cork, on Saturday 3rd March, of a Defence Forces 6x6 leading an ESB truck out to Minane

Bridge, Novohol and Roberts' Cove area." - Grainne Lynch PMP CMILT, Pharma Supply Chain Logistics, VP Chartered Institute of Logistics and Transport (CILT). Photo: Caroline James

Pictured are Cpl Steve Holloway, Logan Shepard (7), and Advanced Paramedic Declan Cunningham of the National Ambulance Service, based out of Wexford General Hospital. Logan needs medical machinery 24/7 and when Storm Emma cut the electricity near his home in Cleariestown, Co Wexford, he had to be dashed to hospital.



In the middle of one of the worst snowfalls in living memory in Wexford, Steve and Declan were tasked with attending to this extremely sick child whose home was inaccessible by road. They trekked almost 3km through snowdrifts to tend to Logan and then brought him back on foot to the waiting military ambulance.



Pte Anthony Armstrong from 1 Bde Tpt Coy and Gnr Ger Twomey from 1 BAR pictured with Tracy Quirke and her baby Ella, born at 10.30am on 2nd March 2018,

in the middle of the weather crisis. *"They are angels living on Earth, as far as I'm concerned,"* Tracy's mother, Jacky Quirke, told the *Irish Examiner*. Tracy went into labour a week early at 2.30am at the home she shares with partner Darren Galvin on the Old Head of Kinsale, Co Cork. Although the peninsula was cut off by snow drifts up to 6ft deep, Pte Armstrong and Gnr Twomey managed to collect Tracy in their 6x6 truck and transport her to Cork University Maternity Hospital. Earlier family and neighbours had spent 3hrs clearing a 4km path from the house to Barrell's Cross. Photo: *Irish Examiner*

Sgt Joanne Doyle Rooney, CMU DFTC, pictured with HSE members deploying to rescue a patient stuck in a remote area of Co Kildare. Troops from the DFTC also transported essential nursing staff to a local nursing home in 4x4 vehicles and provided a snowplough to Kildare County Council for use in Newbridge, Athgarvan, Kilcullen and the Curragh. Photo: Cpl Paul Burke, CMU 2 Bde



SEIMINEÁR GAEILGE 2017

BY CAPT CILLIAN DE BRÚN, 2 BAR



is also using social media on a daily basis to engage with the growing presence of *Gaeilge* online, and now operates Facebook, Twitter,

YouTube, Instagram and Snapchat accounts.

Osgur Ó Ciardha and Peadar Ó Caomhánaigh, the organisers of the original and still hugely popular Pop-Up Gaeltacht in Dublin then gave the Seimineár an account of their experience of using *Gaeilge* on social media to publicise an event. As *gaeilgeoirí* as Baile Átha Cliath and still living in Dublin they found little opportunity to speak *Gaeilge* in a comfortable setting where everyone else was also using the *cúpla focal* and organised the Pop-Up Gaeltacht as a means to do so. They immediately received an enormous response to their idea and found a huge community of *gaeilgeoirí* of all standards and fluency happy to have any excuse to socialise as *Gaeilge*, including An Taoiseach, Leo Varadkar.

In the afternoon session Seimineár 2017 broke up into two separate working groups to discuss various topics and come up with recommendations as to how *na meáin sosialta* could be used to promote *Gaeilge* more effectively throughout Óglaigh na hÉireann.

2018, announced as *Bliain na Gaeilge*, provides an opportunity for all of us to engage with our native language, so give it a go with your colleagues. As the saying goes, '*bain triail as*' (have a go!) and don't be concerned about your grammar or vocabulary, mar '*is fearr Gaeilge briste ná Béarla cliste*' (broken Irish is better than smart English). ■

Seimineár Gaeilge 2017 took place in the National Maritime College of Ireland (NMCI), Ringaskiddy, Co Cork, on 8th December under the auspices of An Comhairle Gaeilge. As *Gaeilge* becomes more and more popular and prevalent on social media sites such as Twitter and Facebook, An Comhairle Gaeilge decided that the theme of Seimineár 2017 would be '*An Ghaeilge agus na Meáin Sosialta*' (Irish and Social Media). The event was open to all personnel of Óglaigh na hÉireann with an interest in the language and featured four speakers from inside and outside the organisation.

Oifigeach Sinsearach Gaeilge and Cathaoirleach, An Chomhairle Gaeilge, Coirnéal Séamus de Búrca, welcomed the attendees, before inviting Ceann Foirne Leas-Aimiréal Marcus Ó Méalóid, to give the opening address, in which the chief of staff reasserted his support for Irish and the work of the Comhairle in its promotion and stewardship of the language within Óglaigh na hÉireann.

Leifteanant Cheannasaí Caoimhín MacUnfraidh then gave an account of the Naval Service's use of social media as a PR tool during Operation Pontus. As reports of the Naval Service's operations in the Mediterranean increased, particularly on social media, the Naval Service Facebook page reached a massive audience. As a *gaeilgeoir*, Lt Cdr MacUnfraidh also used this as an opportunity to incorporate *abairtí* as *Gaeilge* into his Facebook posts.

Cuan Ó Seireadáin (Conradh na Gaeilge) gave a brief history of his organisation from its inception in 1893. Conradh



SEIMINEÁR GAEILGE

2017

BY CAPT CILLIAN DE BRÚN, 2 BAR

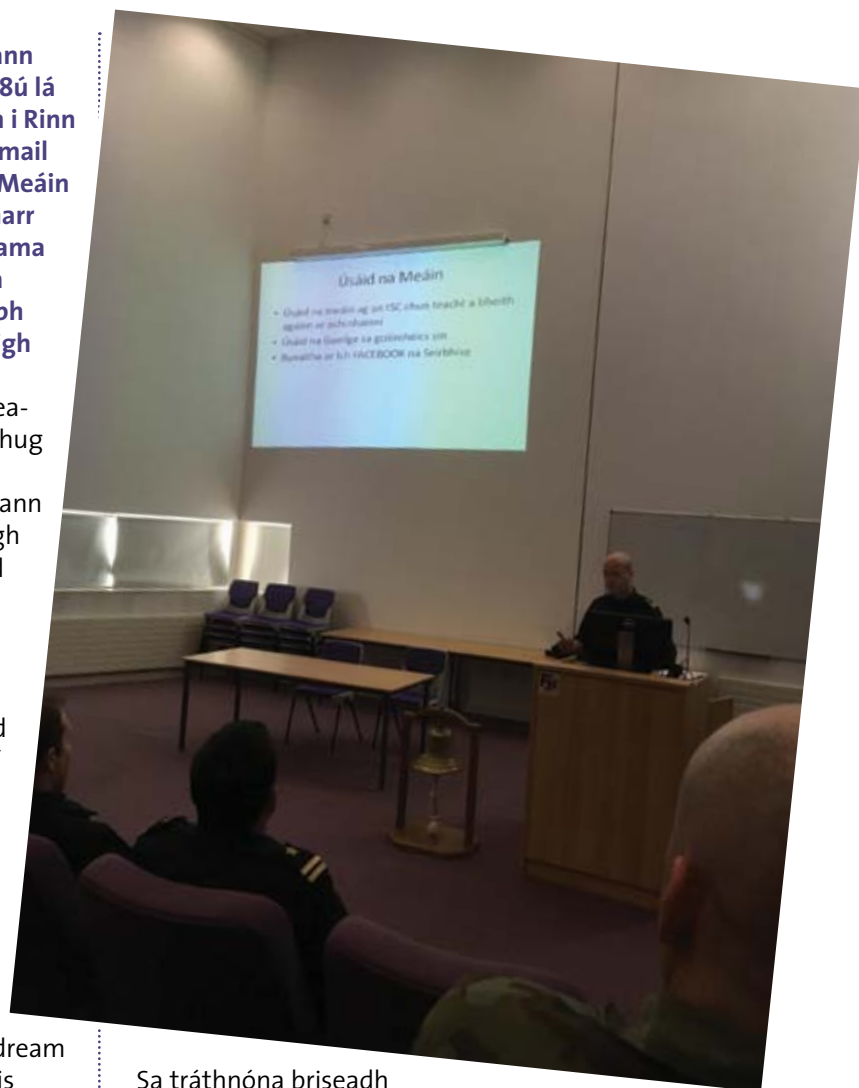
Chuir An Chomhairle Gaeilge Óglaigh na hÉireann an dara Seimineár Gaeilge 2017 i láthair ar an 8ú lá Nollaig i gColáiste Náisiúnta Mara na hÉireann i Rinn na Sceidigh I gContae Corcaigh. Le roinnt mhaith tamail anuas, tá cáil an Ghaeilge ag teacht chun cinn ar na Meáin Sóisialta mar shampla Twitter agus Facebook. De bharr sin, bheartaigh an Comhairle Gaeilge go mbeadh téama an Seimineár Gaeilge 2017 dírtithe ar ‘Gaeilge agus na Máin Sóisialta’. Bhí fáilte is fiche roimh aon ball a raibh báuil don teanga. Bhí léachtaí ó haoi-cainteoirí lastigh agus lasmuigh d’Óglaigh na hÉireann.

Chuir An t-Oifigeach Gaeilge Sinsearach Coirnéal Seamus de Búrca, fáilte roimh an lucht féachana. Ansin thug Ceann Foinne ÓnahÉ Leas Aimiréal Marcus Ó'Méalóid aitheasc oscailte oifigiúil don Seimineár. Labhair an Ceann Foinne faoin obair a déanann an gComhairle in Óglaigh na hÉireann ó thaobh an teanga de agus faoina gcuid tacaíocht agus grá pearsanta don theanga.

Chuir an Leifteanant Cheannsaí Caoimhin MacUn-fraidh tús leis na léachtana. Labhair sé faoin tionchar atá ag na meáin ar an gCabhlach agus Óglaigh na hÉirinn sa lá atá inniú ann. Bhain an Chabhlach úsáid oifigiúil as Facebook chun léiriú a dhéanamh ar gaiscí na mairnéalaigh sa Mhéan Mhuir agus iad ar OP PONTUS. Deis iontach, d’ar leis, an Ghaeilge a úsáid i ngach postáil ar an suíomh.

Labhair Coimeádaí Conradh na Gaeilge, Cuan Ó'Seireadáin faoi stair an eagraíocht óna bunaíodh é sa bhliain 1893. Is eagríocht nua-aimsire é an Conradh na Gaeilge a bhaineann úsáid as na Meáin Sóisialta chun dream na Gaeilge a mhealladh chun bpáirt a glacadh sa teanga. Tá sé soiléir go bhfuil an dream seo ag dul ó neart go neart faoi láthair agus tá cuntais Facebook, Twitter, Snapchat, Instagram agus YouTube ag Conradh na Gaeilge chun é seo a dhéanamh.

Bhí an bheirt a d'éaraigh an Pop-Up Gaeltacht, Osgur O'Ciardha agus Peter Kavanagh ag labhairt faoin obair a rinne said ar na Meáin chun an Pop-Up Gaeltacht a chur os comhair an tsaoil. Mar chainteoirí Ghaeilge ag conaí i mBaile Átha Cliath, cheap said go mbeadh easpa rogha dóibh Gaeilge a labhairt in áit sóisialta, áit ina mbíonn chuile duine mór thimpeall á labhairt freisin. Thug said faoi deara go raibh pobal mór Gaelach ag baint úsáid as na Meáin Sóisialta (An Taoiseach Leo Varadkar ina measc) agus fuair said freaga ollmhór don cuireadh.



Sa tráthnóna briseadh an Seimineár i dhá ceardlanna chun gnéithe éagsúla maidir leis na meáin sóisialta a phlé. D'fhill siad ansin go dtí an Seiminear iomlánach agus cuireadh moltaí afoi leith faoi bhráid an grúpa iomlán.

D'éirigh go mór le Seimineár 2017a. Déanann an Comhairle Gaeilge gach iarracht an teanga a chuir cunn chinn in Óglaigh na hÉireann agus iad i lámh le eagraíochtí cosúil le Conradh na Gaeilge agus an Pop-Up Gaeltacht. Is í 2018 Bliain na Ghaeilge, deis iontach dúinn go léir ár dteanga dúchasach a spreagadh agus sórt athbheochan a déanamh. Mar a deireann muintir na Ghaeilge, 'Bain Triail As' agus is fearr Gaeilge Briste ná Béarla Cliste. ■

MUSCLE & BLOOD

BY CPO/ERA RUAIRÍ DE BARRA & L/SEA DONNACH CURTAIN





LÉ Samuel Beckett is a fine ship. She represents the first of her class and already in her four short years of service she has travelled far and wide and has been involved in several substantial and difficult operations. Yet despite all her exceptional engineering, her advanced technology and her substantial firepower; she is but an inanimate collection of steel plates, electronic cables, and marine fuel oils; rendered redundant in all her marvellous sophistication without a crew to provide her with muscle and blood. Without the crew this wondrous craft would never weigh anchor or slip from a quayside.

LÉ Samuel Beckett has a remarkable ability to respond quickly to any of the vast range of tasks that can be required of her by the state, and this is one of the primary reasons for having a standing armed naval force, equipped with modern patrol vessels, crewed by highly trained and highly motivated personnel.

The Naval Service is divided into four major branches of specialisation: Executive (commonly referred to as Seamen's Branch), Engineering, Logistics, and Communications, with commissioned and enlisted personnel in each branch.

Onboard the ship a distinct command structure exists, which is often confusing to those on the outside looking in. However, it has served the Navy well, as the command and control structure of a ship is vitally important; there is no room for confusion at sea, where is an ever-present danger to life and limb as soon as that first foot is laid upon the gangway, and as one gets underway, that danger only increases.

The main body of the crew are the enlisted personnel who will be the focus of this article and they are, as we will see, a diverse team.

Each crew member has many different roles and sailors can

work very long hours while at sea; a seaman can expect to be awake, in uniform, and working for at least 100 hours per week at sea. It is an arduous task, with physically demanding work and certainly isn't for the fainthearted.

L/Sea Donnach Curtin has managed to fit a remarkable amount into his seven years' service. After initial training, he chose to join the Executive Branch and after completing his first two-year sea rotation onboard *LÉ Orla*, he came ashore to serve in the Fishery Monitoring Centre (FMC).

While serving in the FMC, he kept advancing himself and completed a Swimmer of the Watch course, a driver's course, a Landing Point Commanders course and also his career courses, including the Potential NCOs course. Shortly after he completed this 26-week junior leadership course he was promoted and moved on to become an instructor in Seamanship Training, based in the National Maritime College of Ireland (NMCI).

Asked about the high points of his career so far, he says: *"While I was on the Orla I had been involved in the Tit Bonhomme search after it sank, and I was present for the search for Rescue 116 in Co Mayo. However, we deployed on Operation Pontus at the end of 2016, and this was the highlight of my career so far. I feel that mission encompassed everything that we have trained for. The experience of seeing the whole crew working together to save lives and protect people; that, for me, is the reason I joined the military."*

A/Mech Robert Mulqueen joined the service after doing his leaving cert in 2016 and completed the 20-week basic military training that transforms civilians into ordinary seamen (O/Sea). Robert's class were then the first to undertake the new six-week



Ordinary to Able Ratings Advancement course. "After that I went on to the NCMI to complete my MI (Mechanician I)," he told us, "where you cover basic engineering, watchkeeping, engines, ships' systems and safety. We also did more in-depth study into what we had learned on our Basic Marine Fire Fighting course."

Having been posted to *LÉ Samuel Beckett*, A/Mech Mulqueen has now settled into the pattern of life on an operational warship on regular MDSO patrols. "I'm definitely enjoying it," he says. "It is the job I hoped it would be. Naturally, for the first few patrols you have to get used to your role on the ship; all ships are different and none more so than your first."

When I asked him if he has any plans for the future with the Service, he said: "I certainly do. I aim to progress into one of the more selective courses, such as Naval Divers or possibly Medics. I am most certainly looking forward to deploying with my ship to *Operation Sophia*. I am sure it's going to be tough, and that there will be good and bad times, but I am going to prepare myself well for it and I will be happy to play a role in it."

A/Sea Philip Cahill hopes that someday he will have the opportunity to become a naval diver. "After basic training, *Seamanship Branch* was my first choice," he said, "as I enjoy working outdoors and it seemed like the best branch for me."

Asked to describe his typical working day he told me: "Well, the first thing we do each day is ship's husbandry, which can take up to an hour-and-a-half each morning. Then we often move onto boarding stations, fisheries boardings mostly, and then, depending on what watch is on, I would either be on the bridge as a lookout or at the helm, or else I will be in the boats. I am a RHIB coxswain, so it is my job to drive the RHIB during boardings and make sure

that everyone gets onboard the fishing vessel safely. In addition, as I'm still learning my trade, I have to practice rope work and all the traditional seamanship skills."

A/Sea Cahill had barely set foot on his first ship and was on his first patrol when he was involved in the search for *Rescue 116*. "We were there when naval divers recovered one of the missing crew," he recalls. "We helped return a loved one to their family and maybe help them in their loss in some small way."

A/CommOp Tristan Brennan says that what lured him from his home in Donegal to join the Naval Service were the recruitment adverts. "It looked exciting," he says, "and it seemed like a career that I could give a shot."

Speaking about his training he told us: "*The Communications Branch* training is the longest and is very mentally focused. A lot of study is required and a large amount of learning on all manner of military, tactical and civilian radios. We also need to know communication via flags for fleetwork and we must know Morse code for visual signalling via the Aldiss lamps."

It would take a telephone directory to accurately detail the roles and responsibilities of the entire crew, and this short article only provides a snapshot of young people who are at the core of the Service. They do their work, quietly and professionally, in the roughest seas in the world; leaving families and the always-connected modern life behind as they head out to sea on behalf of the state. Doing a job that not everyone can do, yet which is more important now than ever before, they follow generations who have gone before them and could hold their heads high in the company of any past sailors, as they too have been tested by the sea and have not been found wanting. ■

Fight light

FIGHT RIGHT

BY BSM MICK SMYTH (7 INF BN) AND COMDT GAVIN EGERTON (OIC NCOTW)

Military operations across the full spectrum of conflict require dismounted soldiers to move on foot, at different speeds, over various terrain and climates for continuous periods. There is an accepted requirement for soldiers to carry an external load comprised of protective equipment (body armour, helmet), combat equipment (battle vest, weapon, ammunition, batteries, radio, NVE, etc) and sustenance supplies (water and food). However, excessive external loads may adversely impact on an individual's physical capability (mobility, marksmanship skills) and health (survivability, thermal burden). It is therefore important that one considers load carriage when conducting the estimate process prior to an operation. The NCOTW's 'Fight Light Project' aims to reduce load carriage to the minimum required for each specific task, and to empower commanders at all levels to adjust the load carried by their soldiers depending on the threat, terrain, and combat service support (CSS) availability.

Until the 18th century, infantry soldiers' loads rarely exceeded 15 kg and any extra equipment was transported by their equivalent of the CSS chain: auxiliary transport, horses, carts, and camp followers. After that loads began to increase, to such an extent that at the end of the Crimean War (1853 to 1856) a British inquiry recommended that combat loads for infantry troops be reduced to 21kg. Later, in 1920, the Hygiene Advisory Board of the British Army recommended that the soldier's load should not exceed one third of their body mass when marching. This was an attempt to reduce the burden on the soldier by providing him with only those items needed for combat. There were also attempts to develop compartmentalised backpacks where, if the tactical situation permitted, a portion of the pack containing nonessential equipment could be left behind.

However, despite recent technological advances in weaponry, surveillance, communications, and personal protective equipment, the soldier's individual load has increased. Research for the Fight Light Project showed that the average combat loads carried by Australian, British, and US soldiers during recent operations in Afghanistan were approximately 58kg; representing 82% of the average soldier's body weight.

Carrying a heavy load reduces situational awareness and reaction times. US Marine Corps (USMC) research has shown that cognitive ability – the ability to think clearly, remember details, make decisions, take notice of the surrounding environment – is significantly degraded as the weight of the load on an infantry soldier is increased.



As the load increases, it causes the individual's head to lean forward with the result that personnel look at the ground more, therefore not observing their arcs and ultimately reducing situational awareness. Similarly, as a soldier becomes increasingly overloaded, there is a negative impact upon his/her ability to move quickly around the battlefield; so bounds are likely to be longer, thus exposing troops to enemy fire for greater periods. Similarly the ability to jump, climb, crawl, sprint, etc, will also be diminished.

The USMC has also proven, through weighted tests on range practices, that marksmanship standards fall as the load carried is increased.

In addition, heavier loads result in greater energy expenditure, which means more sustainment supplies must be carried, thus increasing the load.

Through experimentation, the Australian Army found that an extra 10kg carried would reduce marching speed by 0.5km/hr while maintaining the same energy expenditure; doubling the external load from 20kg to 40kg, while walking over hard flat terrain at 3.0km/hr, increases energy expenditure by 29%; and doubling walking speed from 3.0 to 6.0km/hr, while marching with a load over hard, flat terrain, increases energy expenditure by 132%. Not only can this result in thermal stress, but the associated additional fluid requirements may also increase the load an individual must carry.

Conversely, in the cold, personnel expend energy shivering and need to consume – and therefore carry – additional food supplies. Additional clothing to keep warm will add to the total external load, which again causes more energy to be expended.

Fight Light is a concept and a function of mission command, not a series of proscriptive packing lists. Individual units/training establishments will decide what kit is carried as a minimum, but the goal should always be to strive for only mission-essential items. The concept requires commanders at all levels to adopt an imaginative and flexible mind-set throughout the estimate process and execution of their plan, when considering what equipment their soldiers need to achieve mission success.

Simply put, a soldier should pack to task. The kit required for a FIBUA assault on a small town with a supporting road network is vastly different to that required on an insertion march over mountainous terrain devoid of metalled roads or tracks. Through thorough terrain analysis, commanders should identify routes and road networks that support the scheme of manoeuvre and facilitate the forward movement of kit/equipment as the operation progresses. By employing light utility vehicles, company sergeants can ensure the right kit is in the right place at the right time; supporting their commanders to

achieve the mission.

An individual load carriage capacity can broadly be categorised into three groups: personal characteristics (fitness, body mass, gender, age, injury profile, load carriage experience); task characteristics (total external load, distribution of load, load carriage equipment design, movement speed, march duration, work-to-rest ratio); and environment (terrain, heat, humidity, altitude). In some situations some of these factors may be controlled, marching speeds, for example, while others, such as ambient temperature, cannot.

When conducting their estimate process it is important for commanders to consider the factors influencing load carriage capacity and identify the likely burden. This information will guide the duration of operations, work/rest schedules, total load limits, and replenishment and logistic support requirements.

Once the commander has established what mission-critical equipment is to be carried, he/she then applies the 'DROP' drill.

Decide the level of tactical mobility required by the troops, set against the expected duration/resupply considerations for the mission.

Reduce all unnecessary equipment; moving kit to main backpack or daysack as required.

Organise a means to bring forward the equipment the soldiers will require later, but will not carry on the operation, through the use of a light utility vehicle, for example.

Police the ranks, by conducting kit checks to ensure that troops are complying with the load policy for this particular operation and task.

Load carriage should always be based on a mission-specific approach in order to ensure 'just enough' kit is carried, compared to the over-burdened or 'just in case' approach. There may be times where soldiers will have to carry heavy loads while patrolling across remote terrain without a supporting road network, or in situations where they have to wait until a supporting effort's objective is secured prior to their kit being safely moved forward. But by embracing Fight Light, these situations are kept to the minimum, and units can become more adaptive and responsive to changing tactical situations during operations while still ensuring they are sustained throughout, and ready to transition to future operations at short notice.

The NCOTW will be publishing guidance on Fight Light in coming months, and employing Fight Light and the DROP drill during career courses such as the all-arms standard NCO course, and the infantry platoon sergeants course. Units can also immediately employ the Fight Light concept during their own collective training, and make use of light utility vehicles where available. ■



FIGHTING

Light

REPORT & PHOTOS BY CQMS (AR) MICHAEL BARRETT, 7 INF BN



The amount of personal equipment carried into combat by the infantry soldier has always been a debate-able question, as along with a weapon, ammunition, and body armour, a soldier must also carry personal admin items, water, rations, entrenching tools, comms, and platoon equipment.

Even on a short duration tactical exercise it seems the soldier must carry a seemingly never ending list of items, all either loaded or stuffed in rucksacks, daysacks and battle vests - as the age-old military cliché goes, 'You want it, you carry it!'

But military doctrine is a constantly evolving process, and the Defence Forces has studied the lessons learned by other armies in the hard school of active combat, where recent experiences of UK and other NATO forces in the Middle East have again brought to the fore the question of how much equipment an individual infantry soldier should carry into combat. Some cases highlighted the disadvantage of heavily laden troops, where casualties were taken due to full rucksacks and other burdens causing sluggish tactical movement and rapid physical exhaustion on the battlefield.

In essence the troops were weighed down by their own kit and rendered less effective than expected when operating against a more lightly-armed and correspondingly faster-moving adversary.

Current operational doctrine, termed the 'Fight Light' concept, has been tested and adapted by some platoon-plus size infantry units on operational deployment in Afghanistan and elsewhere.

Fight Light, in its purist form, means infantry who will be leaving behind almost all non-combat equipment and only carrying what is needed for the immediate fight. Although this is not a new concept, perhaps it is one forgotten in recent times.

In Fight Light kit is tailored solely for the immediate mission, emphasising mobility, speed and agility. With less weight, troops can also traverse difficult terrain (hills, forest, muddy ground, etc) quicker while expending less physical energy, and

can stay on active physical operations longer.

To allow this, all resupply and heavy kit is transported by a closely following rear logistical element, equipped with all-terrain vehicles (ATVs), which would, when required, move forward quickly for fast resupply of ammunition, water, and any other items the forward infantry may require.

The key element required for this approach to succeed in active operations is that the combat soldiers must be supplied with what they need, when they need it.

So how would Fight Light translate into Defence Forces doctrine?

For the logistical backup, we already have appropriate ATVs in service with the John Deere Gators, which are primarily used by the Engineers Corps but have also been used by infantry personnel too, including in several 7 Inf Bn exercises in 2016 and 2017.

The Gator ATV is a small, two-seater, robust transporter that has a small cargo-carrying platform ideal for heavy loads such as water, ammunition, or other supplies. The Gator can traverse difficult terrain, such as narrow, sloping forest trails or rough, broken ground, and can also move quite fast on standard roads.

While the main purpose of the Gators in Fight Light would be tactical replenishment of ammunition, weapons, water and other necessary stores to the infantry in combat, at less critical times they could also move up sleeping systems, rations, rucksacks, and other personal kit. In combat the Gators could also perform the important task of casualty evacuation. The major limitations faced in using the Gators in the Fight Light concept is that they are not armoured and are limited in the amount of stores they can carry.

Fight Light is probably best suited, operationally, for action against a lightly armed foe in restrictive terrain, and as such could be an option in some future overseas missions in keeping supplies moving for lightly loaded infantry. The Fight Light concept is currently being developed and led by the NCO Training Wing in the Military College, DFTC. ■



**Best Wishes to members
of the Defence Forces**



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€8

See our competition on page 36

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LISTOWEL MILITARY PARADE 2018

The Listowel Military Parade 2018 & Wreath Laying
Ceremony takes place:

on Saturday 5th May 2018

at 15.00hrs followed by a celebrated mass at 18.15hrs

This year, the Parade is particularly dedicated to the 40th Anniversary of the first Irish Infantry Battalion to be deployed in Lebanon and to honour those who died there in all the subsequent years.



Cordially invited associations are: ONE, IUNVA, Irish Legion, Royal British Legion, American Legion, Munster Fusiliers, Civil Defence, Irish Naval Association, Irish Coast Guard, Associazione Nazionale Carabinieri Irlanda, French Foreign Legion Association of Ireland and other associations will also be invited as the list is extended. Several Military Attaches are also invited along with local dignitaries.

For more information contact John Wade Organising Committee on 086 803 3121 or email: derryhouse@eircom.net



Organisation of National Ex-Servicemen & Women

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The NAVAL SERVICE RESERVE

BY CPL LEE COYLE

The Naval Service Reserve (NSR) trains men and women to supplement and aid the Naval Service. These reservists carry out paid annual training onboard NS ships on operational patrols in Irish territorial waters. They are trained in many aspects of nautical and military training, including motorboat handling, sail training, navigation, marine communications, weapons training, fire fighting, and sea survival.

The NSR also carry out land-based security duties at the Naval Base on Haulbowline at weekends. Other functions include ceremonial duties and carrying out liaison duties with visiting foreign naval ships, to name but two.

The NSR, which has units based in Dublin, Cork, Limerick and Waterford, is open to men and women between the ages of 18 and 35. All members are volunteers and training takes place on local weekly parade nights, weekends, or during paid annual training (usually two weeks).

After enlistment candidates join a recruit class to carry out initial training, which consists of military training in a barracks and nautical training at the local NSR facility. All recruits then undergo a two-week training course at the Naval Base, where they are trained in fire fighting, sea survival, foot drill and handling the Steyr assault rifle.

For further details on NSR recruitment, visit: www.military.ie/reserve/organisation/naval-service-reserve/

Here are the personal experiences of three Naval Service reservists.

L/SEA HENRY MOONEY, DUBLIN UNIT

"Originally from Castleknock in Dublin I joined the NSR over nine years ago, despite having no family in the Defence Forces or prior maritime experience.

"The NSR has provided me with a means of exposure to life in the Defence Forces and a greater appreciation for our maritime history. Training is realistic and rigorous and is a distinct change from my civilian career as an aviation consultant.

"All sea-going personnel must be qualified for damage control, fire fighting and sea survival techniques, and training is conducted alongside our PDF counterparts in the NMCI. Training within this highly authentic and effective environment prepares sailors for the challenges faced at sea.

"Every year the Dublin NSR has to fulfil a set number of patrol days within our designated area of operations and also supports an annual training exercise with the Air Corps' pilot cadets, who must perform their sea survival drills in open water. The latter are conducted with the aid of our RIBs and the MTL LÉ Níamh.

"On my Pot NCO course, we were tasked with producing a dossier for use in the southern Mediterranean. Of the six NSR personnel on the course, two were merchant marine engineers and two were merchant deck officer cadets, each of whom had already worked in the southern Mediterranean. Such first-hand experience and knowledge is extremely valuable to the Naval Service and demonstrates how civilian skill sets can be utilised for operational support.

"The dossier was presented to OCNOC who will personally evaluate the project for future use. This represents a strong endorsement and belief in the NSR and the meaningful contribution we can make under the single-force concept.

"Promotion to NCO has demanded a higher level of standards and leadership and I have found instructing recruits and ratings to be as rewarding as it is challenging.

"Presently, I am completing the Specialist Instructors course (SIC 2), which aims to harmonise procedures and practices, and to ensure that the highest quality of standards in training and education are maintained throughout the organisation.

"A sizeable contingent from the NSR will be with the Defence Forces' representatives in this year's New York St Patrick's Day Parade, as guests of the 69th Infantry Regiment ('The Fighting Irish'). This will be my second time to New York for this event, which provides a wonderful opportunity to meet the Irish diaspora within the US armed forces and understand how proud they are of their Irish heritage.

"My role in the Defence Forces provides me with a job satisfaction that is simply not replicated in my civilian career. There is no substitute for the camaraderie that work and training in the Defence Forces provides and it is my intention to continue to serve for many years to come."



L/SEA GAVIN MURPHY, CORK UNIT, NSR

"Living in Carrigaline and spending my summers in my grandparents in Passage West and Crosshaven, I grew up hearing the stories of ancestors who spent their lives on the water be it fishing, fighting or defending. The threat of invasion during the Emergency, led to the recognition of the necessity for Ireland to have its own navy to protect our neutrality. As a result, by 1943 over a thousand men, including some of my relatives, had flocked to join the second line naval volunteer reserve, known as the Maritime Inscription. This became the foundation for what is now a permanent and integral component of the Defence Forces, the Naval Service Reserve.

"Joining the NSR in 2014, I was part of the first recruit class inducted after a long embargo on recruitment and promotions within the organisation. As a result, we were in the spotlight and we were reminded daily of the importance of upholding the standards that were expected of us.

"Growing up with low self-esteem and with a lack of confidence that continued into my teenage years, exposure to the military way of life and upholding these standards was quite daunting for me. However, I found my worries were shared by the rest of my class and we soon became very close. The nature of our training also put my worries at bay. I also soon found that the skills and confidence I was gaining were helping in my civilian career as well.

"In August of last year, six of us completed the Pot NCOs course in the Naval Base: two from the Limerick Unit, one from the Dublin Unit, and three from Cork, including myself. "This course was designed to not only promote the traits and responsibilities of an instructor but for personnel to find these skills and qualities within themselves and build on them.

The intensive programme included modules in methods of instruction, military law, conflict management, learning difficulties and the duties of an NCO, combined with practical assessments such as the personal leadership exercise (PLX).

"We were also tasked to produce a document to aid personnel on Operation Sophia, currently active in the Mediterranean, with the intention of providing information on assets, resources and facilities relevant to maritime operations in the area. Secondly, the document acts as an up to date, amendable, aid to critical decision making based on real time situation/geopolitical climate/environment, etc, for Naval Service personnel.

"Our Pot NCO course hopes to play its part in helping the organisation's senior NCOs and officers to continue to drive the NSR forward through recruitment, training, extending our capabilities and re-establishing the strong, inherited ideals of volunteering that this country and its organisations are

renowned for.

"Personally, I hope to aid the NSR to continue the great maritime traditions set before us by An Slua Muiri and the Maritime Inscription, while supporting the Naval Service at sea and ashore."



L/SEA EVAN TOBIN, LIMERICK UNIT, NSR

"Having spent most of my summers as a child sailing and seeing the NSR operating on the Shannon estuary, I had a great awareness of the opportunities available and I enlisted 10 years ago as soon as I was old enough.

"Since then I have been on numerous patrols onboard LÉ Eithne and LÉ Emer off the Irish coast and have travelled to France, Norway and Germany on both vessels.

"After completing the Pot NCOs course I was promoted to the rank of leading seaman, and I am currently near completion of the Specialised Instructors course, level 2.

"Military life has been excellent in providing me with discipline and skills that I have been able to utilise in my civilian life as an engineer, working in tight and ever-changing situations during service/commissioning and providing training seminars to end users of our equipment in the biopharmaceutical/food and beverage industries.

"I am looking forward in the coming years to being in a position to train and develop our new recruits; getting the best out of them and ensuring they will be an excellent addition to the crew of any Naval Service vessel they may serve on, just as my training NCOs and officers have done for me in the past." ■



L/S Henry Mooney, L/S Gavin Murphy and L/S Evan Tobin are pictured making a presentation to Capt NS Brian Fitzgerald. Photo: Lt Cdr NSR Mick Relihan, OC Cork Unit, NSR





SHIELDS UP VISORS DOWN!

BY CAPT SARAH O'REGAN, 2 BTC PHOTOS BY CPL NEVILLE COUGHLAN

On 26th February 2018, 2 BTC, Custume Bks, Athlone commenced an intensive two-week public order training instructors (POTI) course, consisting of practical lessons, lectures and demonstrations, and culminating with a major public order exercise.

This course prepares personnel for the many public order scenarios they may be faced with both at home and abroad, and its objectives are: to train NCOs and officers in public order operations; qualify them to operate in a public order environment at platoon and company level; and enable them to perform the duties of a junior commander in public order operations.

Week 1 consisted of classes and demonstrations of the drills the students need as a public order instructor. The second week involved the theory exam and preparing for the exercise.

In order to give students a genuine opportunity to put their newly acquired skills to the test and to ensure that public order exercises are as realistic as possible, 2 BTC generally asks for assistance from An Garda Síochána (GS). This course was no exception and, when contacted, the GS's chief public order instructor was happy to collaborate on the exercise.

An Garda Síochána also invited the staff of 2 BTC to attend a GS public order seminar, and to visit their public order tactical advisors course where the GS demonstrated their public order drills in Gormanston Camp, utilising their public order unit, mounted horse unit, K9 unit, the GS helicopter, and the Ambulance Services. This demonstration gave the BTC an excellent insight to the capabilities and roles of the GS and the Ambulance Services in dealing with public order events.

Planning for the POTI course exercise, incorporating DF personnel, the GS, and the Ambulance Services, then began in earnest, with the course's chief instructor, Cpl Séan Campbell (2 BTC) taking the lead.

Factors to consider in planning the exercise included assessing the educational value for the students; how to ensure that they had the opportunity to experience a variety of command roles; and ensuring they were required to use as many of the skills they had learned as possible.

In order to be able to deploy a public order company, an invitation was extended to 6 Inf Bn's current three-star course, under the command of Capt Kevin Diffley and Lt Mark Daly, to partici-



pate. This co-operation would allow the POTI course students to fill the command roles at company and platoon level.

With Storm Emma having hit the country at the beginning of March and the consequent heavy deployment of DF, GS and Ambulance Services personnel, it was an arduous task to plan and co-ordinate the proposed joint exercise. However, after numerous planning conferences and phone calls the exercise was scheduled to take place in Gormanston Camp on 9th March.

On the morning of the exercise there was an air of anticipation as Cpl Campbell began co-ordinating the exercise with the course instructors, Cpl Padraic Friel (28 Inf Bn) and Cpl Tiernan Kelly (27 Inf Bn), with the latter taking charge of the 'hostiles' and 'rioters', made up of personnel from B Coy, 27 Inf Bn. The remainder of the exercise personnel consisted of the instructors course, the three-star course, the GS public order and mounted horse units, and the Ambulance Services. The public order company comprised two DF platoons and one GS platoon, with tactical and company HQs manned by both DF and GS personnel

After all personnel attended the safety brief the exercise began with the involvement of the mounted horse unit, and it was very impressive to see how quickly the GS and DF elements were able to combine their drills and capabilities.

In the first scenario the GS were initially deployed, and as they completed their drills, the DF elements filtered through and were faced with a section-size group of hostiles. The scenario required the POTI students to use the drills they had learned on the course to clear the ground and move the hostiles back. As this was both physically and mentally challenging, the DF and GS platoons constantly rotated their positions to achieve the objective.

Having achieved their first aims, the DF and GS platoons were then faced with a barricade removal. By now the three-star course and POTI course were working together like a well-oiled machine and took on the barricade removal with intensity and boldness.

Throughout the exercise the hostiles and rioters lived up to their names and really put the public order platoons through their paces.

The final stage of the initial exercise scenario involved securing a crossroads while facing hostiles on three sides of the junction. After this was achieved 'End Ex' was signalled, and after a quick 30-minute turnaround the company was ready for the next scenario, which went off without a hitch.

Overall, the exercise was a great display of how the different services can work together and a good indication of their joint capabilities. With an eye to possible public order issues around hosting games in the UEFA 2020 European Championships, this was the start of what is hoped to evolve into many joint services exercise to come.

2 BTC Athlone would like to thank An Garda Síochána, the Ambulance Services, 6 Inf Bn, 27 Inf Bn, and the students and instructors of the POTI course for the parts they played in this very successful joint services exercise. ■

ADJUSTABLE POT HANGER

OFTEN IT'S THE SIMPLE THINGS THAT CAN MAKE A HARD DAY IN THE WOODS EASIER, LIKE GETTING A BREW ON OR COOKING UP SOMETHING HOT. THIS IS A GREAT AND ADJUSTABLE WAY TO DO JUST THAT. YOU ONLY NEED A LITTLE TIME AND CORDAGE.



BY JOE PRICE

Here's how to make a really quick and simple pot hanger that can be raised or lowered over a fire using minimal time, cordage and a few branches.

You can use a knife for this, but a saw will help immensely. Even something as small as a Swiss Army Knife with a blade and saw will get the job done.



1 To start, select three branches, one about 4-feet-long, another one about a foot-long and one approximately 1½ to 2 feet-long with a good fork in, also known as a 'Y' branch.

2 Sharpen points on the ends of both the long stick and the 'Y' stick. The 'Y' will be your pivot. Then carve deep notches along one side of the short stick. On the reverse side put a notch located at the bottom. This will be your adjustable pot hanger.

3 To assemble, place the 'Y' stick directly in the ground pointy end first. Place the long stick into the ground pointy end first to anchor it at an angle resting between the forks of the 'Y'. Carve the top of the long stick down so it will fit your notches on the pot-hanger stick for leverage to hold the weight on whatever you plan to cook.

4 Once you are happy with the fit of your setup, you can use the notches on the short stick to hang your pot and also raise it up and down on the different notches as shown allowing you to boil and simmer over your fire. It's a quick

and handy way to enjoy during day or night when you are out in nature. Besides, you will impress your friends with your camp knowledge!



Joe Price is one of the co-founders of the "Living to Learn" Bushcraft Community, a member of the Irish Bushcraft Club and an Irish Ambassador for Mora Knives. He works in The Camo Shop www.thecamoshop.ie and you can follow the 'Living to Learn' community online:

www.facebook.com/groups/livingtolearn/

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RESTORING A PIECE OF HISTORY

BY SGT ROBERT DELANEY, ORDNANCE BASE WORKSHOPS

Over the years many weapons of historic importance have passed through the OBW (Ordnance Base Workshops) in the Curragh. A huge array of small arms from all eras have been de-activated and prepared for display by our armourers, while our carpenters have built and restored timber carriages for many significant artillery pieces.

The 6-pounder gun from the Defence Forces' first tank, the Vickers Mk D, was restored and mounted by OBW artificers for the Cavalry School, and a pair of 12-pounder coastal defence guns – one of which was rumoured to have been the gun fired from the Helga during the 1916 Rising – were also restored. (One of them is on display in the National Museum's Soldiers and Chief's exhibition.)

However, the most recent arrival into the workshops, a First World War 18-pounder field gun may, perhaps, be the most significant piece of artillery that the OBW has worked on.

The Mk II 18-pounder, number 9168, was more than likely amongst the first batch of nine guns given by the British to the fledgling Free State army as the nation descended into civil war in 1922 and it almost certainly saw action during those dreadful times. It remained in service with the Artillery Corps and was an important part of the nation's meagre defences during the Emergency.

The arrival of 25-pounder field guns in 1949 meant the days of the 18-pounders were numbered and they were earmarked to be scrapped a decade later. Consequently, in 1958 the Mark I and II 18-pounders were sold, together with other artillery pieces and machine guns, to Interarmco, an American arms trading company with a Cold War interest in untraceable weaponry.

Luckily, gun number 9168 appears to have been resold to a collector not long after it arrived in the US and it was displayed outside a roadside restaurant in Virginia. Its connection with the DF was eventually recognised due to the FF stamp on the breech ring, and once its significance was confirmed by Lar Joye, the National Museum's military curator, a line of communication was opened with its owner and eventually it was brought back to Ireland.

When it arrived in OBW last August, the toll of years of neglect in the Virginian weather became apparent. Work began almost immediately with the removal of the shield

and the steel wheels. In 1939 the 18-pounders had been modernized with the Martin Parry conversion kit, which replaced the original timber wheels and primitive braking system with steel wheels, pneumatic tyres and an improved braking system. While these alterations prolonged the life of the guns and gave them a more modern appearance, number 9168 is to be restored to its original condition when received by the Free State army in 1922.

The timber wheels, with the correct axle gear and braking system, are to be sourced or manufactured in OBW, while it is hoped to restore the Martin Parry kit and display it on a dummy axle-tree alongside the refurbished gun.

It quickly became apparent that weather damage had not reached all elements of the gun and OBW staff were amazed at how well internal components like threads, pins and bushings came apart without too much effort. Even more surprising was the fact that the original grease could still be seen on some parts. The firing pin has survived intact and a single weld on the breech is the only sign that the gun was decommissioned.

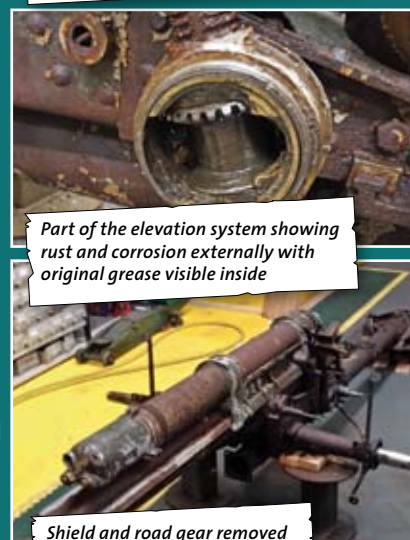
While a huge amount of work remains, staff are already looking ahead to the final stages, which will see a refurbished 9168 painted (by hand, as authenticity is crucial) firstly in its original British Army green for commemorations in 2022, before being repainted in the grey that was used on Irish artillery at the time. ■



Rear view showing clearly the Martin Parry conversion



18 Pdr on arriving into the workshops



Part of the elevation system showing rust and corrosion externally with original grease visible inside



Shield and road gear removed

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IEDs in the War of Independence

BY JOSEPH EA CONNELL JNR

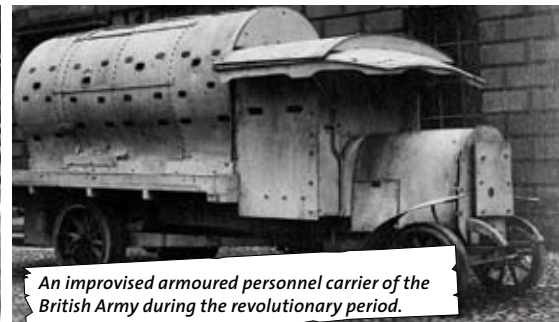
The origins of Irish guerrilla tactics used during the War of Independence (1919-1921) are difficult to determine. Many writers claimed that the type of guerrilla campaign initiated by the IRA was without precedent, and some officers insisted that their methods were unique and home grown. However, as do all successful insurgents, the Irish Volunteers/IRA studied the tactics of previous guerrilla wars and adapted the most favourable of them to the Irish terrain and circumstances, and this conflict demonstrated how insurgents can, and must, modify to be successful.



British Whippet medium tanks patrolling Co Clare during the War of Independence 1919.



General Michael Collins.



An improvised armoured personnel carrier of the British Army during the revolutionary period.

The War of Independence (Wol) contributed four concepts adopted in later insurgencies: the insurgents could hold their own *only* in a guerrilla war; the insurrection itself brought about the conditions required for revolution (Che Guevarra used this later); the countryside was the basic area for armed fighting, but guerrilla principles worked well in Dublin, and this was probably the first urban war to succeed; the Irish made extensive use of roadside explosives, now called improvised explosive devices (IEDs).

The Irish Wol also saw the first significant counter-insurgency use of mechanised vehicles and the guerrillas had to develop tactics, techniques and procedures to disrupt and disable British counter-insurgency forces.

Two things are needed for any guerrilla war, arms and money' and Michael Collins took the lead in providing both. When the war started in 1919, Britain became a vital source of arms for the IRA as Collins did business with gunsmiths in London, and members of the IRA sourced weapons and explosives from collieries in Scotland and criminal gangs in the Midlands – in effect, anyone who would take their money. Liverpool Volunteer Paddy Daly recalled: "We found the Englishman always willing to do business."

Ambush was widely used, with the primary purpose of acquiring weapons. (Guevarra later stated the principle that 'All attacks should recover at least the amount of ammunition as that ex-

pendent'. British standing orders required that all lorries on patrol carried a box of 1,000 rounds of .303 ammunition to supplement the troops (.303 ammunition was the most prevalent ammunition size used by weapons on both sides), so taking a lorry's spare ammunition was a prime motive for ambushes.

The British started out using high driving speeds to avoid an ambush. In response, the Irish would dig a shallow trench in the roads to disable the British vehicles. Guerrilla wars constantly evolve, and the Irish found that their simple answer was soon unsuccessful as the British began using armour, so by autumn

1920, Irish ambush tactics began to change. To counter the use of armour, the IRA began to rely more on explosives. (The Irish were not the first to use explosives in ambushes. The first recorded roadside assassination attempt by explosives was made on Napoleon in 1803, while Irish revolutionaries had used explosive devices from the mid-19th century, but mostly in attacks on barracks and other buildings.) Where the Volunteers/IRA were really innovative was in manufacturing their IEDs from raw materials: explosives, casings, springs, and all the other necessary bomb components.

IRA IEDs came mainly from three sources: stolen from civilian companies, particularly Scottish quarries and mines; stolen from the military; manufactured in Irish home-based munitions factories.

At the beginning of the war the most common explosive used was gelignite stolen from quarries, along with detonators customarily used in collieries. However, gelignite was susceptible to freezing and could not be left in the ground for long periods in cold weather. Also, as a commercial explosive it was simply not powerful enough unless used in very large quantities. As the supply of gelignite was insufficient and became more difficult to obtain, the Irish turned to chemists and others with military experience to develop home-made explosives.

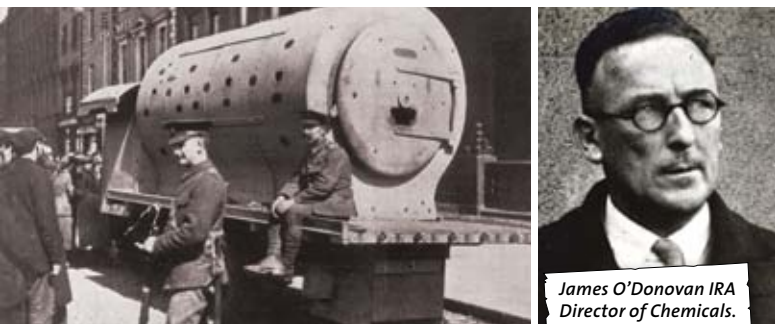
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James O'Donovan, a post-graduate chemistry student at UCD who worked directly for Collins, was the primary chemist/inventor of explosives for the IRA, and the person most responsible for developing and establishing Irish explosive manufacturing.

In 1918 he had begun producing explosives from fulminate of mercury a notoriously unstable compound – but in 1919 Collins directed him to develop an explosive that was more powerful, but one that *“men with no technical skill could produce in a farmhouse kitchen”*. *“They have to be fairly fool proof,”* Collins said, *“because we can’t have people all over the country having their heads blown off!”*

‘Irish War Flour’ was O'Donovan's original explosive (named after its appearance), made from resin, flour, acid and potassium chlorate. However, it was quite unstable and didn't have the explosive power he wanted so he kept experimenting.

He called his second explosive compound Irish Cheddar, which was his nickname for a form of cheddite, an explosive used quite



James O'Donovan IRA
Director of Chemicals.

extensively in the early 20th century made from paraffin, potassium chlorate, nitrobenzene and castor oil.

The first attempt at a road mine took place at Annascaul on 18th August 1920 when the IRA detonated a small mine that turned over a lorry; the British surrendered and the Irish took their weapons.

From autumn 1920 there was an increase in IRA road and bridge attacks, and they also began to regularly use what we now call IEDs in ambushes. The British War Diaries report 172 ambushes from then until the Truce in July 1921, including the use of 109 explosive devices of some sort.

When British tactics changed by stretching the length of its columns to make it difficult to attack them without deploying a large force, the IRA quickly learned the trick of laying multiple roadside IEDs at the same spacing as the British vehicles in a convoy – usually 300 yards apart.

However, proper placement of IEDs was difficult for inexperienced IRA volunteers, who had little enough training in how to conduct ambushes and placing men, much less how to use explosives in these attacks. Therefore, as the war progressed the Irish found that their IEDs were best initiated not by pressure or contact, but with electrical detonators attached to wires buried in the road so that they could be exploded by command just

when they were crossed by a lorry or armoured car.

The first major IRA attack with what we would now recognise as an IED with sufficient explosive power to bring a quick result was on 2nd February 1921 in Clonfin, County Longford, where an ambush party under the command of Sean MacEoin attacked two lorries of Auxiliaries, disabling one, and killing four and wounding nine of the Auxiliaries. After a short firefight the remainder surrendered and the Irish recovered 20 rifles and over 1,200 rounds of ammunition.

By the time of the Truce, the IRA had 11 foundries making bomb components, and Collins also had his engineers working on producing armour-piercing ammunition – his sources couldn't buy them at any price – although they never managed to succeed.

Due to the unreliable explosives available and the lack of experience in their use, there were few ambushes where the IEDs were crucial, rather than ancillary, to the attack. However, it still stands that the Irish War of Independence introduced the IED and the car bomb to the catalogue of guerrilla war tactics.

And the use of explosives did not stop with the end of the War of Independence; during the Civil War, on 18th August 1922, a fuel delivery lorry packed with explosives was detonated in Dundalk in an attempt to stop the Free State army, who were marching on Dundalk barracks, which had been taken over by anti-Treaty forces, under Frank Aiken. ■



Recent books by Joseph EA Connell Jnr

About the Author: Joseph E.A. Connell Jnr is a US native and the author of a number of books on Dublin and its revolutionary history. His recent books are *Dublin Rising 1916* and *Who's Who In The Dublin Rising 1916*. His latest book is *Michael Collins: Dublin 1916-22*, published in April 2017 by www.wordwellbooks.com

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

DF CLIMBERS HIT THE HEIGHTS in Costa Blanca

BY FQMS FRAN WHELAN, NO 5 SP WING

From 4-9 February 2018, six members of the Defence Forces Association of Mountaineers (DFAM) – Flt Sgt N Flood (CTI 2), Air Corps; FQMS F Whelan (CTI 2), Air Corps; Sgt N Shannon (CTI 3), Cadet Sch; Sgt D Nordon (CTI 2), 27 Inf Bn; Sgt T Everard (CTI 2), Air Corps; and Pte J Sharkey (CTI 2), 27 Inf Bn – participated in a climbing meet in Costa Blanca, Spain. DFAM's base was in Calpe, Murcia, and their climbing area was the Sierra de Toix mountain range. The purpose of the meet was to sample the single-pitch and multi-pitch climbs in the area and practice the skills associated with such climbing.

Costa Blanca is the winter capital for sport climbers from all over Europe as it offers a combination of reliable weather and a diversity of climbing, mainly on limestone, that covers virtually all climbers' needs, ranging from low-grade sport climbs, via ferattas, and scrambling, through to top-grade sport climbs and long, multi-pitch routes in areas adjacent to the sea and high in the coastal mountain ranges.

The area offers some spectacular mountaineering ridges such as the Bernia ridge, and there are also numerous trad climbing routes, although it is sometimes necessary to carry a small rack on some of the multi-pitch sport routes to protect the long run-outs between bolts and dodgy tat.

Sgt Shannon and FQMS Whelan did a good job of organising the logistics

for the trip, and as travelling to the area at this time of year is good value, costs were reasonable, with flights and accommodation coming in at less than €200 per person.

The itinerary included return flights Dublin/Alicante, including a 20kg baggage allowance between each pair for climbing and medical equipment, accommodation in Calpe (a 50-minute drive from Alicante and ten-minutes from the climbing areas), and the hire of two cars for transportation.

Calpe's strategic location has attracted many voyagers and settlers throughout the ages and it is full of history and culture, attracting tourists throughout the year; although in February it was pleasant and not thronged with people. It has a variety of restaurants and supermarkets, and prices are relatively cheap compared to Ireland.

The town is dominated by the impressive 332m-high Rock of Ifach, which juts out into the Mediterranean. The rock was established as a nature park in 1987 and provides shelter for a variety of plants, such as the rockrose, tree germander and the Ifach mushroom. It also has some nice climbing routes.

Our stay in Calpe consisted of four full days to climb. On the first night we organised our gear and decided where to start the climbing. Before we travelled, we had carried out a lot of research of the climbing areas, using the Rockfax guidebook by UK climbers Chris Craggs and Alan James.

On day one we drove to the Toix cliffs and spent the first part of the day climbing single-pitch climbs on the Far Oeste crag. This was an ideal way to start the trip as the climbs start at low grades and get progressively higher as you move along the crag. There are also some two-pitch climbs of about 25m to 30m per pitch, to practice anchors and rappelling before hitting the longer multi-pitch routes.

We spent the day climbing and becoming familiar with the limestone. Our main focus was on practicing the basic sport climbing skills, such as threading the rope through the top anchors safely before being lowered off the climb; making a range of anchors suitable for multi-

Ned Flood and Tom Everard climbing on Toix Este with the Rock of Ifach to the rear

pitch routes; using carabineers, slings and protection; abseiling practice and set up; safety and double checking all systems. We also discussed Alpine-style abseils for longer routes and possible scenarios that might occur, such as passing anchors and the possibility of running out of rope between pitches and making alternative anchors.

During the day we moved on to higher grades as we became more confident on the rock. The weather was quite good and there was only a scattering of climbers coming and going throughout the day.

On day two we started on the Toix Osete crag, which is an impressive rock face that offers some lovely, if often sketchy, climbing, with some long run outs between bolts. Some of our racks were used on these routes in between the bolts, especially on the harder moves. We climbed multi pitch routes, mostly of two long pitches and abseiled off – the views from the belay stances are spectacular.

The next day we decided to move further up the Toix cliffs to the Toix Placa crag. This involved a steep twenty-minute scramble in the cold morning air up to the higher crag. However, the sun came out and warmed us up when we settled down to pick out climbs. The climbs up here are made more dramatic by the higher starting point, with fantastic views all round.

The protection on some of these climbs is rather sparse and consists more of rope threads which, to be honest some were quite unusable, so we used trad protection on some of these routes; mainly slings for threads.

There is also an impressive amphitheatre of rock next to this crag called Toix TV, which is a huge tufa-laced amphitheatre perched at the very top of the Toix ridge. The amphitheatre is a great sun-trap and is an ideal venue for cooler days when you can stop and watch the sun set over Benidorm. Some of the climbs here have great views and are spicy.

For our last day of climbing we had intended to do the longest multi-pitch climb on the Toix ridge, called Cilber, which leads to the summit of the Toix ridge, but we had to call this off as the winds had picked up that day and we deemed it a bit risky after taking advice from a local climber. Instead, we decided to go to the far end of the Sierra de Toix, which involved a seven-minute car journey to the Toix Este crag, which faces straight out onto the Mediterranean, with great views of Calpe and the Ifach rock. The walk in is about ten minutes but very pleasant. The routes are

mainly four to five pitches of climbing on limestone but at a lower grade to the previous crags. Nevertheless, we spent the whole day here in the sun, shielded from the winds, climbing the routes. These routes have great views out over the sea and are ideal for long multi-abseil practice.

The trip was immensely successful from start to finish, with most things going as planned. Most of our equipment was drawn from the DFAM stores in Athlone, and Sgt Dave Nordon (EMT), who dealt with a few cuts and bruises but nothing too serious, provided our medical cover.

All the aims of the trip were met and we all agreed it had been a very successful CPD exercise, enhancing climbing skills and technique, rope work and systems, and climbing long multi-pitch routes on limestone. These are essential skills for instructors and will be added to the armoury for future training in the Defence Forces. Most importantly of all, we had a great, and safe, time climbing, with no injuries. We would also like to thank DFAM's chairman, Comdt J O'Brien, and association members for supporting this trip. We plan to organise a similar CPD in Spain later in the year. ■



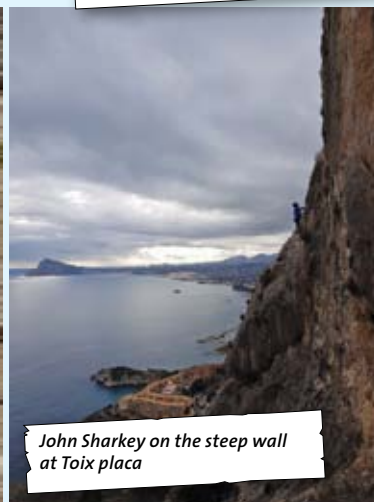
Topping out Ned Flood and Tom Everard



Dave Nordon and John Sharkey finishing out on Toix Este



John Sharkey and Dave Nordon prepping an abseil on Toix Osete



John Sharkey on the steep wall at Toix placa



Tom Everard at the amphitheatre

DEFENCE FORCES INDOOR

Track & Field Championships 2018

BY GNR PAURIC O'SULLIVAN, PR BRANCH PHOTOS BY CPL NEVILLE COUGHLAN

On the 26th February 2018, two days before the country was ground down to a standstill with the force of Storm Emma, the annual Defence Forces indoor track and field championships were held in Athlone Institute of Technology. In what can be only described as world-class facilities, the competitors on the day and the Defence Forces organisation were blessed to be able to host the competition in such a fantastic arena. With the country bracing itself for the storm, the numbers competing were low compared to other years but that did not take away from the quality that was on show throughout the day.

Athletes of all levels were accommodated on the day and it was evident that there was a fun vibe but also you could sense the competitive edge in the air. There were four track events including 60m dash, 200m, 1500m and 4 x 200m relay race. In the field disciplines there was two events in the shot putt and long jump. What made the day interesting was the fact that the current cadet class and the current recruit platoon from Finner camp were competing and that certainly spiced up the events and made for a fantastic atmosphere as both squads were vying for the bragging rights.

Proceedings got under way with the 60m dash, this is an event in which a good start out of the blocks is vital as the race is over in a matter of seconds. This event was won by Cadet Coruana and was the first in what was an absolute monopoly of triumphs. To go with her success in the 60m dash, she also won 200m, long jump and was the final leg of the 4 x 200m relay. Following a tremendous tussle and with

a few moments when the crowd were gasping with the changing of the batons, the cadet class pulled away in the final 30 metres in the home straight to a rapturous cheer from their fellow classmates.

Over in the field games, there was great competition in both shot putt and long jump as there was a large number of competitors in both. There was a comic element to proceedings as some people tried the event out for the first time and ended up giving great entertainment for all the onlookers. In the female category Cadet Coruana came up with the goods in the long jump with a winning distance of 5.52m and Pte Byrne 6 Inf Bn claimed the honours in the shot putt with a winning throw of 8.89m.

Amazingly, in the male shot putt, on duty photographer for the day Cpl Neville Coughlan who is a former under-age Irish shot putt champion, decided midway during the contest to compete. With no warm up and dressed in his working attire he crept up the leaderboard and with his third and final throw landed victory with a distance of 12.89m. This was an enthralling final as three competitors were within 20 cm for the top three spots and the result went down to the final throw.

Concluding the events on the day was the 1500m race. This race is a testing challenge and with 7.5 laps of the track, is a tricky race to gauge, as it is a balance of speed and stamina. After another thrilling race it came down to a battle between Cadet Duggan and Cadet O'Brien with Duggan prevailing in a time of 4.37. This year's event was a hugely successful occasion and the Defence Forces will be hoping to use this year's success as a platform to build the numbers back up and create a new buzz surrounding athletics with the organisation once more. ■





DF INDOOR TRACK & FIELD RESULTS 2018

LADIES COMPETITION

EVENT	1ST
60M	Cadet O'Brien, Cadet Sch
3,000M	Cadet Carr, Cadet Sch (10.14)
LONG JUMP	Cadet O'Brien, Cadet Sch (3.78m)
SHOT PUTT	Cadet O'Brien, Cadet Sch (8.87m)

MASTERS COMPETITION

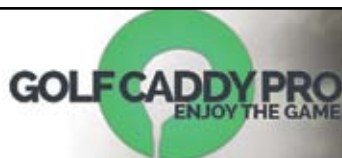
EVENT	1ST	2ND
60M	Capt Burke, 12 Inf Bn	Pte McEvoy, Tpt DFTC
3,000M O/40S	PO Molloy, Naval Service (9.37)	CQMS Monks, Mc Kee Bks Coy (10.23)
O/45S	Tpr McCarthy, 2 Cav Sqn (11.09)	
O/50S	Pte Bulman, Tpt Coy, 1 Bde	Pte Mc Grath

SENIOR MEN'S COMPETITION

EVENT	1ST	2ND
60M	Comdt McGettrick, Air Corps	Pte O'Reilly, 7 Inf Bn
200M	Pte O'Reilly, 7 Inf Bn	Comdt McGettrick, Air Corps
800M	Pte Duffy, 7 Inf Bn	Cadet Heffernan, Cadet Sch
3,000M	Capt J Ledingham, 3 Inf Bn	Pte Campbell, 6 Inf Bn
Shot Putt	Cpl Coughlan, Air Corps (12.36m)	Cpl Reddy, DFHQ (11.22)
Long Jump	Pte Bonnar, 3 Inf Bn (4.62m)	Pte Murray, HQ Sp, DFTC (4.55)

CADET/RECRUIT/APPRENTICE COMPETITION

EVENT	1ST	2ND	3RD
60M	Cadet Coruana, Cadet Sch	Rec Whelan, 28 Inf Bn	Pte Whelan, 6 Inf Bn
200M	Cadet Coruana, Cadet Sch	Pte Whelan, 28 Inf Bn	Pte Clarke, 28 Inf Bn
1,500M	Cadet Duggan, Cadet Sch (4.37)	Cadet O' Brien, Cadet Sch (4.41)	Pte Clarke, 28 Inf Bn (4.50)
4 X 200M RELAY	Cadet School	28 Inf Bn	-----
SHOT PUTT	Pte Byrne, 6 Inf Bn (8.89m)	Cadet Kennedy, Cadet Sch (8.82m)	Pte Donoghue, 28 Inf Bn (8.42m)
LONG JUMP	Cadet Coruana, Cadet Sch (5.52m)	Pte Byon, 6 Inf Bn (5.20m)	Pte Clarke, 28 Inf Bn (5.10m)



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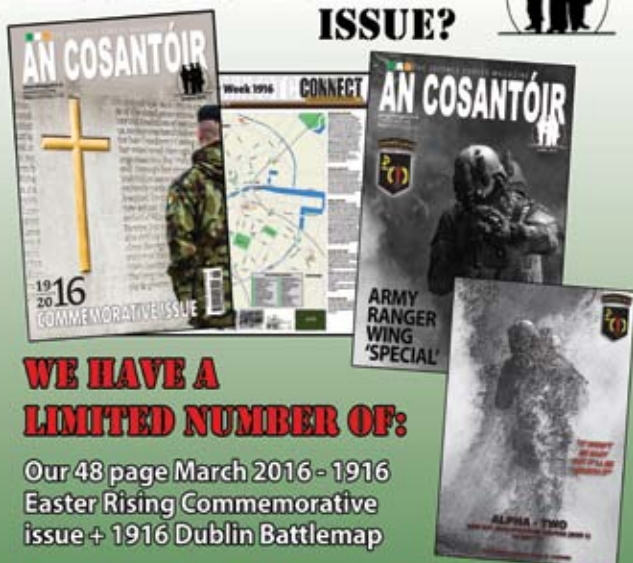
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THE DEFENCE FORCES MAGAZINE / AN COSANTÓIR

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- 3.2mm thick blade
- Modified Scandi-grind
- Available with tactical Multit-mount, or Classic Leather sheath

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SPECIFICATION

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14C28N SWEDISH STAINLESS STEEL
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NOTICEBOARD

LOCAL HISTORY LECTURES

● **6th April (8pm): The Military History Society of Ireland** - Prof Adrian Gregory Nicholas Page will present his lecture 'You may as well recruit Germans', the conscription crisis 1918' in Griffith College, SCR, Dublin 8. *All welcome – wheelchair accessible.*

● **10th April (8pm): Roundwood & District Historical & Folklore Society** - Brian White will present his lecture 'The Story of World War I Nurse Josephine Heffernan's Bracelet found in France' in Roundwood Parish Hall & Centre, Co Wicklow. *All welcome.*

● **10th April (8pm): Skerries Historical Society** - Aidan Herron will present his lecture 'Letters from the North West Frontier – RCH Taylor's letters home' in Keane's Bus Bar, 98 Strand Street, Skerries, Co Dublin. *All welcome.*

● **12th April (6.30pm): Western Front Association (Antrim & Down Branch)** - Robin Macefield will present his lecture 'The History of Palace Barracks (up to 1969)

and Holywood as a Garrison Town' in the Public Records Office of Northern Ireland (PRONI), Belfast. *All welcome.*

● **19th April (8pm): Bray Cualann Historical Society** - Damien Burke will present his lecture 'Fr. William Doyle (Woodbine Willie' in the Royal Hotel, Main Street, Bray, Co Wicklow. *All welcome – admission €5.*

● **21st April: Western Front Association (Dublin Branch)** - John Goodman will present his lecture 'The 1st Leinsters, a Battalion of 'The Old Contemptibles', who they were and what became of them' in the Museum of Decorative Arts & History Lecture Theatre, Collins Bks, Benburb St, Dublin 7. *All welcome - €3 donation appreciated.*

● **25th April (10am to 3.30pm): Public Records Office Belfast in conjunction with the NI War Memorial and the RAF** are hosting a one-day conference exploring a 100-years of the RAF in Northern Ireland (1918-2018).

WORD SEARCH

CROSS OFF THE WORDS IN THE LIST AS YOU FIND THEM.

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

WAR OF INDEPENDENCE 1919 1921

C	X	X	K	I	R	I	S	H	Y	J	Q	N	C	G
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B	I	I	B	X	A	P	O	F	V	I	U	O	U	V
H	S	K	Y	B	I	F	G	R	N	C	A	T	V	X
O	H	L	O	R	V	I	B	X	E	E	V	C	A	S

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VENTURE INTO THE STRATOSPHERE FLYING THE FIRST JETLINERS

Author: Dominic Colvert

Publisher: Morgan James Publishing (August 2018)

www.morgan-james-publishing.com

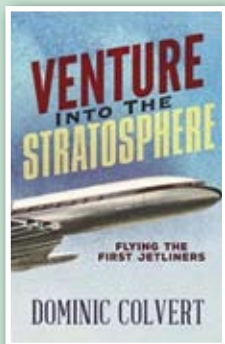
ISBN: 978-1683507932

Pages: 222

Price: €20 PB

A touching story of the author's involvement in the formative years of the jet age, with a short and interesting insight into his apprenticeship in the Irish Air Corps. The reassuring observation that can be drawn on the Air Corps then as now was that the work quality and standards set by the technicians were of the very best! On a personal note it was interesting to see some characters mentioned by name. I never knew Lt Col Paddy Swan, who went on to become Col Paddy Swan, OC Air Corps, retiring the year that I joined in 1974.

The book focusses on the famous De Havilland Comet jet aircraft and its capability, and what it and its genre did to transform air travel for millions and the technical challenges that its designers had to overcome in the process of capturing the prize of 'first in class'. In the process they discovered metal fatigue the hard way and overcame the many obstacles that contrive against safe high speed, high altitude flight. The experiences of the author as a flight engineer throw a wonderful light on the immediate post-Second World War world and life in the many exotic destinations that he and the Comet fleet serviced. He describes transiting through such exotic locations as Karachi, Cairo, Bahrain, China, Australia and South America. On one of his visits to Ceylon (now Sri Lanka) he describes how the aircraft nearly ran out of fuel attempting to land in fog and the subsequent hairy diversion to a (fortunately) nearby military base. After it was withdrawn from commercial operations in the Sixties the Comet lived on in the guise of the military version operated solely by the RAF and named 'Nimrod'. Regretfully that fleet came to grief following the sad loss of an aircraft and its crew in Afghanistan through a design fault. The remaining Nimrods were all retired by mid-2011. An enjoyable read which I am pleased to recommend, especially for those who are interested in early jet age aviation. **Reviewed by Brig Gen Paul Fry Retd, Irish Air Corps**



AN ARMY OF TRIBES BRITISH ARMY COHESION, DEVIANCY AND MURDER IN NORTHERN IRELAND

Author: Edward Burke

Publisher: Liverpool University Press (February 2018)

www.liverpooluniversitypress.co.uk

ISBN: 978-1-78694-097-1

Pages: 400

Price: €97 H/B €22.80 P/B

A dreadful story but required reading nonetheless, in controlling "*the beast in every fighting man.*"

– General George C. Marshall

In July 2007, the British Army's longest continuous campaign Operation Banner, ended after 38-years. The military operation to assist the police began in Northern Ireland when the Troubles flared up in August 1969. In total, 763 soldiers would go on to die as a direct result of terrorism in the conflict with republican paramilitaries.

During the Troubles most people killed was at the hands of republican paramilitary violence, shadowed in turn by loyalist killings of usually completely innocent Catholics in an internecine tit-for-tat revenge cycle. The army was also accused of murdering civilians, including the 14 who died because of Bloody Sunday in 1972. There were other notorious cases, involving the military and Burke examines one of the most infamous cases, the deliberate and pre-meditated murder of two completely innocent Catholics, Michael Nann and Andrew Murray by a group of soldiers from the Argyll and Southern Highlanders in October 1972 in a remote farmstead outside Newtownbutler, in South Co Fermanagh. Nann and Murray had been stabbed so repeatedly that the murders became known as the 'Pitch-Fork' murders even though the weapons used were knives.

Burke at the outset roundly dismisses the British government view of the Troubles that the conflict in Northern Ireland was not a war. He persuasively demonstrates that Northern Ireland certainly qualified as a combat zone in the early 1970's when the Troubles were at their most visceral. The underlying theme of this work looks at the sociological, anthropological and indeed criminological aspects of the effects of combat stress within a small unit on sustained, physically and mentally exhausting operations.

Burke in this meticulously researched book has gotten as near the "*sense of truth,*" as to the 'drivers' behind the horrific murders of Nann and Murray. In doing so he unearths deep hidden animosities that existed within the local community stretching back generations, fuelled by the recurring conflicts in Ulster since the 16th Century. **RF**



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27 INF BN

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BY CPL LEE COYLE



'You Are Not Who They Think You Are' - Vinny McCoy, TEDxDrogheda. www.youtube.com/watch?v=_mw7Qbp8GTo



77th Irish Bn Lebanon, 1995



Glen of Imaal, 1980.

An *Cosantóir* recently met up with Vinny McCoy, a Defence Forces veteran, now Managing Director of Meridian Security and Training Ltd (MSL) to tell us a bit about himself and his life after the DF. Vinny joined the Defence Forces in 1977, enlisting in the 27 Inf Bn soon after he had left school before the age of 17. At that time Vinny says there was a lot of stigma around not finishing school or completing a Leaving Cert. Even before he had left school, Vinny always had a vision of working for himself.

With 23-years-service in the Defence Forces and two peacekeeping missions overseas behind him, Vinny

then focused on starting his own security company. His new career as Managing Director of MSL soon began. The family run company mainly deals with event security. His two sons, Shane and Barry, are directors. The company works nationwide with many reputable and well-known organisations.

Vinny joined his local Toastmasters Club, a community organisation that helps people improve their speaking and leadership skills. There he realised he had an ability to communicate with people and encourage them to fulfil their potential and follow

their dreams.

In 2006, Vinny was awarded the Security Institute 'Trainer of the Year Award', and that gave him a bigger incentive to do more with his speeches and talks. After winning numerous speech competitions, Vinny represented Ireland in the Toastmas-

ters International Speech and Evaluations Competition in 2013 and 2016. He has been a member of Toastmaster Club for over 12-years.

Vinny always knew that one day he would be in a position to give people advice on what he has done and learned in his life as he is all too aware of the challenges that face students who feel they have to do well in their exams to achieve something in life. What motivates Vinny is to help those who do not like school but have an abundance of creativity and what the possibilities are for them.

With this in mind, Vinny put his name forward to qualify for a TEDx talk to be held in Drogheda. He had to submit a two-minute video and a written talk on the subject of Private Lives and Identity. After a high volume of applications, Vinny was one of 8 speakers invited to give their talk.

His presentation, 'You Are Not Who You Think You Are', takes the listener on a journey of self-discovery. At the start of the talk, Vinny asks: "What are you doing for the rest of your life? What are your dreams and aspirations? Who says your identity is influenced by culture, art, social media or fashion? Who says that is the norm? What about what you want to do?" Vinny asks the listener to look at themselves, what influences them, what fears do they have, and their identity.

Vinny ends his talk with, "That person in the mirror is you, you're unique and you're perfect. It's what you don't see is what you need to sort out. A compass will point you in the right direction, but it won't take you there."

Vinny left school determined to do something different, after his career in the Defence Forces he believed in himself and was prepared to work hard. This is the secret to his success. ■



46th Irish Bn stand-down of colours Merrion Square.

"A compass will point you in the right direction, but it won't take you there."

Writing and submitting articles to An Cosantóir

BY SGT WAYNE FITZGERALD

An Cosantóir is the official magazine of the Irish Defence Forces. First published in December 1940, An Cosantóir provides, in print format, accurate and timely information about Defence Forces operations and policies to its members, their families and interested parties worldwide. A typical issue may contain articles dealing with new equipment, training, overseas service, unit and individual activities and achievements, international military affairs, military history, sport and much more.

As an in-house military publication we have three photo/journalists and many regular contributors, but we can't be everywhere or attend all events. We are always looking for new content from readers of all ranks and units, both serving and retired, fulltime or reserve. We can't guarantee everything will be published, but what is, will be the best and most timely content available. All material submitted should have a military related topic or be interesting to our readers.

We would like articles and letters submitted electronically, either by email, memory stick or CD/DVD. Hardcopy (typed not written) articles are also accepted but will delay their use.

Decide on your topic, and consider does it require a lot of text to get the story across, or does it just need an introduction paragraph with the photographs telling the story.

Short articles are from 300 to 700 words max per A4 page, this allows

for four to five small photos. Regular articles are two page articles with 700 to 1400 words max. This max word count must include the captions of photos, as this takes up space too. Ideally we need 7-10 photos to allow a suitable selection process. Larger articles are considered, though they may be spread over two issues or submitted to the 'Defence Forces Review' publication with the author's approval.

It is vital to have a structure to your article; you need to present the facts in a logical and orderly fashion and to give the reader an understandable sequence of events.

We use the Five Ws - Who, What, Where, When, Why and in addition, How? These should be dealt with as early as possible in the story, but it's not essential to include them all in the lead paragraph - let the story flow.

- **Who** are the main people in the story?
- **What** was the occasion?
- **Why** did it happen?
- **When** did it happen?
- **Where** did it happen?
- **How** is another question that can be asked in many situations?

The following are the key elements in a story:

- **The Title** - the headline of the story.
- **The Lead** - the first sentence of the story.
- **The Nut Graph** - this paragraph explains the news value of the story and usually comes after the lead.
- **The Body** - this includes background information and supporting material.
- **The Ending** - this is meant to give a logical and satisfactory conclusion to the story.

Sending in a photograph

When sending in photographs, especially by email, please consider the following:

- Save as: jpg/png format
- File size: No less than 1 MB
- Resolution: 300 DPI / 72 DPI with a larger size is also sufficient.
- It must include L/R: rank, first and surnames & Who took the photograph?

For our convenience and to make it easier to remember try getting the original photo from the digital camera that was used to take it, and send that in - credit will be given to the photographer. If you are sending in a number of digital photographs, either use a file sharing utility like Microsoft's One Drive or Dropbox, or burn them to disc (CD/DVD) and post in! Clearly mark envelope 'CD with Photographs'. If posting in photographic prints please avoid writing on the back of them. ■



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