



THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR

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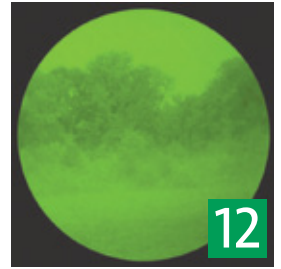
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JOB VACANCY

**General Secretary Reserve Defence Force
Representative Association**

We are seeking expressions of interest in the post of General Secretary from existing RDFRA members who have a particular interest and skill set to offer in the area of service delivery and organisational transformation. The invitation to express an interest is open to all members of the Association.

Following receipt of expressions of interest, a selection process which may include a short interview will be held. It should be noted that the selection process aims to achieve a balanced blend of knowledge, experience and skills to fulfil the requirements of the position.

KNOWLEDGE AND ATTRIBUTES IN ALL OR ANY OF THE FOLLOWING AREAS ARE BEING SOUGHT:

- * Aptitude and interest in leading change and including of membership benefits
- * Aptitude and interest in database software specification and implementation
- * Excellent IT skills & Excellent Analytical Skills
- * Good working knowledge of the structures and reporting systems of RDFRA
- * Ability to communicate effectively in verbal or written form with staff from across the Department of Defence and/or with external consultants
- * Innovation, positive attitude to work and creative approach to problem solving.
- * Ability to work alone but also to participate fully in teams as required
- * Excellent networking skills and ability to work with staff from other agencies

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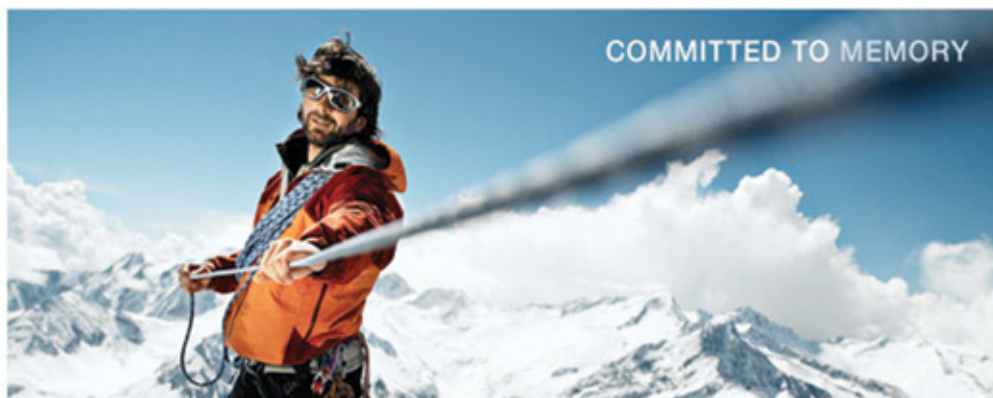
- * Participate in workshops, deliver presentations, deliver training on a one to one or group basis to the membership
- * Work outside of normal working hours if required & travel outside of National office on occasion

TO APPLY:

Interested Members should submit a CV and covering letter setting out your interest in the role and what you would bring to it.

Please forward your applications to Mr. Ger Kiely, President RDFRA, National Office, Clarke Barracks, Curragh Camp, Co. Kildare, by Friday 11th April.

Reserve Defence Forces Representative Association - Comhlachas Ionadaitheach na nÓglach Cúltara
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Front Cover

A selection of staff that keep No. 1 Ops Wing functioning. Photo by: Cpl Collie Lawlor

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

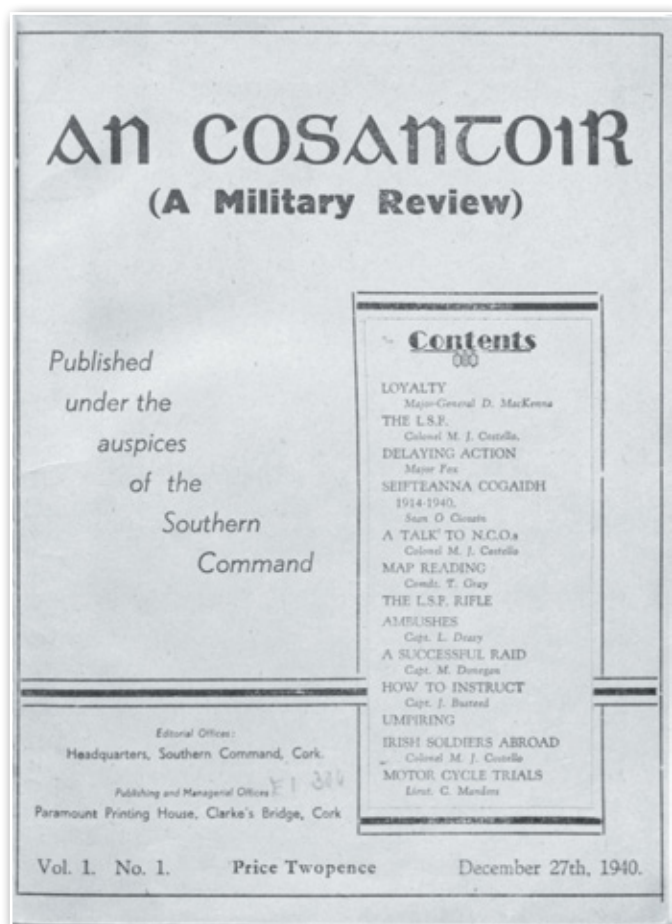
After one of the wettest winters on record in which the Defence Forces were once again called upon to serve some of our most vulnerable and distressed citizens, the weather is turning. Spring is in the air. This seasonal change is reflected here in the An Cosantóir office too. We are evolving, constantly. Wayne is working on other projects at the moment, including an eagerly anticipated launch of a new magazine website.

But some things stay the same, a poster proclaiming our ethos that hangs on the wall of this office has withstood the changes in both seasons and people. It's as important now as when it was first published during the early days of the magazine, the 1940's. Titled simply, "Why An Cosantóir?," it explains where the magazine has come from and what it needs to go forward:

"This journal came into existence... with a definite purpose. It exists, not to make money for anybody, not to secure publicity, not to provide light literature for its readers or even to give them the news... An Cosantóir has a field of its own. It seeks to convey to its readers information and advice on various aspects of the topic of the greatest national problem of the day – defence."

While it may not be the greatest national problem today (job well done for us), the excerpt above is the magazine in a nutshell; the readers, who are the men and women of the Defence Forces, both serving and retired, and our business - defence. But the staff here can't do it alone, we need the lifeblood of the Defence Forces, the troops on the ground, to feed us content. The poster finishes on this note, "In order that we may satisfactorily perform the job... Tell us the subjects upon which you would like information." While the subjects and articles might change like the seasons, this one point is the rock solid foundation of An Cosantóir: It's YOUR magazine, so send in your ideas.

If you have a story or topic you feel we should cover, please don't hesitate to get in touch and let us know. Here are some helpful hints: As a general rule we look for a 2 page article with 1,200 words (600 for 1 page). Larger articles are considered but may be spread over two issues or submitted to the Defence Forces Review. Pictures are as important, please send them in at around 2mb. All material should have a military related theme, or be of interest to our readers. Email or call: magazine@military.ie or 045 44 5307



Paul Millar

Cpl Paul Millar - Editor



AGM

The picture shows Comdt Eugene Cooke handing over the Presidential chain of office to Capt John Power at the recent AGM of the Cavalry Club, held in UNTSI on 13th February. Photo: Lt Damien O'Herlihy



SPORTS ARENA

Lt Emmet Gallagher from Tullamore and Sgt Richie Muldarry Mullingar lead Number 1 Recruit Platoon, 2 Artillery Regiment; based in Custume Bks Athlone at the recent 2 Brigade Sports Competition held in the AIT Sports Arena. Hailing from Mullingar, Athlone, Tullamore, Cavan, Dublin, Dundalk, Belfast, Strabane, Galway and Bundoran, the team spirit displayed by the Recruit Platoon of 2 Artillery Regiment ensured that high standards were achieved on the day. Photo: RSM Noel O'Callaghan

HANDBALL

Members of the Defence Forces Handball Association completed a Foundation Level Coaching Course on 20 & 21 February in Custume Barracks, run by Mr Darragh Daly (GAA Handball). Pictured, Back Row (L/R): Gnr Conway, Gnr O'Sullivan, SS Pettit, Pte Jordan, Lt Culbert, SS Doherty, SS McConn, Pte Hennessy. Front Row (L/R): Sair O'Brien, Armn Byrne, Pte Murphy, Pte Clogan, SS Gallen, Tpr Smullen, Pte Greene, Pte Dillon. The next big handball event will be against the Gardaí in Athlone. Photo: Sgt Eric O'Brien



INTERNATIONAL VETERANS' DAY

Pictured at the launch of the International Veterans' day hosted by the Patrick Sarsfield Branch (PSB) of ONE as part of the Limerick City of Culture event this summer (See noticeboard page for more details): L/R: Pat Hindy, Chariman PSB, Paddy Hynes, Joe O'Mahony (Secretary PSB), Eamonn Doyle (President Royal British Legion, Limerick), Denis Carroll (Chairman Royal British Legion) and Ger Enright (President PSB).

RETIREMENT

RSM Johnny Enright has retired after 41 years service. The attached photo shows RSM Enright with Lt Col Pat Power Sch Comdt, Cav Sch, Mil Col and Brig Gen Seamus O' Giolláin GOC DFTC. Photo: Sgt JJ Ryan

DCOS SP VISIT TO BALDONNEL

On 25th February, Deputy Chief Of Staff, Support, Rear Admiral Mellett (DSM) paid his first official visit to Casement Aerodrome to meet with the Air Corps. He is pictured here with Cpl Padraig Mulrennan, who is talking him through the capabilities of the AW 139 and the varied roles it carries out. Photo: Photosession



MALI

Irish and British Army instructors currently serving with the EU Training Mission in Mali are pictured here with some of their students prior to Ireland vs England Six Nations rugby international. The Irish Personnel pictured in the front row are 2nd from left: Sgt John Dooley - Kildare, 4th from left: Cpl Alan Cahill - Tipperary, 7th from left: Lt Sean Ryan - Limerick. Photo: Lt Col Steve Ryan





S&T OFFICERS CLUB DINNER

Two pictures taken at the recent S&T Officers Club dinner held in McKee. The photo on the left shows directors (current and former) of the Transport Corps pictured with Brig Gen Colm Campbell (ACOS) and the photo on the right shows, L-R, Lt Emma Harney, Lt Chloe Brehony, Lt Amy Colclough and Lt Aine McDonough.



ADVANCED CHEF'S COURSE

Pictured are students of the Advanced Chef's Course on the presentation of their FETAC Level Six Certificate in Professional Cookery. The certificates came at the end of 18 months of intensive instruction, studying and work placement with the Defence Forces School of Catering in McKee. *Photo: Cpl Paul Millar*



AN EPIC RUN!

Congratulations to Cpl Paul Mellamphy who completed a six day ultra-marathon in March. Done in aid of the charity, "A Run For Alisha," he began at Crumlin Children's Hospital and followed a route through Newbridge, Carlow, Kilkenny, before finishing in Cork on the 8th March. He is pictured here making the final arduous climb up Patrick's Hill, in Cork city.



DRIVING INSTRUCTORS COURSE

Pictured here are the students and student drivers of the Driving Instructors Course which took place in the Transport School, DFTC, Curragh Camp between the dates of 20th of Jan - 21st of Feb 2014
Photo: Sgt Karl Byrne



UNIFIL

The 42 Inf Gp, UNIFIL, received a visit from the President Of Finland Mr. Sauli Niinisto. He is pictured here viewing a weapons display at UNP 652 with FINISH BN OC Lt Col Kari Nisula and Lt Col R Yorke. *Photo: Sgt Noel Doherty*

DF MASSED BAND CONCERT

BY SGT WAYNE FITZGERALD
PHOTOS BY SGT MICK BURKE

On Friday 21st February a Defence Forces Massed Band Concert was held in the City Hall, Cork in aid of the Defence Forces Benevolent Fund.

In what is an annual calendar highlight in the Munster province, this year's concert proved to be another sell-out. Those performing were soprano Mary Hegarty, compère Capt Fergal Carroll (DFSM), the Pipes and Drums of the DF and the Band of 1 Brigade conducted by Capt Brian Prendergast. In his foreword Brig Gen Diarmuid Fitzgerald, GOC 1 Brigade thanked all the sponsors for their generous support and assistance and especially Henry Ford & Son Ltd, who have supported the event for the past 26-years. He also thanked the Cork City Council for the use of the Concert Hall and facilities and also thanked the organising committee and the voluntary programme sellers who have supported the event for many years.

The event supports the Defence Forces' Benevolent Fund, whose objectives and purposes are to provide relief in cases of necessity or distress for former members of the DF and their dependants.

The Defence Forces Benevolent Fund can be found at DFHQ, McKee Bks, Dublin 7, or ring them at 018046776. ■



"That this house believes..."

BY COMDT EUGENE COOKE

The Irish Times debating competition is Ireland's most prestigious, with over 300 speakers taking part each year. The Cadet School has had strong links with the competition for the last number of decades, using it as an opportunity to develop cadets' skills in public speaking and persuasion.

The Cadet School had a very successful run in this year's competition with Cadets Fahy and Van Haeftan reaching the semi-finals and Cadet Bedair reaching the grand final. In the final, which was held on February 28th at the Irish Law Society, Black Hall, Cadet Bedair was proposing the motion "That this house believes the

Irish political system has served us well."

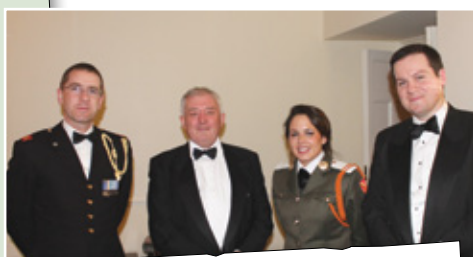
Although victory on the night went to the opposition, Cadet Bedair was singled out by the chief adjudicator, the Hon Mr Justice Adrian Hardiman, for particular praise for her engaging and entertaining debate.



L/R; Cadets Fahy, Keena (IC Debating), Badir and Van Haeftan at the final in Black Hall.

Earlier in the competition the Cadet School played host to one of the semi-finals which saw twelve speakers, including Cadets

Bedair and Van Haeftan, convene in the Cadets' Mess to debate the motion "That this house would commemorate the First World War." The debate proved to be of an exceptionally high standard and after a lengthy deliberation the adjudicators announced that Cadet Bedair would be progressing to this year's final.



L/R; Comdt Eugene Cooke, Chief Adjudicator Hon. Mr Justice Adrian Hardiman, Cadet Badir and Convenor Irish Times Debating Competition, Mr. Lorcán Price, BL, pictured after Cadet Badir's engaging performance on the night.

The other semi-final took place in Kings Inn on February 20th and Cadet Fahy just missed out on a place in the final with an excellent speech in opposition to the motion "That this house believes the constitution of Ireland has served us well."

The skills of rhetoric involved in debate and public speaking are suited to developing leadership skills and it is for this reason that debating has historically been promoted in the Cadet School through competitions such as this and various in-house debates.

Congratulations go particularly to the three cadets mentioned above, as reaching the final or semi-final stage of such a prestigious competition is an outstanding achievement, and we look forward to building on the successes of 90 Cadet Class over the coming year. ■

NATO Commander visits THE DEFENCE FORCES

BY SGT WAYNE FITZGERALD PHOTOS BY CPL NEVILLE COUGHLAN

Recently An Cosantóir had the pleasure of talking to Lt Gen Frederick Hodges (US Army) Commander of Allied Land Command (COM LAN-COM) NATO on a visit to Ireland. On his brief, but busy visit he was shown demonstrations of our equipment and capabilities.

After his visit, Lt Gen Hodges offered his impressions of the Irish Defence Forces:

"This was my first visit to Ireland and I have been extremely impressed with the overall competence, discipline and confidence of your Defence Forces. The professionalism, skill level and quality of the soldiers that I have met are exceptional. Also the quality of the equipment and the capabilities that have been procured and developed are impressive. This tells me that the Irish Defence Forces have been smart in recognising that however small in number, you are capable of delivering effective results in many places around the world, typically in Spartan locations. I also found a real willingness to continue to participate in overseas deployments and be a part of the international community in terms of security and stability. It is very clear that every member of the Defence Forces that I spoke with demonstrated a willingness and a desire to continue to be an effective and respective part of Ireland's foreign policy in promoting peace around the world. It has been a very uplifting experience for me to come here to understand your capabilities and to identify with the nature of the Irish Defence Forces." ■



IN MEMORY OF IRISH MARINERS

REPORT BY SGT WAYNE FITZGERALD



Naval Association President, Declan Pendred with Fr Des Campion (Naval Chaplain) assisted by Deacon Jim Fennell (former Lt in Dublin Unit NSR), performing the blessing of the memorial.

On Sunday 9th March 2014, a memorial tribute was unveiled in memory of mariners

who served Ireland's waters. The Naval Association (est. 1962 and termed An Cumann Chabhlaigh) organised and conducted the ceremony where the memorial was revealed in front of a large gathering in Cathal Brugha Bks. The inscription reads "To honour and salute all mariners who served in the Marine Service; Marine Inscription; Naval Service; An Slua Muirí; Naval Service Reserve".

Some of these maritime organisations existed for some iconic years before being disbanded or reorganised and renamed: Marine Service (1939-1946), Maritime Inscription (Reserve 1939-1947), Naval Service (1922 - present), An Slua Muirí (1947-2007), and the Naval Service Reserve (2007 - present).

The event was organised in conjunction with the Naval Association's Annual Deceased Members Mass where members of the Army No 1 Band played musical honours during the ceremony, and a Guard of Honour was provided by members of the Naval Association and members of the Dublin Unit of the Naval Service Reserve under the command of Lt Conor Smyth provided the Honour Guard. ■

For more information on the Naval Association, Tel: 01 2986614, email: navalassociation@eircom.net or visit <http://homepage.eircom.net/~navalassociation/>

MILITARY MEDIA Round Up



“Spanish electronics expert Radetec has developed an AR15 rifle accessory that displays the number of rounds remaining inside the magazine as well as how many rounds have been fired in total... The unit is driven by two magnets... inside the magazine. When the gun is fired or the quick activation button is pushed, the number will show on the wireless display for one second and then return to sleep mode... The battery life on this will last up to seven years with moderate use.”

Gun Trade World, Gear Guide 2014. Photo; www.radetec.com

“On 12 December 2013, the first F125 frigate Baden-Württemberg appeared in Hamburg. ‘The F125 is a completely new type of frigate with numerous technological innovations.’ Most characteristic of the new frigate is the... concept allowing longer deployments in international stabilisation, peacekeeping and counter terrorism missions. The ship will be able to support up to 50 special forces and there will be adequate space to accommodate two MH90 helicopters. The propulsion system will enable the ship to conduct missions extending up to 24 months without any embarkation.”

Military Technology, Issue 2, 2014. Photo; ARGE F125



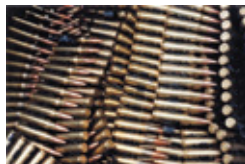
“Revision Military has recently received an order to equip the Swiss Armed Forces with 290,000 pieces of the Sawfly Ballistic Goggle. Switzerland had already ordered 10,000 Desert Locust (pictured) goggles in 2008. The latest generation darken and lighten automatically in response to changing light. In addition, a heads-up-display can be displayed in the glasses. This development is (also) part of the US Future

Soldier Programme.”

Military Technology, Issue 2, 2014. Photo; www.revisionmilitary.com

“In a bid to continue its mission to reduce the weight of personal kit, the MoD has turned its attention to the design of bullets. The department is working with BAE Systems’ munitions section to make conventional small-arms cartridges lighter, which currently account for around 50 per cent of a bullet’s mass.”

Soldier, February, 2014.



“The city of Darwin officially welcomed home the last formed body of Australian Defence Force personnel to serve in Uruzgan province with a parade... The local community lined the streets of Darwin’s central business district... in tribute to the returned servicemen and women. More than 250 ADF personnel, predominantly Army members, took part in the parade, to formally recognise the service and achievements of the 2nd Cavalry Regiment Task Group... who deployed to Afghanistan in 2013.”

Photo & Text; www.army.gov.au/Our-work/News-and-media, March, 2014.

“Russia’s Navy (RN) is expected to receive 40 new warships and auxiliary vessels in 2014. In addition to surface ships of various classes, the RN will also commission the third Borey class nuclear powered ballistic missile submarine, the Vladimir Monomakh and a Varshavyanka class diesel electric submarine.”

Military Technology, Issue 2, 2014.

“A piece of historic weaponry has gone on display at the Imperial War Museum North in Manchester. The First World War Webley Mk V revolver belonging to JRR Tolkien, the author of The Lord of the Rings and The Hobbit, will be available to view permanently. The firearm has a link to the author’s work because Tolkien, who served as a signals officer in The Lancashire Fusiliers, started writing early versions of his mythological masterpieces while recovering from trench fever, which he contracted at the Battle of the Somme in 1916.”


Soldier, February, 2014.

“Our planned 12 ballistic-missile submarines will provide strategic deterrence into the 2080’s. As we debate the merits of various programmes over coming years, we must not lose sight of the fact that they guarantee our very existence, deterring potential enemies from using weapons with unimaginable consequences.”

Proceedings, The Independent Forum of the Sea Services, February, 2014.

“The Australian Defence Force will send two RAAF AP-3C Orion aircraft to Malaysia to assist in the search and rescue effort for Malaysia Airlines Flight MH370.”

Australian Defence Magazine, March, 2014.



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THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR

Defence Forces

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Overcoming THE NIGHT

BY LT TOM TOOHER (PL COMD, 88 CADET CLASS)

LFTT - ✓
PLATOON - ✓
NIGHT TIME - ✓
IR FLARES - ✓

In the cold dark of the Glen of Imaal an infantry platoon deploys on its attack bearing. Out ahead somewhere is an enemy force determined to prevent the platoon from securing its LOE. Meanwhile 15,000ft overhead, a supporting Air Corps plane circles in the darkness

Suddenly, the lead scout in 1 Section spots enemy movement but before he can report back, he is targeted by the enemy and takes cover from incoming fire. "Contact front!"

echoes into the night while the section commander issues his GRIT, "No 1 Section, range 90m, base of third tree from the right on ditch line to the front, two enemy; rapid fire!" With the enemy position being suppressed the section commander completes his combat estimate.

It's evident from the enemy fire that they are unsure of the direction of the attack and unaware of what force they are confronting. However, the attacking platoon's fire is lethally accurate due to a combination of training, technology and all-arms co-operability. Each soldier in the platoon is equipped with the latest night vision goggles and these will soon be aided by infrared illumination dropping, on call, from above. Unlike conventional 'white-light' illumination, the infrared variety helps the friendly forces to clearly identify their targets while being of no benefit to the enemy unless he is similarly equipped with night vision equipment.

With the lead section suppressing enemy fire and 2 Section ready to assault, the platoon commander contacts the air asset and orders the release of the first IR ten-foot pod...

Welcome to the 'Black Light' live-fire platoon attack where 88 Cadet Class had the privilege of being the first in the DF to conduct such an operation. Carried out under myself (OIC Exercise) and Sgt Duff's supervision, this was the first live-fire night platoon attack carried out with Air Corps support via the deployment of IR assets. As the cadet platoon continued to advance on the enemy, the Air Corps CASA 235 support aircraft from 101 Maritime Squadron began dropping LUU-19 IR flare pods as directed. These flares are designed to

provide up to seven minutes IR illumination over an area one kilometre in diameter. As the friendly forces were equipped with night vision goggles but the enemy weren't, this gave a considerable advantage to the cadets.

After 50mins this inter-arms co-operation exercise resulted in the capture of four enemy positions. All objectives were secured and the mission successfully completed.

As part of the cadets' tactical training, night operations continue to play a vital aspect in the development of leadership skills. The ability to co-ordinate air support with the ground assault is a worthy test of any cadet's command and control.

Until now, our primary use of night vision technology at night has been for observation rather than engagement of the enemy. However, the introduction of IR technology and its use in combination with night vision goggles allows the DF to take the fight to the enemy and to effectively 'own the night'.



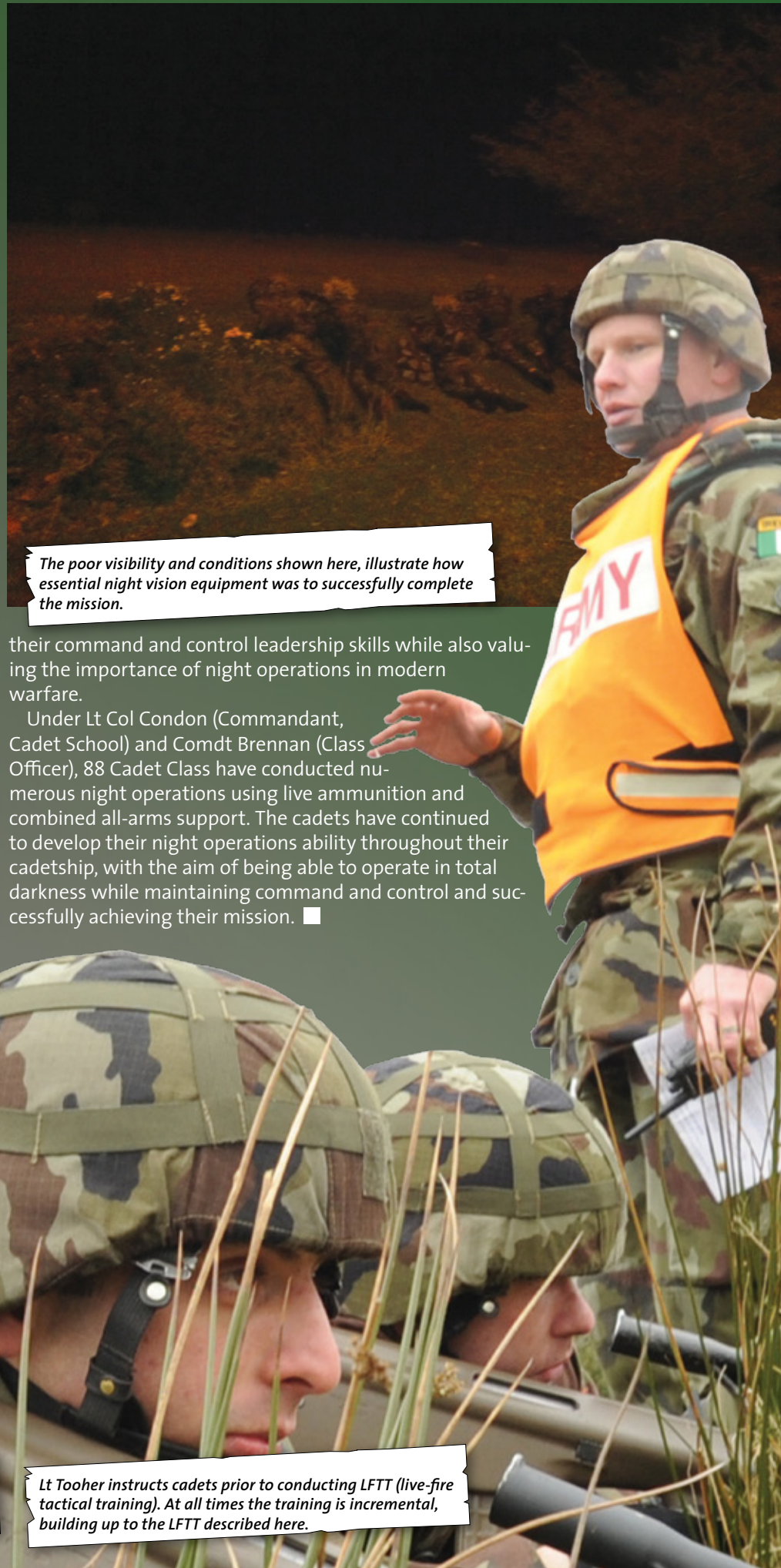
With this as your window on the world, command, control and individual drills must be of the highest standard or things can go very wrong, very quickly.

The primary weapon system of every infantryman is his rifle, and with correctly fitted night vision goggles a rifleman should be able to accurately hit targets out to 300m at night.

As we move up to section level weapons and beyond, the effective range of offensive operations capabilities increases. With an emphasis placed on the use of night vision equipment in conjunction with IR, infantry battalions can vastly improve the abilities and effectiveness of their soldiers operating at night. It is recognised by many, particularly on overseas service, that the ability to operate effectively at night is a vital and valued skill that the DF must continue to develop.

General Frederick Pile, who fought in both World Wars, said: "The most difficult thing for an enemy to compete with is a night attack". Night operations play a vital role in all modern armies' development and increased emphasis is now placed on the training of personnel in night-time operations as much as daytime operations. The IR pod delivered from the air enhances our infantry's capacity to seek out targets and operate effectively at night and seek out the target.

From now, all cadets will be practised in both section- and platoon-level 'black-light' live-fire operations. This will allow future officers to develop



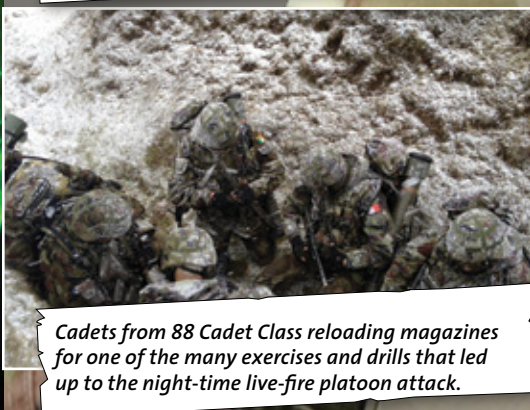
The poor visibility and conditions shown here, illustrate how essential night vision equipment was to successfully complete the mission.

their command and control leadership skills while also valuing the importance of night operations in modern warfare.

Under Lt Col Condon (Commandant, Cadet School) and Comdt Brennan (Class Officer), 88 Cadet Class have conducted numerous night operations using live ammunition and combined all-arms support. The cadets have continued to develop their night operations ability throughout their cadetship, with the aim of being able to operate in total darkness while maintaining command and control and successfully achieving their mission. ■



Cadets receive orders before a platoon attack.



Cadets from 88 Cadet Class reloading magazines for one of the many exercises and drills that led up to the night-time live-fire platoon attack.



Lt Tooher instructs cadets prior to conducting LFTT (live-fire tactical training). At all times the training is incremental, building up to the LFTT described here.

NO REST *for* NO 1

BY CPL PAUL MILLAR

PHOTOS AIR CORPS PHOTO SECTION

While many people may not expect to find the Air Corps' No 1 Ops Wing on a list of the most operationally active units in the Defence Forces, it's not really a surprise considering that probably no other unit can integrate so readily with its colleagues across the DF – Army, Navy, ARW – or with international organisations. The ability to quickly move from one type of task to another is down to having the right people in the right place and An Cosantóir recently had the eye-opening opportunity to meet some of these key players.

A fixed-wing unit, No 1 Ops Wing comprises five squadrons: 101 Sqn is the CASA maritime patrol aircraft, 102 Sqn is the Gulfstream and Learjet, 103 Sqn is maintenance, 104 Sqn is the Cessnas, and 105 Sqn is

better known as Photo Section. Co-ordinating all the squadrons is the Operations Cell, manned by Sgt Robbie Tracey and his staff.

As fixed wing aircraft can cover massive distances very quickly, across multiple countries, the Ops Cell is essential in preventing a routine flight from becoming an international

incident through the provision of real-time information, weather updates, and briefings for crew, as well as arranging flight paths and diplomatic clearance as required.

There is a constant flow of information from the ops staff to the squadrons, government departments, and overseas aviation authorities, and Sgt Tracey can rarely be seen without the duty phone talking with one of them.

The ops staff decide which type of aircraft will be flown for a particular mission, constantly juggling the requests that come in with

maintenance schedules and the priorities of the day.

101 Sqn, with their CASA 235s is commonly referred to as Maritime Squadron, but they do a lot more than that as the flexibility of the CASA's interior setup allows it to be stripped out and refitted for a wide variety of missions and be ready to fly within an hour.

Taskings this year have included: air ambulance, parachute operations, dropping infrared flares, co-operation with the ARW, and search operations. With its forward-looking infrared (FLIR) system, which detects heat signatures at long range, 24 hours a day, in all weather conditions, and radar with a top range of 200 nautical miles, the CASA is a significant force multiplier for the Defence Forces.

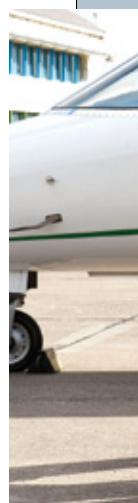
One of the key members of 101 Sqn is Sgt Gerry Mooney, who has over 6,200 hours flying time as part of the SARO (Sensor and Airborne Radar Operator) team. His typical week would include at least one high-level operation flight and several low-level flights, some of which are conducted at only 250 feet.

A lot of these flights are conducted in close co-operation with the Naval Service, assisting them in their search for drug smugglers and illegal fishing vessels or rescuing sailors in distress. At this height constant interaction between the SARO, photographer, pilots and ships is essential, as a mistake could result in a missed interception of an illegal vessel or a collision.

A normal flight would last between five and seven hours but distances vary considerably. "Sometimes we're so far west we're closer to Iceland than Derry!" Sgt Mooney told us.

102 Sqn is probably the most misunderstood as it is often seen as solely providing the Ministerial Air Transport Service (MATS). This is because a lot of their other jobs and the work that goes into them is often not as widely reported. The best view of what 102 Sqn is capable of can be seen in the busy schedules of the flight attendants, who, by the way, are qualified in everything from etiquette to emergency procedures, to first aid.

Sgt Leona Walsh is the senior flight attendant in Baldonnel, with 15 years experience. Her role is essential in maintaining the



consistent, meticulous standards of the flight attendant crew. She told us: "Our taskings have expanded from that of purely a VIP transport operation to more varied roles, such as general air transport, search-and-rescue support, medical transfers, conveying cargo and humanitarian missions. This diverse nature of operations, occasionally at short notice to far flung destinations, ensures an appealing, challenging and ultimately rewarding experience for all."

After every flight the planes are scrubbed, inside and out, not just for the sake of appearance but because at any time they may be required to act as flying ambulances and consequently must be surgically clean, to prevent infection of either the patient or the crew. The job of the attendants doesn't stop there, however, as they are also responsible for care on the ground for the dignitaries, patients and officials that pass through Baldonnel. For many of the foreign dignitaries that land here, it is their first experience of being in Ireland, and the care and attention they receive in these first moments can create a lasting impression of the country.

Just like the CASAs, 102 Sqn's Gulfstream IV and Learjet can be reconfigured for a multitude of scenarios. In its air ambulance role the Learjet uses a LifePort system, which consists of a self-contained stretcher unit with power-pack and oxygen. A special incubator can also be attached for neonatal transport. This setup has saved many lives.

In February 2011, when the uprising was taking place in Libya, the Gulfstream IV, CASA 235 and the Learjet were used for the evacuation of Irish citizens from Tripoli Airport to Baldonnel. During this mission they also transported a critically injured patient to Malta for immediate care. This was a successful, short-notice mission that made a real difference to people trapped in Libya.

103 Sqn, which is responsible for all maintenance and ground handling of the Wing's ten aircraft, has the most personnel. RSM John Green is the senior NCO in charge. "My role as the senior NCO and senior aircraft inspector in the unit is extremely demanding and challenging at times," he told us. "However, given the commitment and dedication of the personnel in the unit, it is also fundamentally very rewarding; in particular when aircraft are delivered from maintenance, enabling operations to be completed successfully."

He explained to us the substantial maintenance activities and complicated crewing rosters necessary to ensure that, where possible, aircraft are available for all operational, air ambulance, training and stand-by missions. To meet its requirements to support aircraft operations, including scheduled and unscheduled maintenance, and provide ground handling for aircraft, including visiting foreign military and civilian aircraft, the unit provides a two-shift, duty maintenance and ramp crew of four personnel 24/7.

Duty crews can be extremely busy due to the numerous flights that can occur at any time, and particularly when operating in support of the Garda Air Support Unit (GASU), during late night/early morning MATS flights, and air ambulance missions. In addition, they must also support the normal range of daily operations for the Cessnas and CASAs.

maintenance regimes, including completing the minor and major scheduled maintenance inspections across the fleet. Some of these inspections are extremely detailed and require substantial disassembly of the aircraft concerned, taking up to six weeks to complete. Once an aircraft arrives into the hangar for maintenance there is a real drive to get it flying again, as everyone is aware of the varied and important missions undertaken by the Wing: in effect, planes in the air can help save lives.

Given the large and varied fleet operated by No 1 Ops Wing, the training of personnel on all five aircraft types is of paramount importance to ensure that they have the necessary skills and experience required to perform and certify all maintenance activities to regulatory and airworthiness standards. However, in the current financial climate, maintaining this level of training, in particular for recently-promoted personnel, is proving extremely challenging and is leading to an ever increasing workload for maintenance crews.

Due to the varied roles undertaken by the Wing, maintenance crews have to be ready to refit all of the Wing's aircraft for any of the multitude of jobs that can come in at short notice. This requires real teamwork, leadership and delegation, with individuals taking the initiative for their areas of responsibility and also ensuring compliance with the requirement to inspect each others work, when necessary. Exhaustive checks are required and constantly carried out, as the airworthiness of the aircraft and the safety of passengers and crew are paramount: something the ground crews never lose sight of.

The Cessna 172, one of the most successful aircraft in history, forms the backbone of 104 Sqn. Ideal for slow, low-level flying, it can be used for shadowing internal security operations, providing essential communications backup, conducting the all important route recce, and keeping ground-bound commanders in the picture regarding potential threats. Having a long history of being used for observation and command/control/communications (C3) missions, the Cessna is the fixed-wing aircraft that ground troops would have mostly worked with.

While the Cessna's small cockpit doesn't provide the most comfortable work space in the world, one of them broke the world record for flight endurance (65 days), so reliability is not an issue. However, that increases the pressure on pilots who may have to remain airborne in this confined environment for considerable periods of time. Despite this Lt Paul McDermott says: "It's a brilliant unit. Our aircraft can operate out of the majority of airfields, so you really do get to see every part of the country, and there are few other sections of the Air Corps that have such a variety of roles."

Photo Section (105 Sqn) is grouped with No 1 Ops Wing as its main duties are performed on fixed-wing aircraft. After a four-month course covering the technicalities of photography, the prospective photographer still has to complete dunker and sea-survival training before they are classed as operational photographers. Once qualified, the photographer will spend a lot of time working with the CASA's on maritime patrols, forming an essential link in the chain that polices the seas.

Over the years the role of Photo Section has expanded to include covering a lot of taskings from the Defence Forces Press Office. This has resulted in some of the photographers' work hitting the pages of the national newspapers.

The man in charge of this multi-faceted unit is OC No 1 Ops Wing, Lt Col James Lynott. He summed up his job as follows: "With the amount of moving parts in No 1 Ops Wing, from the aircraft, to the people, to the variety of tasks; being in command of one of the busiest operational units in the Defence Forces is a testing experience, but also a great source of personal pride derived through the spirit, commitment and resilience of the men and women under my command." ■



The remainder of the squadron's inspectors and technicians provide the necessary technical support to ensure continued airworthiness of the aircraft fleet through daily/weekly

NORTH

SOUTH

EAST

WEST

Bere Island Military Post

BY WESLEY BOURKE

PHOTOS BY CPL NEVILLE COUGHLIN AND ARWN DEBBIE KEATING

Continuing our series of articles on our most extreme outposts, our journey takes us to Bere Island Training Camp, County Cork, our most southerly military outpost. Standing on the highest point on the island, Knockanallig (270m), it is easy to see why the island played a prominent part in our history. Lying 1.5km across from the port of Castletownbere, Bere Island dominates Bantry Bay, the second deepest port in Europe.

Bere Island was one of the Anglo-Irish Treaty Ports and remained in British hands until November 1938 when the Defence Forces formally took command of the island's military facilities.

It is not just far south but it's also a long way west and is a three-hour drive from Collins Bks, Cork. To put it into perspective, when locals from the nearby village of Garnish travel to Croke Park they are only halfway when they reach Mitchelstown; and that's still in County Cork!

There are still some 210 people living on the island, of which the main harbour is Lawrence Cove, near the village of Rerrin.

Apart from its strategic location, the military post offers everything in the way of training resources that any unit or course needs. It has a rifle range, can host both



One of the large canons that guarded the entry to Bantry Bay.



The camp as it stands today.

air and naval operations, an area for beach landings, and various features that provide multiple scenarios for platoon and section attacks.

The post is run by 1 Fd Arty Regt but the only personnel permanently stationed there are three BFW workers. The local liaison for the camp is Gnr Pat Lehan (1 Arty Regt). "I'm stationed in Collins Bks," he told us, "and travel over here when any unit is using the camp. I've been working on the island now for 27 years, so I've built up a great relationship with the local community."

"At certain times throughout the year the camp is constantly full and a normal summer will see us packed with reserve training camps, Naval Service recruits, the Army Diving Group, Engineers YOs and NCO courses conducting watermanship training, and the Army Ranger Wing conducting a range of training exercises. When the military camp is fully occupied the island's population goes up by three quarters."

Pat took us on a tour of the camp and its facilities. The BFW office and officer accommodation are situated not far from the quay at Lawrence Cove and about a kilometre west of the main camp, which can cater for 150 personnel since the its facilities were revamped in the early 2000s.

None of the old British fortifications around the island are in use today. Across from the main billets the camp's flagstaff sits in a very commanding position on top of an old gun emplacement.

An important job that Pat has is liaising with the local community. "It's a very close knit community on the island," he says. "We have to make sure at all times that the locals are happy with what we are doing. There's no point in organising a big exercise in the middle of a local festival and upsetting everyone. I've been coming here so long now I know all the locals and they know me. If there's a problem I'll be the first to get the call."

The excellent relationship between the Defence Forces and the local community was clear to see with all the waves Pat got as he took us around.

The British built extra fortifications in the early 1800s and again at the end of the 19th Century, many of which can still be seen, such as the Star forts that were still in use up to the Emergency. Pat explained that the British garrison was so self-sufficient that

they could survive without resupply for eight months.

After the handover of the Treaty Ports in 1938, the army and Coastwatching Service used

the island during the Emergency but the post was abandoned shortly after and not reoccupied until the 1960s. Since then the island has had a regular military presence.

Leaving Bantry Bay we will head for Dún Laoghaire, where our most easterly military installation is located.

Leaving Bantry Bay we will head for Dún Laoghaire, where our most easterly military installation is located. ■

The camp is used by a wide selection of units from RDF to ARW.



One of the many graves on the island, chronicling the various phases of military activity.



The refurbished kitchen in operation.



One of the first participants to make the leap.

WATERCONFIDENCE TRAINING

BY CPL PAUL MILLAR

On Wednesday 19 Feb, 33 personnel from DFHQ, McKee Bks Coy, DFHQ CIS Coy and students of the Physical Training Instructors Course jumped off a bridge into the cold waters of Blessington Lake. The jump was the culmination of a days training with educational aims and not just merely about getting wet. Organised by Comdt Neil Taylor, Training and Education Branch, J7, the day began with water survival training in the DFPES pool, where Sgt Larry Chambers (27 Bn) showed the basics of surviving in a cold and hostile sea. The lessons were centred around conservation of body heat and energy but also involved improvised flotation devices, made using clothing.

The all important height factor was gradually built up to during the day, with a number of progressively higher jumps, the highest of which was only a couple of metres shorter than the eight metre bridge the participants would jump from. Sgt Alan O'Reilly (27 Bn) coached on the finer points of high level water entry with an emphasis on safe water entry. Poor technique at lower heights increases the potential risk of injury when bigger jumps are undertaken. Technique is everything!

Military confidence training is an invaluable addition to formal military training, enhancing the individual's ability to withstand the rigors of operations and rapid deployment. This controlled exposure to danger and fear is an experience troops can take with them overseas and enhances their capacity to lead, communicate and perform the task at hand, often in hostile areas. Performed at recruit level, confidence training is something that must be consistent throughout a career in order for it to be effective. That's why this particular day was planned, although it involved as much team building and co-operation as confidence building.

For the afternoon in Blessington, the keyword was safety. There was a comprehensive set of safety briefs from the confidence training instructor on site and members of the Army Dive Group, who were providing invaluable support on the day. The weather on the day meant the water temperature was a chilly 4 degrees, so the rope set up from the point of entry to shore was well used.

In all, the day was enjoyable, it brought together members of the DFHQ who would not normally be in contact, but throughout the whole day the objectives of learning and experience were never lost. Comdt Neil Taylor said of the day: "Confidence training is a key tool in developing the character, skills and physical robustness of DF personnel. Some of the personnel who jumped in Blessington were neither comfortable at height nor in water. With training, support and a controlled but challenging task environment all personnel successfully jumped. Some were visibly enthused and rewarded by the experience. A follow on Confidence Training Day will take place for DFHQ personnel in mid 2014. We are looking for new victims to meet the challenge" ■



Comdt Neil Taylor, organiser of the day, also went off the bridge.

There was a steady stream of jumpers throughout the afternoon, all controlled by the CTI's on the bridge.



The moment of impact.



The shock of the cold water was as much a part of the experience as the jump itself.



Sgt Larry Chambers instructing the students in how to turn items of uniform into flotation devices.



BY L/SBA JOHN SCHWARTAU

Eight members of the Defence Forces, from the Army, Naval Service and Air Corps, recently completed a diploma in military medical care from University College Cork (UCC). The one-year, full-time programme has given them the opportunity to gain the emergency medical technician (EMT) award accredited by the Pre-Hospital Emergency Care Council (PHECC) and to be placed on the Irish national practitioner register. This was the first time that medical personnel of the Defence Forces had an opportunity to achieve externally recognized qualifications at an undergraduate level.

The initiative brought the Defence Forces and UCC together to provide professional training in military medical care. The programme, which commenced in September 2012, comprised approximately 300 teaching hours, divided into three modules: EMT (which ended with an externally recognized EMT award); work placement with Cork University Hospital and the National Ambulance Service; and a combat medical technician module, delivered in the DFTC in the Curragh.

The main objective of the course was to assist the students in becoming proficient in providing emergency medical care to fellow members of the Defence Forces in a variety of situations, including in combat, at sea and in remote areas.

According to the recent graduates the most valuable part of the programme is the invaluable experience it provides in both pre-hospital and hospital care, at the highest, externally recognized medical standards.

Students took part in a variety of exercises, which included various scenario-based exercises

in Cork (with the Cork City Fire Brigade); the Medical School, DFTC; and the Naval Base in Haulbowline.

The course was overseen by Prof Stephen Cusack (UCC), with lectures being provided by highly experienced academic lecturers and trainers from UCC, the Academy of Emergency Care, the National Ambulance Service, and the Medical School. The lecturers brought a wide range of knowledge and expertise, both theoretical and practical, which contributed significantly to the quality of tuition provided during the course.

This venture has proved how successful cross-sectoral co-operation can be and showed that both UCC and the Defence Forces can benefit from this partnership by combining the complementary experience and expertise of both institutions.

The diploma programme is a significant step forward for the Medical Corps, and the Defence Forces, in ensuring that the highest standards of training are provided to its personnel; particularly at a time when the importance of pre-hospital emergency care and awareness is gaining greater recognition.

Not only is this training of benefit to the Defence Forces, for those at home and serving overseas, but it is also of benefit to society in general to have highly trained medical people available who are able to help out in emergency situations.

The overall impression from the graduates is that the course not only met but exceeded its expectations. Furthermore, it proved that co-operation between the military and other sectors gives the best training results as it incorporates wide and varied range of knowledge and expertise.

On a personal level, the programme also gave the students an opportunity to gain a valuable qualification. ■

PASSING *the Baton*

BY LT DONNACHA REILLY

Last November 42 Infantry Group deployed to UNIFIL as part of 213 FinnIrish Battalion, which took over from 108 IrishFinn Battalion. The Irish contingent, commanded by Lt Col Ray Yorke, contributes 181 soldiers to the combined unit. The 42 Inf Gp contribution comprises a complete mechanised infantry company under the command of Comdt Niall O'Hara, a contingent support element of 47 personnel under the command of Comdt Pete Barrett, and 26 personnel in Battalion HQ under the command of Comdt Caroline Burke. This latest combined battalion continues a distinguished peacekeeping partnership between Finland and Ireland that was first established in South Lebanon in 2006. Since then Finnish and Irish soldiers have served together on many occasions including with EU Nordic battle groups, KFOR, MINURCAT, and UNIFIL.



The Force Comd Reserve visit to UNP 6-52, built new bridges with French counterparts.

The initial deployment, to Ebel El Saqui in 2006, lasted for one year, and, based on that successful model, November 2012 saw the deployment of the first UNIFIL IrishFinn battalion to our present area of operations in Sector West. Since then the Irish/Finnish working relationship has demonstrated a model of professional co-operation and dedicated service between two countries that produce soldiers and peacekeepers of the highest calibre.

In accordance with UNSCR 1701, 213 FinnIrish Bn monitors the cessation of hostilities in Sector West, paying particular attention to the Blue Line and sensitive areas; supports the government of Lebanon in extending its full authority throughout the country by supporting the Lebanese Armed Forces (LAF).

Within 213 FinnIrish Bn's AO humanitarian support is provided via CIMIC (civilian military co-operation) activities, while extensive joint mobile patrolling and training with the LAF assists the local population by contributing to a safe and secure environment.

The battalion has a wide range of capabilities, affording excellent operational effectiveness while also providing force protection. These capabilities include CBRN defence; direct and indirect fire support; armour; EFP; 4th generation ISTAR; battalion mobile reserve (BMR), crowd riot control (CRC), counter-improvised explosive device detection (C-IEDD); CIMIC; humanitarian assistance; patrolling; mine awareness; and extraction and recovery.

The battalion's operations are conducted on a high-visibility, low-profile basis.

213 FinnIrish Bn has been extremely active since its deployment and its activities have included: providing training support to the LAF through an intensive week of CRC training (led by 42 Inf Gp); combined operations with the LAF; counter-rocket launching operations; and a range of other projects.

CIMIC tasks have included; key leader engagements with local municipalities and NGOs, and community relations enhancement activities; providing hygiene seminars and first aid and fire safety training; and the identification, funding and implementation of a number of local assistance projects such as well refurbishment, road repair and power supply.

Through all these tasks 213 FinnIrish Bn hopes it will have enhanced its (and UNIFIL's) relationship with the local population and authorities, and will have demonstrated that we are an impartial force working for the good of the people in our area of operations. ■

Mowags prepare to depart for RV with UNDOF.



42 INF Gp & UNDOF pers on the Syrian Border during the hand over of vehicles.



Groupshot taken on the day of the transfer of authority ceremony.



CIED drills form an integral part of the Group's training.



Lt Gowran, CIMIC, on a visit over the Christmas period.

Crowd riot control training conducted with the Lebanese Armed Forces.



FIGHTING MODERN SLAVERY



FIGHTING MODERN SLAVERY

BY SGT WAYNE FITZGERALD

Human trafficking has existed for centuries. While it is a worldwide phenomenon, it is believed that in Europe it is most common in the Balkans. The United Nations Mission in Kosovo (UNMIK) says that Kosovo, a place familiar to many Irish soldiers as we have been serving there as peacekeepers since 1999, is a major destination for the trafficking of young women for prostitution. According to Amnesty International, most of those trafficked are from Moldova, Romania, Bulgaria and Ukraine. Kosovo was also identified in a 2010 US government report as a source, transit, and destination country for female and child victims of human trafficking. All this is not to say that human trafficking is confined to the Balkans. It happens almost everywhere, including Ireland.

Many of our readers would be most familiar with this topic through films such as Liam Neeson's 'Taken' (2008), in

which a retired CIA agent pursues an Albanian gang of human traffickers who have his daughter. 'Taken' is the film that spawned the now infamous phrase: "I don't know who you are, but if you don't let my daughter go, I will find you and I will kill you."

Unfortunately, in reality tackling human trafficking is a lot more complicated than Liam's method of shooting anyone he comes across wearing a leather jacket and slicked-back hair.

People smuggling and human trafficking are not the same, in that the first must take place across international borders, whereas the latter, although it may be cross-border, can also take place within countries. Another difference is that trafficking must involve the exploitation of the person being trafficked.

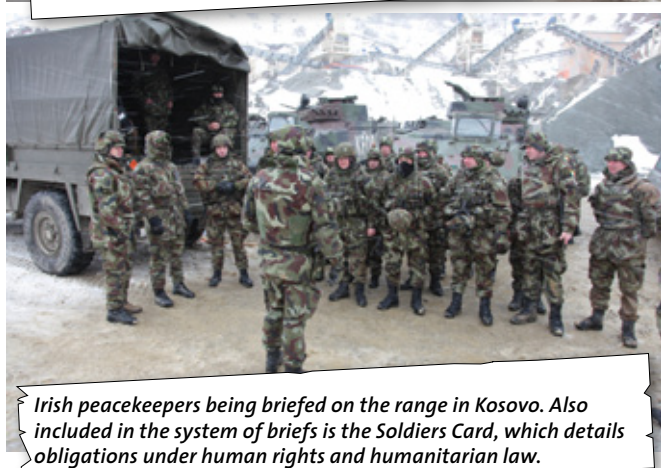
To be defined as human trafficking, three distinct elements must be fulfilled: 'act', 'means', and 'purpose'. The act of recruitment, transportation, transfer, harbouring or receipt of persons must be done by a means such as the threat or use of force, abduction, fraud, deception, or abuse of power, and it must be for the purpose of some form of exploitation, such as sexual exploitation, labour exploitation or organ removal. However, in the case of anyone under 18 only the act and purpose are required for it to be deemed trafficking.

Surprisingly, it was only in 2000, almost 200 years after the British Slave Trade Act of 1807 banned the transatlantic slave trade, that a legal definition was agreed internationally in a protocol to the UN Convention against Transnational Organised Crime, commonly known as the Palermo Protocol.

The same definition is also used in the Council of Europe Convention on Action against Trafficking in Human Beings 2005, which also provides for a number of rights and supports for victims of human trafficking.

In Ireland, trafficking was made a crime punishable by up to life imprisonment by the Criminal Law (Human Trafficking) Act 2008. An amended Act in 2013 expanded the definition of trafficking to include exploitation of a person for the purpose of forced begging or forced participation in criminal activities.

In December 2013 Minister Shatter published the 'Annual Report of Trafficking in Human Beings in Ireland for 2012', the fourth such report to be produced by the Anti-Human Trafficking Unit, which was established in 2008 in the





Dr Myria Vassiliadou, the EU's Anti-Trafficking Co-ordinator with members of the Irish NGO's working in the area of human trafficking.

Department of Justice and Equality. The report is based on information provided by An Garda Síochána; NGOs such as Ruhama, ICI, MRCI and Stop Sex Trafficking; and international organisations like the International Organisation for Migration. The report is published on the government's dedicated anti-human trafficking website www.blueblindfold.gov.ie. The concept behind the website's title is 'don't close your eyes to human trafficking' in that the blindfold represents people having their eyes closed and not being aware that this type of crime may be going on around them in cities, towns and villages in Ireland.

The Report stated that 48 people were proven to be victims of human trafficking in 2012. Of these 39 were trafficked for sexual exploitation, six for labour exploitation, and the remaining three were for uncategorised exploitation. The profile of the group was 31 females and 17 males; 25 were adults, 23 were minors. What may be surprising to many given the common concept of trafficking is that 19 of the victims originated in Ireland. Of the remainder 10 were from other EU countries, eight were from western Africa, and 11 were from other regions. The 19 Irish were all minors and were all reported as victims of sexual exploitation.

The 2012 Report shows a continuing reduction in the number of reported cases compared to previous years. An examination of the data between 2009 and 2012 indicates that the number of victims originating from outside the EU has been declining on a yearly basis. However, it is important to recognise that due to the clandestine nature of human trafficking and its overlap with other highly secretive activities such as prostitution and various forms of exploitative labour practices, estimating the prevalence of this crime is highly problematic.

All Defence Forces serving on peace support operations are given the Soldiers' Card, which details their obligations under international human rights and humanitarian law, and includes specific provisions relating to UNSCR 1325. The Defence Forces has also adopted the UN Secretary General's Bulletin on Special Measures for Protection from Sexual Exploitation and Sexual Abuse to define the standard of conduct. The Bulletin sets out a zero-tolerance policy that prohibits sexual relations with members of the host/dependent population, sex with children (under 18 years), and any transactional sex, whether for money, goods or favours. Due to the adoption of this policy by the Defence Forces,

any breach constitutes an offence against military law and renders the perpetrator liable to prosecution.

These people find themselves in terrible situations. No one willingly signs up to becoming a slave. Human traffickers frequently recruit their victims through fraudulent advertisements that promise jobs such as hostesses, domestic work or work in the agricultural industry. Victims can even be recruited by family members and can come from rural or urban backgrounds.

Learning these signs will help you to detect the possibility of human trafficking while serving overseas or just while going about your daily life in your town or village. ■

Further information on this topic can be obtained from: Anti-Human Trafficking Unit, Department of Justice and Law Reform, 51 St Stephen's Green, Dublin 2, or from www.blueblindfold.gov.ie.

To anonymously report any suspicious activity, call: Crimestoppers 1800 25 00 25 or email blueblindfold@garda.ie.

SO, AS INDIVIDUALS HOW CAN WE HELP?

By being vigilant and learning the signs.


Recognising a victim of human trafficking is not always easy but being familiar with some of the general indicators will help. People who have been trafficked may:-

- be unable to leave their work environment;
- show signs that their movements are being controlled;
- be subjected to violence or threats against themselves or against their family members and loved ones;
- display injuries consistent with an assault;
- display injuries/ill-health consistent with working with hazardous substances without suitable safety equipment or clothing;
- be distrustful of the authorities;
- be afraid of revealing their immigration status;
- not be in possession of their passports or other travel or identity documents;
- be completely dependent on their 'employer' for accommodation, food, transport and communication.

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Amy Hopkins 

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CHALLENGE

National Aquatic Centre
4th April, 2014

in aid of 



The Clodagh Daly Trust

Cpl John Daly set up 'The Clodagh Daly Trust' to try raise €150,000 to help his baby daughter, Clodagh, battle cancer. Clodagh was just five weeks old when she was diagnosed with an aggressive form of neuroblastoma. Now 15 months-old, she is undergoing treatment at Crumlin Children's Hospital. Parents John and Tammy want to reduce her risk of relapse by bringing her to a hospital in Michigan, US, that has already some success with a trial drug that reduces the risk of reoccurrence.

For more info, or to donate, visit:
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FLIGHT SAFETY - PART 2

Following on from last month's tac-aide on Flight Safety, which is of everybody's concern and in order to enhance flight safety within the DF, all personnel are encouraged to report all issues pertaining to flight safety. The prevention of such failures to flight safety is made through regulations, education, and training and is in everyone's interest, and remember - **Safety Starts Here!**



This tac-aide is designed for the protection of personnel and equipment. Please read this document carefully and comply with all recommendations.

Foreign Object Damage/Debris (FOD) is a major hazard in the aircraft environment and it can threaten the safety of aircraft. In order to minimise this risk all personnel are reminded to remove all litter and loose waste and place them in the bins provided. FOD control is not only important in Baldonnell, but it is also essential in all sites used by Air Corps aircraft. These sites can include all military establishments, Hospital landing pad and other sites used by Air Corps aircraft.

FOD CONTROL

Use unit flight safety meetings to get the word out

- An excellent forum to address FOD reducing ideas
- Encourage that information be passed on to everyone
- Know where to locate and contact your Unit Flight Safety Officer (FSO) or Representative (Rep)

Be proactive in prevention

- If you see it, don't walk by it, pick it up
- Call in if you see any FOD while taxiing
- Have FOD Bins/Bags available at all times
- Empty out FOD Bin/Bag after task completion or at each shift change
- While on Flight Line "Be FOD Vigilant!"

Inventory tools

- Look over your toolbox after each task
- A tool could have been broken while doing the task causing FOD
- A co-worker could have borrowed a tool without you knowing
- Shift change is not the time to find out you have misplaced a tool

Account for hardware

- Use FOD Bins/Bags to dispose of locking wire
- Account for used nuts, bolts and packaging after the task is completed
- Don't use your FOD Bin/Bag as personal storage to keep supplies/stock in

IF IT DOESN'T BELONG THERE – IT'S FOD! ALWAYS REPORT INCIDENTS & ACCIDENTS!!!

The Air Corps Flight Safety Office would like to thank all those who have reported incidents in the past, as these reports are an invaluable source of information and are used as lessons learned and will ultimately help in identifying weaknesses within the system, which will ultimately prevent future incidents, accidents and possibly a loss of life.

Contact Flight Safety Office

RSM Fergal McMahon

Ph: 01 403 7890 or 7891 or **email:** fergal.mcmahon@defenceforces.ie



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WOMEN OF SUBSTANCE

BY PAUL O'BRIEN



A groupshot of some of the ordinary women who went on to do extraordinary things for Irish Independence.



'Birth of the Irish Republic' by Walter Paget, depicting the GPO and Cumann na mBan during the shelling of 1916.

At the inaugural meeting of the Irish Volunteers in November 1913, the president of the organisation, Eoin MacNeill, announced that there would be "work for the women". Five months later, in April 1914, the first meeting of the Cumann na mBan (the league of women) was held at Wynne's Hotel in Dublin. The aims of the organisation, as laid out in their constitution, were to advance the cause of Irish liberty and to assist in the arming and equipping of a body of Irishmen.

Though the meeting was held in the afternoon, which prevented many working women from attending, the foundations of the organisation were laid. Those that attended this meeting were described as being from all classes and 'all shades of nationalist thought'.

Though the possibility of women taking an active part in the defence of Ireland was ruled out, the militarism of the organisation was evident in their uniform and in their banner and badge, which carried the motif of a rifle intertwined with the initials of the organisation.

While the rise of cultural movements in Ireland like the Gaelic League (1893) attracted a large number of females, women were excluded from political organisations. However, the founding of Inghinidhe na hÉireann (Daughters of Erin) in the early 20th century by Maud Gonne gave many women an outlet for their political beliefs. The aims of that group were the complete independence of Ireland, the revival of the Irish language and the restoration of Irish customs, sports and games. Unlike the many female organisations in England who sought suffrage, women's groups in Ireland objected to the vote being granted by 'a hostile parliament'.

The Lockout of 1913 caused many women to become politicised and the Irish Citizen Army, which had been formed in November 1913, welcomed women into its ranks.

Home Rule had been the main objective of Irish nationalists since the early 19th century but it was not until 1912 when the Third Home Rule Bill was being ratified that politics in Ireland was radically changed.

In response to the Third Home Rule Bill the Ulster Volunteer Force was formed to resist any attempt to impose Home Rule in Ireland, and in November 1913 Irish nationalists formed the Irish Volunteers in order to defend against any attempt to oppose Home Rule. Many members of the Cumann na mBan were angered at their exclusion from being part of the Volunteers' executive and the idea that they were subordinate to the movement.

In May 1914, Inghinidhe na hÉireann was absorbed into Cumann na mBan. By October 1914 Cumann na mBan, according to Margaret Ward in *Unmanageable Revolutionaries*, had over 60 branches, some of which had as many as 100 members. The four Dublin branches were attached to the four battalions of the Irish Volunteers.

Funds were raised by organising céilís, concerts, dances and other social events, with the proceeds being used to purchase arms and ammunition. This was known as the 'Defence of Ireland Fund.'

In December 1914 at its first convention, the organisation was now styling itself as 'an independent body of Nationalist Irishwomen'. When the Volunteers split over Redmond's call for men to enlist in the war effort, Cumann na mBan issued a statement:

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'We came into being to advance the cause of Irish Liberty ... We feel bound to make the pronouncement that to urge or encourage Irish Volunteers to

a directive was sent from headquarters that women were to be accepted. They acted as couriers, nurses and spies, and often came under fire from British troops. Four days after the commencement of the Rising, Patrick Pearse gathered the women telling them they deserved a foremost place in the history of the nation before asking them to leave as his position was becoming untenable. Only three women remained at the time of the surrender, the notification of which was delivered by Nurse Elizabeth O'Farrell, a member of Cumann na mBan. Of 77 women arrested most were members of the Irish Citizen Army.

While the men were in prison in the aftermath of the Rising, the women, in the words of Cathal Brugha, 'kept the spirit alive and the flag flying'. They commenced an important propaganda campaign, fomenting what was to become known as 'the cult of the dead' by organising a number of events to commemorate the executed leadership of the insurrection. It was these type of events that turned the tide of public opinion and the newly formed Irish Republican Army slowly began to receive support from the populace.

During the War of Independence (1919-1921), in which the IRA fought a guerrilla campaign against British forces in Ireland, the members of Cumann na mBan, which then numbered approximately 3,000, were described as the 'eyes and ears' for the men. The women's activities led increasingly to the authorities arresting and imprisoning them and by the summer of 1921, when a ceasefire was called, 50 women had been arrested, including prominent members of the organisation, such as Eithne Coyle.

When the Treaty was brought back to the Dáil to be ratified in 1921, Cumann na mBan was the first organisation to reject it, voting 419 to 63 against its ratification. The rejection of the Treaty saw the departure of moderates from Cumann na mBan and mass arrests commenced in 1922 and continued through the Civil War. Over 400 members of Cumann na mBan were imprisoned under appalling conditions

in Kilmainham and Mountjoy jails and the North Dublin Union.

As the war came to an end, the prisoners were released, many of them suffering from illness due to the prison conditions. Though the organisation continued to exist, many members sought to leave the country and start a new life abroad. For many, the republic they had fought for had not been realised and though many supported the newly established Fianna Fáil party, others chose to disappear and never speak about their involvement in one of the most remarkable organisations the country has ever produced.

Names such as May Zambra, Ella Young, the Ryan sisters, Elizabeth and Jane Robinson, Margaret Power, Brighid O'Mullane, Elizabeth O'Farrell, Teresa O'Connell, Rose O'Donnell, Helena Molony, Lily O'Brennan, Brighid Lyons and Mollie Gill, to name but a few, were all consigned to the dusty annals of libraries and museums, forgotten by generations but who are now being recognised and remembered for their achievements and for being women of substance.

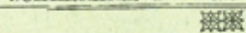
About the author:

Paul O'Brien is a regular contributor to *An Cosantóir*, and a recent winner of the European Military Publisher Association's (EMPA) Best Article (2013) award for 'At the Gates of hell – Mali'. He has carried out extensive research in relation to Irish and British military deployments during the Easter Rising and has written a number of works focusing on the military aspects of the Rising. ■



Members never shied away from military actions and were an integral part of the War of Independence.

SUMMERHILL BRANCH OF cumna mBan.



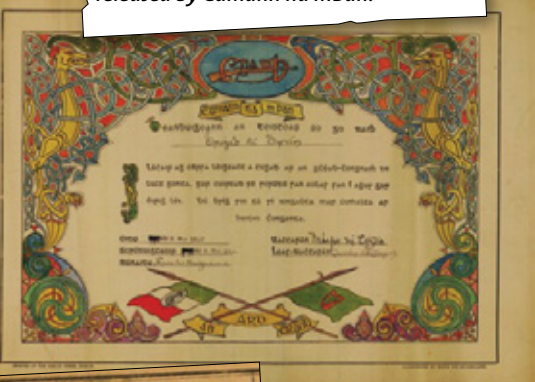
The Committee of the above present their
Compliments and request the pleasure of

M. *Commander M.E. Keenan Esq. J.L.*
at a Dance to be held in the Foresters' Hall in
aid of Interned Prisoners on September 17th, 1921.

Tickets, Ladies' 3s. 6d. Gents', 4s. 6d.

A.P.W. Co. Ltd. 1331'21.

A selection of documents and certificates
released by Cumann na mBan.



Cumann na mBan IRISH WOMEN'S COUNCIL.

Objects.

1. To advance the cause of Irish Liberty.
2. To organise Irishwomen in furtherance of this object.
3. To assist in arming and equipping a body of Irishmen for the defence of Ireland.
4. To form a Fund for these purposes to be called "The Defence of Ireland Fund."

Constitution.

1. For the time being, the direction of the branches will be carried on by the Provisional Committee.
2. Branches will be formed throughout the country, pledged to the Constitution, and directed in a general way by the Provisional Committee.
3. Members will be expected, in addition to their local subscriptions, to support the "Defence of Ireland Fund" by subscription or otherwise.
4. The affiliation fee for branches shall be Five Shillings per annum.

Provisional Committee.

Mrs. John MacNeill, Mrs. Wynne Power, Miss Agnes O'Farrell, Mrs. Agnes O'Farrell, M.A.; Mrs. Tully, Mrs. MacDonagh, O'Mahony, Miss Gavan Duffy, B.A.; Mrs. Padraic Colum, B.A.; Mary M. Callan, B.A.; Louise Gavan Duffy, B.A.; Hon. Secs.

Women of Irish birth or descent alone are eligible.

enlist in the British army cannot, under any circumstances, be regarded as consistent with the work we have set ourselves to do.'

During the 1916 Easter Rising, the organisation played an active, though non-combatant role. While women members of the Irish Citizen Army gathered at Liberty Hall, the women of Cumann na mBan were left searching for outposts to join. According to Julia Grennan: 'The Volunteers were not taking any notice of us, did not care whether

we were there or not.'

Other Cumann na mBan members were turned away from garrisons until

MAJOR GAA WIN FOR DF

BY COMDT EUGENE COOKE

The Cadet School team won the Ard Comhairle Gaelic Football final on the 21 February, at Queens University, Belfast. The team, comprised of members of 89 and 90 Cadet Classes, made it to the final after a decisive win over Drogheda College of Further Education (CFE) by 7-10 to 1-12.

In the All-Ireland final four days later the cadets faced Westport CFE, who had a similar straight forward run to the final. Winning the toss and choosing to play with the aid of a strong wind the Cadet School took the initiative with a half-time lead of seven points. The expected second-half comeback from Westport failed to materialise and the Cadet School continued where they left off and kept the scoreboard tipping over.

The most obvious distinguishing factors were the cadets' higher levels of fitness, discipline and aggression, which allowed them to dominate the middle third of the field, from which the inside-forward line reaped dividends.

Cadets Bray and Harte were continuously converting possession into scores and the team finished comfortable winners by 3-16 to 1-4.

Team captain (and man-of-the-match) Lt Graham, accepted the Corn Comhairle Ardoicheas on behalf of the team and thanked their management, which consisted of Capt O'Donoghue, Capt Duggan, Lt Tooher and Lt Whelan. A little bit of history was also made with this victory as the Cadet School goalkeeper, Cadet Zammit, became the first Maltese All-Ireland Gaelic football medal holder. ■



L/r: Cadets Dowling, Zammit (Armed Forces Malta) and Sheahan.

Defence Forces –v– An Garda Siochana

TEXT AND PHOTOS BY SGT RENA KENNEDY



Defence Forces Ladies Rugby team.

DF Ladies Rugby narrowly lost to An Garda Siochana in their annual fixture on 26 Feb at Cill Dara RFC. Although outscoring the Ladies in Blue in terms of tries, a strong kicking performance by the Guards gave them eventual victory by eighteen points to seventeen. Best performances on the day for the ladies were from Niamh ni Dhroma (fresh from representing Ireland in the World 7's competition), Bernadette Byrne and Sinead Taylor.

The DF men were successful in their bid to retain the Gordon Wood Trophy in their annual representative match against An Garda Siochana. A tight match saw the DF win out on a score line of 19 points to 8 with impressive performances from Martin Cummins, Willie Power, Peter Condon and Colin Watters.

Many thanks to Cill Dara RFC for hosting the games at short notice and compliments to the club for the excellent standard of pitches and facilities shared.

The Hooker-Regan 7-a-side rugby Tournament is scheduled for April, contact Unit Sports Reps or BPEO for details. ■

Cpl Martin Cummins, 2 MPC, wins the ball in the lineout.



Pte Paula Spillane, 12 Inf Bn, kicks a conversion.



Lt John Holmes makes a break.



The Cadet School panel and mentors.

INTERNATIONAL SOCCER CAPS

The Defence Forces Soccer team were presented with International Caps on the 5th March. The Caps are in recognition for competing against Germany, the RAF, the French Armed Forces, the Dutch military and other international military fixtures.

The idea of being awarded a cap is a tradition that came from the early days of football where teams did not have matching jerseys, so the only way to distinguish each team was by the type of headdress they wore. This was carried onto international games and it became a symbol of playing for your country.

The Caps were presented by Martin O'Neill and Roy Keane, who were in turn presented with smocks with their respective name tags at the FAI Headquarters in Abbotstown, Dublin. ■



In attendance for the occasion were the DF Ladies Soccer team, who also got to meet the manager and assistant manager of the Irish International Soccer Team.



The caps lined up ready to go for presentation to the team.



Cpl Patrick Mahon receiving his international cap.



Gnr Scott Delany, another member of the Defence Forces International soccer panel received his cap on the same day.

A group shot of the players, dignitaries and coaching staff outside the FAI HQ.



Government Chief Whip and Minister of State Paul Kehoe TD was also present on the day. Here he is with Roy Keane and Martin O'Neill when they were presented with their smocks.

UNFICYP 50 YEARS OF PEACEKEEPING

BY COL GEORGE KERTON (RETD)

The island of Cyprus in the eastern Mediterranean is strategically located at the crossroads of Europe, Asia and Africa. It is 9,251 sq km in size; roughly the combined area of counties Cork and Waterford.

At the outbreak of World War I, Britain annexed the island and it was declared a Crown Colony in 1925. In 1955, the (Greek Cypriot) National Organisation of Cypriot Combatants (EOKA) commenced a guerrilla war against British rule. In 1958, the Turkish Resistance Organisation (TMT) was established to counter EOKA.

In February 1959 the governments of the UK, Greece and Turkey reached agreement on the future of Cyprus and the Republic of Cyprus became an independent state on 16th August 1960. The three governments also entered into a treaty together with Cyprus to guarantee the provisions of the new state's constitution and its territorial integrity and sovereignty.

However, a series of constitutional crises erupted soon after independence and the two underground armies, EOKA and TMT, built up their forces as deadlock persisted.

On 21st December 1963 fighting broke out in Nicosia, quickly spreading across the island and drawing in mainland Greek and Turkish forces.

After attempts to restore peace failed, the UN Security Council adopted Resolution 186 on 4th March 1964 to establish the United Nations Peacekeeping Force in Cyprus (UNFICYP). Austria, Canada, Denmark, Finland, Ireland, Sweden and the UK provided military contingents; Australia, Austria, Denmark, New Zealand and Sweden supplied civilian police. By 8th June 1964 the strength of the force was 6,411.

The mandate required UNFICYP to operate "...in the interest of preserving international peace and security, to use its best



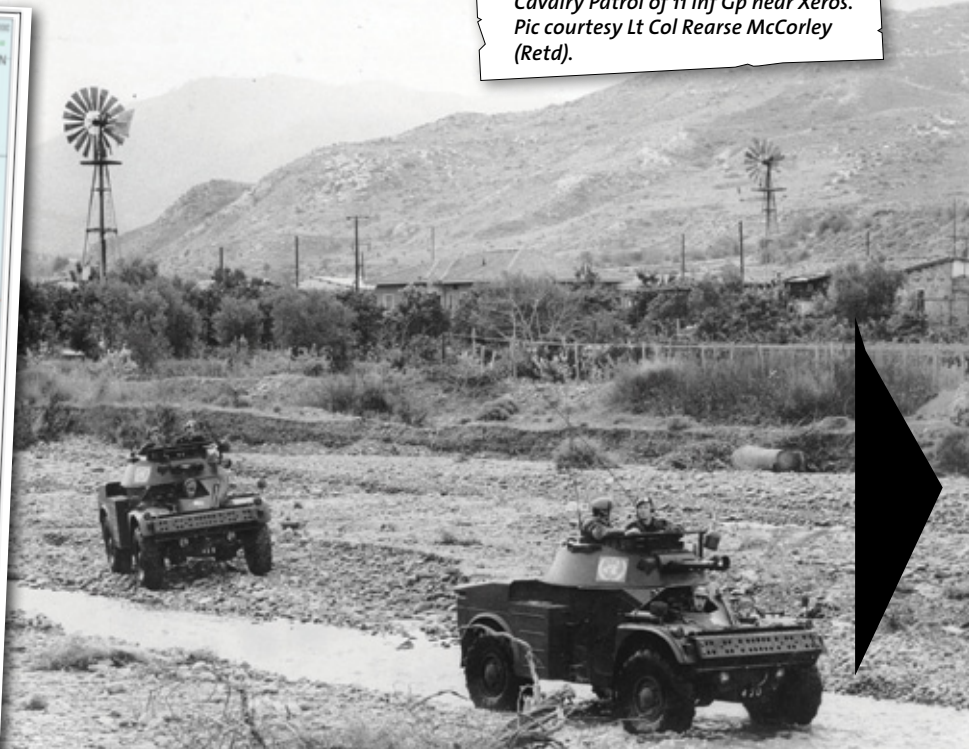
40 Inf Bn AML 60 armoured car near Famagusta in 1964. Pic courtesy of Cav Sch.

Blessing of 11 Inf Gp vehicles by the unit Padres at Xeros Camp Oct 1968. Pic courtesy Col Brendan McCann (Retd).



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Cavalry Patrol of 11 Inf Gp near Xeros. Pic courtesy Lt Col Rearse McCorley (Retd).



efforts to prevent a recurrence of fighting and, as necessary, to contribute to the maintenance and restoration of law and order and a return to normal conditions."

While the number of incidents

decreased as UNFICYP deployed and an uneasy peace held, there were sporadic outbreaks of fighting. The most severe inter-communal fighting since 1964 erupted on 12th November 1967. Following intensive diplomatic efforts the fighting was brought to an end and the inter-communal security situation improved during 1968 (the average monthly armed incidents had dropped from 350 in 1964 to 10 in 1968) and by the end of the year UNFICYP had been reduced to 3,708 personnel.

Then on 15th July 1974 units of the Greek Cypriot National Guard, under the direction of mainland Greek army officers and aided by EOKA fighters, staged a coup d'état. Hundreds of Greek and Turkish Cypriots were killed in the fighting, providing Turkey with a pretext to act in defence of the Turkish Cypriot population. Accordingly, on 20th July 1974 Turkish forces launched an airborne assault in northern Nicosia



Armd Car Gp 12 Inf Gp (1969) on parade in Xeros Camp. Capt Martin O'Neill, 2 I/C, taking the parade from Sqn Sgt Bill Gleeson. Pic courtesy SQMS Walter Tobin (Retd).

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Armour Patrol, 12 Inf Gp. Pic courtesy SQMS Walter Tobin (Retd).



18 Inf Gp armour patrol in Larnaca District 1970. Pic courtesy Sgt Gus Hayles (Retd).

and a simultaneous amphibious assault on the coast, near Kyrenia.

A ceasefire came into effect on 16th August after the Turks had gained control of 36% of the island. This conflict marked a turning point for Cyprus as it resulted in the deaths of thousands, the displacement of about 200,000 and the de facto partitioning of the island. UNFICYP changed from being deployed throughout the island to manning the 180km buffer zone (the Green Line) that marks the ceasefire-lines.

Over the following years UNFICYP was reduced as battalions withdrew – the Finns (1977), the Swedes (1988), and the Danes (1992). After the Canadians left in 1993, the Security Council decided that UNFICYP should be restructured with three infantry units of approximately 350 personnel each. This was the estimated minimum number required to maintain effective control of the buffer zone.

Today UNFICYP has 857 military personnel drawn from 13 countries. The police component has 65 personnel (including 12 members of An Garda Síochána). It is the third longest running UN mission, after UNTSO (1948) and UNMOGIP (1949), and in marking its upcoming 50th anniversary year UN Sec Gen Ban Ki-moon expressed his gratitude to the 32 countries that have contributed troops or police to the mission and paid tribute to the 184 peacekeepers that lost their lives on the mission.

Defence Forces Participation 1964 - 2005

Dáil Éireann formally approved the despatch of a contingent for service with UNFICYP on

7th April 1964. The first Irish unit, 40 Inf Bn, deployed to Cyprus with a strength of 606 personnel commanded by Lt Col Pearse Barry. They arrived at Nicosia airport between 19th and 21st April and were based in Famagusta. The experiences and lessons learned during service with UNOGIL, UNTSO and ONUC meant that the unit was well armed, equipped and supported by state-of-the-art armoured fighting vehicles.

The UN then requested an additional unit as the British contingent was to be reduced from its initial strength of 2,719 to approximately 1,000. Between 21st July and 5th August, 3 Inf Gp, commanded by Lt Col Thomas McDonald, joined the force, deploying to Larnaca district. This brought Irish strength up to 1,032, including staff at Force HQ.

Ireland's contribution was remarkable as 2 Inf Gp, with 337 personnel, was still serving in the Congo when UNFICYP started and the overall strength of the DF in 1964 was only 8,322.

The first re-deployment of Irish personnel was in December 1964, when 41 Inf Bn and the Swedish battalion swapped location, with 41 Inf Bn moving to Morphou District with Bn HQ and HQ Coy located at Skouriotissa, and companies located at Kato Pyrgos, Lefka and Limnitis. At the same time, 3 Inf Gp moved to Paphos District with its HQ at Ktima and a company at Polis.

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In early 1970 the force underwent a major reorganisation when 13 Inf Gp moved from Xeros to Zygi, with positions at Lefka, Larnaca, Limnitis and later at Kopinou.

As the demands for personnel for aid-to-the-civil-power operations increased at home, the contingent was reduced. On 8th October 1971, while 21 Inf Gp was in training in Ireland its armoured car group was stood down. Then, midway through its tour, 250 men were recalled from 21 Inf Gp for duty in Ireland, leaving just 129 personnel in Cyprus.

Following the Yom Kippur War ceasefire in 1973, UNEF II was established and 25 Inf Gp was transferred to the Sinai in November at the request of the UN.

This ended the contribution of Irish units to UNFICYP but the Defence Forces continued to participate in the mission by supplying staff at UNFICYP HQ. In mid-1974 the contingent numbered three, rising to eight during the 1980s, and reaching 30 in March 1994 when Ireland took over Camp Command. The contingent remained at that figure until 1999 when it reduced to six.

Following a review of overseas commitments in 2003, it was decided to end participation in UNFICYP and on 24th May 2005 Lt Col Paul Quirke, the last member of the Defence Forces to serve with UNFICYP, lowered the tricolour at a sunset ceremony to mark the end of 41 years of Irish peacekeeping in Cyprus.

Over those years the Defence Forces made a substantial contribution to UNFICYP: a total of 6,655 tours of duty were carried out by the personnel of 22 units, HQ staff, MPs, observers and Camp Command staff. In addition, two Irish officers served as Force Commander UNFICYP, Maj Gen James J Quinn (December 1976 to March 1981) and Maj Gen Michael F Minehane (April 1992 to August 1994). Nine members of the Defence Forces died serving with UNFICYP, though none through hostile action.

As we mark UNFICYP's 50th anniversary we acknowledge the sacrifices of our nine comrades and also remember the pain of their families and loved ones.

Col George Kerton (retd) served in Cyprus as Military Assistant to the Force Commander in 1997 – 98. ■



Checkpoint duty.



Personnel from the Canadian, Danish and UK Contingents with Arm'd Car Gp 5 Inf Gp at Limnitis in 1965. Pic courtesy of Sgt Dan O'Neill (Retd).



Comdt P Quinlan and a Ford armoured car on patrol.

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Army Diving Group

Basic Dive Camp

12 May to 23 May 2014



The Basic Dive Camp is for beginners, and for those who would like to crossover from other diving organisations.

Contact your regional representative, details on the Army Diving Group webpage.

Bere Island
An tOileán Mór

GEAR REVIEW



Sponsored by Team Alpha.ie

TACLITE PRO PANTS

COLOUR: STONE

PRICE: €59.95

The manufacturer says...

Modeled after the legendary Tactical Pant, the TacLite™ Pro Pant offers all the quality and utility you expect from premium 5.11 apparel. The TacLite Pro Pant is crafted from authentic TacLite poly/cotton ripstop fabric for outstanding comfort and performance in hot or humid climates, and features triple stitch reinforcements and extensive bartacking for maximum durability. An action waistband and full gusseted crotch provide complete freedom of movement, while a Teflon® fabric treatment protects against stains, spills, and soil. A double thick seat and knees enhance protection and resilience, the seven pocket configuration includes our signature strap and slash rear pockets, and an integrated D-ring at the hip holds your keys or ID.



Our reviewer Sgt Karl Byrne (DFHQ) says...

I tested these pants over the hills of the Slieve Bloom Mountain's and in the office. They are one of the most comfortable I've worn to date. Unlike normal working combats on issue, they have a comfortable lining which is almost like wearing a pair of slacks from a suit. The pockets on the back have Velcro that gives added security from anything falling out. Although not waterproof, they are definitely shower proof. Soil rubs off quite easily and washes out after one wash but the pants showed slight fading in the material. The stitching is quite strong and material is rip resistant although I wouldn't want to test that too often. I think these pants would be perfect for the hill walker, as there are plenty of handy pockets in which to store maps, compasses and other hill walking equipment. As for cost, if I was looking for walking pants, I wouldn't hesitate spending the €59.95 as you'll definitely get your money's worth.

*Ripstop Fabric/Overall Durability 9/10 – Stain, spill, soil resistance 7/10
Fit 8/10 – Value 8/10 – Comfort 8/10 – Waistband strength 8/10*

RECON PERFORMANCE TOP

COLOUR: GREEN

PRICE: €49.95

The manufacturer says...

The RECON™ Performance T Shirt from 5.11 tactical is crafted from a specialized polyester and spandex blend designed to provide maximum form-fitting maneuverability and lasting comfort throughout your workout. Integrated mesh panels at the underarm and neck significantly enhance ventilation, moisture wicking technology keeps you dry and cool, and flat lock seams ensure comfort and flexibility. Stylish contrast stitching and premium quality 5.11 graphical enhancements on these high performance t shirts keep you looking your best in and out of the gym.



Our reviewer Cpl Gary Craven (27 Inf Bn) says...

Being a student on the Physical Training Instructors Course I knew the Recon top was going to get tested to a high standard; from circuit classes in the gym to battle pts and long distance runs. I found that the Recon top fitted well to the body whilst training without restricting movement. Due to the intensity of the training I found the top highly ventilated; keeping the body cool while at the same time drawing perspiration away from the body, keeping you dry. Normal tops would stick to the body taking the comfort out of your training. The only down side of the Recon top is the seams on the integrated mesh panels on the back can be irritating. I would say wearing the top for a long duration especially with a pack would be very uncomfortable and cause chaffing. In summary the top is a good training top with the potential of being very good if the above-mentioned fault was addressed and it was at a more affordable price.

Fit 8 – Comfort 9 – Durability 8 – Protection 8 – Padding 7 – Value 10

COMPETITION

This month Team-Alpha is offering a €100 Voucher to be used on their website www.team-alpha.ie.

For a chance to win this month's prize answer the following question: Is Team Alpha an Irish owned company?

Answers on a postcard to An Cosantóir's regular address or by email to subs@military.ie by the 17th April 2014. Winner will be the first correct entry drawn.

Last month's winner was: Colin Delany






LISTOWEL MILITARY TATTOO 2014

• PROGRAMME OF EVENTS •

FRIDAY 2ND - MONDAY 5TH MAY 2014

- **OFFICIAL OPENING** - Friday 2nd
- **DRAMA "The Prodger"** by Tina Noonan at St. John's Theatre
- **EXHIBITION OF MILITARY STORIES** from Official Journal of The Listowel Military Tattoo 'The greatest stories never told'
- **MILITARY VEHICLE DISPLAY**
- **MILITARY LIVING HISTORY DISPLAY**
- **DISPLAY OF RADIO CONTROLLED PLANES**
- **REPLICA SPITFIRE PLANE**
- **WWII BATTLE RE-ENACTMENT** (The Square)
- **CEREMONIAL PARADE** by Veteran Associations
- **WREATH LAYING CEREMONY & FLYPAST** at Listowel Remembrance Memorial (The Square)
- **MUSIC & PIG ON THE SPIT** (The Square)
- **WWII HANGAR DANCE** with THE BOMBSHELL BELLES
- **FEALESIDE VINTAGE CAR/TRACTOR DISPLAY** (Market Street)
- **FAMILY FUN DAY** (Monday, 5th)
- **FANCY DRESS, BOUNCY CASTLE, SLIDE & MORE**

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FORCE 4 - Are You Tough Enough? INTER SERVICE CROSS COUNTRY OBSTACLE

This event is being hosted by **Bog-A-Thon** Ireland's newest and challenging adventure run.

Location: Lisduff Adventure Farm, Lisduff Co Laois

Date: Sunday 27th April 2014

Compete for the Force 4 Trophy in this inaugural challenge run.

Take on the best of the **Defence Forces, Garda Síochána, Emergency Services, Prison Service & Civil Defence** over a 5km **Cross Country Obstacle** course in aid of Cheshire Adventure Motivation Project (C.A.M.P.).

Which is an Air Corps supported charity, helping people with physical disabilities - see www.camp.ie for more information.

Entry: €30 individual & €100 per team of 4

Register on www.lisdufffarm.ie

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Or for more info Contact:

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Cpl Matt Doyle, CIS Grp,
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Ulster

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Munster

August 1, Ben Nevis,
Scotland

October 4, Snowdon,
Wales

If you are interested, please
contact Siobhan O'Connor at
01 417 8028, email
siobhan.oconnor@concern.net
or write to:

Siobhan O'Connor, Concern,
52-55 Lower Camden Street,
Dublin 2.

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NOTICEBOARD

INTERNATIONAL VETERANS DAY

The Patrick Sarsfield Branch of the Organisation of National Ex-Servicemen and Women (ONET) will host an International Veterans Day in May 2014, as part of the Limerick's 'City of Culture' event.

"With over 30 International organisations invited, it will be an event of the year for all veterans." The event will take place on Sunday the 25th May 2014, commencing at 11:00hrs in Pery Square, Limerick City. Any veterans who would like to attend please contact: Mr Joe O'Mahony, Branch Secretary.

Phone: 061 418064 **Email:** lanabhfiann2014@mail.com

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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.

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A C T M S G T B H T A T X E P
S D L D O O R N V G N S I C J
T Z T S B Q E Q S D O I A C F
V P P U A A A O T J N N J H D
Y P S W P O M G R W F A N I F
T E S D G A U R E X C H P G O
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Q&A APRIL

1. What cadet class completed the first ever night time LFTT using IR Flares?

Answers on a postcard to our normal address or email subs@military.ie for a chance to win a Defence Forces 'Goody Bag'.

Last month's winner of the 'Goody Bag' was Timothy Quinlan. Closing date is 17th April 2014.



DATES FOR YOUR DIARY

20 Apr 2014 - 1916 Rising Anniversary. GPO, Dublin.

07 May 2014 - 1916 Commemoration - Arbour Hill, Dublin.

11 May 2014 - National Famine Memorial - Strokestown, Co Roscommon.

13 July 2014. - National Day of Commemoration - Royal Hosp Kilmainham.

19 July - 23 August 2014 - Ceremonial Guard - Merrion Square Memorial, Dublin. 12 oohrs



The Ceremonial Guard at Merrion Square will begin again in July. Further details will be released as they become known.

BOOKS

EASTER RISING 1916: THE TRIALS

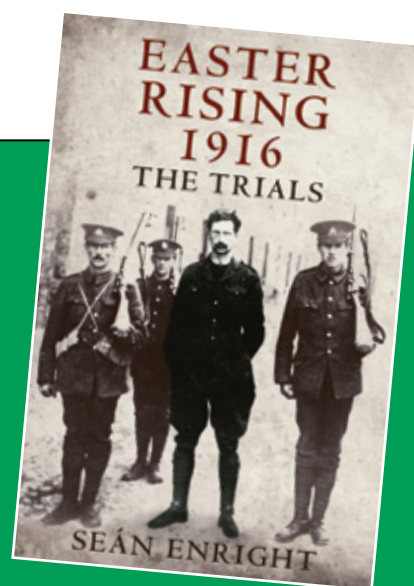
Author: Seán Enright

Publisher: Merrion (Imprint of Irish Academic Press, December 2013)

ISBN: 978-1-908928-37-5

Pages: 259

Price: €17.95



WITH OVER 3,000 men and women rounded up after the rebellion, nearly 2,000 were deported and interned and 160 tried by Field General Courts Martial. 90 death sentences were passed and 15 were carried out, this book is a one stop shop for those records.

Starting with a summary of the rebellion and the subsequent surrender before laying out the trial's process, the book then assesses the trials of PH Pearse, Thomas Clarke, Joseph Plunkett, James Connolly as well as many others, which were carried out with no representation or media allowed in. It also places in a historical context many of the now famous locations from that period; the GPO, the Four Courts, Jacob's Factory, the Mendicity Institute, the South Dublin Union, Bolands Mill and St. Stephen's Green.

Easter Rising 1916: The Trials, brings forward many unpublished trial records, creating new insights into this turbulent yet pivotal period in Irish History. It is a comprehensive compilation that was methodically researched, with an easy to follow format telling the story of how our 1916 heroes that survived The Rising were put on trial by the occupying British Forces - and is a follow up to Enright's previous work, *The Trials of Civilians by Military Courts: Ireland 1921*.
WF

ABOUT THE AUTHOR

Seán Enright was called to the Bar at Middle Temple (1982) and *The Four Courts* (1993), he practiced at the Bar in London and is now a Circuit Judge. His previous book: *The Trial of Civilians by Military Courts: Ireland 1921*, was published in February 2012 by Irish Academic Press, priced €20.00, ISBN: 978-0-716531-33-3.

GROUND TRUTHS: BRITISH ARMY OPERATIONS IN THE IRISH WAR OF INDEPENDENCE

Author: W. H. Kautt

Publisher: Irish Academic Press (December, 2013)

ISBN: 978-0-716532200

Price: €22.50 PB / €58.50 HB

Pages: 268

1920S EUROPE: the war to end all wars was over, but Ireland with a divided population was still a place of running gun battles, death and massacres.

In 1922, after the War for Independence ended, the British Army's 'Irish Command' drafted an official four-volume historical record of the war in Ireland, entitled 'The Record of the Rebellion in Ireland, 1919–1921.' It includes the testimony of the British Army Officers who led the fight against the Irish Republicans. It is considered as a perception of the British Military's leadership experiences and understanding of the war in Ireland, many of whom believed the war in Ireland was lost.

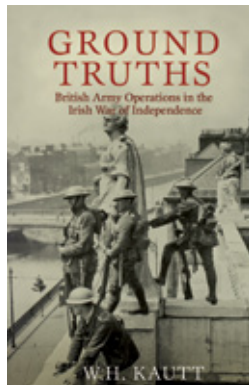
These volumes were released to the United Kingdom National Archives in 2001 after a 100-year release clause. Keith Jeffrey, Queens University Belfast makes a great point in the book's foreword where he ponders had these documents been released earlier to the British Military in the 1960's how different their approach would have been to Northern Ireland.

The book covers volume one of the collection, from the situation in Ireland 1919/1920, Policy and Leadership, Martial Law, Parliamentary Elections, the cessation of active operations, and 'the Treaty', as well as other key moments of the War of Independence, such as the arrest and deaths of many key persons on the Republican side, the hunger-strikes of 1920 and the murders of British Army officers that subsequently led to the Croke Park massacre on 21st November 1920.

In this decade of centenaries, with so many publications coming out on Ireland's history we rarely look at or study the other side's views – the British. WF

ABOUT THE AUTHOR

William H. Kautt is the author of *The Anglo-Irish War: 1916-1921* (1999) and *Ambushes and Armour: The Irish Rebellion 1919 - 1921* (2011). He served as an officer in the US Air Force and taught history at the USAF Academy. He is an Associate Professor of Military History at the US Army Command and General Staff College. He was elected a Fellow of the Royal Historical Society in 2005.



THE IRISH VOLUNTEERS 1913-1915: RECOLLECTIONS AND DOCUMENTS

Edited by: F.X. Martin, O.S.A., 1963

New introduction by: Dr Ruán O'Donnell & Dr Mícheál Ó hAodha

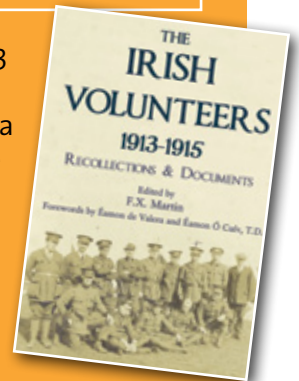
Original Foreword by: Éamon De Valera, 1963, New Foreword by Éamon Ó Cuív, TD

Publisher: Merrion, reprint edition (Imprint of Irish Academic Press, August, 2013)

Pages: 304

ISBN: 978-1-908928-25-2

Price: €22.45



ORIGINALLY EDITED BY F.X. Martin in 1963, this is the 50th anniversary edition of the classic work on the Irish Volunteers. The title is a rich compendium of original letters, reports, speeches, newspaper editorials, military and administrative instructions and members subscription lists that together create a unique historical record of the Irish Volunteer movement.

Including contributions by Bulmer Hobson, Eoin MacNeill, Pádraig Pearse, Michael Davitt, The O'Rahilly, Éamonn Ceannt, and Seán T. Ó Ceallaigh.

The Irish Volunteers were a 'broad church' encompassing members of the Gaelic League, the Ancient Order of Hibernians, Sinn Féin, the IRB, Irish Citizen Army, Cumann na mBan and Fianna Éireann, all contributing to a unified and dynamic coalition. Something new and unprecedented occurred in Irish history – a movement which we are only now beginning to understand in terms of its great and distinctive legacy, a full century later.

ABOUT THE AUTHOR(S):

F.X. (Francis Xavier) Martin O.S.A. (1922-2000) was an Irish cleric and historian who came to wide public attention through his appearances on television and his role as a social activist in attempts to preserve aspects of medieval Dublin during the 1970s. He was elected to the Royal Irish Academy in 1967. He died in Dublin in 2000 and is buried in Glasnevin Cemetery.

Dr Ruán O'Donnell is a Senior Lecturer in History at the University of Limerick. He is an authority on the history of Irish republicanism and has published extensively on the United Irishmen and Irish Republican Army. His most recent book, *Special Category: The IRA in English Prisons* (IAP, 2012) is a bestseller.

Dr Mícheál Ó hAodha works at the University of Limerick where he is a Visiting Lecturer in the Department of History. He has published books on various aspects of Irish migration and on the history of the Irish Diaspora.

NAME

SEÁN KENNEDY

RANK

ABLE SEAMAN (A/SEA)

UNIT

LÉ AOIFE



I joined the Naval Service just over two years. I'm part of the Seaman's Division and I'm on Lé Aoife for a year-and-a-half now. The seaman's job is extremely varied, depending whether we are at sea or alongside.

When alongside we generally carry out ship's maintenance. One of the core maintenance tasks is de-rusting and repainting because, as you can imagine, salt water eats away at a metal ship.

Our division also has to look after all the rollers and capstans for the mooring lines, which need to be greased and dirt free.

In addition, we make sure the ship is cleaned from top to bottom.

The gunnery department is also the responsibility of the Seaman's Division, so when we are alongside we strip all the weapons down, and clean and grease all the parts to ensure the guns are fit to fire when we go to sea.

At sea, life is completely different. Our patrol plan generally takes us to sea for four weeks at a time, during which we operate a watch system, so for the best part of the day you'll know what you will be doing. Watches are four hours long and follow a set pattern. For example, if you are on watch from 0800-1200hrs you will also be on from 2000-2359hrs. You will also be working on deck, or doing a gunnery shoot, or working in the RIBs (rigid inflatable boats), during and after your watch. The watches continue whether you are steaming or at anchor.

During a patrol everything on deck is essentially our job. As ships' patrols are mainly for fishery protection there is generally a lot of boarding and inspecting of vessels being carried out. The seamen are responsible for the launching, driving and recovery of the RIBs that are used in these operations. RIBs are also used for armed boarding teams and search-and-rescue, so working with the RIBs is part of your daily routine at sea.

If we are towing another ship or conducting a RAS (replenishment at sea) we are on deck controlling the lines and doing all the rope work.

Other duties include manning the helm

(steering the ship) and conducting lookout on the bridge, keeping an eye out to sea and reporting any sightings to the officer of the watch.

Life at sea is very different to the sort of work my civilian friends do and although it is demanding and has its ups and downs, I really enjoy it. ■

"The gunnery department is also the responsibility of the Seaman's Division, so when we are alongside we strip all the weapons down, and clean and grease all the parts to ensure the guns are fit to fire when we go to sea."



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