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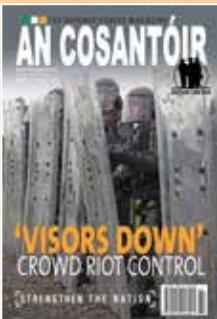
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## Contents

VOLUME 78  
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CONTENTS

# FEATURES



12 Armistice Day 2018  
By Sgt Wayne Fitzgerald



14 Exercise 'Olive Grove' (Jordan)  
By Comdt Gavin Egerton



18 Cambrian Patrol 2018  
By Lt Shane Flood



22 Vigilance, Integrity, Professionalism  
By CQMS Michael Barrett (AR)



34 History

38 Sport

## REGULARS

- 6 On Parade
- 8 In Focus
- 10 Veterans News
- 33 Tac-Aide
- 42 Gear Up
- 43 Noticeboard
- 44 Reviews
- 46 What I Do...

16 Clearance Operation in UNDOF  
By Capt Aoife Shanley

20 International Marksmanship  
Competition  
By Capt Mark Brogan

24 Visors Down: Crowd Riot Control  
By Cpl Lee Coyle

26 Protection of Civilians Course  
By Cpl Lee Coyle

28 Mind at Attention  
By Lt (NS) Paul Roche NSR



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**Front Cover**

Members of the 94th Cadet Class conducting a Crowd Riot Control Exercise. Photo by Cpl Lee Coyle

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# Editorial

**H**ello and welcome to our final issue for the year. This month we bring you 20 articles on current training, overseas operations, cyber-security and wellbeing, among others. We also have our large pull-out wallplanner for 2019 with a War of Independence theme, designed by Sgt Karl Byrne.

*On Parade* starts us off with photos from home and overseas, followed by our *In Focus* pages, looks at the November inauguration of President Michael D Higgins, who is also supreme commander of the Defence Forces. We also have a heart-warming tale from the Tibnin orphanage in Lebanon in 1978 in *A Christmas Tale*. This is followed by *Veterans' News*, which looks at the opening of a new veterans support centre in the Curragh.

In our lead article, I look at the significance and commemorations of the 100th anniversary of the armistice that ended World War I, a war in which many Irishmen and women participated and died. Next, in *Exercise 'Olive Grove'* Comdt Gavin Egerton updates us on his observation of a five-week training exercise with the British Army in Jordan. Staying overseas, Capt Aoife Shanley, serving with 58 Inf Gp, explains the capabilities of an Engineer Specialist Search and Clearance (ESSC) team. Then Lt Shane Flood updates us on 3 Inf Bn's participation in the *Cambrian Patrol 2018* – the British Army's international military exercise specifically designed to test an infantry section in leadership, discipline, moral, physical courage, motivation and teamwork.

Keeping with the international theme, Capt Mark Brogan looks at how the 27 Inf Bn sniper team did while representing the Defence Forces at the *International Marksmanship Competition* that took place in Canada in September. Regular contributor CQMS Michael Barrett (AR) brings us back home with an article looking at the latest two-star private

## MCKEE BARRACKS MILITARY HISTORY

A new book, *McKee Barracks A Concise History*, compiled by DF veteran and historian, Ronnie Daly, and military historian and author, Paul O'Brien, was launched in McKee Bks in November. The authors are pictured here with Cpl Michael Whelan, curator of the Air Corps Museum and Heritage Project, who is also an accomplished author and historian. The book can be download from: <https://bit.ly/2Q2syeg>

reservists with 7 Inf Bn, and how they are taught in *Vigilance, Integrity, Professionalism*. Our front cover article, *Visors Down: Crowd Riot Control Exercise*, by Cpl Lee Coyle, looks at 94th Cadet Class's recent internal security exercise, 'Soft Centre', which took place in October. Lee follows this up with *Mandated to Protect: Protection of Civilians Course*, which covers the international training provided by UNTSI.

The next few articles look at wellbeing. In *Mind at Attention: The consequences of mind wandering for first-line operators*, Lt (NS) Paul Roche NSR explains how this little-known effect could have a detrimental impact on members of the Defence Forces carrying out their duties, and how to guard against it. This is followed up with *Gambling - The Not So Hidden Addiction*, by Miriam Spelman of ANSAC Credit Union, which explains the pit falls of trying to secure a loan when you are a regular gambler. This piece is complemented by information on the Personnel Support Services (PSS), which provide a wide range of support to members of the Defence Forces, including: stress management and addiction counselling, to name a few.

In the first of our *History* articles, historian Jason McKevitt, regales us with his humorous tale of *Captain Boycott: When Mullingar Became Hollywood, Briefly!*, which tells the story of when military manoeuvres and searchlights were replaced by the glitter and bright lights of Hollywood in Mullingar in 1946. This is followed by *Memoires of the Congo – "You OK Christy?"* by Defence Forces Congo veteran, Christy Fleming, who gives us an extract from his book, *You OK, Christy? Memoires of a Survivor*.

In our *Sports* section we look at how DF members got on in the *International Four-Day Marches in Nijmegen*, and also the recent *DF Basketball Championships*. Added to these are our regular *Tac-Aide*, *Gear Review*, *Noticeboard*, *Book Review* and *What I Do* features.

**Sgt Wayne Fitzgerald**





### JADOTVILLE DAY 2018

Many different veterans associations came together in the National Museum of Decorative Arts & History, Collins Barracks, Dublin on the 21st September, to honour and remember all those who served in the Siege of Jadotville that took place in the Congo in 1961. *Photo: Sean Shinnors*



### FATHER AND SON IN LEBANON

Pictured is father and son Coy Sgt Martin Clabby and Pte Nathan Clabby who are nearing completion of their overseas tour of duty with UNIFIL. This is Coy Sgt Clabby's 9th overseas tour and Pte Clabby's 2nd. The pair are pictured after their medal parade in UNP 2-45, where Pte Clabby received his UNIFIL medal, his previous overseas tour of duty was with UNDOF. We wish them and their family the best of luck for the remainder of their tour. *Photo: Capt Sean Maguire, 112 Inf Bn*



### LMDS AWARDS IT CARLOW

On the 1st November 2018, the Minister with Responsibility for Defence, Mr. Paul Kehoe, TD along with the DF COS Vice Admiral Mark Mellett DSM and members of the general staff attended the Conferring of Academic Awards on Defence Forces personnel by IT Carlow. This is the 6th year of collaboration between the DF and IT Carlow in the provision of programmes at Levels 6, 7 and 9 on the National Framework of Qualifications. 204 personnel have successfully completed one of the Leadership, Management and Defence Studies (LMDS) courses in 2018. *Photo: Armn Sean Foley, 105 Sqn*

### FUNDRAISING FOR MERCY HOSPITAL HEROES FOUNDATION

A coffee fundraiser was held for the Mercy Hospital Heroes Foundation in the NCOs Mess Collins Bks, Cork. Funds raised go towards helping the POONS service (Paediatric Oncology Outreach Nursing Service). Thanks to all who participated for such a good cause. Pictured l/r: Bty Sgt M. Ronayne, 1 BAR, Comdt P. O'Cathain, OC 1 BAR, Deidre Finn, Campaigns & Community Manager, Mercy Hospital, retired BSM J. Dineen, 1 BAR and Bty Sgt K. Murray, 1 BAR. *Photo: Sgt Barry McCarthy, HQ 1 Bde*



### CIS WORK PARTY VISITS LEBANON

A work party from the CIS Corp are currently deployed to UNIFIL to upgrade a number of services, install some of the latest communications equipment including the new Digital Motorola Radio System. There will also be a review (and repair where possible) of all equipment and services employed in the mission area. Pictured are members of the work party at the Tibnin Memorial. *Photo: Comdt Paul Burke OIC Ops Sp Wing DFTC*

### IRISH/FINNISH BATTALION CIMIC PROJECT IN AT TIRI

OC 112 Inf Bn, along with the new UNIFIL Sector West Commander Brig Gen Diodato Abagnara, attended the inauguration of a CIMIC project in the town of At Tiri. The opening of a new dental unit in the health centre in At Tiri is just one of many projects organised by the IRISHFINBATT CIMIC team. These CIMIC projects are an important part of force protection and a chance to strengthen the ties with the local community. *Photo: Capt Sean Maguire, 112 Inf Bn*



### ▲ RECOGNITION OF PRIOR LEARNING PROGRAMME

The students of the Recognition of Prior Learning Programme, facilitated by Cork Education and Training Board (ETB), were presented with their certificates on 14th November 2018 in the NCOs Mess, Collins Bks. In attendance at the presentation were GOC 1 Bde, Brig Gen Patrick Flynn, Mr Ted Owens, Chief Exec Cork ETB and Dr Barry O'Connor, President of CIT. Certificate recipients were: Tpr Paul O'Keeffe, Sgt AJ Walsh, Sgt C Hughes, Sgt T Horgan, CQMS L Finnegan, Cpl J Cashman and Pte M Burke. Gnr D Radford was also a recipient. Photo: *Sgt Mick Burke*



### ▲ GOC 1 BDE VISITS DÚN UÍ MHAOILÍOSA

On 8th November 2018, GOC 1 Bde Brig Gen Patrick Flynn visited Dún Uí Mhaoilíosa, where he met with the O'Halloran family who are all serving in An Chéad Cath. S/S Tony O'Halloran has over 31 years' service in the Defence Forces, while his two sons have enlisted within the last two and half years. Pictured l/r: OC 1 Cn Cois Lt Chor Frank Flannery, S/S Stephen O'Halloran, S/S Tony O'Halloran, S/S Shane O'Halloran and GOC 1 Bde Brig Gen Patrick Flynn. Photo: *Sgt Eric O'Brien, 1 Cn Cois*



### ▲ UNARMED COMBAT INSTRUCTOR COURSE - LEBANON

112 Bn recently completed an Unarmed Combat Instructor Course in UNP 2-45. Pictured below alongside Lt Col J Kilmartin, OC 112 Inf Bn and Comdt J Morrin, Recce Coy Comdr are the instructors and students who completed the 3-week course. A total of 25 Irish personnel including 22 males, 3 females and 1 Estonian soldier passed the course. This is the first time an Unarmed Combat Instructor Course has been conducted in UNIFIL. This was made possible due to the presence of DFPES Instructor Sgt Sheahan and his staff. Photo: *Capt Paul Griffin, 112 Inf Bn*



### ▲ ONE BRANCH OF THE YEAR TROPHY

Pictured is the ONE's Michael Mc Neela Branch from Dundalk who was awarded the organisations 'Branch of the Year 2018' trophy at this year's ONE Conference for all their hard work throughout the year. A big thank you to all branch members. Photo: *Jim Mc Eneaney*



### ▲ COMDT BARRY MOLLOY (AR), 6 INF BN RETIRES

OC E Coy 6 Inf Bn Comdt Barry Molloy (AR) pictured with reserve members on their Potential NCO Course, which he addressed in Ballymullen Bks, Tralee on his penultimate day serving in the Reserve Defence Forces. OC 6 Inf Bn, Lt Col Johnny Whittaker presented Comdt Molloy with a bronze statuette in appreciation of his 40 years in the DF (both FCA and RDF). We wish him well in his retirement. Photo: *James Gannon*

### MURAL IN LEBANON

Pte Joseph McKenna (B Coy, 27 Inf Bn) on his first overseas deployment with 112 Inf Bn (Irish/Finn Batt) was asked by Sgt John Rooney (27 Inf Bn) to design an Irish Cultural Mural to add to UNP-652 as a little reminder of home. Pte McKenna



incorporated many aspects of Irish culture and history along with some legends such as Queen Maeve and CuChulainn. Also included are Eamonn De Valera, Michael Collins and the seven signatories of the Proclamation to the foreground of the GPO. There is a high cross and round tower from Glendalough with Newgrange and a symbolism of the flow of the River Boyne. This sits above an image of Irish warriors fighting off Viking invaders with some other images of a megalithic tomb and a crannog. What an amazing piece of art and hopefully it will be preserved for some time and that more are done in the future. Photo: *Pte Joseph McKenna*

# Inauguration of Uachtarán na hÉireann - Michael D. Higgins

BY SGT WAYNE FITZGERALD PHOTOS BY ARMN JAMIE BARRETT

*"I want to thank you, the people of Ireland, for the honour you have again bestowed on me, an honour I accept with all the energy of mind and heart that is required for the trust your mandate has placed on me."* – President Michael D. Higgins, 11th November 2018, Dublin Castle

**O**n the 11th November 2018 Michael D. Higgins was inaugurated for his second term as President of Ireland and Supreme Commander of the Defence Forces in St. Patrick's Hall, Dublin Castle.

Approximately 300 members of the Defence Forces were involved in the ceremonial aspects of the Presidential Inauguration including a Captain's Escort of Honour under the command of Capt Fionn McCaffrey and members of the 2 Cav Sqn. A Captain's Guard of Honour under the command of Capt Sean McGourty and members of the 28 Inf Bn. A Colour Party under the command of Captain Dave Murphy, 3 Inf Bn and included NCOs PO Tom O'Donovan, PO Connor McCrory and Sgt Mark Corcoran, and Attending Officers and Flag Officers. The officer in charge of the Fly Past was Lt James Northover, and included pilots Lt Colm Kenna and Lt Tadgh Firman. Music was provided by a composite Band of 2 Brigade (Athlone) conducted by Capt Thomas Kelly, who performed in the upper yard of Dublin Castle and the Army No.1 Band (Dublin) conducted by Capt Fergal Carroll who performed in the gallery of St. Patrick's Hall, Dublin Castle. The 2 Bde Arty Regt also provided a 21 Gun Salute, from across the River Liffey in the grounds of Collins Barracks, Dublin.

Article 13.4 of the 1937 Constitution of Ireland states that, *"The supreme command of the Defence Forces is hereby vested in the President".*

Here are some of his words from his inaugural speech that pertain to the Defence Forces:

*"At global level conflicts are growing, cohesion informed by even the most basic values of co-operation is being made fragile. It is in this context that Ireland's voice is so important.*

*It will over the next seven years be necessary to reaffirm Ireland's commitment to peace-building and multilateralism as defining marks of our foreign policy, and one of our greatest strengths. Our tradition of a diplomacy grounded in normative principles rather than the constraints of narrow interests, has served us well in the world.*

*Since we first joined the League of Nations – a centenary we will soon mark – and throughout our time in the United Nations, Ireland has won international respect through our work on peace-building, from disarmament to our leadership in addressing consequences of colonisation and the priority we have placed on humanitarian and human rights concerns.*

*We can, and must, be advocates for the inclusion of diverse peoples, traditions, and belief systems in a peaceful world assisted by strong multi-lateral institutions, themselves supported by a deeper global consciousness, one derived from the irreducible rights of human dignity. One where we can recognise the complexities of history while coming together to address common global challenges.*

*The work of ethical memory and the new tasks of imagination sit side by side. It was important, earlier on this special day, to privilege the duty of respectful memory, especially for all those descendants and relatives of those who lost their lives in the first of those two World Wars that marked the previous century; that First World War that cost so many of the lives of a young generation, and devastated families across Europe.*

*As to memory itself, one of the challenges we in Ireland will face in the next seven years will be our public, formal and scholarly remembering of important change-making, change-inducing, events which, while shared, were experienced differently, and are subject to competing constructions in the present." ■*



# A Christmas Tale

BY COMDT FRANK HEARNS, RETD



43 Inf Bn, the first unit to hold their medal parade on Tibnin Castle.

In May 1978, the United Nations took over the security of South Lebanon by replacing the Lebanese Army. South Lebanon was in chaos following the first Israeli invasion and the Irish Government agreed to provide troops for duty with UNIFIL. And so it was in May that the advance party of the 43 Infantry Battalion arrived in the village of Tibnin, and set about establishing a base, which was named Camp Shamrock. The main party of the unit arrived in Tibnin on the 7th June.

The unit settled in amazingly well and went about its peacekeeping duties. Along with its mostly operational tasks, the unit found time to provide humanitarian aid to the local population. Medical and dental treatments were high

priority, closely followed by engineering, building repairs and the provision of clean water. But soon the plight of the children in the Tibnin Orphanage took centre stage. Providing those 60 young people with food, clothing and educational support became a responsibility, which was undertaken willingly. And thus began the long and successful relationship between the orphanage and successive Irish troops.

The 43rd Battalion was scheduled to depart for home at the end of November 1978, a departure that was delayed by 24 hours. The Battalion Adjutant duly claimed the extra day's local per diem allowance of \$1.50 for each of the 665 personnel and collected a cheque for almost \$1,000.

In the few hours remaining to us in Tibnin, there was absolutely no way the cheque could be cashed, the correct denominations acquired and the money distributed to the troops. So, following a hasty consultation with a cross-section of those involved, the decision was taken to present the money to Tibnin Orphanage. Courtesy of Fr. Ted Dunne, DSM, Chaplain to the 44th Infantry Battalion, the donation was given to the Orphanage for Christmas 1978.

In January 1979, the writer received the accompanying photograph, with the following written on the back:

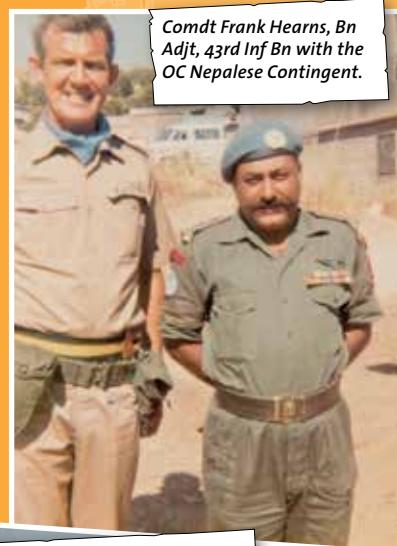
Happy Christmas and Merry New Year 1979.

For the 43rd Battalion!

The orphans of Tibnin

Tibnin December 25th 1979

Over the past 40 years, units of the Irish Defence Forces serving in Tibnin, the Irish Government, the prisoners of Mountjoy Prison and the Irish United Nations Veterans Association have continued the tradition of supporting the Tibnin Orphanage. Long may this tradition continue - along with the wonderful friendships and respect shared between the people of South Lebanon and Irish Peacekeepers. ■



Comdt Frank Hearn, Bn Adj, 43rd Inf Bn with the OC Nepalese Contingent.

The photograph of orphans, which was sent back in January 1979.



Major General Michael Beary as UNIFIL's Head of Mission and Force Commander with visiting children from the Tibnin Orphanage in April 2017.

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

# Helping Hands: Veterans' Support Centre opens in the Curragh Camp



GOC DFTC Brig Gen Joe Mulligan opening the Veterans' Support Centre with Paddy Flavin, Secretary St. Conleths Branch.



Brig Gen Joe Mulligan with ONE National President Tom James.



ONE Chairman Brig Gen Colm Campbell Retd. explains the aims of the Veterans' Support Centre.



ONE CEO Ollie O'Connor presents Brig Gen Joe Mulligan with an ONE application form which received a great cheer.

BY SGT WAYNE FITZGERALD PHOTOS BY ARMN SAM GIBNEY, 105 SQN

**O**n the 19th November the Organisation for National Ex-Service Personnel (ONE) in conjunction with the GOC DFTC Brig Gen Joe Mulligan opened a Veterans' Support Centre (VSC) in the Curragh Camp, Co Kildare. Present for the opening was ONE CEO Ollie O'Connor, ONE National President Tom James, ONE Chairman Brig Gen Colm Campbell Retd and Chairman of the St. Conleth's Branch John 'Bosco' Fogarty. The St. Conleth's Branch of ONE headed up the project over the last few months.

The ONE is a Veterans charity, which supports the welfare of former members of the Defence Forces by providing accommodation for 44 homeless veterans in their residential homes in Dublin, Literrkenny and Athlone. ONE also provides information, advice and a friendly place to go through their branch network and Veteran Support Centres located around the country.

General Mulligan officially cut the ribbon on the office in

Block 5 Ceann Barracks while a large number of veterans from the surrounding area watched on, including ONE branches from Athy, Carlow, Tullow, members of IUNVA, the Glengarry Club, the Military Police Association of Ireland, the 3rd Infantry Battalion Association, and Yvonne Harrison of the Irish Branch of Soldiers', Sailors', and Airmen's Families Association (SSAFA). In cutting the ribbon General Mulligan announced the VSC, "Open for business." He added that it was a great initiative and he was delighted to support it. "We tend to soldier on, and put up with anything. Now its great to come and get advice and to talk - support is important. I wish you every success... we all wanted to get this positive venture completed, it also makes the organisation [Defence Forces] stronger." Discussing the location of the VSC, which is based in the middle of the west side of the camp in Ceann Barracks, the general added, "Serving soldiers can see the VSC working in the middle of the barracks." He finished by wishing the Veterans', "The best of luck in the future."

With General Mulligan's retirement coming up in a number of weeks, ONE CEO Ollie O'Connor took the opportunity to present the general with an ONE application form which received a great cheer.

ONE Chairman retired Brig Gen Colm Campbell thanked all for coming and said, "That the work ONE does can be summed up in a few words: Supporting, Advocating and Remembering. We support veterans with our branch network and residential homes around the country, and 8 of the 13 Veterans' Support Centres' now open. This Centre is for 'All Veterans' and has everything from a handshake to a cup of tea and everything in between," he added. For advocating he said the ONE was Apolitical and advocates on behalf of all veterans to national and to local government departments and officials for their benefit.

Speaking about Remembrance, the retired general said, "Last week we remembered those who died at Niemba, following the ceremony one of our members Gregory Leech (ONE/IUNVA/2 Battalion Association) met a comrade who he hadn't seen since they served in the Congo in 1961, it was a joy to see how delighted they were for this to happen. So, civilians have friends and soldiers have comrades."

ONE National President Tom James, finished off the official ceremony by thanking all those who helped make the project possible, he thanked the GOC DFTC Brig Gen Joe Mulligan by adding, "I'm glad we kept going and delighted we did it under your tenure." He also thanked members of his own branch St. Conleths including Shamie Flynn who painted the offices, and chairman John 'Bosco' Fogarty and above all others, branch secretary Paddy Flavin who worked day and night to get the place ready and was the main steering force for the opening of the VSC.

ONE CEO Ollie O'Connor just reiterated that the Veterans Support Centres are open to all veterans living in Ireland no matter of their association or nationality. ■



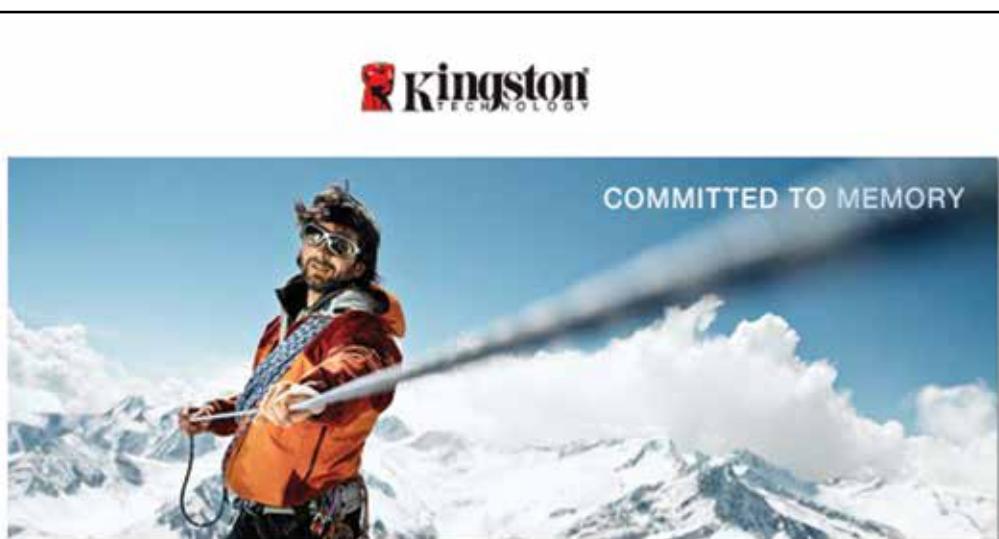
GOC DFTC Brig Gen Joe Mulligan opening the Veterans' Support Centre with many veterans' present.



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Best wishes to the Defence Forces



# ARMISTICE DAY



BY SGT WAYNE FITZGERALD

PHOTOS BY ARMN JAMIE BARRETT  
OR AS CREDITED

**W**hen World War I happened in 1914 and ended 1918, one hundred years ago, the then population of the world witnessed death and destruction on a scale that had never been seen before. With estimates of 65 million men mobilised by all sides during the war where over half were listed as dead, wounded, prisoner or missing-in-action. It is estimated that nearly 210,000 Irishmen served in the British Forces during the war, 70,000 were already enlisted when war broke out, so approx. 140,000 more would enlist during the war as volunteers, as there was no conscription.

Most historians accept that there was at least 35,000 Irishmen killed during the war, although it has been claimed that it could be as high as 49,000. According to Eneclann, an award-winning history and heritage company, based in Dublin: "Not all of them gave their home addresses as Ireland, but all fought with Irish regiments or considered themselves to be Irish or their country of birth to be Ireland. Many came from English counties, others from places such as Canada and as far away as India. More than 30,000 declared Ireland to be their place of birth."

At 11:11hrs on Sunday 11th of November 2018, the Armistice

President Michael D Higgins in Glasnevin Cemetery flanked by Defence Forces Chief of Staff, Vice Admiral Mark Mellett DSM, and GOC 2 Bde, Brig Gen Howard Berney.

Day of World War I was celebrated around the world. To mark the centenary of the ending of World War I that occurred on the 11th November 1918, a number of events took place around the country including: Dublin, Cork, Limerick, Sligo, Kilkenny, Westmeath, Galway and Tipperary and in Northern Ireland in Belfast and Enniskillen.

Many members of the Defence Forces took part in these events along with veterans from the Organisation of National Ex-Service Personnel (ONE), the Irish United Nations Veterans Association (IUNVA), the Royal British Legion of Ireland (RBL), American Legion in Ireland, and the French Foreign Legion Association of Ireland.

Most of the events took place at a war monument dedicated to all the Irishmen and women who died during the Great War. While wreaths were laid in their memory, sombre tunes like the Last Post would be played in their honour.

The Defence Forces main involvement took place in Glasnevin Cemetery, where President elect Michael D Higgins laid a wreath only hours before his inauguration for his second term in office.

The president spoke to all those present, but his words have resonated around the world:

*"One hundred years ago the guns finally fell silent on the Western Front, signalling the conclusion of one thousand five hundred and sixty-four days of continuous warfare..."*

*We assemble, on this most solemn day, to remember the fourteen million souls who lost their lives in that terrible conflagration. Ours is not a celebration of militarism, nor a valorisation of martial spirit, but a simple recognition of our common humanity, as we recall the destruction of the promise and potential of a generation in the First World War...*

*We remember, in particular, the two hundred thousand men from across the island of Ireland, North and South, East and West, who served in that war, and we call to mind in a special way the tens of thousands who never returned home who remain forever in the soil of Belgium, France, Greece and Turkey.*

*Even as we, in these first decades of the twenty-first century, have the material capacity to abolish all forms of human poverty, to alleviate all unnecessary suffering, we are still devoting so much of our creativity, not to the preservation or achievement of peace, but to the prosecution of and preparation for war.*

*On this Armistice Day we are called to remember. We must remember how easily the powers of Europe, with all their centuries of scholarship, philosophy and learning, cast it all aside and fell into enduring and terrible enmity...*

*Let us then, on this day, re-dedicate ourselves to cause of peace, and the support of those institutions which promote and preserve the peace.*

*Let us recall the great spirit that animated Europe in the days and months and years after Armistice Day, the spirit that gave birth to the League of Nations.*

*Siochán sioráí d'anamacha na marbh. Guímis beannachtaí ar a gclanna (Eternal peace of the souls of the dead I wish greetings to their families).*

Full speech available on [president.ie](http://president.ie) or using this link: <https://bit.ly/2DKpwWz>

**I will leave the final words to another Irish poet and scholar, Lieutenant Tom Kettle who wrote to his daughter Betty 5-days before he was killed on the Somme on 9th September 1916:**

In wiser days, my darling rosebud, blown  
To beauty proud as was your mother's prime,  
In that desired, delayed, incredible time  
You'll ask why I abandoned you, my own,  
And the dear heart that was you baby's one  
To dice with death. And oh! they'll give you  
rhyme  
And reason: some will call the thing sublime,  
And some decry it in a knowing tone.  
So here, while the man guns curse overhead,  
And tired men sigh with mud for couch and floor,  
Know that we fools, now with the foolish dead,  
Died not for flag, nor King, nor Emperor,  
But for a dream, born in a herdsman's shed,  
And for the secret Scripture of the poor.

**T.M. Kettle**

*In the field before Guillemont, Somme  
Sept. 4, 1916*

**OTHER REMEMBRANCE SERVICE FROM AROUND THE COUNTRY**

**Cork:** A Defence Forces Honour Guard and UN veterans pictured at Cork's Remembrance Day 2018. Photos by Jennifer Sheehan Photography



**Listowel, Co Kerry:** Pictured at the Memorial Stone at the rear of St. John's Arts Centre in the square of Listowel is the Mayor of Listowel, Aoife Thornton who also laid the 2008 wreath.

Also pictured is Listowel Councillor Jimmy Moloney and members from the American Legion, ONE Thomas Ash Branch (Kerry), IUNVA Post 2 (Kerry), the Killorglin Pipe Band and Trish Mulvihill and Damien Stack committee members of the WW1 Remembrance Association. Photo: Jim Halpin



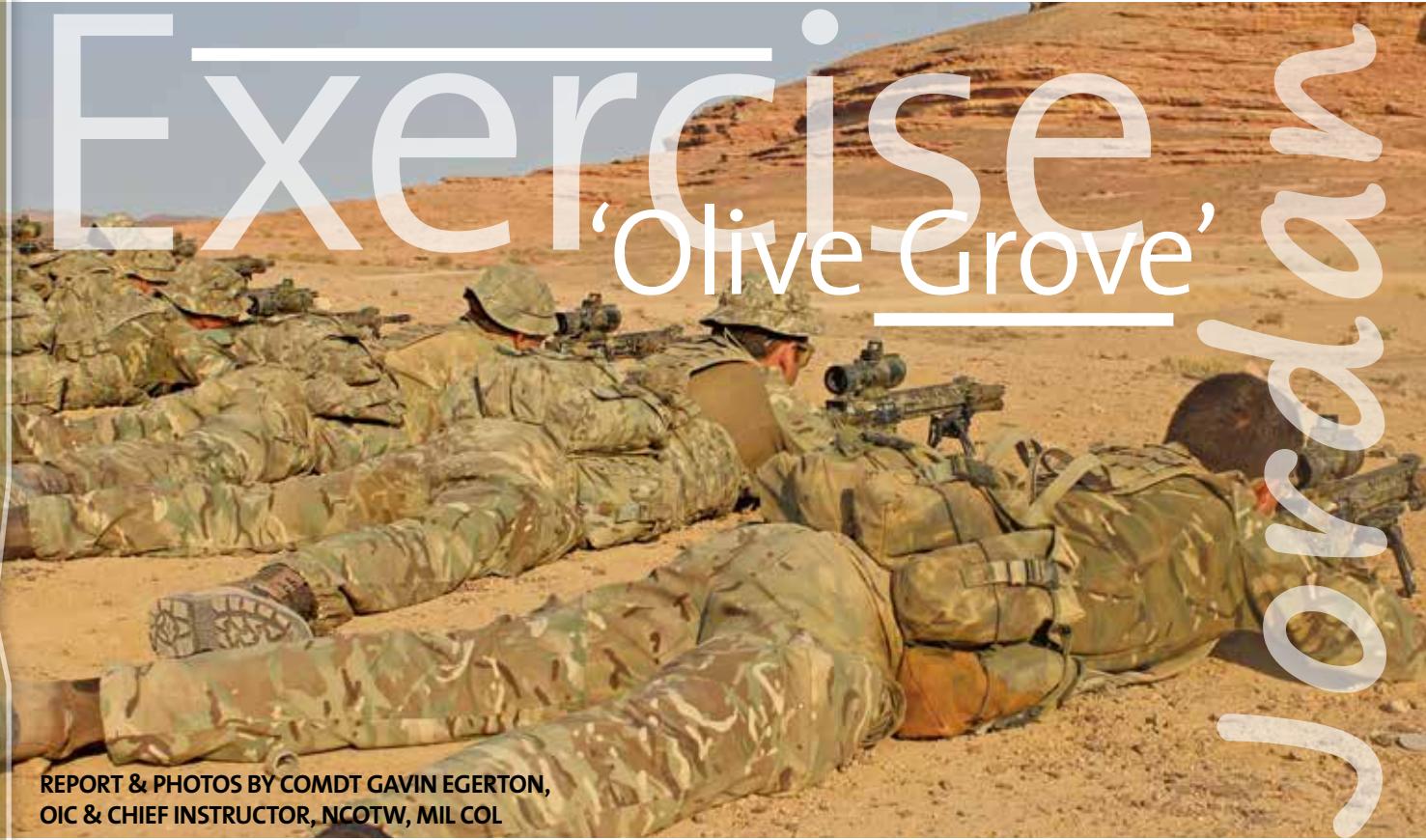
Veterans and foreign service members.



Members of the French Foreign Legion Association of Ireland.



# Exercise 'Olive Grove'



REPORT & PHOTOS BY COMDT GAVIN EGERTON,  
OIC & CHIEF INSTRUCTOR, NCOTW, MIL COL

**R**ecently, A Coy, 2 Rifles, (British Army) deployed to Jordan for five weeks of training. Following an invitation to the Defence Forces to send an officer to observe part of this training, I was selected to attend.

Exercise 'Olive Grove' saw the troops exercised in a number of conventional scenarios. I observed live-fire ranges being conducted for section-level offensive operations (day and night); a comprehensive patrolling competition over a 6km route; and a very impressive demonstration of the 'sharpshooter' rifle, a semi-automatic 7.62mm weapon employed in support of each infantry section.

Jordan's Al Quwayrah training area is a live-firing range covering approximately 25km<sup>2</sup> of undulating and often severe terrain. Coupled with the harsh Jordanian climate, this presents an excellent training environment for dismounted light infantry.

On deployment to Jordan, A Coy began a period of instruction on low-level infantry tactics, techniques, and procedures (TTPs), basic fieldcraft, and medical training. They then conducted a rotation which saw each platoon spend three days in defence (trenches), offence, or enemy roles. The platoon in defence was attacked by the enemy platoon, while the offence platoon sought to locate and attack the enemy who had occupied a stone-walled compound some distance away.

Having discussed the overall training package with leaders of all ranks, from lance corporal to major, I noted their emphasis on basic, low-level infantry TTPs. The exercise began with theory lessons on fieldcraft, fire and manoeuvre, fire-team and section-level movement and attacks. The practical lessons were all conducted at section level under the instruction of section commanders (part of their 'mission command' philosophy), with platoon sergeants and platoon commanders supervising from an appropriate distance. Once these drills were mastered, the tactics progressed to platoon attacks.

The night LFTT serials that I observed were all conducted using no white light whatsoever. Every infantry soldier in the British

Army is issued with a personal, helmet-mounted, night-vision sight (HMNVS), and weapon-mounted laser light module (LLM). In addition to this, thermal weapon sights were available at section level for mounting on individual rifles or GPMG.

Even though some members of A Coy had only completed recruit training within the previous few weeks, they were fully proficient with HMNVS and LLM. More striking was their complete comfort in operating at night in the absence of any white light. Following the night LFTT section attack I spoke with many soldiers and their overt confidence was clearly boosted even further thanks to their completion of the night serials. They repeatedly referred to the use of HMNVS and LLM and operating with no white light as being of crucial importance to their professional development as soldiers.

The LFTT ranges in use during my visit varied in distance from 400m to 6km from the camp. To get to and from each range, platoons had to patrol by foot, often covering long distances throughout the day and while returning to camp late at night. Their comfort in covering these distances was a testament to the overall physical robustness or 'battle fitness' of A Coy. The company commander explained that routine company and platoon PT was conducted prior to deployment but the exercise itself had conditioned the men to a very good level. What was even more obvious was the 'can-do' attitude displayed by all soldiers that I observed. Regardless of the physicality or duration of the task ahead of them, the riflemen approached each serial with a competitive and aggressive attitude, focused on mission success. (The Defence Forces' 'infantry ethos' similarly encourages and promotes this type of attitude and behaviours from our soldiers.)

Every member of the Royal Regiment of Rifles is considered a 'rifleman', regardless of rank, and the most junior rank is rifleman, not private. Their pride



in this and in their career as infantry soldiers appears to mean everything to them and was emphasised to me by all ranks and at every available opportunity. It was clearly a source of motivation for the soldiers of A Coy, and may have been the critical factor in achieving the attitude outlined above. Almost every soldier I met exhibited very strong professional pride in the infantry and a desire to master all infantry TTPs. (The infantry ethos's soldiering principles of 'strive for professional excellence' and 'encourage pride' directly encourage such attributes amongst our own troops.)

One thing that was very apparent in A Coy was strong leadership, particularly at corporal and sergeant rank. Having

SCBC and PSBC was emphasised to me by every NCO I spoke to, and students who do not meet the minimum physical standards are returned to unit. This results in a huge emphasis on physical training at all ranks within the British infantry.

The British infantry company currently has one 'sharpshooter' per section, meaning A Coy had nine. I observed a demonstration of their capability in which the sharpshooters had come together to form a section and work at company level. Although doctrinally the sharpshooters only engage targets out to 600m, this demonstration saw them successfully engage targets beyond this, out to 1,000m.

The weapon system employed in this role is the L129A1

7.62mm semi-automatic rifle produced by Lewis Machine and Tool Company in the United States, and is comparable in terms of performance and appearance to the HK 417.

Adding a designated marksman to the infantry section gives considerable flexibility and versatility, not just in the conventional battlespace but on peace-support operations too.

discussed NCO career courses at length with many members of the company, I am convinced that their selection process for such courses and their physically challenging nature are decisive factors in the quality of the British infantry NCO.

Potential NCOs are identified at company and battalion level first, and assessed via a battery of examinations before completing a Junior NCO Cadre, which results in promotion to lance corporal (section 2iC). In order to progress to corporal, a further selection process at battalion and regiment level occurs before those selected undergo the Section Commanders Battle Course (SCBC) at the Infantry Battle School in Brecon, Wales. This 16-week course comprises a tactical-training phase and a skill-at-arms phase; the latter focussing on range management and weapons instructor qualifications. Upon completion of the SCBC a lance corporal is eligible for promotion to occupy a section commander appointment as substantive corporal.

The Platoon Sergeants Battle Course (PSBC) is also conducted in Brecon. This ten-week course qualifies infantry corporals to progress to sergeant rank and is split between six weeks of tactics and four weeks of LFTT. Upon completion, the students are fully qualified LFTT instructors, and can plan and conduct LFTT ranges as range conducting officer. The physicality of both the

The weapon provides very precise, long-range shooting, which in a peace-support or crisis-management environment might be preferred to the alternative option of the GPMG's beaten zone.

In terms of conventional operations, the sharpshooter demonstration emphasised their capability in destroying enemy sentries, leadership, and support weapons crews prior to an infantry deliberate attack, thus reducing the risk to friendly assaulting forces.

Exercise Olive Grove was comprehensive yet ruthlessly simple. The initial emphasis on low-level infantry TTPs meant that as the exercise progressed and became more complicated, basic skills and drills were not compromised or neglected. Similarly, the incremental approach to LFTT meant that newly passed out soldiers' confidence was enhanced when they conducted night attacks with no white light, using only infrared illumination.

Overall, the lasting impression left on me by A Coy, 2 Royal Infantry Rifles, was one of consummate professionalism and good humour. Attending exercises like this provides an interesting opportunity for the Defence Forces to compare and contrast our own infantry training, and allows us to confirm or adjust our approach, benefiting from the lessons hard learned by the British Army in recent conflicts. ■



Comdt Gavin Egerton with OC A Coy, 2 Rifles, Major Aaron West.

# UNP 32

## CLEARANCE OPERATION in UNDOF

BY CAPT AOIFE SHANLEY

**T**he 58 Infantry Group is comprised of 130 soldiers who are responsible for maintaining the UNDOF Force Reserve Company (FRC). The FRC is a mechanised Infantry company, comprised of a Quick Reaction Force (QRF), armoured medical APC, Explosive Ordnance Disposal (EOD) capability and an advanced search and clearance capability in the form of the Engineer Specialist Search and Clearance (ESSC) team. The ESSC team provides UNDOF with the ability to locate specific items, using information assessments, systematic procedures, and appropriate detection techniques. The availability of the ESSC team to UNDOF HQ is a significant asset for ensuring mobility of peacekeepers throughout the UNDOF Area of Responsibility (AOR).

UNDOF returned back to the Bravo Side of the Area of Limitation (AOL) in early 2018. The 58 Inf Gp will be the first Irish contingent to complete a full rotation on the Bravo side in Camp Faouar since the withdrawal of UN troops in 2014.



The reoccupation of the United Nations Positions (UNP) and Observations Posts (OP) in the Area of Separation (AOS) and AOL is a deemed as priority for the mission. The first post to be searched and cleared was UNP 32, which is located within the AOS. The reoccupation of UNP 32 was a decisive condition in the implementation of the incremental return strategy to Bravo Side operations. It was essential that all potential hazards, such as Explosive Remnants of War (ERW) or Unexploded Ordnance (UXO) and mines were identified and removed. UNDOFs current capacity to conduct the required clearance operation presented the 58 Inf Gp with an opportunity to effectively utilise its ESSC and EOD capability.

The 58 Inf Gp ESSC team consists of ten Corps of Engineers personnel. This is broken down into one Officer, three NCOs and six Privates. The team comprises of eight ESSC positions and two camp technicians. All personnel must be ESSC qualified.

The safety and security of UNDOF personnel was the paramount consideration throughout the operation.

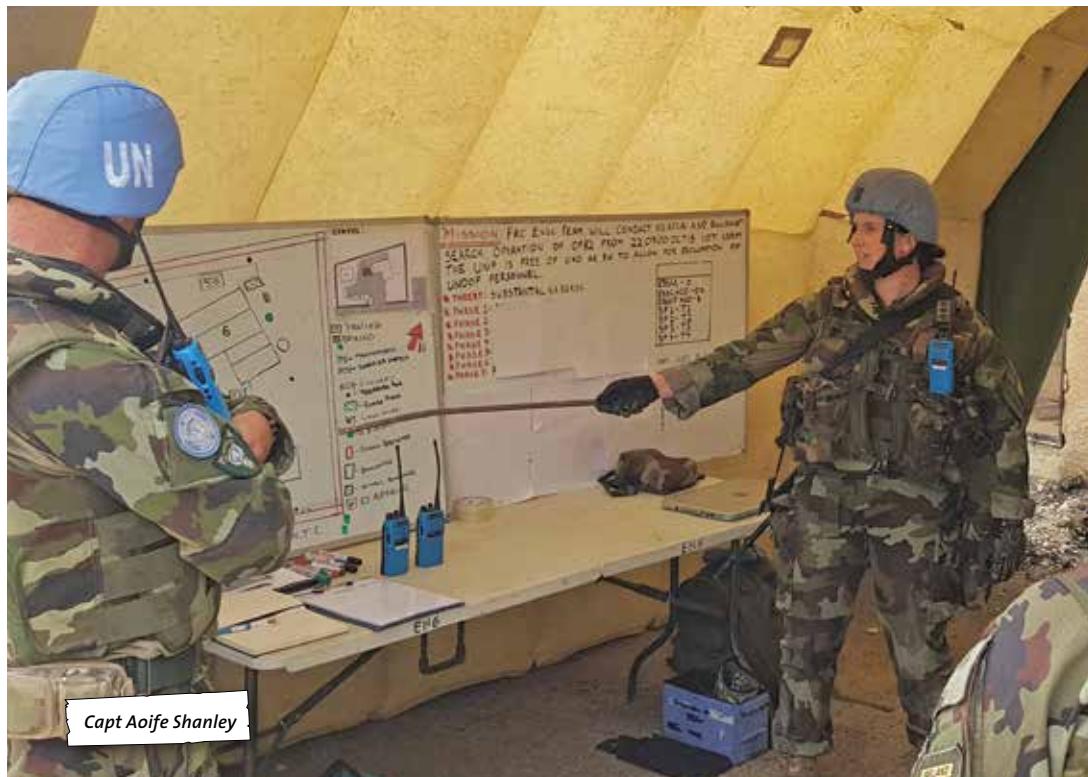
FRC ensured that a clear focus remained on the operational situation, taking into consideration the threat and security implications for this operation. The FRC established a three-phase operation. The first phase involved the establishment of the security cordon. This was supported by a Mech Coy security component and medical presence from the FRC. The ESSC team executed the second phase, with EOD on a notice to move status in Camp Faouar.

The ESSC team, when conducting the search were required to employ area search and building search techniques. The ESSC team has at its disposal, a wide array of tools and equipment.

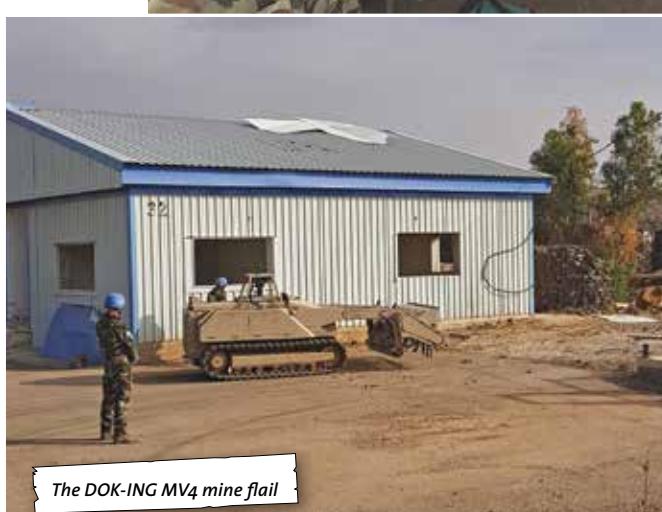
Personnel and search equipment

are transported in a MAN HX-60 armoured search truck, offering protection to the searchers within. The search operation of UNP 32 employed both manual (Vallon VMR3, Allen Hook & Line Set) and mechanical means (DOK-ING). The DOK-ING MV4 is a tracked, remote controlled mine flail. It is designed to clear all types of anti-personnel mines and can withstand anti-tank blasts. The search was carried out over a two-day period, wherein the entirety of UNP 32 was searched. When the post was successfully cleared, the third phase involved the handing over to the Nepalese Mechanised Company (NMC) for reoccupation.

58 Inf Gp were essential in enhancing UNDOFs footprint in the AO by conducting this deliberate search operation. NMC personnel now permanently man UNP 32. The ESSC team can expect to be tasked on a number of operations during this rotation, including the search and clearance of additional UNPs and OP locations. These operations will also support the reestablishment of the infrastructural and communications network in UNDOF. ■



Capt Aoife Shanley



The DOK-ING MV4 mine flail



# 3 Cambrian Patrol



The 3 Inf Bn Patrol in Brecon Beacons

BY LT SHANE FLOOD, 3 INF BN  
PHOTOS: BRITISH ARMY

**R**egarded by militaries everywhere as the most difficult military exercise in the world, what does it really mean to represent your country and compete in the Cambrian Patrol? 38 different countries, contributing 137 different teams to take part in an exercise, specifically designed to test all elements of an infantry section. Testing soldiers in leadership, discipline, moral and physical courage, motivation and teamwork.

The Cambrian Patrol team of 2018 consisted of eight of the highest trained infantry soldiers available in the Defence Forces. The training began earlier this year with the Bde and DF Recce Competitions. In order to qualify for the Cambrian Patrol, the team first won the DF Recce Competition, held annually by the Infantry Weapons Wing. This competition allowed the team to demonstrate their recce skills, in order to win the coveted opportunity to represent the Defence Forces in Wales. This year's winners hailed from the 3rd Inf Bn, Kilkenny. Their level of training in preparation for the competition, demonstrated their commitment and loyalty to the unit they represented and the skills they have perfected. The beginning of the training for the Cambrian Patrol consisted with the assembly of a team and support staff.

#### The members of the team consisted of:

**Capt Kevin Lanigan and Sgt Tony O'Malley:** Team Captain and Training Sgt – Capt Lanigan and Sgt O'Malley oversaw all elements of training. They ensured the highest of standards in stand training and route marches. Without the planning and preparation of the Team Capt and Training Sgt, it would not be possible to perform to the level

required to compete in the Cambrian patrol.

**Lt Shane Flood:** The Patrol Commander – previously competed in the 2016 Cambrian Patrol competition where the team attained a Silver medal. Having previous expertise allowed us to tailor our required training needs.

**Cpl Sean Fleming:** Patrol 2IC – An NCO with abilities far exceeding his rank. Cpl Fleming was responsible for ensuring all personnel performed at the very highest level and demonstrated no limits to his physical and moral courage.

**Cpl Blaine Donovan:** IC Fire Support Group (FSG) – He brought a level of skills and drills to the preparation and exercise that demonstrated his high level of military skills. He also acted as a Military First Responder (MFR), providing medical assistance as required throughout.

**Cpl Ciaran Shelly:** Lead Scout – Cpl Shelly had previously competed in the Cambrian Patrol in 2016 and brought expert navigation skills and experience to the team. In addition, he acted as the primary MFR, providing medical assistance throughout and triaging any mass casualty assessment they encountered.

**Pte Mark Sweeney:** Lead Scribe – Pte Sweeney was responsible for ensuring all information throughout was documented and recorded, to include detailed information on all individuals and vehicles they encountered.

**Pte Paddy Heffernan:** Scribe – Pte Heffernan was responsible for the detailed record keeping of the route taken, to include sketches of every crossing point and obstacle they encroached. In addition he was a MFR, providing medical assistance when required.

2018 Patrol: Back row l/r: Sgt Anthony O'Malley, Lt Shane Flood, Pte Dan Kennedy, Pte Josh Morrissey, Pte Mark Sweeney, Capt Kevin Lanigan. Front row l/r: Cpl Sean Fleming, A/Cpl Ciaran Shelly, Pte Paddy Heffernan, Cpl Blaine Donovan



**Pte Dan Kennedy:** Signaller – Pte Kennedy acted as the radio man for the duration, ensuring communication to HQ was maintained at all times, and all report lines were met. In addition to this task, he ensured security was provided as required.

**Pte Josh Morrissey:** FSG – Pte Morrissey acted as FSG and primary security for the patrol. In addition, he supplemented all other elements of the patrol where required, showing high levels of versatility.

Most people think when asked about the Cambrian Patrol, that it is just a long walk with a heavy backpack over two days. In reality, the exercise consists of so much more. It attempts to assess the infantry soldier in all their skills. Upon arrival at the Drop-Off-Point, the patrol face their first assessment a full kit inspection. All elements of the patrols kit is searched to ensure the packing list has been adhered to and no personnel has any contraband. Once that is complete, the patrol is divided up. Platoon Commanders orders are issued to the patrol commander, the signaller receives his radio equipment, instructions on their use and report lines. The section scribe copies RVs from the map and the Patrol 2IC receives ammunition and other ordnance. The rest of the patrol commences work on the model, in preparation for the return of the patrol commander and the issuing of his orders. This leads to the second area of assessment, which is the issuing of the Patrol Commander's orders, and the assessment of his plans to carry out the tasks and mission given to them. In this case it was the conduct of a Close Target Recce (CTR) on a Named Area of Interest (NAI).

The section crossed the start line on route to its mission, when they came across a crashed helicopter. Upon inspection it contained a pilot who had lost his arm, an uninjured person who was suffering from shock and a deceased person. The patrol needed to act quickly. Security was deployed and the primary MFR triage-ed the personnel. The casualties were treated, appropriate reports sent to HQ and additional information acquired from the casualties. Information such as the helicopter had contained a Forward Observation Officer (FOO), who was doing some forward recce on a number of targets. Information such as this was important to gain and log, as it would

connect to further information later in the patrol. Once a handover was conducted with the medical staff taking over the casualties, the patrol departed to continue its mission.

Upon arrival at the NAI, the patrol stopped short and established themselves in a FRV. The CTR was conducted on the NAI and a full report was put together for HQ. The patrol then continued to the next RV. The patrol arrived at a river, which required them to cross tactically. The river was a 75m crossing in 4-degree water (as stated during a safety brief). Once crossed, they continued to the patrol harbour where the team handed in its CTR report and received orders for the next stage. The Patrol Commander issued a FRAGO and after they conducted some personnel admin, the patrol departed on its second leg. The next stand they reached was a mine clearance and mine recognition lane. While a member of the patrol cleared a path through the minefield, other mines needed to be identified and reported to HQ.

The patrol then continued to its next stand, and upon arrival, they were informed that due to a helicopter crash, they had lost their FOO and commander and they required assistance. This link between the medical stand and the TGP stand was required to be identified by the patrol in order to gain high marks during the debrief at the end of the patrol. This stand was a Target Grid Procedure (TGP) and Armoured Fighting Vehicle (AFV) Recognition. Three members of the patrol conducted the TGP and three members were tasked with identifying 15 pieces of armour from pictures and videos.

Once completed, the patrol then continued to the next stand. Intelligence had been provided that a group of personnel suspected of shooting down the helicopter and shooting at other UAVs were hiding out at a given location and the team was to RV with friendly forces near that location. Upon arrival, the Patrol Commander was issued with a set of orders, given a thermal imaging drone to use as a recce device and was tasked with conducting a set of quick attack orders and a raid on the location. Upon completion of this raid, the team was also assessed on its Prisoner of War drills and the extraction of information from the surviving enemy.

The patrol where required to cross a CBRN contaminated area, in full CBRN equipment, before reaching a decontamination lane and removing all contaminated equipment. The patrol finally moved to the De-Brief on all elements of the patrol. It was very important that every member of the patrol contributed to this debrief and all information gathered is provided to the intelligence officer. Upon conclusion of this stand, this ended the 2018 Cambrian Patrol Competition.

The total distance of this patrol was 67Kms, with an average of 80lbs back pack, rifle (SA80), chest rig and helmet over terrain not dissimilar to that of the Glen of Imaal. The team was presented with a Silver medal following some badly needed rest and relaxation. The 2 Royal Irish from Lisburn hosted the DF unit and proved a valuable asset to the team throughout our time in Wales. They also hosted teams from Bosnia, Moldova, Ukraine, Latvia, Belarus. The experience gained by the team will prove significant to all involved in Recce throughout the Defence Forces. ■





# INTERNATIONAL MARKSMANSHIP Competition

BY CAPT MARK BROGAN, INSTRUCTOR, INFANTRY WEAPONS  
WING, MILITARY COLLEGE, DFTC

The 27 Infantry Battalion, represented by Cpl Alan Ferguson and Cpl Mark Fitzpatrick were selected to represent the Defence Forces at this year's Canadian International Marksmanship Competition (CISC) from 11th - 22nd September in Gagetown, New Brunswick in Canada.

The team were chosen to represent the DF based on an excellent performance during this year's International Marksman-Skills Competition in the Glen of Imaal in June, where they placed 2nd in the National Competition, with Cpl Fitzpatrick winning 'Best Sniper'.

Coach Cpl Colin McQuaid and Team Captain Sgt David Nordon, designed an intensive 6-week training schedule, to prepare the team for the competition. Events such as alternate position shooting, advanced pistol training, cold bore and night shooting events were thoroughly rehearsed and tweaked. The team purchased Specialist kit and equipment to suit the specific needs of the sniper team in what would prove to be a very challenging competition.

A very hospitable Canadian Sniper Community welcomed the DF team on their arrival, some of which had previously participated in the Irish Sniper Competition. The DF were up against Canadian, USA, UK, New Zealand, Netherlands, Poland and French Military and Police Force units. Teams spent the weekend zeroing weapons and getting familiarity with the Canadian Colt C8 spotter rifle, which was issued to the DF team for the event.

The events for the competition were cold bore shooting, alternate position shooting, urban & rural stress shoots, night shooting, long range shoot with target grid procedure to fire 155mm artillery, unknown distance, and a milling shoot. The week culminated in a sniper stalk.

Target ranges were out to 1,200m by day and night and terrain was very open and flat with variable wind speeds and directions, which proved to be very challenging for all competitors.

The highlight of the competition was the urban stress shoot, where sniper teams were tasked with moving quickly through a village and eliminating targets at variable distances and from various firing positions. Large batsims and smoke added to the realism of the shoot. It tested the physical and mental capacity of the competitors in a realistic and very challenging scenario.

During the final stalk event, teams were inserted by helicopter at night into the Canadian wilderness. They then moved 10km on foot through forestry and rivers to link up with a recce detachment commander who guided them towards an area that was dominated by an enemy OP. Enemy patrols swarmed the area as the Irish team edged their way closer to the target, constantly using natural cover and vegetation to remain undetected. The team got into position undetected and Cpl Mark Fitzpatrick delivered a first round hit onto the target from 485m using a tripod, an excellent shot!

The Defence Forces team placed 16th out of 28 teams. A very respectable performance by the 27 Inf Bn Snipers!

The CISC is an invaluable opportunity for the Defence Forces to line up alongside other nationalities and compare sniper operation TTPs. Tips and tricks are shared amongst competitors and all teams went away from the competition with something new in their sniper toolbox.

'One Shot, One Kill' ■



**S**aturday 20th October 2018 was a fine sunny day in Dublin, and in the city's Cathal Brugha Bks the latest group of RDF recruits passed out as 2 star Privates with the 7 Inf Bn.

This day was the culmination of almost a year's training for the 15 newly qualified soldiers on the barracks square. Their families were guests to watch this important event in their military careers.

The last major milestone of their recruit-training course had taken place just one week earlier, when all 15 of them had completed and passed part 3 of their Defence Forces fitness test - the 10km loaded march. This test is exactly the same test taken by all operational PDF soldiers in the 7 Inf Bn and other units.

Their unit 7 Inf Bn was formed in 2012 as a result of the amalgamation of the 2 and 5 Infantry Battalions of Dublin. Which also seen the RDF's 62 and 65 Reserve Infantry Battalions incorporated into the 7 Inf Bn as part of the 'Single Force Concept' of the then new Cultaca an Airm (Army Reserve).

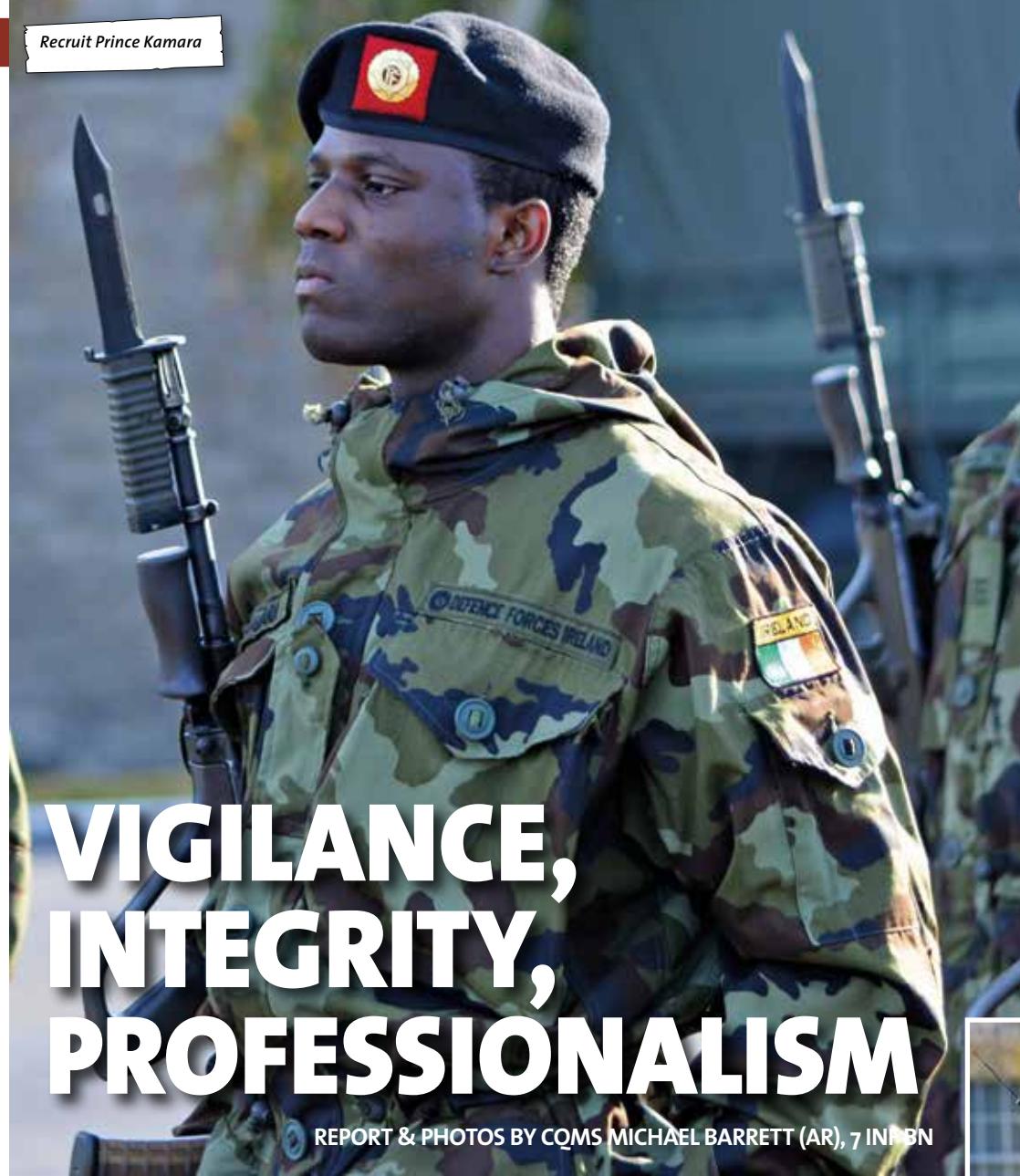
The 7 Inf Bn now comprises 4 PDF Companies and 3 RDF companies, all based in Cathal Brugha Bks in Dublin.

Under the supervision of the Battalion's C Company (RDF) Officers and NCOs, these recruits had undertaken their training which brought them to the required standard. Their training will allow them to assist their fulltime comrades when called upon to do so, like carrying out operational duties or participating in tactical exercises.

Some of the original recruits that started in this platoon have already moved to full time careers in the Defence Forces, enlisting in the PDF before they could complete their RDF training course.

This training course itself was very physically demanding at times, and their 2 star rank markings were well earned by all soldiers on parade today. As well as the physical challenges of tactical training and the standard fitness test, many other subjects had to be mastered. Including long hours on the square conducting foot and arms drill, some-

Recruit Prince Kamara



# VIGILANCE, INTEGRITY, PROFESSIONALISM

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

times in very cold and damp conditions on parade nights.

There was also plenty of other far less dramatic but still essential work at home studying for both written and practical tests and, needless to say, the age-old soldiers task of polishing boots which training NCOs are continually inspecting for.

But days like today, been promoted to your next rank make it all worth the effort. This rise in rank from recruit to 2 star private is their first ever military promotion, it means they can give a far more active contribution to the Defence Forces.

Many of them already have some military traditions within their families, in Ireland, the UK, other European countries and even further afield.

The recruits come not just from Dublin, but from several counties in the Leinster region and some of them even originally came from other countries like Poland and Belgium.

Officer Commanding 7 Inf Bn, Lt Col Seán Ó Fátharta,



Recruit Anand Aparajithan



Recruit Kate Martin



Recruit Luain Beirne receives his certificate from Bn OC 7 Inf Bn, Lt Col Ó Fátharta



'Best Recruit' Recruit Jonathan Forbes with Lt Col Ó Fátharta, OC 7 Inf Bn

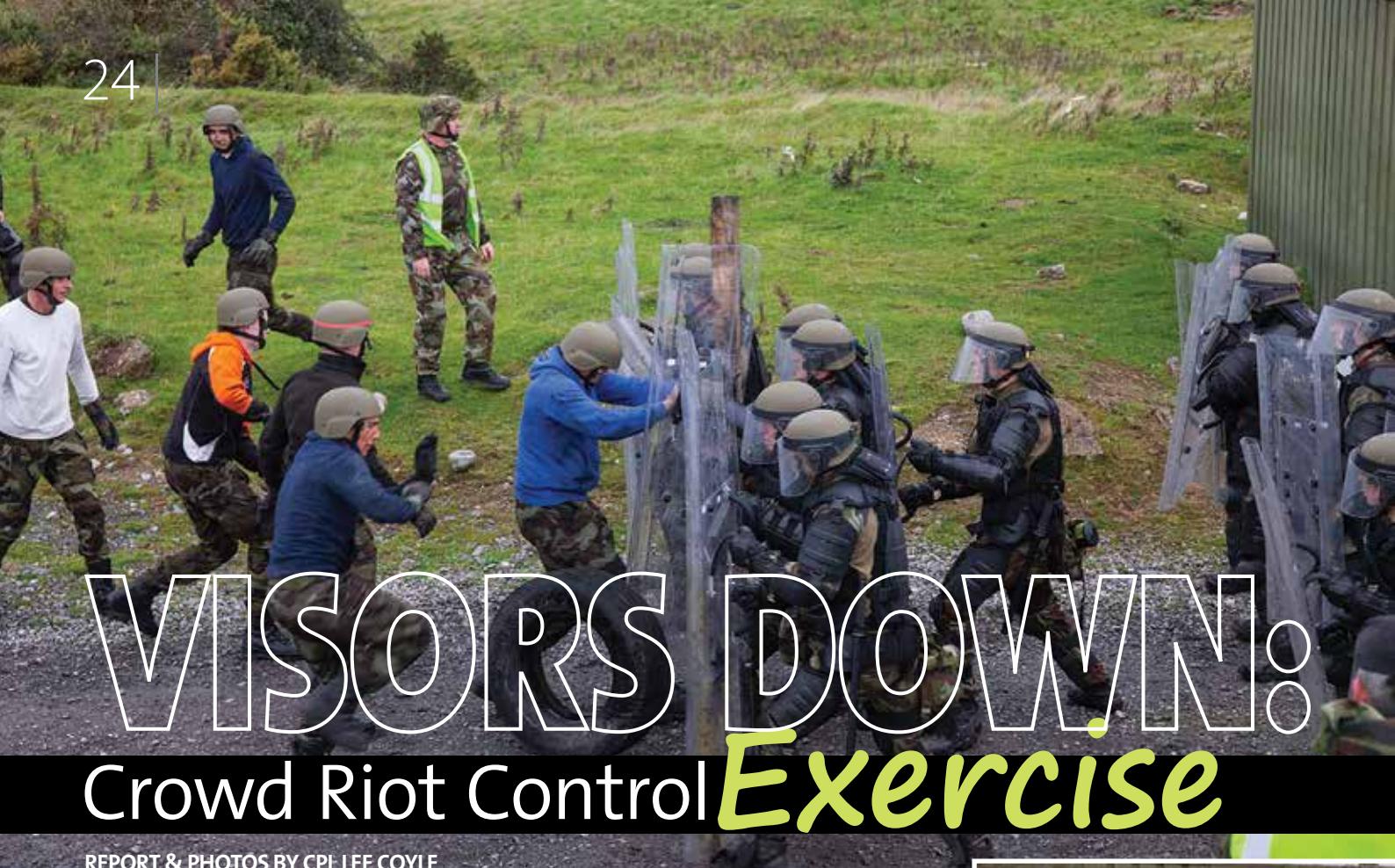


'Best Shot' Recruit Andrius Zaromskas with Lt Col Ó Fátharta, OC 7 Inf Bn

presented each recruit with a Certificate of Training, and addressed them and their guests, thanking them for their commitment to the 7 Inf Bn and the Defence Forces.

He then presented the 'Best Recruit' award to Rec Jonathan Forbes, from Dublin, while the 'Best Shot' award went to Rec Andrius Zaromskas, who is originally from Poland.

Lt Col Ó Fátharta said that the values of all 7 Inf Bn soldiers, either fulltime or reserve can be defined by remembering the acronym 'V.I.P' - Vigilance, Integrity, and Professionalism. Lt Col Ó Fátharta encouraged them to remember these values and to be guided by them in whatever they do in their future careers in the Defence Forces. ■



# VISORS DOWN!

## Crowd Riot Control *Exercise*

REPORT & PHOTOS BY CPL LEE COYLE

**T**he 94th Cadet Class recently carried out Internal Security and Crowd Riot Control (CRC) training in the DFTC/Kildare area over a week in October 2018, code-named 'Exercise Soft Centre'. Over the week the students had held the Military Training Facility (MTF) in the DFTC as a simulated UN post and conducted all phases and serials of the Internal Security from there.

An Cosantóir visited them on their final phase of the week, which consisted of their Public Order CRC Serials of the Exercise. Leading up to this final phase the students had received instruction on CRC and this would be a culmination exercise of everything they had learned.

The scenario was an IED threat had forced the students to move from their UN Post to a temporary Forward Observation Base (FOB), this was so Engineer Specialist Search Clearance Teams (ESSCT), and if required Explosive Ordnance Corps (EOD) could clear the post of the threat. During this time the UN post was being cleared of the IED threat, a crowd made up of civilian population of the occupying nation (being played by members of the 95th Cadet Class) seizing a chance took control of the UN post.

The CRC serials then began and the students of the 94th Class were tasked with retaking the UN post and removing the civilian population. The serials would be a company level exercise consisting of three CRC Platoons. Command and Control would be paramount as CRC is one of the most challenging environments from this perspective.

The scene inside the MTF was set, roads were blocked with anything and everything that could be found, and small fires had also been set. The smell of burning and the shouts of rioters as the students approached added that much needed realism to CRC Ex.

Once in range the student's first taste of this environment was to deal with flying rubble that was hurled at them from all angles, this gave the students the chance to have trust in their equipment as these missiles bounced off shields with very little effect to the user. Next came the onslaught of physical contact from the rioters as shields were kicked, some shields were grabbed, pulled and pushed, trying to disrupt the front line as much as possible.

The students pushed the rioters back past their first blockade; this was a substantial obstacle for the students, taking them about forty minutes to clear. As soon as they were through the blockade again they were met with more heavy resistance, the rioters were taking every advantage they got to cause mayhem and disrupt the CRC Coy. They antagonised the students as much as possible to get them to react and break their line, but the CRC platoons held their line, knowing that it was the most effective deterrent against the onslaught of missiles and abuse.

The students worked their way through the post, methodically clearing building-by-building and street-by-street. The rioters were taking up strategic positions inside buildings as to cause as much hardship on the CRC Coy and slow them down. From inside the buildings they rained missiles down onto the students as they tried to gain access,





## Vox Pops

### SGT DEAN JACKSON, 7 INF BN, INSTRUCTOR 94TH CADET CLASS



*"The exercise went well, it's quiet robust and can be hard to control while operating in the CRC role. It puts a lot of stress on the students in their command role. They encountered a lot of hostility at various stages throughout the exercise and the training they completed during the week made the mission a success. On the run up to the exercise they practiced all elements of CRC, from running a line, injured individuals, barricade removal and stairs and landing drills."*



### CADET MICHAEL MURPHY, 94TH CADET CLASS

*"I was filling the role of platoon commander for the exercise. The CRC training has been fantastic; it's something that we may get called on to do. The CRC is part of our Internal Security block on the cadetship and we were on 10 minutes notice to move in full CRC gear. It took us over an hour to gain access to the MTF with the barricades. Working in the gas masks was the most challenging part of the exercise for me, as trying to give commands was hard and the restrictive breathing while wearing it. The exercise definitely has left an impression on me, with one of the rioters using a kid's pram to throw at us, also the muck and balaclavas."*

crashing into shields from above. It was like a 'last stand' inside some of the buildings as the rioters crammed into rooms and resisted being taken and arrested.

Another challenging aspect that added to the exercise scenario was some simulated casualties that the CRC platoons had to deal with and take them from harms way. The students progressed forward with impressive command and control, adapting and overcoming all obstacles and challenges that were put in their way.

The last big push to remove the rioters up along the road and out of their post marked the end of the exercise. Behind them the post was littered with debris and the marks of scorched earth, a typical scene from any riot or civil unrest.

To see the importance of such training we don't have to look to far back into our past to see how important it is with the riots in Kosovo on St Patrick's Day 2004. These training exercises are designed to give the students as realistic experience as possible, while challenging them with possible scenarios; in doing so it gives the students the mind-set and the knowledge to deal with such a demanding environment when the need will arise again. ■



### CADET JASON MANNIX, 'RIOTER' 95TH CADET CLASS

*"I have served previously with the 1 BAR, so this was not my first experience of CRC training, however it is my first time on the other side being part of the rioters. It was a good exercise and was tough for both sides, with us all being dirty and sweaty at the end. The 94th Cadet Class done very well from my experience of the drill, they handled all obstacles we gave them, they were all very disciplined and well drilled."*

# Mandated to Protect: Protection of Civilians



REPORT AND PHOTOS BY CPL LEE COYLE

**T**he year 2018 marks a number of monumental achievements for Irish peacekeeping, these include 70 years of Irish involvement in the UN, 60 years of Irish commitment abroad on UN missions and it also marks the 25th anniversary of the opening of the United Nations Training School Ireland (UNTSI).

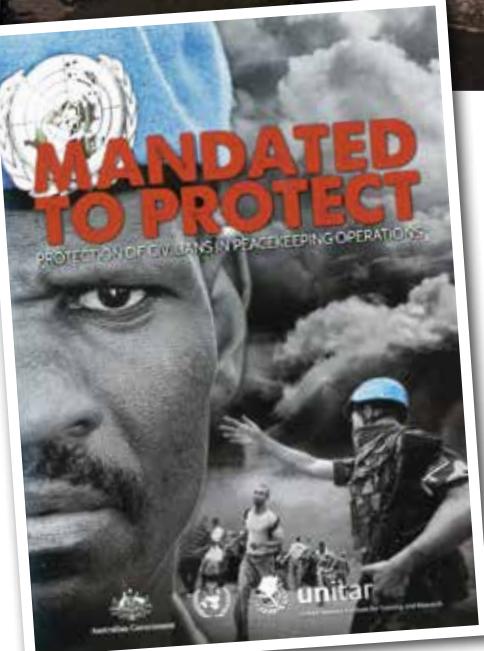
Keeping up this proud tradition of instruction in the UNTSI School they recently held their 4th International Protection of Civilians (POC) Course, a topic that has been pushed to the forefront of UN, EU and NATO lead overseas missions in the last number of years. The course highlights the importance of the POC aspects in overseas missions with a POC mandate, and gives the students the skills to implement a POC strategy into their role as peacekeepers. It also emphasizes the need to understand who is most vulnerable and most at risk in a conflict zone.

Apart from the Irish Defence Forces members attending the course, we also had National and International students, the national students coming from the An Garda Síochána, Dept of Defence, and Irish Aid workers. The International students heralded from near and far reaches of the globe, from five different continents. Closest to home was members from the British Army, from the Middle East there was members of the Israel Defence Forces, from North America there was members of the Mexican Army, from Asia there was members of the People's Army of Vietnam, and from Southern Africa there was members of the

Lesotho Defence Forces.

UNTSI School Comdt, Lt Col Timothy O'Brien spoke about the importance of this course, "*The Protection of Civilians is arguably the most important challenge facing the UN as it continues to deploy peacekeepers throughout the world on complex multi-dimensional peace support operations. Members of the Defence Forces are currently deployed on missions in Lebanon and DR Congo, which have POC mandates and it is necessary that officers and NCOs deploying on these missions have a thorough understanding of what is expected of peacekeepers when they have a POC mandate. As a result, UNTSI has been running this course for the last 4 years. The course also gives us an opportunity to share our perspective on POC with international colleagues as well as with Gardaí, humanitarian staff, members of the Dept of Defence and post grad third level students. The course will be run again next April and I would encourage members of the Defence Forces who are interested in learning more about POC, to apply for it.*"

The first day of the course began with an introduction from the school staff, then a brief history of the Irish Defence Forces and the role of UNTSI. Then it was straight into the main topic, Protection of Civilians, this began with the students being shown a documentary produced by the UN called *Mandated To Protect*. At the start of the documentary, Ban Ki Moon former Secretary-General to the UN give an opening address, "*The protection of*



*civilians is at the centre of UN peace and security agenda. Our peacekeepers and other personnel are increasingly being asked not only to keep armies at bay but also to protect people who are prey to militias and other combatants. We are saying no to impunity, and say yes to accountability, for those who commit crimes against humanity and other grave violations of human rights."*

To ensure students get the most from the course, the UNTSI School called upon various lecturers from different backgrounds to deliver lectures on various topics, some of these included lectures on mandates, cultural awareness and a gender perspective. Apart from Defence Forces lecturers they also included lecturers from the An Garda Síochána and Irish charity Concern, who would deliver topics regarding their own involvement in Peace Support Operations (PSO).

Lectures added to the course for the first time this year was a 'The Role of Police on Peace Support Operations', given by Detective Sgt O'Driscoll from An Garda Síochána. His experience from PSO comes from a tour he completed in Afghanistan with a EU lead police mission. In his lecture he gave a brief history of UN police missions and EU missions with the first UN police mission in 1960. He also spoke of on-going Garda missions in Cyprus and Kosovo and some past missions in Namibia, Cambodia, Palestine and Afghanistan. He ended his lecture with a brief on his Afghanistan tour covering their role and tasks, also the challenges and issues that arose, mainly cultural difference.

Another interesting lecture that was added to the course was the use of UAVs in the protection of civilian's role on PSO, presented by Capt Emmet Gallagher. Many UN Missions are utilising UAVs, including MINUSMA (Mali), MINUSCA (Central African Republic), and MONUSCO (Democratic Republic of Congo). The lecture focused on the use of UAVs in Intelligence, Surveillance and Reconnaissance (ISR) tasks that can increase situational awareness on the mission, locate and monitor armed groups, and monitor developing and on-going humanitarian crises. This is all accomplished from what they call 'Protection through Projection'. There are many benefits of using UAVs for POC tasks, they are efficient, have a wide scope and also cost effective, but they also reduce the risk to personnel and are more discreet.

Protection of Civilians is a very important aspect of UN missions and is one of the reasons why most host nations look for assistance from the UN. This course is proving to be an indispensable tool in serving with overseas missions, with more and more armies seeing the importance of such training. I would recommend this course to anyone who is thinking of traveling overseas.

The next POC course is due to be ran in the UNTSI School in April 2019. Please check IKONs Annual Training Directive for dates. ■

## Vox Pops



**CAPT THOMAS FITZPATRICK, INSTRUCTOR UNTSI**

*"The protection of civilians course offers our international and DF students the opportunity to explore how protection mandates impact commanders on the ground. We achieve this primarily through syndicate-based exercises, developing CONPLANS in response to protection issues in a post conflict peacekeeping environment. We emphasise the importance of liaison and dialogue between belligerents, and working with other protection actors to enhance the protective environment."*



**MAJOR JAMES SILSON, 77 BRIGADE, BRITISH ARMY (DEPLOYMENTS TO AFGHANISTAN AND TO IRAQ)**

*"The course has been excellent, really well instructed and well delivered, bringing in a wide range of people and particularly paying attention to the fact that its within UN contacts and that everything has to be integrated, so making sure that both in the instructors and in the course students you have military, Gardai and civilians represented, and the Irish Defence Forces have been really welcoming and excellent hosts. The course has definitely added to my other courses like UN staff course and CIMIC course and given me a much better understanding of some of the fine detail concerning protection of civilians, but it has also given a better appreciation and understanding of how allied nations like the Irish DF conduct these PSO."*



**LT LUCAS HABI, 13 BATTALION, LESOTHO DEFENCE FORCE**

*"I have found the course very good, before I would have been unsure of what to do but it has shown me how to tackle problems with protection of civilians and how we can save people during a war and give them a better life. It will also change my decision making process, especially with dealing with other nations on the course, it makes you think outside the box with the ideas from these other nations."*



# Mind at Attention

**The consequences of mind wandering for first-line operators**

BY LT (NS) PAUL ROCHE NSR



**M**ind wandering can be defined as any thought unrelated to the immediate task in hand. A first-line operator is someone carrying out a task that requires vigilance for safety of life; in the Defence Forces examples would be landing an aircraft, berthing a ship, driving a vehicle, carrying out a foot patrol overseas, to mention but a few.

Numerous studies show that mind wandering is very harmful to task performance and awareness of the external environment. It leads to a reduction in analysing the task environment and in errors of sustained attention. First-line operators will fail to notice infrequent targets by engaging in automatic processing rather than focused attention processing. This seriously impairs situational awareness, decision making and problem solving; all critical skills in the handling of a complex emergency.

Mind wandering can also render a first-line operator prone to the 'startle effect', hampering an effective response. This played a major role in the crash of Air France flight AF447 in 2009, killing all 228 people on board.

In 2010/11, nearly 2,800 Americans were killed in automobile accidents while mind wandering, according to analysis by an insurance company.

To understand mind wandering you must first understand memory. The accepted model comprises three linked systems: sensory, working and long-term memory. The sensory system holds information for brief periods of time; working

memory contains our conscious awareness but has a limited ability to store information; long-term memory holds a large amount of information consisting of acquired knowledge and stored life experience. Situational awareness requires long-term memory information to be transferred to the working memory.

It is generally accepted that mind wandering is a loss of executive control by the working memory, which can occur when working memory demands are low and current performance is less important.

Research shows that mind wandering affects everyone from 30% to 50% of their waking moment.

To determine if you lack awareness of mind wandering, ask yourself if you have ever experienced it when driving. In 2015 an AA motoring survey received 27,662 responses to this question; 70% could not recall the final part of their journey. While at first glance those who cannot recall their journey appear most at risk, they are not; research has shown awareness is key to limiting the effects of mind wandering. Therefore, if you answered 'no', then you may lack awareness of the effect and are most at risk of responding poorly to an unexpected event.

Other factors influencing mind wandering include stress, boredom, fatigue and chaotic environments; all common in military operations. Mind wandering can allow first-line operators to disconnect from the environment to manage stress and provide protection against traumatic events. It can be used intentionally to

relieve boredom or to allow the mind to rest in anticipation of future high cognitive load events. Combined with this, the working memory can also disconnect attention from perception, allowing the consciousness to focus on problem solving and creativity as well as on future planning relevant to the first-line operator's personal current circumstances.

Mind wandering while on active duty could have significant consequences in a combat zone. Research conducted in 2015 on American military personnel training for deployment to Afghanistan found that mindfulness training reduced mind wandering significantly. The troops involved found mindfulness training made a significant difference to incidences of mind wandering, and recommended that it be included in all military training.

First-line operators who are attentive, co-operate, and share information are less likely to make errors or have accidents. Mind wandering has also been found to decrease when first-line operators focused on concentration, successfully performed enjoyable tasks, or when they felt happy. Forming specific plans to deal with unfulfilled goals has been shown to also lead to a reduction in mind wandering.

To reduce the effects of mind wandering, team work, maintaining a moderate cognitive workload, awareness and mindfulness training are all proven to work.

The challenge for the Defence Forces is to identify if there is risk and if so, to deliver effective training for personnel, leading to safer operations. ■

# GAMBLING

## The Not So Hidden Addiction

BY MIRIAM SPELMAN, ANSAC CREDIT UNION



*Credit Union. I'm ringing to let you know that unfortunately you've failed our loans stress test and that we won't be able to issue you with a loan.*" The typical response to which is a resigned sigh. Bank statements littered with payments to Bet365 or Paddy Power to name a few, have to admit they're a bad bet.

*"As a cooperative financial institution, it's our members' savings that we're lending to other members. And we cannot, as a responsible organisation, be reckless as to lend to someone presenting with a compulsive gambling habit. And we certainly don't want to enable a vulnerable member to sink themselves into debt."* Says Gillian Dunne, CEO of ANSAC Credit Union.

**A bit of flutter is ok:** It's not the individuals who bet €15 each week that ANSAC have to habitually refuse for loans. It's those who have developed self-destructive habits frittering away a significant portion of their wages. While research indicates that "problem gambling" doesn't discriminate across social classes or age groups - ANSAC shares that more often than not, it's young males, who are mortgage free, living in their parent's home who they have to refuse loans due to the amount they're gambling each month.

*"For example we had a young loan applicant who was spending 87% of his wages on online gambling."* Says Gillian. "And while those within addiction support services describe gambling as the 'hidden addiction' its something you can't conceal when it comes to looking for credit whether applying for a mortgage, credit card or car loan."

How to find out the impact on your credit rating: ANSAC advises that anyone concerned about the knock-on effects gambling has on their credit rating, can visit the Irish Credit Bureau website, [www.icb.ie](http://www.icb.ie) and order their credit report for a nominal amount to see what information prospective lenders can access about their credit history.

A county wide epidemic: And it's not only at ANSAC where the extent of gambling in Ireland can be felt. The Irish Institute of Public Health estimated that 40,000 people in Ireland had a gambling problem in 2010, a figure it now believes to have grown to double that.

Further research by *The Economist* Magazine who calculated the per capita gambling loses by country, indicated that Ireland ranks third in the world, and first when it comes to

online gambling. A situation which is thought to be exasperated by our comparatively 'light touch' legislation.

PSS echo ANSAC's concern: These figures were of little surprise to the handful of Defence Force Personnel Support Services (PSS) who were consulted by ANSAC on the topic. While they reported a thankful decline in those seeking support from PSS for alcohol addiction over the past decade, they do note a concerning rise in those in crisis due to debts accumulated through online gambling.

*"Access has been a huge thing."* observes, one member of the PSS, who prefers to go unnamed for fear that it may affect his/her approachability. *"Most of the people who come to PSS needing support wouldn't know what to do inside a physical betting shop. They've been sucked into the heavily marketed 24/7 culture that exists thanks to the proliferation of internet gambling and betting apps."*

Paddy Power was the first to launch a betting App on the Apple Store in Ireland in 2010, with others quickly following suit. The 'Problem Gambling Ireland' website claims that Irish residents gamble a staggering €10,000 every minute of every day.<sup>1</sup>

*"You can literally be live streaming a match these days and be targeted with pop up messages for quick bets, for example 'who'll score next'."* Another PSS staff member told us, *"It can be very difficult for those struggling with this disease to avoid triggers thanks to all the digital marketing they're bombarded with."*

**Supports for Defence Force Personnel:** According to a GambleAware report in 2011, fewer than 1% of people who at the time would have benefitted from problem gambling treatment actually received it. A figure which is alarming when considered against the backdrop of the statistic that 1 in 5 pathological gamblers attempt suicide, more than double the rate among those who suffer other addictions.<sup>2</sup>

Those who acknowledge they need help themselves, or are seeking advice in relation to another individual, can contact their local Personnel Support Service at any time where they can get access to their trained, non-judgemental addiction counsellors in complete confidence.

*"While you might feel you're unable to stop, or don't want to admit how bad things have gotten, gambling is a highly treatable condition."* Advise the two PSS staff consulted. *"We encourage anyone who may have been affected by this article to look for professional help be it through PSS or through a reputable external organisation."*

### ALTERNATIVELY, THOSE PREFERRING SUPPORT FROM OUTSIDE THE DEFENCE FORCES, CAN CONSULT THE FOLLOWING RESOURCES:

**Gamblers Anonymous (GA):** <https://www.gamblersanonymous.ie/>  
**Addiction Counsellors of Ireland:** <http://www.addictioncounsellors.ie/>  
**Problem Gambling Ireland:** <https://www.problemgambling.ie/>



<sup>1</sup>Figure sourced from <https://www.problemgambling.ie/> on 23/10/18.  
<sup>2</sup>Figure sourced from International Journal of High Risk Behaviours and Addiction <http://jhrba.com/en/articles/56834.html>

# PERSONNEL SUPPORT SERVICES

Personnel Support Services (PSS) provides a wide range of psychological and social support to members of the Defence Forces. These PSS services, provided by appropriately qualified and skilled personnel, include stress management programmes, addiction counselling, suicidal ideation counselling, general wellbeing counselling, resilience training and exit programmes for members leaving the Forces. The work of PSS is highly valued and is a natural complement not only to human resources management but also in maintaining operational effectiveness by personnel and units in often difficult situations and circumstances at home and overseas.

The PSS forms an integral part of the DHRM Section at DFHQ, Brigade and Service level. It is a confidential information, education, support and referral service, designed to give Defence Forces personnel access to information and services both from within and outside of the military community.

Defence Forces recognises the value of the individual to the organisation and provides this resource for its personnel and their families, which arise from the duty of care the organisation has to its members. The welfare of the soldier has always been emphasised to commanders at all levels and the PSS is a natural progression to this ethos in that it assists commanders in maintaining the well being and morale of personnel by providing specialised services.



THE PSS CAN BE CONTACTED USING THE LINK ON **IKON** OR THE **24/7 CONFIDENTIAL COUNSELLING SERVICE** OPERATED BY INSPIRE CAN BE REACHED ON **1800 409 673**

**The PSS Mission is:** “to provide a welfare, information, psycho-social support and referral service, that is professional, responsive and confidential, to serving members of the Defence Forces and their families and to civilian employees, and in a limited role to veterans, to sustain and enhance the individual well being of personnel, and to promote a safe and positive work culture in order to support the effectiveness of the Defence Forces.”

The function of the Personnel Support Service is, through the BPSSO and Social Worker Network in each Formation, who provide immediate help to service personnel and their families in a time of crises situation. This can range from the simple provision of information to counselling or if required, referral to specialist help and assistance.

Listed below are a range of the services and functions that our experienced and dedicated teams of BPSSO's and Social Workers can assist you with. These functions include providing psychosocial support, counselling, and information and assistance services on:

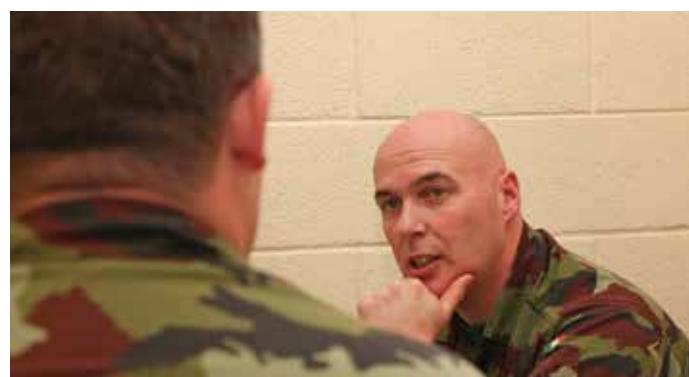
- Pensions & Gratuities
- Taxation
- PRSI
- Social Welfare Benefits
- Housing
- Education
- Retirement
- Marital, Family and Relationship problems
- Problem Drinking
- Stress
- Interpersonal Relationships
- Substance abuse awareness
- Financial problems

**Confidentiality:** If you choose to use the PSS no one will know unless you tell them. The staff of the PSS will not discuss your case or enquiry with anyone else without your prior consent. However, in today's society there is no absolute right to confidentiality but, within the PSS, occasions of breaching it are exceptional and circumstances to do so are clearly defined.

The PSS is committed to its obligation to maintain the strictest levels of confidentiality whether information is obtained directly or indirectly, or by inference. The strictest levels of confidentiality are assured unless:

- A life is endangered
- A serious breach of criminal law is involved
- Any case of physical or sexual abuse is involved
- There is a threat to the security of the state, or the security and operational role of the Defence Forces

When you visit the PSS with a problem, the confidentiality rules will be explained to you before you impart personal or sensitive information. ■



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**MINOR**  
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Win a signed copy of Padraic Kennedy's new book *Infantry Mortars 1915 - 1945*, from the trenches of World War I up through World War II, this study of the evolution of the mortar is an essential read for professionals, students and military enthusiasts.

**Q: What type of fire is a mortar used for?**  
**A: Direct or B: Indirect**

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Win 1 of 3 copies of 3 books from Kilmainham Tales to celebrate their 10-years in business. Their 1st book Anne Devlin was published in 2008 author and MD Micheál Ó Doibhilín. These books are a nice affordable collection for the Irish military history enthusiasts. See books on page 44.

**Q: Kilmainham Tales open in what year?**

Send your answers to both competitions along with your name, address & phone number by post or email [subs@military.ie](mailto:subs@military.ie) by the 19th January 2019.

# Building Our Awareness to CYBER SECURITY

BY DINOS ANTHONY KERIGAN-KYROU

**Everyone in the Defence Forces operates in cyberspace - the environment in which all electronic communication takes place. We use it for our personal lives. And we increasingly use it within the military. And the cyberspace for both is interlinked. Cyber security is the security of everything we do in cyberspace.**

**What we do online - social media, messages, photos, videos we post - has potential security implications for ourselves and the Defence Forces. Likewise, equipment we use in the Army, Air Corps, and Naval Service - and across the EU within PESCO - is increasingly connected online using sensors, actuators, and control systems: the military 'Internet of Things' (IoT). Indeed, our critical infrastructure - such as our transport and energy supply - increasingly comprises IoT.**

All this activity takes place in one shared cyberspace. There's no separate or 'secure' internet for 'important stuff' such as defence and critical infrastructure, and another one for posting Facebook photos, shopping on Amazon, and watching Netflix. There is only the one internet.

Information about you online is valuable to nefarious actors. They could be criminals after your money. Or blackmailers wanting to exploit you. It might be hostile states spying on Ireland. It could be someone trying to access your phone's camera or microphone - turning the device into a bug you'll be totally unaware of. It could be someone looking for information about Defence Forces equipment, or seeking to remotely control our weapons systems. It could be a terrorist seeking information about your barracks or the location and physical access details of your base on overseas deployment. Or they might want information about our UN, NATO, and EU partners. The list of motivation for breaching Defence Forces cyber security is endless.

The primary challenge is getting over the false concept that cyber security is all a technical matter. Cyber security concerns every single member of the Defence Forces. Over 80% of cyber security breaches are caused by organisational factors - not by some tech expert using complex code.

Indeed, there are two types of cyber security breach. Those you know of and those you don't. Demands for money, threats, cyber bullying, extortion and blackmail are overt threats. But you might also be compromised unknowingly. A nefarious actor or group may be able to monitor everything in your phone or computer. Connected military equipment can be compromised and moni-



tored over long periods without anyone knowing. They may see the location of your GPS and Armoured Personnel Carrier, or potentially compromise the multiple connected systems aboard an Offshore Patrol Vessel.

Watch out for anything unusual. Is your system slower than normal? Has information unintentionally changed? Have you clicked a link which might be suspect? Militaries worldwide don't really encourage questioning of senior ranks. However, "Was that email with the link actually from you sergeant?" could be a key question preventing a major security failure, potentially risking the lives of Defence Forces personnel. It takes just one such 'phishing' email to breach an entire system.

If you notice anything report it as soon as you can to CIS Helpdesk or via the IKON portal. Cyber threats, blackmail, or cyber stalking should always be reported to your Commanding Officer. CIS Corps is one of the most advanced information corps in the world and able to address any problem. You'll never be blamed for highlighting concerns - even if you think it resulted from your own error. And a cyber security problem identified early can be dealt with when it's small before becoming big. Your own cyber security - and the security of the Defence Forces - are intrinsically linked.

**Next Issue: The online scams and threats that can endanger the security of you, your family, and the Defence Forces - and what you can do.**



**Dinos Anthony Kerigan-Kyrou coordinates and instructs on the 1st Joint Command & Staff Course, cyber security module. He is an instructor on NATO's DEEP - Defence Education Enhancement Programme - and is a co-author of the NATO / Partnership for Peace Consortium Cyber Security Curriculum.**

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# Captain Boycott

## When Mullingar Became Hollywood, Briefly!

BY JASON MCKEVITT

**I**t was the month of August in 1946 when Mullingar, a town still in "Emergency mode" following the ending of the Second World War the previous year, exchanged its heretofore-Military manoeuvres and searchlights for the glitter and bright lights of Hollywood's finest. Mullingar, for a brief moment, had become the home to such Hollywood Greats as movie director Frank Launder, actors Stewart Granger (*King Solomon's Mines*), Robert Donat (*Hitchcock's The 39 Steps*), Irish actress, Kathleen Ryan (*Christopher Columbus*) and also the legendary Dublin actor Noel Purcell (*Mutiny on the Bounty*), to name but a few. These artistes of stage and screen were all present in Mullingar to shoot the racing scenes at Newbrook Racecourse for the historical movie 'Captain Boycott'.

The movie was based on the writings of Irish author, Philip Rooney, in his factually based Irish Novel 'Captain Boycott'. An interesting point to note at this juncture, is that Philip Rooney had a number of years previously, worked as a bank official with the Hibernian Bank in Mullingar. He had lodged with the Keane family in Mount Street while he lived here. Unsurprisingly, his chosen abode was right beside that Mullingar Citadel of the Arts, the County Hall (later Mullingar Arts Centre). The movie was set in Co Mayo during the period of the Irish Land War in the early 1880s, in which a Mayo land agent by the name of Captain Charles Boycott was socially ostracised by tenants and locals alike under the tuition of the local Land League, for demanding large payment's for rents and ruthless evictions for those who could not pay. Consequently, the name Boycott today, has become another noun in the English language meaning, to Ostracise.

It was in July 1946 that an article appeared in the local *Westmeath Examiner* informing its reader's that Producer, Mr Sidney Gilliat representing Denham Studios, had made contact with Dr A. J. Stanley, Chairman of the 'Mullingar Little Theatre Company' requesting the cooperation of the local theatre company regarding filming scenes for a movie in Mullingar. The article further stated that it also sought 2,000 locals to appear in the crowd scenes to be filmed at the race course. Notwithstanding that the movie was mainly shot in locations in Kildare, Wicklow



Mullingar 'Extras' in 'Captain Boycott'. Photo: Billy Gilligan, *Westmeath Examiner*, 1991

Locals as "Extras" pictured on the stand of Newbrook Racecourse, Mullingar, for the 1947 filming of "Captain Boycott". Left to right, back row: Sean Creamer, —, Des Devally, Jackie Gilligan, Con Crowley (?). Left to right, front row: Mary Keane, Mount Street, Mary Mulholland, Margaret 'Maddie' Gilligan, Blanche Mulholland. This picture has been kindly sent to us, with the names by Billy Gilligan, a native of Mullingar who is now domiciled in Carrick-on-Shannon.

and of course Mayo, Mullingar's central location and the fine equine racecourse at Newbrook, which was noted for its Victorian architecture, ensured that it was to have its piece of Hollywood. Ledestown House, Mullingar also featured in the movie and for the novelty of the "Big Screen", became Lough Mask House, the Mayo residence of Captain Charles Boycott.

To further ensure that the production company would receive the support of Mullingar's fine citizens as extras, a delegation from the movie company visited the local cinemas in Mullingar, that's right there was more than one cinema in the town, to speak with the townsfolk to encourage them into "threading the boards" as it were. This delegation included Assistant Producer, Mr Percy Hermes from London, Cecil Forde (Producer) and Irish Actor, Liam Redmond, who played the role of character, Martin Egan in the movie.

It is also worth noting that members of the Defence Forces based at Columb Barracks, Mullingar were also involved as extras in the movie. This of course, long before the modern movie invention of computer generated imagery in which a handful of extras can now be generated onto the screen and appear as to number in their thousands. Extras were paid in the region of 10/s with it increasing to 20/s a day if the local's brought their own 19th Century costumes. Indeed, other anecdotal reports suggest that the remuneration was far greater than that already outlined. Due to

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the extra payment, such was the great demand for 19th Century costumes in Mullingar by those wishing to become extras, that it was reported, that the young ladies of Mullingar were approaching its more senior female citizens for long dresses and shawls, that many of these elderly ladies still wore as part of their attire. It appears, anything at all which could be perceived to date from the 1880s was commandeered by these young "Mullingar Heifers" wishing to avail of an extra few bob!

During the intervals between shooting the racing scenes, impromptu entertainment was provided by local Mullingar entertainers including, Mullingar Little Theatre actor, Pat Layde, from Patrick Street, who delighted the production company so much with his talents, that he was brought to London to film the movies final scenes. The Harte sisters from the town also sang and danced, entertaining all present, adding a carnival atmosphere for all those budding Mullingar "Actors" gathered at Newbrook Racecourse. The Producers of the movie also sent a special invitation to a local 92-year-old Mullingar resident by the name of Mr Ernest Tyacke, to attend the shooting of the racecourse scenes. Why would such an invitation be sent to this local resident, you might ponder? Well, the reason it was explained was that this senior citizen of Mullingar had in fact been a District Inspector with the Royal Irish Constabulary in Mayo during the 1880s and had personally known Captain Charles Boycott during this period. When the movie was finally shown in Mullingar on Monday the 15th December 1947, there was great excitement around the town. Mullingar's citizens queued outside the Hibernian Cinema in Castle Street in anticipation of the screening of the movie. People, it appeared were eager to catch a glimpse of themselves, even fleetingly, on the silver screen.

To be sure, many families around Mullingar have plenty of anecdotal stories relating to family members participation during the filming scenes of Captain Boycott in Mullingar. One such story emanates from this writer, and the stories of the "Captain Boycott days" in Mullingar offered to me by my late Grandmother, Teresa, over two decades ago. She would reminisce about accompanying her Father, Jimmy Kilmurray, on his Donkey and Cart along the road from their home in the Ex-Soldiers Houses in "Clown" to the Racecourse to make a "Few Bob" as extras on the movie. Suddenly, she would exclaim, "a big black car pulled up alongside the 'Ass-n-cart' and a young man protruded his head from the car and with a loud American drawl, inquired, 'Hi Guys, can you direct us to the 'Mool-in-Goor Racetrack'". 'Ahh sure, tis only at the end of the Boreen, Gossoon', was the reply of her Father, oblivious to whom he was speaking with. At this stage Granny would inform everyone, that she 'nearly fell off the 'Ass-n-cart' in shock, indeed, even the "poor auld ass, Nelly" nearly collapsed with palpitations, for who was this young man that suddenly caused this calamity on the Clown road? Only the great Hollywood actor Stewart Granger". "Can you imagine", she would recount later in life, "A girl from 'Clown' getting to meet and chat with the most handsome actor in the world! And him in a limousine and me sitting on straw in an 'Ass-n-cart'!" In hindsight, this could only happen in the Ireland of yesterday.

Today, when people hear that one is from Mullingar, the question is often posed as to why the town of Mullingar has produced

so many excellent and fine artists of literature, canvas, stage, film and most tellingly, music? The answer to this, may possibly be, that for many of us, it's in our DNA, sure the older members of our families acted in a major movie during the 1940s, with the Hollywood silver screen icon, Stewart Granger. Tongue firmly in cheek of course, may I add!

This article is by no means a definitive account on the making of the movie *Captain Boycott* in Mullingar, nor has every local anecdote been included. Its intention, by using primary source material, is to invoke a sense yearning and pride of an aspect of Mullingar's social and somewhat artistic history, that provided a piece of Hollywood, albeit for a brief moment, for many of our towns residents, some of whom have sadly long since departed us. ■



# HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

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# MEMOIRES OF THE CONGO

## “You OK Christy?”

BY CHRISTY FLEMING

The following true-life experience is from a new book 'You OK, Christy? Memoires of a Survivor' by Defence Forces Congo Veteran Christy Fleming on growing up in Dublin's inner city to the industrial school in Cork, to the battlefield and comrades of the Congo and to working in London's underground - this is an autobiography story of a survivor.

The 1st Infantry Group took over the whole sector of Kasai Provence with an area of 6,000 sq. miles and had many requests from local government officials to deploy to a battle area between the tribes and to stop the fighting. It was an attack by one of these tribes that tragically caused so many Irish UN lives over a very short time.

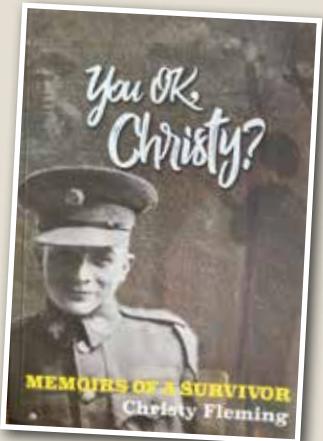
We were living behind a barbed-wire enclosure in Luputa surrounded by bush on all sides. It was about the size of a football pitch and, for our own security, we dug trenches all around the enclosure. We had to man these trenches twenty-four hours a day and constantly patrol the perimeter. We never left these enclosures, except to go on patrols in strength. We were living in the most primitive of conditions, sometimes sleeping in damp pigsties under leaking tents, and other times in the trenches. Both were miserable conditions, especially when the tropical rain poured down on us. During our next water patrol about four miles out from camp we came across a roadblock. As usual the Balubas blocked the road with cut down trees. This time they built the barrier much larger, they began to appear from both sides of the road and out of the bushes. Tensions had been

building up in the area over a number of days between the tribes and we were stuck in the middle trying to keep them from killing each other. Unfortunately, they didn't seem to understand that we were only there to help them keep the peace and save lives.

There must have been 80 to a 100 of them carrying bows, arrows, spears, machetes and pieces of wood with nails sticking out of them. Some had old retro single fire rifles. As we looked down from the truck at their wild eyes, heavily painted faces, some with unbelievably badly shaped and rotten teeth that made them seem like utterly wild men. The situation got very heated and it was obvious that they had either been drinking Simba or were drugged up. We had to be prepared for the worst, bearing in mind that we lost nine Irish UN soldiers from a Baluba ambush some months previously. This was on all of our minds.

They started to shout and rant at us and one of them got carried away, firing an arrow that hit the truck windscreen, narrowly missing our corporal by inches. Our sergeant approached and tried to persuade them that we were friendly and meant them no harm. It appears that they believed we were taking sides between the two tribes and our sergeant couldn't convince them that they were wrong.

The sight of these tribesmen was enough to make anyone scared. After about ten minutes listening to them ranting and waving their weapons in the air, Sergeant Mooney ordered us to stand-to. As this made no impression on their attitude he ordered us to fire warning shots over their heads. If anything, it made them angrier and they began shouting louder at us, waving their weapons frantically. Sergeant Mooney



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# HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

jumped up onto the truck, pulled out an army bag and emptied the contents onto the ground. There was a Bren gun tripod along with army cutlery and three gasmasks.

He instructed three of us to wear the gasmasks and take the front line and the rest of the section to *fall in* behind us. We were then ordered to fix bayonets and take up the *on guard* position. He handed another soldier a tin mug, army issue, and ordered him to the centre rear of the sections telling him to hit the mug hard with his bayonet on every step as we advanced forward. He said, *"lads, just remember all those hours practicing riot drills and do exactly that and we will be okay."*

Checking that we were in the correct positions, he then told us to advance forward very slowly to the beat of the rear soldier. I wasn't happy wearing the gas mask or being in the front line as we approached them. I was sweating and my vision wasn't that good with this mask on my face but I kept my finger on the trigger with my FN rifle set at automatic. I prayed that I wouldn't have to squeeze the trigger.

The three of us in the front line never spoke, Private Kavanagh to my left and Private Jordon to my right. We took very slow steps towards the Balubas to the beat of the rear soldier. The thought crossed my mind as we moved forward that with our three hearts pounding so hard, we didn't need any drum beat to keep us in step.

Several of the Balubas moved towards us waving their weapons and ranting at us. It was at this moment that I was convinced we were going to be attacked and we were outnumbered. Once they began to move towards us Sergeant Mooney shouted, *"as you were, keep moving forward and wait for it, wait for it."*

Private Kavanagh spoke to me, *"You OK Christy?"* I made a swallow and replied, *"I think so."* I wasn't ok, I was shit scared and I know most of us were scared but we were well trained and prepared to put that training into action.

When we were about fifteen feet from them one of the Balubas lowered his hands and signaled to the others to lower their arms. They stopped ranting and shouting and very slowly and quietly retreated back into the bush. The sergeant ordered us to continue as we were, but by the time we reached the roadblock they had all disappeared without a sound.

That water patrol stuck in my mind for many years, the incident gave me a clear insight of what the lads in the Niemba ambush, months earlier, must have gone through. How scared they must have been, knowing they hadn't a chance and the brutal way nine

of our comrades were killed. I felt a deep sadness within myself that night thinking and praying for them.

The UN garrison was not replaced there, as the Nigerian advance party reported back that the posts were not suitable for soldiers to live in. The conditions there were not up to any kind of living standard for humans. The 1st Infantry Group had spent months in these conditions and 'carried out their duties to a man' as ordered. But troops from Africa found them to be uninhabitable.

Kamina, Katanga Provence our next post wasn't much better, apart from a few weeks of trouble free periods. Once the trouble started we found ourselves under attacks for several days, these attacks were beaten off without any losses on our side, but a number of the enemy lay on the ground. This was followed by several days of air attacks and again we managed to hold off. Had the enemy taken Kamina, Katanga Provence would have been lost.

The sound of gunfire and mortars exploding around our trenches and behind us was very frightening because they were so close. At sixteen and seventeen years of age, in the middle of a heavy fire fight many of us thought we wouldn't get home alive.

Six months peacekeeping in the Congo in the middle of a civil war and unrest is a lifetime experience, an experience that stays with you for life. When you return safe and well, things are never really the same as when you left for the Congo. We witnessed villages being burnt down, the awful injuries and killings, and the utter fear and despair amongst the women and children. All the excellent training that we had completed back home could never, ever have prepared us for this type of carnage. Much has been

omitted from my personal experience in the Congo with the 1st Infantry Group except to say, I have no regrets, it was one hell of an experience and most of my thoughts are always with the 26 Irish soldiers who never came home. Because of my close encounter with the Baluba tribe in the bush I will always relate that encounter with the nine Irish soldiers ambushed and killed by the Balubas. I still think of those poor souls regularly and they are always in my prayers. ■

UN Peacekeepers erecting the Niemba ambush memorial.



Irish UN Veteran Christ Fleming pictured in 2015.



Passing out parade - three months later Christy was off to the Congo. Christy is back row, second from the left.

# HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

# INTERNATIONAL FOUR-DAY MARCHES IN NIJMEGEN

BY COMDT IAN STEWART (AR) 1 ACS

**T**he International Four Day Marches in Nijmegen is the largest multiple days marching event in the world. It takes place every year and participants walk 30, 40 or 50 kilometres daily depending on their age and gender, and on completion receive a royally approved medal.

Originally a military event with a few civilians, civilian numbers have risen in recent years. This year approximately 35,000 civilians took part.

Armed Forces from all over the world send contingents to take part in the marches. This year military participants numbered approximately five thousand. Although some military personnel march as individuals, most march in teams. Military teams can contain as few as eleven members or as many as thirty.

Military personnel follow a slightly different route to other participants; this is because they do not start in Nijmegen but in the military camp Heumensoord just south of Nijmegen. Military participants march 40 km per day with at least 10 kilograms of dead weight, not including water and rations.

This year five members of the Defence Forces Army Reserve took part. The team comprised Comdt Ian Stewart, 1 ACS, Lt Fergal Fitzgerald, 27 Inf Bn, Sgts Brian O'Keeffe, 2 BTC and Eddie Wigglesworth, 7 Inf Bn and Cpl Mark Lande, 1 ACS. Lt Fitzgerald was completing his third march and all the others were first timers.

Training started in March when we all concentrated on pounding the tarmac as much as possible individually, with some weekend meet ups to walk longer distances together. Two weeks

*Sgt Brian O'Keeffe and Lt Fergal Fitzgerald resting.*



*Sgt Brian O'Keeffe, Comdt Ian Stewart and Lt Fergal Fitzgerald with their Nijmegen medals.*



*Camp Heumensoord*



*Camp Heumensoord's Dining complex.*



out, we completed a Saturday walk from Castleknock to Maynooth and back (40Km) and followed up with individual efforts on Sunday.

The Dutch Army builds Camp Heumensoord every year especially for the event. It accommodates all the military participants in large temporary buildings complete with washing facilities, a field hospital, dining hall and mess. We were all in location by Sunday night and were accommodated in the 'Smaller Contingents' block – along with members of the US, Spanish, Austrian, Russian and other armed forces. Monday was a day for preparation and an opportunity to load up on carbohydrates.

All four days started with reveille at 0300 hrs and followed the same basic pattern. Lt Fitzgerald had sweet-talked the team dedicated to looking after the smaller contingents to have the kettle boiled at 0300 for us so we could fill up on instant porridge. The next half hour was spent getting ready before we went to the dining hall at 0330 for breakfast and to make our sandwiches for the day. Smaller contingents were sent out first, crossing the start line at 0430 – played out by a military band with salutes to the Deputy Chief of the Dutch Army.

Even at 0430, the streets were lined with Dutch civilians sitting on their couches wrapped in blankets and cheering the marchers on and offering snacks. It continued like this for the next 9 to 10 hours until all members were back in camp. Showers, foot massages and repairs followed. Dinner started at 1700. If you are timed well, you could go for a first sitting at 1700 and a second at 1930. For those with foot trouble a visit to the 'Vet' could be squeezed in between. In bed as soon as possible and the whole process started again at 0300 the next morning.

Each day's march was punctuated by 2 or 3 stops at military rest areas. The Dutch Army looked after the

smaller contingents. At these stops we could rest in shade (temperatures reached 35 degrees), refuel with the basics including a strange salty watery soup, and tend to feet.

As can be expected from an event in its 102nd year, it is loaded with military traditions and symbolism. These include the Sunset March over the River Waal to commemorate the 82nd Airborne Crossing in 1944; the pontoon bridge at Cuijk built every year by Dutch Army Engineers for the event and the ceremonies at the Canadian War Cemetery in Groesbeek.

Each day brought us on a different route through the countryside surrounding Nijmegen. Our expectation that the Netherlands is totally flat was dispelled on Day 3 when we encountered the 'Seven Hills' along the route. Each town and village that we passed through offered us an amazing welcome with tens of thousands lining the route cheering us on, and dozens of bands providing entertainment. The Mayor of each town was present with local military officials to take the salute from each marching team.

The last days march officially ended five kilometers from Nijmegen centre in 'Charlemagne Field'. Once we crossed the finish line our wristbands were scanned, and we were presented with our medals. After a short rest, we then marched into Nijmegen led by military bands along the 'Via Gladiola' through crowds of well-wishers offering 'refreshments' and the traditional bunches of gladioli – a truly memorable experience.

Plans are under way to enter an Army Reserve marching team in 2019. At a minimum, we are looking for 12 walkers. Interested personnel should send an email to: 4DayMarch@gmail.com. You will need to have ITs completed and be committed to undertake the necessary preparation and training. A briefing for all interested personnel will be held early in January 2019 on a date TBC. ■



# DF Basketball Championships

BY CADET LEANNE NOLAN, 94TH CADET CLASS PHOTOS BY ARMN JAMIE BARRETT

**O**n the 26th of September nine other Cadets and I had the privilege of playing as part of the Defence Forces Training Centre male and female basketball teams in the Defence Forces Basketball Championships 2018.

With limited practice prior to the tournament, we relied on previous basketball experience to adapt into our respective teams. We spent the morning of the championships practicing before the games started in McKee Barracks.

Teams representing the DFTC, Air Corps and 2 Brigade all played their parts in making the day a great success with a highly competitive aspect to it. In the male category, 2 Brigade came out on top as champions after a very high-paced final against the DFTC. In a reverse of roles the DFTC Ladies took home the silverware after a very enjoyable and competitive final against 2 Brigade.

It was great from a Cadets perspective to be able to interact with other members of the organisation on a competitive level and enjoy the sporting side of the job, a side that we are very lucky to have. We would like to thank the organisation and officials who made the day so enjoyable and successful for all who took part. We are already looking forward to the championships next year.

Results: In the ladies competition the DFTC beat 2 Bde 31-10 in the final with Tara Khan (DFTC) top scorer with 9 points; the men's competition 2 Bde beat DFTC 43-20, top scorer was Sgt John Groarke from 2 Bde Ord Gp. ■



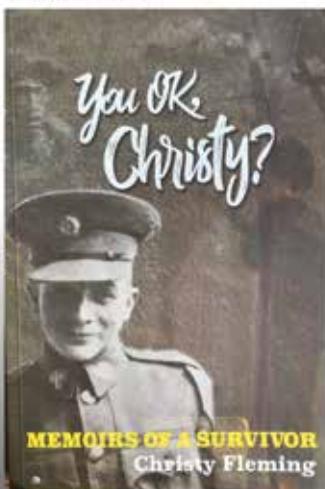
# You OK, Christy? Memoirs of a Survivor

From growing up in Dublin's inner city to the industrial school in Cork, to the battlefield and comrade of the Congo and to working in London's underground - this is an autobiography story of a survivor.

**WINNERS of 3  
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**WHAT CITY DID  
CHRISTY FLEMING  
GROW UP IN?  
Answer: Dublin**

Winners: Brendan Murphy  
Margaret Boyle and Cesile  
Stone. Congrats



You OK, Christy: Memoirs of a Survivor by Christy Fleming  
Priced: €15 (P&P Ireland: €5.00) - ISBN: 978-1-897685525  
[http://www.onstream.ie/books/c\\_fleming.htm](http://www.onstream.ie/books/c_fleming.htm)

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Please Note: There will be no 2019 Diaries produced this year.

Order early as there are limited numbers on offer.  
The notebook being advertised is not a diary and only a sample.  
Therefore, the cover will not be in silver as shown.

**AN COSANTÓIR**



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

## Organisation of National Ex-Servicemen & Women

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

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# NOTICEBOARD

## MILITARY HISTORY LECTURES DECEMBER 2018 & JANUARY 2019

**Wednesday 5th December at 8pm** - Paul Duffy will present 'From Carrickfergus to Carcasone - Hugh de Lacy and the Cathar Crusade' to the Rathmichael Historical Society in Rathmichael National School, Stonebridge Road (Dublin Road end), Shankill, Co. Dublin. All welcome - admission €4.

**Friday 7th December at 8pm** - Anthony Kinsella will present 'Home for Christmas: John Francis O'Reilly and John Kenny, the last German agents to "drop in" to the Military History Society of Ireland in Griffith College, SCR, Dublin 8. All welcome – wheelchair access available.

**Saturday 8th December at 2.30pm** - Marcin Hasik will present 'Polish Armed Forces in the Russian army in the First World War' to the Western Front Association (Dublin Branch) in the Museum of Decorative Arts & History, Lecture Theatre, Collins Barracks, Benburb St, Dublin 7. All welcome - €3 donation appreciated.

**Sunday 9th December at 3pm** - A free-guided tour 'From Barracks to Museum' takes place in the Museum of Decorative Arts & History, Collins Barracks, Dublin 7. Admission free, places allocated on a first-come basis 15 minutes before the tour starts. This tour is repeated at 3pm on Saturday 29th December.

**Sunday 30th December at 3pm** - A free public tour of 'Proclaiming a Republic: The 1916 Rising' exhibition in the Museum of Decorative Arts & History, Dublin 7. Admission free, places allocated on a first-come basis 15 minutes before the tour starts.

**Friday 11th January at 8pm** - Marcus de la Poer Beresford will present 'Marshall William Carr Beresford, the ablest man I have seen with the army' to the Military History Society of Ireland in Griffith College, SCR, Dublin 8. All welcome – wheelchair access available.

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Ph: +353 (0) 45 441798 or visit us on: [www.facebook.com/protacmilitary](http://www.facebook.com/protacmilitary)



Last month's winner of the PROTAC €50 Voucher was Cian Fox, Kildare. Closing date is 19th January 2019.

## WORD SEARCH

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### Armistice Day.

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D J G Z G W C Q C F D O W T D	DAY
A L L I E S D L R O W Q D A Y	FRANCE
G S K R L N M Q Z F W M A K R	GERMANY
I I Z A S W J S J V Q B T T H	NOVEMBER
M I L F V D V M Q V Y N M E N	ONE
O K G A R M I S T I C E N N H	SIGNED
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W S Y I A A O O S H V B E K V	

# BOOKS BOOKS

## UNBOWED: A SOLDIER'S JOURNEY BACK FROM PARALYSIS

**Authors:** Billy Hedderman

**Publisher:** Mercier Press Ltd (November 2018)

**ISBN:** 978-1781175934

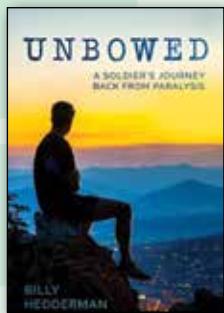
**Pages:** 288

**Price:** €15.29

'Unbowed' tells the story of Captain Billy Hedderman's epic recovery from a freak bodyboarding accident on an Australian beach which left him face down in the sea, paralysed, and drowning. This book is raw, harrowing, funny, but above all inspiring. Commissioned to 3 Inf Bn ('The Bloods') in 2003, Billy served in the Irish Army for 13 years with postings including 4 Inf Bn, 1 BTC, and the Army Ranger Wing. Just three months after moving to the other side of the world with his wife Rita to start a new life, and a new career in the Australian Army, a casual visit to the beach on New Year's Eve ended in disaster. After catching a big wave, Billy's bodyboard gathered momentum and he was sent head first into the sand. Suffering a broken c-spine and damaged spinal cord, he was an 'incomplete quadriplegic' and would spend almost four months in a spinal injury unit fitted with a 'halo' neck brace.

The book outlines in remarkable detail and brutal honesty the excruciating daily physio regime, the boredom, the nightly muscle spasms; at times fairly gruesome in its detail. However, the book's chapters alternate between Billy's story of recovery, and the story of his life up to the point of injury. The reader is rewarded with a lighter chapter after each harrowing chapter, as Billy outlines the life experiences that forged his mental resilience. He recounts his first months in the Army and the leadership training he received in the Cadet School and how he developed professionally through an overseas deployment to Chad, and service with the ARW.

While the overarching theme of resilience and mental fortitude define Billy's story of recovery, there are also very interesting chapters about leadership, friendship, loss, and how Billy's outlook on life helped unknowingly prepare him for his challenging recovery. This book will likely serve as an inspiration and motivation to anyone who has suffered a catastrophic injury or is enduring a particularly challenging period in their life. **GE**



## THE MEN WILL TALK TO ME ERNIE O'MALLEY'S INTERVIEWS WITH THE NORTHERN DIVISIONS

**Authors:** Siobhra

Aiken, Fearghal

Mac Bhloscaidh,

Liam O' Duibhir &

Diarmuid Ó Tuama

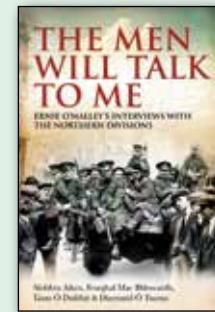
**Publisher:**

Merrion Press  
(May 2018) www.  
irishacademicpress.ie

**ISBN:** 9781785371646

**Pages:** 300

**Price:** €19.95



*The Men Will Talk To Me* is a collection of interviews conducted and recorded by famed Irish Republican revolutionary and author, Ernie O'Malley, during the 1940s and 1950s.

The interviews in this volume are with those survivors of the Northern Divisions of the IRA that includes well known republicans such as Frank Aiken, Peadar O' Donnell and Paddy McLogan.

The book's title refers to the implicit trust the interviewees placed in O'Malley. Some of those interviewed did not contribute to the Bureau of Military History Witness Statements taken in the 1940s.

The interviews offer fascinating insights into the North's centrality in the War of Independence and later the slide towards Civil War in Ireland.

Key engagements are described in detail such as the shooting of DI Oswald Swanzy in Lisburn, the Egyptian Arch Ambush, The Meenbanad Ambush and the Battle of Raglan Street in Belfast. There is also an excellent section that provides a number of short biographical sketches of individuals referenced in the footnotes which is invaluable to the reader.

The book is an insightful and painstaking reflection of the horrors of the Irish War of Independence and the tragedy of the Civil War that followed.

The editors of this work must be commended for bringing this important book to publication as it's an invaluable source of reference for this period in Irish history. **P O'B**

## KILMAINHAM TALES

Kilmainham Tales celebrates 10-years in business publishing history books. On 24th November 2018, Lord Mayor Cllr. Nial Ring hosted a reception in the Mansion House, Dublin to celebrate 24 publications by Kilmainham Tales over the last 10-years. Kilmainham Tales MD Micheál Ó Doibhilín recently launched three new A5 size books by renowned authors and are available now on [www.kilmainhamtales.ie](http://www.kilmainhamtales.ie).

### 'Weapons of the Easter Rising'

by American author, historian and weapons specialist Kieran McMullen.



Kilmainham Tales Special #3, ISBN: 978-1-908056-21-4. 128pp €12.50 + P&P

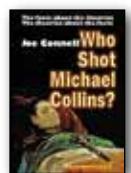
### 'The Boy in the Picture – Dan Head and the burning of the Custom House 1921'

1921' by Michael McKee who was aided by a memoir written by Dan's uncle and brother. Kilmainham Tales Special #5, ISBN: 978-1-908056-99-3. 98pp €12.50 + P&P



### 'Who Shot Michael Collins'

by renowned historian and author Joseph EA Connell Jnr, who has also written for *An Cosantóir* magazine. Kilmainham Tales #19, ISBN: 978-1-908056-19-1. 36pp €6.00 + P&P

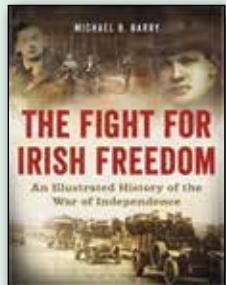


# BOOKS BOOKS

## THE FIGHT FOR IRISH FREEDOM: AN ILLUSTRATED HISTORY OF THE WAR OF INDEPENDENCE

**Authors:** Michael Barry  
**Publisher:** Andalus Press (October 2018) [www.andalus.ie](http://www.andalus.ie)  
**ISBN:** 978-0-993355462  
**Pages:** 304  
**Price:** €19.99

The Irish War of Independence erupted in January 1919 as elements of the Irish Republican Army commenced a guerrilla campaign against British Forces in Ireland. The insurgency and counter-insurgency campaign was brutal with many being killed on both sides and the country descending into chaos.



Michael Barry's latest book, *The Fight For Irish Freedom: An Illustrated History of the War of Independence* is a magnificent work that retells that turbulent time in Ireland's history through the medium of photographs.

The author has sourced 650 images to tell the story of Ireland's struggle for independence between 1919 to 1921. In addition, many of the photographs displayed are unpublished and come from a variety of sources such as archives and private collections. There are many maps of battle site as well as modern photographs of sites that include a number of memorials.

There are a number of pages given over to the IRA's largest action, that of the Burning of the Custom House in Dublin in 1921. This particular group of photos has a detailed map of the area of operations, pictures of the building then and now and the prisoners being rounded up in the aftermath of the gun battle.

Using these images and many more, the author brings to life the many actions that happened during this time that results in a highly readable and lavishly illustrated work.

With Christmas just around the corner, this highly readable and beautifully presented book would make a wonderful gift for the seasoned professional or the novice historian in your life. **P O'B**

## REPORTING THE TROUBLES JOURNALISTS TELL THEIR STORIES OF THE NORTHERN IRELAND CONFLICT

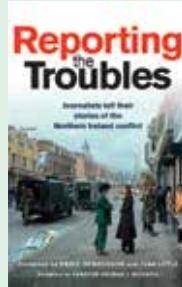
**Authors:** Deric Henderson & Ivan Little  
**Publisher:** Blackstaff Press (September 2018) [www.blackstaffpress.com](http://www.blackstaffpress.com)  
**ISBN:** 9781780731797  
**Pages:** 272  
**Price:** €16.50

The prolonged and often bloody conflict witnessed in Northern Ireland between 1969 and 1998 has often been euphemistically referred to as the 'Troubles' witnessed a large-scale campaign of violence which was unequalled in its intensity and ferocity in the history of Western Europe since the Second World War. The Troubles claimed the lives of some 3,700 people, the vast majority of whom were wholly innocent civilians.

The Troubles is a key epoch in the study of Conflict Resolution and Peace Studies. Additionally, Northern Ireland as such has gone through the spectrum of violent conflict and conflict resolution to a relatively successful peace conclusion predicated on the Good Friday (Belfast) Agreement (1998), albeit with the notable qualification of the ongoing threat from dissident republican terrorist groupings. For any academic or researcher trying to come to an understanding of this visceral period, journalists who covered the course of the conflict are invariably sought out. This is because those from the 'Fourth Estate' who reported on Northern Ireland for the long-haul had a particularly unique insight into the events as they unfolded having written critically acknowledged work on the conflict and how the conflict impacted on the lives of ordinary people from across the community divide. Throughout the Troubles hundreds of young reporters were sent to Northern Ireland from Britain and further afield to hone their skills, in what was undoubtedly one of the best journalistic training grounds in the world. Many were later to become household names, Kate Adie, Miriam O'Callaghan, Martin Bell, Tommie O'Gorman to name just a few. In this compilation the Editors have brought together a multitude of vignettes from journalist both Irish and British who extensively covered the period. There are many heart rendering stories encompassed within the pages of this work because it is at once both terrible and compelling. Terrible in the sense that now, even at this remove, the dreadful human cost that was endured by both communities across the political and religious divide, compelling in that numerous key events are described as they unfolded. It should not be forgotten that in reporting these events, even hardened 'hacks' often suffered immense psychological stress that remains with them to this day.

Sometimes the sheer volume of the killings was overwhelming, as the events of March 1988 witnessed following the killing of three IRA Volunteers in Gibraltar, the Milltown Cemetery attack and subsequent killing of the two British corporals captured live on TV; when it really felt that a 'killing rage' was running amok and unchecked. While journalists then were not subjected to the same deliberate targeting witnessed in modern conflicts, intimidation and threats were often not in short supply,

This unique work will be of interest not only to scholars and academics but for the ordinary reader, those who are old enough to remember the period and equally for those of a younger generation to remind them of this dark chapter of our shared history. **RF**





**NAME**  
**AUSTIN COLLINS**

**RANK**  
**CORPORAL**

**UNIT**  
**AIR CORPS/DCOS OPS DRIVER**

BY SGT PAUL MILLAR

**A**ustin 'Aussie' Collins joined 1 Air Defence Regt (FCÁ) when he was 16 to get a taste of military life. "With a brother already in the army, a life in the military was always in the back of my mind, but my FCÁ experience confirmed it," he says.

On his 17th birthday in 1978, Aussie enlisted in Cathal Brugha Bks and remembers how different the process was back then: "You signed some forms, completed a medical and were sworn-in."

Passing-out as 'Best Soldier', ("one of the proudest moments of my life"), Aussie was posted to 6 Arty Regt in Magee Bks, Kildare Town where he got to grips with the 25-pdr before being selected for a signals operators course.

The sigs course secured Aussie his first overseas trip, with 45 Inf Bn, at the age of 18. "It was a tough trip for everyone," Aussie says, "but I learned a lot about myself." He returned to Lebanon not long after, with 50 Inf Bn which he says was another tough trip.

After seven years with the Arty Corps, Aussie transferred to No 5 Support Wing, Air Corps, where he upskilled his driving credentials to include artic, coach, truck and trailer.

He put his new skills into practice with 63 Inf Bn, UNIFIL, and in Somalia with 1 Tpt Coy, UNISOM 2, which provided logistics support to the various contingents. "Somalia was completely different to the Leb," he recalls. "There was always a very real sense of danger there, but we trusted our officers and NCOs, and despite the tension there was a comfort in knowing we were well trained; we had to be - we had Australian weapons, drove French trucks and initially wore US DPM uniform."

At home Aussie has an extensive involvement with charities that began with a

driving detail in support of an Air Corps-supported charity called Cheshire Adventure Motivation Project (CAMP), which provides support to people with physical and neurological conditions. Aussie saw the work behind the scenes and began to volunteer.

This work led to Aussie assisting physically challenged young adults to participate in the Empire State Games in New York for over 10 years. These Games also offer the opportunity for participants to get specialist treatments only available in America.

Currently, Aussie volunteers at Cara Cheshire Home in the Phoenix Park.

Aussie's commitment to charity has not gone unnoticed. He was nominated by the residents of CAMP and given the Unsung Hero Award by the Lord Mayor of Dublin.

During his time in the Air Corps Aussie was involved in the recovery operations for Rescue 111, the Air Corps Dauphin helicopter that crashed in dense fog after successfully completing a rescue mission in 1999, with the loss of all four crew, and for Pilatus PC-9M 265. "These were very difficult times," Aussie says, "particularly as the Air Corps is such a tight-knit unit so we all knew those involved personally."

Aussie eventually found himself as driver to GOC Air Corps, Brig Gen Ralph James. When Brig Gen James became DCOS Ops and moved to DFHQ, Aussie moved as well, and he still drives for the current DCOS Ops, Maj Gen Kieran Brennan.

Speaking about the job, Aussie says: "It's a mix of driving, security detail and admin. With the DCOS being so busy, so am I. I'm on the road early and at the end of the day there's still the routine cleaning and admin required for the car. And that's not including route and location recce's and the time it takes to memorise routes."

"I take pride in what I do: making everything presentable and functional, and getting 'the Boss' there on time. The job requires a flexible home life, so it's not for everyone, but I get enormous job satisfaction from it."

Of his recent meritorious promotion to corporal Aussie says: "I was stunned. I went up to collect some boxes as an airman and came down a corporal; it was a complete surprise." ■





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