



THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR

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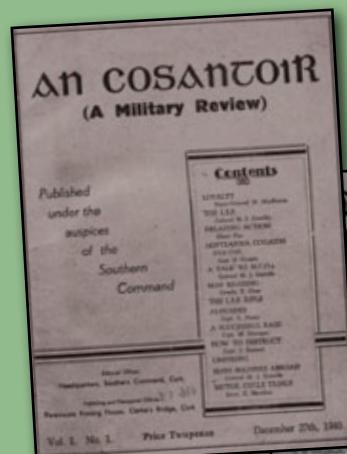
THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR



Celebrating 75 years in publication

An Cosantóir, the official magazine of the Irish Defence Forces, written for soldiers by soldiers



Óglaigh
na hÉireann
DEFENCE FORCES IRELAND



First published in 1940, An Cosantóir provides accurate and timely information about Defence Forces operations and policies to its members, their families and interested parties worldwide.

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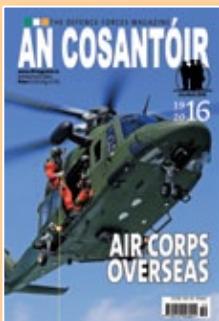
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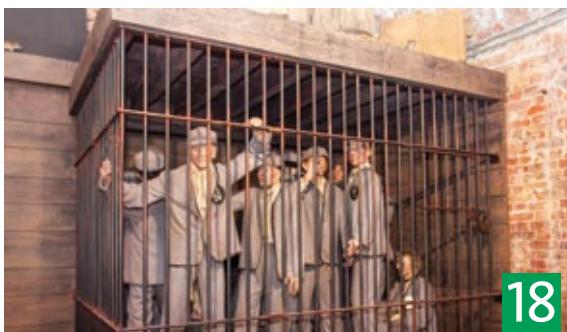
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**“The great aim
of education**

**is not knowledge
- but action”**

Herbert Spencer, philosopher (1820 - 1903)

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Front Cover

Pictured is an Air Corps AW139 conducting winching training.
Photo by Cpl Neville Coughlan

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

Editorial

Hello and welcome to our July/August 2016 double issue. This 44-page issue is jammed with 16 articles - we literally couldn't get any more in! We would like to welcome in our new manager Comdt Colin Lawlor and thank Capt Donal Gallagher for filling in as manager once again.

We could have filled 4 pages of your photos this month, however only the 12 best made it to *On Parade* – check the online issue for the remainder. *In Focus* looks at the new *Custom House Visitor Centre*, and also the Military Police Corps developed capability in *Forensic Collision Investigation (FCI)*. *Veterans News* *The Listowel Spitfire and Commemoration* by Sean Shinnors looks at Cork native and highly decorated RAF Group Capt Francis Victor Beamish, AFC, DFC (with Bar) whose memory was honoured at the Listowel Military Tattoo this year.

Our first feature is on the *4th Armoured Fighting Vehicle Range Management Course* which was run by the Cavalry School in May. Next up in *Working for the UN*, civilian Noreen O'Gallagher the grand-daughter of Col TC Gallagher (4 W Bde) who has just completed six years with the UN mission in South Sudan briefs us on her experiences. In *LÉ Niamh and the Soul of Modern Europe*, NS Press Officer Lt Cdr Caoimhín Mac Unfraidh, updates us on the ongoing humanitarian mission in the Mediterranean and the experiences of *LÉ Niamh*. Next *An Cosantóir* visited the historical and very interesting tourist attraction in Cork Harbour - *Spike Island and Fort Mitchel* – with many thanks to RDF Comdt Tom O'Neill Retd and his team for hosting us.

Our 3-page *Strategic Review* and front cover story looks at the historical participation of an Air Corps crew training the Air Wing of the Maltese Armed Forces in Malta. In the second extended article Gnr Terence O'Reilly from the Defence Forces Military Library in the Military College looks back on the last 75 years of this publication in *An Cosantóir: the story so far*. In *FTX CAPSTONE 16*, Lt Stephen Cunningham, 1 Mech Inf Coy gives us a brief synopsis of this annual exercise that is used as the confirmation exercise for junior leaders who are students on the Platoon Commander's Peace Support Course.

Our first *History* feature by Paul O'Brien covers the second part on the Vietnam War, with *Huê, Vietnam's Bloodiest Battle* and in *The Somme 1916*, he covers the 100th anniversary of the Battle of the Somme. Our first *Sports* feature is on the *DF One Wall Handball Championships* and is followed by a short piece from Camp Ziouani on Unarmed Combat Training in UNDOF. Then finally we have a new *Defence Forces Physiotherapy* service that has been developed and will be operational from July. We finish this issue with our other regular features *Gear Up*, *Noticeboard*, *Reviews* and *What I Do*.

Check out our competitions and results on pages 40 and 41.

Sgt Wayne Fitzgerald - Editor

NEW ONE WEBSITE

The Organisation of National Ex-Service Personnel/ Óglaigh Náisiúnta Na hÉireann or ONE as it's better known, whose main aim is to support former Defence Forces personnel will launch a new website that will cover fundraising and individual branches around the country, as well as much much more – check out their advert on page 23.



LÉ SAMUEL BECKETT

The LÉ Samuel Beckett was pictured off Cape Clear Island on 30th May 2016.
Photo by Jim Brennan



DCOS OPS VISITS KFOR ▲

On 7th June Maj Gen Kieran Brennan, DCOS Ops visited the Defence Forces Contingent based at KFOR HQ in Pristina, Kosovo. During the visit Gen Brennan met with COMKFOR, Maj Gen Guglielmo Luigi Miglietta (ITA), and received an update on the current work of KFOR. The Irish contingent is composed of 12 (five officers and seven NCOs) in key appointments within the HQ. Photo: Comdt Rory Finegan, Chief Internal Information, Public Affairs Office



ARC CANCER SUPPORT ▲

Pictured recently as part of a fundraiser for ARC Cancer Support Centres by Pte Shane Casey, 51st Inf Gp UNIFIL, are: Frieda Forde (Fundraising Manager), Patricia Pugh (Director of Services), Pte Shane Casey, Deirdre Grant (CEO) and June Casey (Shane's mother who is availing of ARC's services). The fundraiser which raised €1,000 was organised by Cpl David Fox and Pte Thomas Murphy. Photo: Stephen Carolan, ARC Cancer Support www.arcancersupport.ie



◀ SORCHA AND TOMMY

Down Syndrome Ireland (DSI) gave a huge thank you to Sgt Tommy Kane, 51st Inf Gp (UNIFIL) who completed a marathon in Lebanon in aid of DSI. Tommy ran on behalf of his friend and neighbour Sorcha Maguire and raised €557. DSI are extremely grateful to all who helped and supported this cause.

Photo: Down Syndrome Ireland www.downsyndrome.ie



◀ NEW ALL WEATHER PITCH

On 3rd June 2016, Brig Gen Michael Beary, GOC 2 Bde officially opened the new all weather pitches in Cathal Brugha Bks. He was accompanied by Col Brendan McAndrews, EO 2 Bde and Lt Col TC O'Brien, OC 7 Inf Bn. The final of the first inter unit competition was played between B Coy, 7 Inf Bn and 2 Bde Tpt Coy with B Coy winning the game. Damien Duff, brother of Coy Sgt Gerry Duff, 7 Inf Bn presented a Man of the Match statue to Sgt Deegan, 7 Inf Bn. Photo: Cpl Colin Delany, 2 Bde HQ

▼ 1916 MEMORIAL GARDEN LETTERKENNY

Pictured on 3rd June 2016 are members of 28 Inf Bn, who had the honour of raising the tricolour at the official opening of Donegal Co Council's 1916

Memorial Garden in Ballymacool Town Park, Letterkenny. L/R: Mayor of Letterkenny Cllr Gerry McMonagle, Lt John Mc Candless, Pte Aidan Gillespie, Comdt Donal McCafferty and Cathaoirleach Donegal Co Council Cllr Ciaran Brogan. Photo: Lt Pat Mc Candless



IUNVA WREATH LAYING CEREMONY ▶

On Sunday 29th May 2016 IUNVA held their Annual Wreath laying Ceremony in the memorial garden at Arbour, Mount Temple Rd in memory of all those who died while serving with the

UN. Many VIPs attended including the Críona Ní Dhálaigh, Lord Mayor of Dublin and Maj Gen Kevin Cotter DCOS Sp. Tri-service wreaths were laid by L/R: CPO K Ferguson NS, Awmn L McHale AC and Tpr S Monaghan, 2 Cav Sqn. Photo: Armn Billy Doyle, 105 Sqn





58 & 59 RECRUIT PLATOON PASSING OUT CEREMONY ▲

Recruits from 58 and 59 Platoons, 2 BTC, Cathal Brugha Bks held their passing out parade on 2nd June 2016. GOC 2 Bde, Brig Gen Beary inspected the new privates. After the parade Pte Scott (20) from Dublin stole the show as he called up his girlfriend before dropping to one knee and proposing to her in front of everybody, and she said 'Yes'. Photo: Cpl Colin Delany, 2 Bde HQ



WW1 MEMORIAL BARRYROE CO CORK ▲

On 31st May 2016, RDF members of F Coy, 12 Inf BN represented the Defence Forces at the unveiling of a new memorial to the servicemen from Barryroe and Courtmacsherry, Co Cork who lost their lives in WW1. Pictured at Lislevane Cemetery, Barryroe are: Coy Sgt Paddy Galvin, Lt Liam O'Riordan and Sgt Pat Lawton. Photo: Denis Boyle Photography



◀ **BASIC SWIMMING COURSE**
Pictured are students on the Basic Swimming Course that was conducted in the DPES, DFTC from 16th – 27th May 2016. Photo: Sgt Wayne Fitzgerald



THREE GENERATIONS OF GUNNERS ▲

Pictured are three generations of the Boyce family at the Passing Out Parade in Cathal Brugha Bks on June 2nd. L/R: Sgt Joe Boyce Retd, Gnr 2nd Mark Boyce (2 Arty Regt) and his father Paddy Boyce. Mark will follow in the footsteps of his father and grandfather to serve in the Artillery Corps. Photo: RSM Noel O'Callaghan, 2 BAR



FOND FAREWELL ▲

Bty Sgt Mick Fitzsimons, 1 Bde Arty Regt Reserve who joined the RDF in 1972 retired on 29th May 2016 after 44 years of service. Pictured at his retirement in Collins Bks, Cork was Bty Sgt Ray Burke, CQMS Brian Sheehan making a presentation to Mick and Francis Fitzsimons and Gnr Ronan Fitzsimons. Photo: Denis Boyle Photography



▲ LADIES MINI MARATHON

"This year 27 girls from many different, corps, units, ages, ranks etc took to the roads for the 2016 Mini Marathon. Their target time was 60mins for the block and they crossed the finish line in 59:30 so perfectly paced! Training was mainly done in the various locations across the Bde and they completed one practice run in the Phoenix Park the week before the event. Everyone enjoyed it and they got a great reaction from the other runners and the crowd and it spurred them on. It was a great opportunity to get together outside of work. Once we had managed to get our breaths back there was even talk of entering an all female block into the An Cosantóir 10K this year!" Text/Photo: Comdt Jayne Lawlor, OC 2 Cav Sqn



1 BDE RECCE CONCENTRATION ▲

Pictured at the 1 Bde Recce Concentration Competition held in Kilworth on 10th June 2016 is Lt Col John O'Neill representing GOC 1 Bde with the winners from 1 Inf Bn, Galway. Photo: Sgt Daniel Sheehan, HQ 1 Bde



FRENCH NAVAL VISIT TO CORK ▲

On 27th May 2016, the French Navy paid a courtesy visit to Collins Bks, Cork. Pictured L/R: Lt Morgan Carrere, French Naval Ship FSPM L'Her, Lt Grace Downey, Irish Naval Service, Lt Col Michael O'Connor, 1 Bde HQ, Lt Comdr Sebastien Poulin, French Naval Ship FSPM L'Her and Comdt Des Connolly, 1 Bde HQ. Photo: Sgt Daniel Sheehan, HQ 1 Bde



1916 COMMOPS COURSE ▲

Pictured is the COMMOPS course that was run in the CIS School from 11th January to the 17th June 2016. It was an introduction to the CIS Corps at a Commop Level. For the year that was in it the class decided for their class photograph to dress in the uniforms of 1916. Included with the 15 students and 5 Instructors are RSM John Murray and Comdt Mick Moore. The Course coordinator was Sgt James McCormack and Class President was Sgt Mark Bolland. Photo by: Sgt Mick Burke, PR Branch



DF BENEVOLENT FUND ▲

Pictured in McKee Bks on 13th May 2016, are members of ARCO who presented a cheque to the Defence Forces Chief of Staff on behalf of the DF Benevolent Fund. Capt Kieran Moynihan, Lt Col (Retd) Richard Cummins, DF COS Vice Admiral Mark Mellett DSM, Cmdr (Retd) Gerry O'Flynn, Lt Col (Retd) Joe Aherne, Col (Retd) George Kerton and Capt Gemma Fagan, PSO COS. Photo: 105 Sqn 1 Ops Wing



IRISH/UK TRADE ALLIANCE ▲

GOC DFTC, Brig Gen Joe Mulligan and the Kildare Chamber of Commerce hosted a networking lunch in Ceannt Officers Mess for the Irish and UK Trade Alliance, on 14th June. The Guest of Honour was HE Dominick Chilcott, British Ambassador to Ireland. Pictured L/R: Brig Gen Joe Mulligan, HE Dominick Chilcott and Sean Dunne, Kildare South Chamber President. Photo: Cpl Lee Coyle, PR Branch



LEAVING CERT SCHEME 2016 ▲

Pictured are students from 1 Bde and the Naval Service on the Leaving Cert Scheme 2016. Also pictured with the students are: Chris O'Leary Lord Mayor of Cork City, Miriam De Barra, Course Coordinator Cork College of Commerce, Helen Ryan, Principal Cork College of Commerce, Capt Molumphy and Sgt Mick Mc Sweeney, both G7 Training & Education, HQ 1 Bde. Photo: Cpl Christine O'Leary, HQ1 Bde



FR JAMES GILMORE ANNUAL MASS ▲

Pictured at their annual mass on 12th June, are the ONE Fr James Gilmore branch members, with their guests and family relatives of Fr James Gilmore and Sgt J. Foley, who were founding members of the branch. The Fr J. Gilmore relatives: Nula Kavanagh, Gabriel Redmond and Alice O'Reilly. The Sgt J. Foley relatives: Mary Foley and her daughter Catherine Foley. *Photo: Dessie O'Hara*



HAPPY BIRTHDAY ▲

Pictured is Dr Sean Dunne (Curragh Medical Facility) with Kilkenny Hurlers Eoin Larkin and Paul Murphy (both 3 Inf Bn), at Dr Dunne's 80th Birthday party, which was held in the Langton Hotel, Kilkenny.

Photo: Martin Rowe



MINISTER VISITS UNDOF ▲

On 13th June 2016, the Minister for Foreign Affairs and Trade Mr. Charles Flanagan, T.D., accompanied by the Irish Ambassador to Israel, Alison Kelly, visited Irish Defence Forces troops of the 52nd Inf Gp serving with UNDOF on the Golan Heights.

The visit concluded with a ground orientation brief of the Northern and Central Area of Separation by Lt Sinead Hunt. *Photo: Capt Tim Cunningham, HQ 52 Inf Group*



PIETA HOUSE SUICIDE PREVENTION ▲

A cheque for €750 was presented to Angela Horgan (PIETA House Cork), which were the proceeds of a coffee morning hosted by all the Messes in Collins Bks. A special mention must go to Gnr Eddie Kenny, David Flaherty (1 BAR), Sgmn John Lucy and Sgmn Aaron Kearney (1 Bde CIS) who were instrumental in organising such a worthwhile cause. L/R: BSM Jerry Dineen, Comdt Nollaig Connelly, Gnr Eddie Kenny (all 1 BAR), Ms Angela Horgan (PIETA House), BQMS Mick Coughlan and Lt James McKeown (both 1 BAR). In absentia were Gnr David Flaherty (1 BAR), Sgmn John Lucy and Sgmn Aaron Kearney (both 1 Bde CIS). *Photo: Sgt Barry McCarthy (1 Bde Press Office)*



SKILLS FOR WORK PROGRAM ▲

Col Brian Monahan, EO & 2i/c 1 Bde, presented certificates to a number of personnel from Collins Bks, Cork who participated and completed the part-time Skills for Work Program, run by the Cork Education & Training Board from 23rd May to 3rd June 2016. The course is proving to be very popular and educational to those members of the DF who maybe anticipating a career change. A great deal of thanks must go to the Cork Education & Training Board as well as the Staff of 1 Bde PSS, who put a lot of work into organising these courses. *Photo: Sgt Mary O'Riordan, PSS 1 Bdep*



COMMODORE JOHN BARRY BRANCH ▲

Pictured are members and guests of the Commodore John Barry Branch of ONE in Wexford at their annual mass and wreath laying commemoration in honour all their deceased members. *Photo: Patrick Hogan*

Custom House Visitor Centre

BY PAUL O'BRIEN MA PHOTOS BY CPL LEE COYLE

One of the best aspects of heritage in Ireland is the hidden gems that one discovers. The refurbished Custom House Visitor centre is one such diamond. Located on the north side of the River Liffey, on Custom House Quay, between Butt Bridge and Talbot Memorial Bridge, the Custom House, a well-known Dublin landmark for over two hundred years, was the architectural masterpiece of James Gandon. The building replaced an older Custom House and was completed in 1791, after ten years of construction. Controversy surrounded its location but many thought it suitable along the quays where custom duties could be collected from ships docking along the river.

The building currently houses the Dept. of the Environment, Community and Local Government. Entrance to the centre is from the quayside of the building and in under the magnificent dome. The exhibition outlines the history of the building and those that worked within its environs and occupies the ground and first floor rooms.

The first floor of the exhibition details the work of Gandon, the design and construction of the building and features Gandon's original draughtsman's desk. The inside and exterior of the building boasts some of the finest neoclassical architecture in Europe and is well worth investigating.

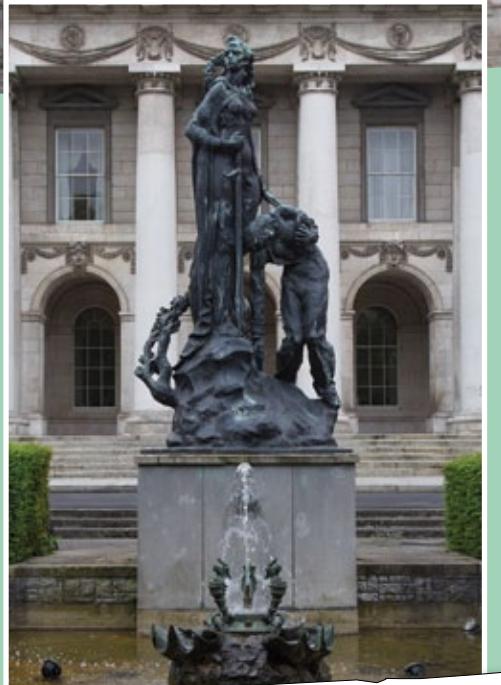
An interesting feature to the exhibition is the Met Éireann weather room, which examines the development of meteorology in Ireland.

During the 1916 Easter Rising the building was used as an FOB for British troops as they launched operations to retake the city from the Irish Volunteers. A number of high profile prisoners were held here during that week that included Roddy Connolly, the son of James Connolly, and Frank Thornton, who later became one of Michael Collins intelligence officers. The weather for that momentous week is also looked at, with it being an unusually warm few days, reaching 18 degrees.

The building was destroyed, not during the Rising, but during the Irish War of Independence. In May 1921, the IRA launched its largest operation against Crown Forces, when Republican operatives raided the building and set it alight. A recent wreath laying ceremony on 25th May 2016 was followed by a symposium retelling the story of the raid, those involved and the military outcome of the attack.

The final part of the exhibition deals with the destruction of the building during the raid in 1921 and the subsequent restoration that took place from 1924 to 1930.

The staff are friendly and helpful and this magnificent building is well worth a visit. With free entry, the centre is open to visitors from 10am-4.30pm, daily. The exhibition has been extended to the end of summer 2016. ■



An impressive 18' bronze sculpture representing Mother Eire with a dying soldier by artist Yann Renard Goulet overlooks the fountain on the Gardiner Street side of Custom House. The piece was commissioned by the Dublin Memorial Brigade in the early 1950s to commemorate the Old IRA men who died in the attack on the Custom House in 1921. President Seán T. O'Kelly unveiled it on 20th May 1956.



FORENSIC COLLISION INVESTIGATION

An insight from the MP Corps

BY COY SGT PATRICK BALFE, MP GP, DFTC

In 2014 the Military Police Corps developed a capability in Forensic Collision Investigation (FCI). The theory of this specialist type of investigation involves the application of scientific

formulae and principles based on Newton's laws of motion, combined with the examination of both forensic and physical evidence deposited at the scene of the collision. Vehicle collisions are typically instantaneous, therefore understanding their cause and the factors that contribute to them

Measurements of skid marks can assist with the calculation of velocity and for the value of the coefficient of friction (μ).



Military Police and Garda Siochána personnel who attended the Research. Photo: Gd Richard Culhane, Garda Training College

requires a methodical yet 'open minded' approach. It guarantees that a comprehensive investigation can be conducted and that accurate information can be provided to any subsequent court case or coroner's inquest.

Consistent with this capability the author undertook a 1-year, Level 4 UCPD Certificate course in Forensic Road Collision Investigation. The course was conducted by AiTS (Accident Investigation Training School), Gloucester, UK and awarded by De Montfort University, Leicester UK. Primarily studied through distance it consisted of three modules.

Module 1, Collision Fundamentals included: Mathematics, Physics, Road surfaces, The coefficient of friction, Locked wheel marks, Speed from skid marks, The equations of motion, Stages of a collision, Projectiles, Pedestrian throw, Limited visibility, Momentum, Circular motion and Swerves and lane changes. Module 2, Collision Case Studies and Reconstructions. Module 3, Statistics for Collision Investigators.

The role of the Forensic Collision Investigator is to locate, record, gather, evaluate and interpret evidence, physical or forensic that occurs as a result of a road traffic collision. This evidence can be varied and the process includes locating the point/area of impact and the final resting place of vehicles relative to this point. There will always be collision related marks present on the road

surface including tyre marks and marks from the vehicle itself. Due to the velocity of the collision objects including the vehicles themselves, engine blocks, fragments of vehicles and pedestrians or motorcyclists may be projected as a result. Information can also be interpreted from the damage caused to the vehicles from the collision, this is referred to as 'crush damage'. Where skid marks are present the investigator may be in a position to calculate a velocity prior to and at impact but must first determine whether full or partial braking had taken place.

Other contributing factors include: Road gradients, Changes in road surface, Vehicle dynamics and handling, Circular motion including critical speed, Swerves and lane changes, Momentum, Pedestrian impacts, Projectile equations, Driver reaction times and Maximum safe speeds in limited visibility situations.

The FCI who attends the scene of a collision may be attending the scene of an unexplained/unlawful death, or serious injury. Effectively, they are dealing with a crime scene. Therefore it is crucial that once other emergency services have finished, the scene must be carefully preserved. This preservation will allow the FCI to carry out a comprehensive examination and assist with the reconstruction of the events both surrounding and leading up to the collision.

An Garda Siochána have been employing this capability for years and the Defence Forces have been working alongside them to develop our own expertise to the highest standards through joint training and exercises. The most recent collaboration conducted at the DFTC on 21st April 2016 consisted of research into skid testing on various surfaces using a number of vehicles to compare the coefficient of friction (μ) results. The research, one of the first of its type conducted in Ireland was overseen and validated by Dr Declan Phillips, head of the Engineering Faculty UL. The results once verified and authenticated will be published and shared with the Defence Forces for use as reference.

Forensic Collision Investigation represents how science can be applied to this overall specialist field of Military Police work. The advancement in this area will also assist the FCI who is relied upon to give evidence in court having attended the scene of a serious and/or fatal collision. ■



Tests are conducted as close to the scene as possible and at a maximum speed of 50kph.



Insp Margaret Howard, Garda Training College, Dr Declan Phillips, Head of Engineering Faculty, UL, Lt Col Bernard Markey, OC MP Gp, DFTC and Supt Seamus Nolan, Garda Training College at the opening address for the FCI Research Day on 21st April 2016. Photo: Gd Richard Culhane, Garda Training College

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

The Listowel Spitfire and Commemoration

BY SEAN SHINNORS PHOTOS BY SGT MICK BURKE



Wing Commander F V Beamish (right), the Station Commander of North Weald, Essex, standing with Squadron Leader E M Donaldson, OC 151 Squadron



Wooden replica during construction with Padraig Nolan inset



Victor Beamish giving his speech in front of the Spitfire

Following on from a previous visit with the committee-members of the 'Listowel Military Tattoo', An Cosantóir was invited to their 5th Annual Military Tattoo, being held on the weekend of Saturday 30th May. The day would include the launching of the 'Listowel Spitfire', a commemorative parade and wreath laying ceremony.

The main square of the town was occupied by display stands from the following services: The Defence Forces, IUNVA, The Irish Coast Guard, The Civil Defence and An Garda Síochána. In the central display area was the historic full size replica 'Listowel Spitfire'.

On our previous visit to Listowel we had the good fortune to see the spitfire up on blocks while it was being constructed. We were able to view the drawings on which the plane was based and we spoke to one of the project leaders Padraig Nolan, who explained to us what the spitfire project was all about.

Pat Murphy and Padraig Nolan led this project and a dedicated team undertook the work voluntarily from the local combined Men's Shed Groups of Ballyduff and Listowel.

The full sized spitfire with a wingspan of 36ft and measuring 30ft in length was constructed based on a copy of the original technical drawings of the personal spitfire of Wing Commander Douglas Bader. The special spitfire was painted in the wartime camouflage colours of Group Captain Francis Victor Beamish's AFC, DFC (with Bar) plane along with his initials FVB.

The project to build the spitfire started the previous Christmas and took over five months to complete and is dedicated to the memory of Francis Victor Beamish, who was from Dunmanway, Co Cork.

By recording up to 10 'Kills' during World War II he was classed as an ace fighter pilot and was named as one of Churchill's 'few' for the major part he played in the Battle of Britain.

The Group Captain was one of four brothers who served with distinction during the war in the RAF. During his time in the RAF he was Station Commander at Weald and Kenley. Group Captain Beamish was killed in action

on 28th March 1942 leading the Kenley Wing.

Victor Beamish, the son of the late Charles Beamish and nephew to the Group Captain, made a very emotional and uplifting speech about his family's RAF service and sporting achievements. He also stated how proud and grateful the family was on the special way the Group Captain was remembered. Group Captain Victor Beamish's sister-in-law Josephine Beamish, wife of the late Charles Beamish, cut the ribbon, which was attached to the propeller to launch the Spitfire display.

That afternoon the annual Veteran's parade led by an RDF colour party was held at the commemorative plaque at the town hall in the main square. This annual parade is held to commemorate all Irish men and women who died in domestic or foreign forces from WWI to the present day, including men and women of the Defence Forces, An Garda Síochána and the Coast Guard. The following organisations paraded: ONE, IUNVA, The Civil Defence, The American Legion (Ireland), The Royal British Legion (Ireland), The Royal Air Force Association (Ireland) and the Munster Fusiliers Association.

Many military and civilian dignitaries laid wreaths, such as: István Pálffy, Hungarian Embassy, Ryzard Sarkowicz, Polish Embassy, Col Sean Cosden, US Defence Attaché, Col Rory Radford, Canadian Embassy, Major Victor Milyutin Russian Federation Asst Defence Attaché and Superintendent Daniel Keane, An Garda Síochána Listowel. Wreaths were also laid by the veteran's organisations.

The ceremony was completed with a minute's silence and was followed by a piper's lament including the Last Post, Reveille and the National Anthem. ■



Wreath being laid on behalf of the American Legion (Ireland)



Pamela Ingleby, Jo Beamish (Charles Beamish's daughter and widow), with Victor Beamish and his wife Lavinia



Military attaches and representatives

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FOR FURTHER DETAILS CONTACT
Mark 0861602228 Eddie 0863410159
<http://www.internationalmilitariacollectorsclub.com>

CROSSMOLINA CENTENARY PARADE

24TH OF JULY 2016 AT 2PM

The community of North Mayo invite you to our centenary passing out parade to honour the memories of 1916-1921

volunteers.

Family members of 1916-1921 volunteers, past & current serving members of An Garda Síochána, Prison Officers, Army, Navy & Air Corps from North Mayo are invited to parade in uniform in front of their family, friends and community for the first time in this unique commemoration of North Mayo's involvement in the formation of the Irish State.



Parade forming at 1.30pm at Crossmolina Deel Rovers GAA grounds and will proceed through Crossmolina town. Contact: Cllr. Michael Loftus 087 6849130 Email: cllrmloftus@gmail.com

North Mayo Volunteers pictured in Crossmolina at the 50th Anniversary of the Rising in 1966



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Armoured Fighting Vehicle Range Managers Course

BY CAPT LIAM FANNON,
INSTRUCTOR, CAV SCH, MIL
COL, DFTC **PHOTOS BY CPL**
NEVILLE COUGHLAN & SGT
MICK BURKE



During the month of May 2016, the Cavalry School, Military College was tasked with running the 4th Armoured Fighting Vehicle Range Management (AFV RM) Course. The AFV RM course is the principle method through which the Defence Forces trains its personnel in the skills and knowledge to plan, organise and conduct AFV range practices including LFTT involving all Defence Forces armoured vehicle platforms. LFTT affords the Defence Forces the capability to conduct situationally realistic training in the use of force for our personnel. This type of training is vital to fully prepare soldiers for overseas service and operational commitments.

The AFV RM course is of four weeks duration and is open to commissioned officers and NCOs (Sgt and above). Students are drawn from across the DF from both the Cavalry and Infantry Corps. The course takes students through three weeks of theoretical instruction including machine gun theory, live fire risk management and the safe system of training. Throughout the three weeks students learn to interpret the safety regulations governing live fire and apply them in such a way that allows them to plan various types of live fire exercises. Once students' shoot plans are approved by the OC TIS Coolmoney Camp (TISC), the course culminates in a week of shoots in the Glen of Imaal, where students are assessed in the practical application of live fire shoots using all Defence Forces armoured platforms. The joint nature of training across the corps is of mutual benefit for all students. The course provides an opportunity to discuss the capabilities of each of the platforms and for knowledge sharing about crew drills and employment of the vehicles.

The AFV RM is run in conjunction with the Safety Supervisors conversion course which is open to all armoured gunnery instructors throughout the DF. Safety Supervisors are essential to the

running of live fire ranges. They offer their instruction and guidance to vehicle crews ensuring that crew drills and firing procedures are expertly completed. The Safety Supervisors are the SMEs in the particular AFV (i.e. MRV/CRV/APC/LTAV).

For the final week, the 4th AFV RM course required the students to work together to run a number of static and mobile AFV shoots. This required the students to utilise the capability of each AFV platform whilst providing a safe and realistic training exercise. The exercises challenged students to allow AFV pairs manoeuvre together tactically whilst engaging targets simultaneously. The course culminated in a joint mounted and dismounted patrol encountering a simulated contact. The exercise involved a dismounted section utilising Mowag APCs, equipped with a 12.7mm HMG and co-axial 7.62mm GPMG, Mowag MRV (30mm Cannon) and CRVs (12.7mm HMG Remote Weapons Station). The MRV and CRV Cavalry platforms added a significant capability to the exercise providing a stabilised platform to engage targets. The advantage of this system is that the vehicles are able to track targets whilst the AFV itself is moving. This gives a significant advantage to DF personnel in the field.

The drive to increase the quality and quantity of AFV LFTT in the Defence Forces is driven by overseas lessons learned and the experience of past students of the AFV RM and Safety Supervisor courses. The application of relevant and realistic training scenarios combined with live fire risk management principles is the future of AFV crew training in the DF. It is these exercises that ensure DF personnel undertake operations with full and comprehensive preparedness. The Cavalry School intend to build on the achievements of this course and hope to commence the next course in August 2016. ■

Vox Pops



Sgt Wayne Fitzgerald spoke to some of the students and to Cav Sch Sgt Major to get their views on the courses:

RANGE SAFETY SUPERVISORS COURSE STUDENTS:

"This course leads up to the AFV Range Managers Course which I hope to complete in September. But before that I have to complete a prerequisite Small Arms Range Managers Course, which is being conducted by my home unit 2 Cav Sqn."

Sgt William Mahon, 2 Cav Sqn, 18-years service with 5 trips overseas: Lebanon (3), Liberia and Chad.



"I have completed a MOWAG Instructor and Driver Instructor Courses and have the All Arms Standard NCOs course done and hope to complete the Infantry Standard NCOs course later this year. We had two infantry variant MOWAG APCs with their 12.7 and 7.62 GPMGs and 66mm grenade discharges mounted on each."

Cpl Kevin Halligan, 1 Mech Coy, 11-years service with 3 trips overseas: Kosovo, Chad and Liberia.

AFV RANGE MANAGERS COURSE STUDENTS:

"I joined the 6 Inf Bn in 2011 as general service and then completed a cadetship in 2012-2014 and was posted to 1 Mech. This course helps make my involvement in 1 Mech much easier, I can now plan and organise our shoots in our own way. It has also exposed me to the capabilities of the Cavalry variant MOWAG and the LTAV."

Lt Daniel Graham, 1 Mech Coy, 5-years service

"I completed my cadetship in 2011-2012. I am an LTAV Instructor and completed this course to raise the standards of our unit training plan. We got to use different weapon platforms and experience their differences. With this course we can arrange our own exercises including MREs and have developed a greater progressing aptitude to LFTT across all armour capabilities."

Lt Johnny Holmes, 6 Inf Bn, 5-years service



"The cavalry variant MOWAG is fitted with a stabilisation platform, which allows the vehicle to maintain the same point of aim while firing on the move over undulating terrain – the infantry variant does not and must use a fire and manoeuvre tactic."

Sgt Major Keith Caffrey, Cav Sch, DFTC 22-years service, with 7 trips overseas: Lebanon (4) Kosovo, Liberia and Afghanistan



BY NOREEN O'GALLAGHER

Leaving South Sudan was never going to be easy for me; after six years in a country it becomes part of you and the people have become friends, colleagues and neighbours. I have an additional problem in my inherent interest in the region, including the politics, news and media, which means I spend too much of my time analysing information to see how it might affect the bigger picture. I simply don't know how to switch off my obsession with South Sudan and I feel my next move will either help or make me worse.

In what seems such a long time ago now, I arrived in the capital, Juba, in 2010 in what was still Southern Sudan. This was a year before they held a referendum on separating from Sudan and 18 months before realising their independence.

I worked with a team from the UN Mission as Head of Information for Disarmament Demobilisation and Reintegration (DDR), working directly with the government commission providing information to combatants, communities, government, the UN, and donors. DDR is the process of 'right-sizing' the military at a time of peace by way of providing alternative vocational and life skills to members of the army or other armed groups, so that parties to the conflict have a future which is not dependent on fighting to make a living. This is part of a wider security sector reform for stability in post-conflict countries. I've headed the information unit for DDR in both Haiti and South Sudan, but at a time of elections or war it is not possible to carry out this work.

In the transition preceding independence, we had the Comprehensive Peace Agreement, during which was DDR in Northern and Southern Sudan. For the latter we completed the demobilisation and reintegration of 12,525 combatants, including women associated with armed forces.

The rebel Sudan People's Liberation Army (SPLA) was formed in 1983 and in 2011 it became the regular army for South Sudan when seceding from Sudan, with an estimated strength of 210,000. It also has one of the highest ratios of generals in the world: in March 2014 there were reportedly 745 generals. In addition, in January 2016 the SPLA in Opposition (SPLAio) announced that it has promoted a further 400 of its senior officers to the ranks of: general; first lieutenant general; lieutenant general; major general; and brigadier general.

Independence came on 9th July 2011 and it was the most extraordinary day when South Sudan was officially born. People came by foot, bus or air, from all corners of the country and the world to take part in the celebrations. From early morning my information colleague at the DDR Commission, Johanna Laurila, and I spent our time with the different tribes, wearing their traditional dress, and laughing and chatting with the assembled groups with their homemade banners stating where they were from. There was zero shade in the park and the heat was relentless, but although we had the option, through our VIP passes, to spend it on the media platform, we chose to remain dancing with the various communities, which was way more fun for us.

In the preceding days we had seen a number of rehearsals of the military parades, comprising groups of foot soldiers and war heroes, including the disabled, and decided we didn't need to see them again on the day; nor did we need to hear the speeches.

The communities were unbelievably excited and their welcoming of all 64 tribes as one was heart rending. There was a definite feeling that they'd succeeded together to win this previously unimaginable prize, and being with them at this time was truly an amazing experience.

Women were fainting from dancing crazily for hours and were carried off on stretchers to the very basic first aid tent at the far side of the park. We had stocked up well on water but we gave it all away in the first hour as their need was greater and no one had arranged for any stalls to sell drinks or food; people were just being given free flags and posters at the entrance to the park.

However, as this was an enormous event for South Sudan to stage, no one minded being inconvenienced.

One SPLA general I spoke to told me he was looking forward to the opportunity to be DDR'd himself in the not-too-distant future, as he would love to cultivate crops now that the military was no longer

The DDR Commission Information Team toured the country visiting military assembly areas, barracks and communities. Our best way of reaching our target audience was through the help of experienced military orators who supported us in the DDR Commission. This traditional method involved sitting everyone under a tree and explaining the DDR process through the use of colourful stories and best examples, and answering all questions that arise. Understandably, the audience is likely to be tense at the idea of changing a job or the potential loss of income, so sensitivity and follow up is also needed at this time.

Separately, I also assisted the Bureau Community Security and Small Arms Commission with their information strategy, media training and outreach proposals, and they arranged shows throughout the country, telling civilians of the benefits of disarming within the communities. This area of community disarmament often becomes confused with DDR of the military, but it is a longer term programme and requires security through policing and laws to be in place to begin and also official government-approved mechanisms to register and mark weapons already in circulation.

In South Sudan my work as Head of Information in DDR of the mili-

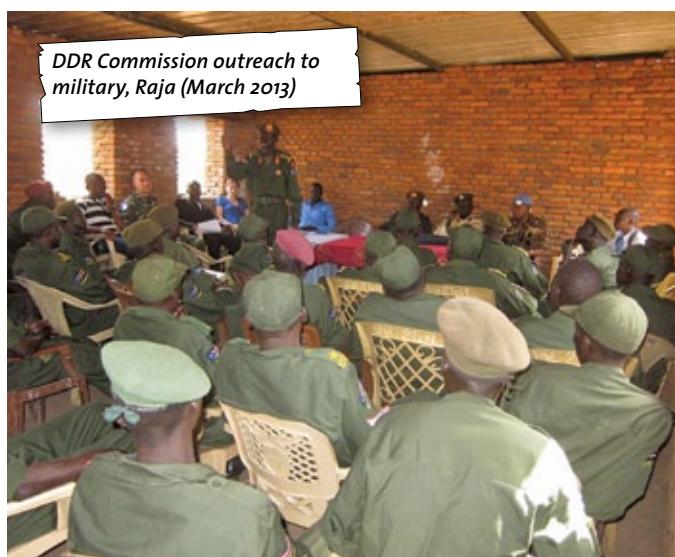
tary came to an abrupt halt due to the eruption of civil war in December 2013, initially in Juba but which quickly spread to the rest of the country. The SPLA effectively split along ethnic lines into the SPLA and the SPLA in Opposition (SPLAIO). After a peace deal in August 2015 the two sides came together to form the Transitional Government of National Unity.

As the 2013 fighting did not stop immediately, it became necessary for the UN to redeploy our skills to other sections. For a year I worked in child protection

before I swapped with an ex-DDR colleague in security; my kind of job as I thought I would be talking to internally displaced persons on a security gate all day long. However, the Chief Security Advisor had different ideas for me and immediately put me to work heading the Security Policy and Plans unit instead. I've worked there for a year now, adding my knowledge of the security situation of the country and region to policy documents for UN Mission agency staff, including the Country Security Risk Assessment for South Sudan and the Country Security Plan, which covers all types of emergency protocols and procedures relevant to all duty stations.

For my next assignment I'll be working in Goma in the Democratic Republic of Congo where I'll be returning to DDR. While that chapter has yet to begin, no doubt will be as challenging as my time in South Sudan, only this time in French!

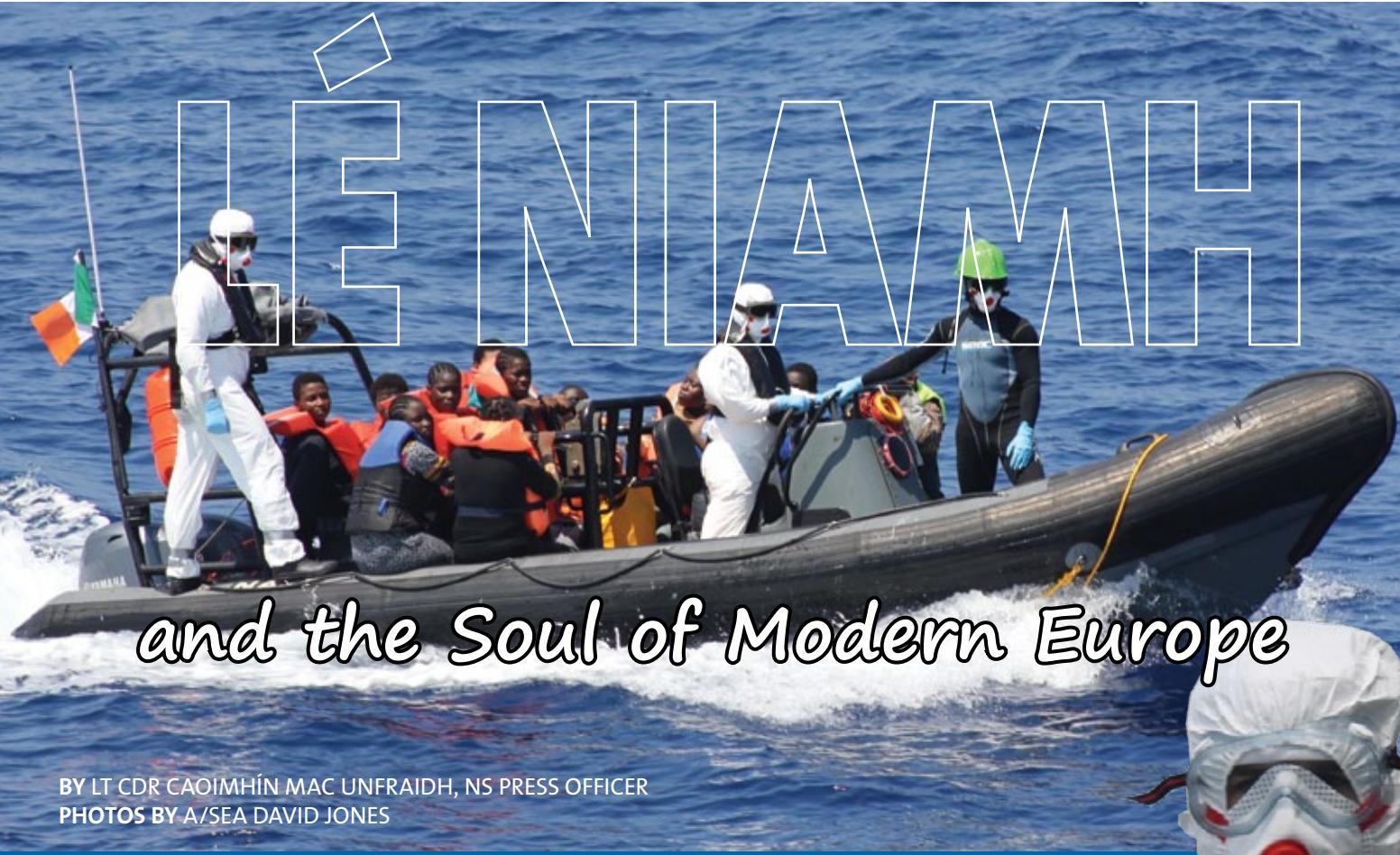
About the Author: Noreen O'Gallagher is a civilian working with the UN. After six years with the UN mission in South Sudan she is in the process of transferring to MONUSCO, in Goma, DRC. She is the granddaughter of Col TC Gallagher who was Area Commander for 4th Brigade and Dublin during the Emergency and later served as Commandant, the Military College, Director of FCÁ, and Director of S&T. ■



needed in peacetime. However, with the civil war that started in 2013 the opportunity to DDR the generals and high-ranking officials did not take place at this time.

After independence the DDR programme was rewritten, paying more attention to the needs of the SPLA. This was realised in 2013 with the pilot phase seeing 290 trained combatants graduate from the Mapel DDR Training Centre with skills in areas such as agriculture, animal husbandry, carpentry, masonry, and vehicle mechanics, alongside life skills and English language training, to begin their lives back in their communities across South Sudan.

Our information team worked on the promotion of DDR during the CPA period and continued after independence, making flyers and posters, and simplifying the information given to the groups coming in for demobilisation: extensive information-sharing is key to the success of any DDR programme and our biggest challenge was explaining this complicated process to an audience with approximately 15% literacy. To overcome these difficulties our team used photo leaflets, comic books, posters and graphics that were translated into ten main regional languages as information guides. Working with national staff and providing additional capacity training where needed is essential to the production of sensitisation materials.



and the Soul of Modern Europe

BY LT CDR CAOIMHÍN MAC UNFRAIDH, NS PRESS OFFICER
PHOTOS BY A/SEA DAVID JONES

In the 17th Century it became generally accepted that a nation had the right to exercise control over the waters that bordered it, originally out to a distance of three miles, roughly the maximum range of a canon at the time. Subsequent developments pushed territorial waters out to 12 nautical miles, coincidentally the range of a conventional 155mm howitzer. Or perhaps it's no coincidence. Certainly, it was on the mind of OC LÉ Niamh in 2015 when he had to decide whether or not to bring his ship within artillery range of a hostile coast to effect a humanitarian rescue. The story is one worth recording in the current chapter of Defence Forces' overseas engagement.

LÉ Niamh was the second NS ship dispatched to the Mediterranean as part of Ireland's response to the migrant crisis that had erupted on Europe's southern border. (LÉ Eithne had the honour of being the first, in May 2015, saving thousands of people before being relieved by LÉ Niamh in July.) With an AO between Libya and Sicily, the Irish vessels worked alongside the Italian naval mission, Mare Sicuro, and other organisations, as part of the practical response to the proposition that it was unacceptable to modern European democracies to have thousands of refugees drowning on their shores.

LÉ Niamh entered a complex theatre. The newly established EU Naval Force Mediterranean was positioned to the northwest of Mare Sicuro, and NGOs, such as Médecins Sans Frontières (MSF), had also deployed ships in response to the crisis. Libya was to the south, its heavily populated coastal cities wracked by fighting, with competing governments, ISIS expanding its foothold around Sirte, and numerous militias holding sway throughout the country.

Pre-mission intelligence had been unable to ascertain which faction had what equipment, but given an elevated threat assessment for coastal waters, it was decided that the 12nm limit of Libya's territorial waters

would be the southern limit for Irish operations.

It has been reported that Libyan maritime elements were involved in people smuggling; ISIS were known to be operating a limited offshore presence; migrant smuggler craft mixed with fishing vessels; Italian navy helicopters flew busy matrices around the AO, which was also dissected by Russian cargo planes and Turkish warships; and fast boats zipped around the area, sometimes Italian Special Forces, sometimes unknown.

It was in this crowded environment, where the ship's bridge team faced a constant struggle to identify such a range of contacts, that LÉ Niamh set to work rescuing hundreds of frightened, desperate people from unseaworthy craft, transferring them, under control of the Italian Marine Rescue Coordination Centre (MRCC), to ports in Sicily and the Italian peninsula.

LÉ Niamh never let her guard

down. Conscious of a risk of IEDs or small-arms fire from hostiles, rescue personnel approaching a migrant craft were covered by the mother-ship. People taken onboard were treated with courtesy and compassion, fed, given water and medical attention. They were also searched, segregated, placed in secure areas of the ship and watched over by armed sentries, both for their own safety and that of the ship; there could be no risk of the crew being overrun by hostile or excitable elements among the hundreds taken onboard.

LÉ Niamh had effected eight rescues by 27th July 2015 when she experienced the type of tragedy that had brought about the mission in the first place. When a wooden boat, packed with 500 people, was approached some of the occupants jumped into the water, shouting that several onboard had died.

Rescue teams started retrieving those in the water before taking the remainder off the crammed boat.

Darkness fell before they turned their attention to recovering bodies from the migrants' boat. Using torches, the NS personnel worked in the darkness and filth, recovering 14 bodies of people who had most likely died from suffocation and heat exhaustion, crushed under the weight of others.

Despite transferring a large number of survivors to *MV Dignity 1*, OC *LÉ Niamh* was still faced with the responsibility of bringing hundreds of living, and 14 dead, to Sicily. Unsure if the families of the deceased were onboard, or how they might react, and concerned about the safety of his ship and crew, the captain set sail, little suspecting that on the next rescue their experiences would get much worse.

Four Italian navy frigates provided force protection. However, they were thinly spread over the enormous AO and could only provide protection to units actively engaged in a rescue. When on routine patrol, vessels looked to their own defence. *LÉ Niamh*'s bridge team was beefed up with

the appointment of a Ship Protection Officer; not a job typically required in our home waters. Guns were kept in a state of readiness and lookouts remained vigilant.

On 5th August, *LÉ Niamh* was tasked by the MRCC to investigate a contact very close to Libya's 12nm limit, the

AO boundary.

The captain proceeded with care and locating, from a distance, what looked like a fishing vessel rather than a typical migrant barge. The MRCC requested a closer inspection, advising that around 800 migrants were reportedly in distress on a vessel in the area.

Reluctant to move inside Libyan waters without suitable force protection, the captain sought cover from the Italian navy but because a rescue had not yet been declared this was not available. If he were to do nothing, possibly 800 people could drown, but if he were to advance he would be exposing his ship to the possibility of hostile fire (not a remote possibility, as a Turkish merchant ship had recently been damaged by Libyan artillery fire). The captain had to balance the danger of entering Libyan waters against the requirement to rescue people in distress. With lives at stake, he decided to approach the vessel.

As *LÉ Niamh* closed, she was able to confirm it was indeed a fishing vessel, but one packed to the brim with human cargo. *LÉ Niamh* launched her rescue boats from over a mile away, following them in towards the vessel.

Suddenly, the migrants' boat capsized due to its over packed upper decks, and sank in less than 30 seconds. *LÉ Niamh* surged forward as hundreds of splashing, crying men, women and children filled the water. The captain ordered the ship's extra life rafts to be deployed and also directed his boats to throw lifejackets to the struggling survivors. Two naval divers volunteered to enter the water and help those nearest the ship into life rafts.

Aware of the danger from *LÉ Niamh*'s powerful propeller race, the captain declutched the engines, even though this was a gamble as a ship without propulsion is highly vulnerable. Then the Ship Protection Officer, sticking to his post amid considerable distraction, reported a fast-moving contact approaching from the blind side. In no mood for further trouble, the captain ordered his comms staff to warn the approaching vessel to alter course. As it continued to approach, the warnings from *LÉ Niamh* continued to escalate, while her crew continued their rescue and recovery. After a few tense minutes the unknown vessel altered course, making no move to communicate or assist, but heading towards Zuwarah on the Libyan coast.

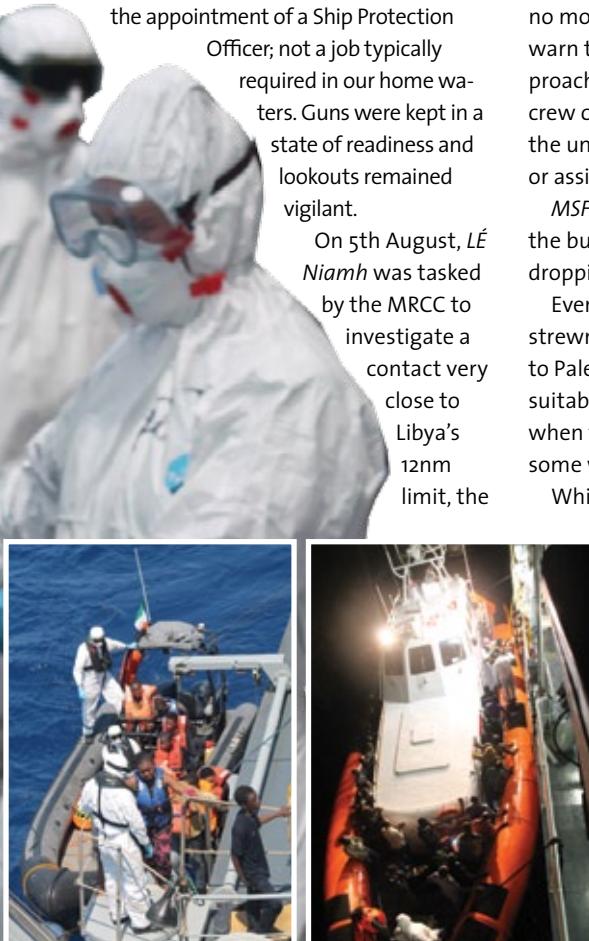
MSF Dignity 1 and Italian naval ship *ITS Sirio* arrived to take some of the burden, and the frigate *ITS Mimbelli* sent a helicopter to assist by dropping floatation devices.

Eventually, *LÉ Niamh* accounted for 365 exhausted survivors, strewn on her upper decks receiving care. As they were transported to Palermo the survivors told of their terror as their overloaded, unsuitable vessel had started to sink, shortly after setting out, and how, when they protested, they were beaten with sticks and hooks and some were locked in the vessel's hold.

While the numbers cannot be confirmed, if the MRCC's initial estimate was accurate then the death toll would be in the region of 300 people, many of whom were locked inside the sunken vessel.

LÉ Niamh was relieved by *LÉ Samuel Beckett*, which continued the fine work of its predecessors. *LÉ Róisín* is currently deployed since 2nd May 2016.

In all, the Naval Service has rescued 8,500 persons and provided them with medical aid, safety and comfort. If those people had been left to drown, what difference it would have made in the face of the enormous migrant crisis is unknown, but it surely would have been a betrayal of the soul of a modern European island country, which has had its own fill of national tragedy and forced emigration. ■



Spike Island and Fort Mitchel

BY SGT WAYNE FITZGERALD
PHOTOS BY SGT MICK BURKE



Spike Island, with a land area of 104 acres, sitting in the heart of Cork Harbour, south of Cobh, has a long history of incarceration and punishment, and is often thought of as Ireland's Alcatraz. Some evidence indicates that the island was inhabited by monks who founded a monastery there in 635AD.

In the 1770s, during the American War of Independence, Cork Harbour replaced Kinsale as a Royal Navy base and a small fortification, Fort Westmorland, was built on Spike Island in 1779.

Because of the island's strategic importance the British began work in 1804 to build the present, much larger fort, also called Fort Westmoreland. It took approximately 60 years to complete the new structure, which covered approximately 27 acres, with six bastions connected by ramparts, flanking galleries, and a dry moat.

Between 1847 and 1883 Spike also became a depot from where convicts were transported to the far corners of the globe. Approximately 1,500 prisoners also died and were buried on the island. Spike's most famous inmate was the Young Irelander, John Mitchel (after whom the fort is now named), who was transported from the island to the penal colony in Bermuda in 1848.

In 1916 the German crew of the scuttled Aud were detained briefly on the island before being transferred to a POW camp in Britain, and in 1921 during the War of Independence approximately 700 republican prisoners were held there, some of whom carried out two daring escapes.

Under the terms of the Anglo-Irish Treaty of 1921, Spike Island

remained under British control and remained so until it was handed over on 11th July 1938. An Taoiseach Éamonn de Valera presided over the brief ceremony, which saw the tricolour fly above the island for the first time. The army and later the Naval Service garrisoned the island until 1985, and between 1972 and 1982 the fort was also used as a military detention centre. From 1985 to 2004 the fort was used as a male civilian prison by the Irish Prison Service.

A new chapter in the history of Spike Island began in July 2010 when the Department of Justice, Equality and Law Reform transferred the island to Cork County Council with a view to transforming it into a unique tourism, heritage and recreational resource. The fort has been open to the public since then and recently Cork County Council set up the Spike Island Development Company to manage and develop the island.

On 9th June 2016, An Cosantóir visited Spike Island and Fort Mitchel, having received an invitation from the manager, retired RDF Commandant, Tom O'Neill, who also served there with the Prison Service.

Tom met us on the quayside and after a short brief led the way





to the fort where we were introduced to our tour guide, Noel McCarthy, a serving RDF captain with 1 BAR in Collins Barracks.

At the fort Noel described its design and fortifications, pointing out the main buildings and explaining what they were used for.

Our tour covered the four themes associated with the island: the island's 200-year military heritage; its penal heritage; its social and monastic heritage; and its position as 'the island within Cork Harbour'.

Next we visited the newly opened and fully landscaped Basements 3 and 4, and were introduced to Mick O'Connor, a volunteer worker on the island. Mick grew up on the island, where his father, Dan, served with the Defence Forces from 1938-59. Mick had many a tale to tell, and personalised the tour as he told of his many youthful adventures on the island. Mick led us to the four 12-pounder saluting guns, down the tunnels to the battery observation post (BOP) and to a recently restored 6-inch gun; all new areas for visitors to see this year.

The BOP looks out onto Cork Harbour, with Fort Davis to the east and Camden Fort Meagher to the west. Mick told us that these forts would have been used to send back fall-of-shot information for Fort Mitchel's two 6-inch guns. We viewed these restored guns, which are massive and have long tunnels leading out to them, with loading bays, crew quarters and magazines all giving life to the Noel and Mick's explanations of how they would have been crewed and loaded.

We then visited Mitchel Hall and the former prison school, which now houses many rooms dedicated to different periods in the fort's history and includes early maps, details and nominal rolls of the 1921-era republican prisoners, as well as photos and details of the personalities and families that lived and served on the island. There is also a museum dedicated to the Defence Forces.

After refreshments in the newly developed and expanded cafe we headed off to visit the new Gun Park, a roofed and glazed former prison exercise yard that now exhibits the fort's artillery collection. Here we met volunteers Patrick O'Riordan, a former CQMS with 4 AD Bty who fired many of the guns on display, and CQMS Michael O'Mahony (5 Bty, 1 Fd Arty Regt), who was also experienced on the guns. As an architectural steel fabricator, Mick has been responsible for restoring some of the guns on display.

The Gun Park houses many large pieces, including a rare 7-inch

rifled canon from 1865-90; a 12-pounder gun and shield from Fort Carlisle; and a 4.7-inch coastal gun (1898-1902).

Also on show are a 25-pounder, a 17-pounder anti-tank gun, and an 18-pounder, alongside more modern pieces such as a Bofors 40mm/L60 anti-aircraft gun; a 40mm/L70 with its Fly Catcher radar system, and a Naval Service L60.

All of the artillery pieces have been beautifully restored, many of them by members of the RDF.

Also on display is a Leyland Retriever Machinery Truck from 1940, recently received from Collins Barracks complete with its electric hacksaw, lathe, grinder, drill, forge and generator. There is also a searchlight and a full-size reconstruction of the inside of a BOP.

We then visited the convict cells in the recently refurbished Punishment Block and Shell Store, where there is a mix of old and new, with eerie corridors from the old colonial period and the more modern cell blocks. On display are mannequins of caged and manacled convicts, complete with sound effects, and interactive exhibits where visitors can sail a ship into Cork Harbour or use the fort's guns to try to sink enemy ships.

There is so much to see and explore that time passes quickly and we soon found ourselves meeting up with Stephen Morey who drove our weary bodies down to the pier. Stephen spent 31 years in the Naval Service and completed his NCOs course on Spike in 1983.

On the ferry back Tom O'Neill told us about the Development Company's plans for the island. They have already done themselves and the country proud by going a long way towards restoring this majestic fort to its former glory.

Tom told us that the Spike Island Development Company wishes to acknowledge the vital assistance and support it has received from the Department of Defence and members of the Defence Forces, especially regarding the military heritage element of the Spike Island project.

In return, the Company has shown its willingness to help preserve, present and promote the military heritage of our country. We would highly recommend Spike Island as a tourist destination.

To find out more about Spike Island visit www.spikeislandcork.ie.

All-in-one tickets for the boat, fort and guided tour cost €18.00 (adult), €10.00 (child) or €45.00 (family - 2 adults & 2 children). The first ferry to the island departs daily from Kennedy

Pier, Cobh, at 10.15am, and then hourly from 11am to 3pm. Return departure times are on the half-hour and may vary slightly depending on tides. Visitors should allow a minimum of 3 1/2 hours to gain the full island experience. ■



AIR CORPS OPERATIONS IN MALTA

BY LT COL DAVID CORCORAN, OC
3 OPERATIONS WING

On a dark, balmy evening earlier this year a team from 3 Ops Wing deployed to an island in the south. However, this was not the usual Bere Island but an island a little further south - Malta!

The team, comprising Capt Declan Daly, Capt Finbar McArdle, FQMS Tracey Walsh, Sgt David Hennessy, Sgt Damian Kelly, and myself, touched down in Luqa International Airport to be met by Capt Nicholas Grech (Squadron Commander, Air Wing) who welcomed us as guests of the Armed Forces of Malta. We were promptly taken to the Naval Base near Valletta, where we were honoured to be the first guests in brand new accommodation overlooking the harbour. A number of Malta's Maritime Squadron were in the harbour and alongside them was a familiar sight, LÉ Aoife.

Our mission was to provide aviation training to the Maltese military aviation unit. We were delighted to be participating in the Air Corps' first international deployment and each team member brought an individual skillset to the mission, crossing multiple areas including: hoist operations, fast roping, search and rescue, and external load operations.

Early the next morning we rose to beautiful weather, and before long we were on the way to the Air Wing HQ in Luqa Airport for the start of a busy week. After an introduction to the Air Wing OC, Lt Col Clinton O'Neill (his grandfather was Irish), we received a number of briefings and were brought on a familiarisation flight around the islands of Malta, Comino and Gozo.

On the familiarisation flight we had an opportunity to see the full beauty of the islands, including how remote and isolated some parts were. During the flight we met Sgt Carmelo Psaila whose English cockney accent belied his maternal Waterford roots. It seemed that there were clear Irish links to Air Wing and we felt very much at home, except that the weather was so much better!

The first couple of days training focused on fast-roping techniques and hoist operations over land. For the fast-roping techniques members of the Armed Forces of Malta's (AFM) special forces units joined us. They

were very interested in learning the techniques on the AW139 as their experience up to that was on Alouette and other helicopters. They were extremely professional and, like the Air Wing personnel, impressed with excellent drills. The troops had no difficulty fast roping from the helicopter and were capable of emptying the cabin in only a few seconds.

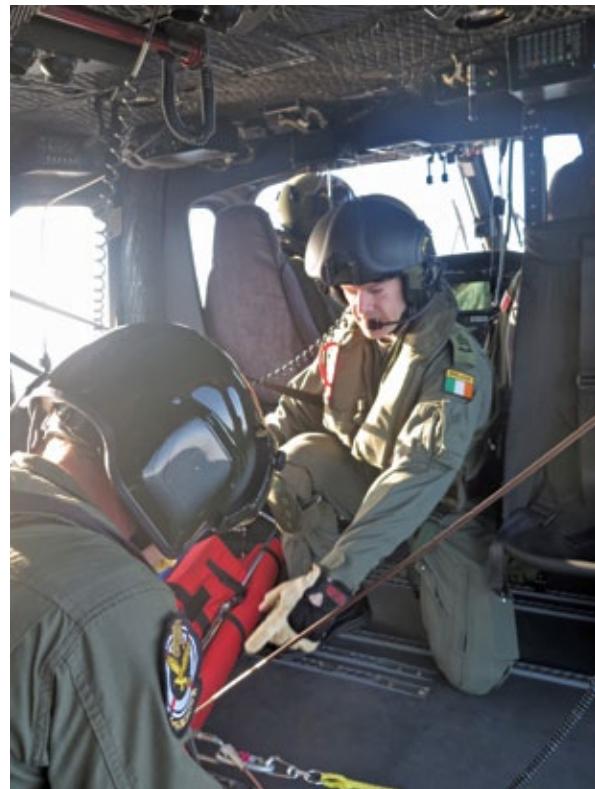
Hoisting operations were initiated over the airfield. Within the Air Wing their senior aircraft technicians controlled the hoist while line aircrew went down the wire. Their aircrew, who provide SAR services in Malta, and their special forces were both very impressive – combining extreme fitness, with real operational experience and skills to perform to a very professional standard.

Each day ended with a meal in the Maritime Squadron mess, which was resplendent with many gifts and mementos from

warmly of the Defence Forces and the considerable connections that have developed between the two countries over recent years. He also spoke of his hope for continued development of our co-operation in the air domain for the future to mirror similar connections with the Army and Naval Service.

The training over the Mediterranean was an interesting experience as although generally fairly calm it has its moments of high seas. Sicily's coastline was clearly visible during our operations. Equally of note was the intense volume of maritime traffic plying its way east and west along the sea lanes in sedate procession.

The winching operations saw the AW139 helicopter show its full sophistication, with the ability to fly hands free into a hover beside P-61. All that is required is the push of a button along with what might be described as careful monitoring. This is the



previous guests from all over the world. Our hosts had allocated a few chefs to look after our team for the week, which they did admirably, with excellent fare being produced every day. We learned during the week that it is an important element of Maltese culture to ensure guests are well looked after, and the 8,000 calories or so we received per day were a testament to that!

The next couple of days build on the hoist training and we left the comfort of the airfield for exercises on Comino, the smallest of the islands, with large cliffs that made for useful SAR exercises. The scenarios called for the simulated rescue of casualties trapped on the cliff face. Once completed successfully we turned our focus to the Mediterranean.

It was at this point the Maritime Squadron made their presence felt, providing P-61, a Diciotti-class, Italian-made ship for our training vessel. It came equipped with a helicopter deck, which was wide and clear.

The commander of the AFM, Brig Gen Jeffrey Curmi, visited the Air Wing during the week to check on our progress. He spoke

four-axis enhanced SAR mode, which is an impressive feature of modern helicopters and our AW139 in particular.

The exercises saw us demonstrate our techniques for maritime hoist operations. Of note to the Maltese was our crew 'patter', which is the structured dialogue between aircraft commander and crew.

All manner of techniques were employed to hoist simulated casualties on board the aircraft, including the use of a stretcher. It was great to see how easily we integrated with our Maltese hosts when airborne and on the ground. It was clear to us how both aviation units shared an intense motivation to perform positively, share knowledge and learn from each other.

The conclusion of the training was a simulated maritime counter-terrorism exercise, which included the very difficult proposition of holding an inch-perfect hover over a vessel moving at 18kts while special forces troops slid down a rope to the deck. One wrong move could easily result in injury so the flying skills had to be right, first time.



Under our guidance the Air Wing pilots moved quickly over the ship and the assault was underway. The ropes were deployed and the troops were onboard in seconds, with the performance of the Air Wing pilots and soldiers again impressive to observe.

Capt McArdle got the opportunity to take fly a Super King Air 200 as the fixed-wing top cover for the exercise, and was delighted to renew his familiarity with the ubiquitous KingAir, putting it through its paces in formation flight and landing it back in Luqa.

The hoist training concluded with some wet work, hoisting 'casualties' directly from the water. This was conducted just along the northern coastline under the shadow of an ancient lookout tower at Mgħabba, known as Saint Mark's Tower.

Sgt Kelly ably controlled the training in collaboration with the AFM rescue personnel.

While the winching training was underway, our helicopter handing instructors, Capt Daly and FQMS Walsh, conducted an under-slung load training course with some of the Air Wing technicians along with several Maritime Squadron personnel.

The course was based on a standard Landing Point Commanders course, modified to suit the specific needs of the AFM. The Air Wing identified the need for this course as they were faced with a similar situation to us with the introduction of the AW139. While the unit had some experience of cargo slinging with the ever-versatile Alouette III, the extra lifting capabilities offered by the

more powerful, larger AW139 meant that extra training had to be undertaken for the supporting personnel.

The course comprised a lecture block over several days covering subjects such as landing-site selection and marking, troop drills, helicopter under-slung load equipment (HUSLE) identification and use, and landing-point management.

The students were also briefed on the specific techniques required for operating at sea, to and from Maritime Squadron vessels. The course concluded with two practical exercises, a landing-point recce and management exercise on the island of Gozo. The course deployed by air to a helipad at a nearby base before receiving, selecting and marking a landing point, which was then used to extract the course and return them to Luqa.

The second practical exercise was an external load-training day conducted on the airfield. This consisted of the course preparing a load, using a mix of Irish and Maltese HUSLE for flight, which was then moved to a pick-up point. The students briefed the flying crews on its expected characteristics and then managed the landing point during the flying phase of the exercise.

While this training was being conducted the other aircrew of Air Wing were provided with a night-vision goggle demonstration flight by Capt McArdle and Sgt Hennessy who took to the air on a dark, windy night. The AFM personnel were amazed at the sight of their island through the goggles. The level of detail they could see over the cliffs and sea in particular made a remarkable impression on our hosts. Heretofore, the southern cliffs of Malta, which rise to almost 1,000ft from the sea, were a 'no-go' area at night – but with goggles, flying in this area was now possible.

The personnel that undertook the course displayed a high degree of motivation and ability, along with a real desire to share knowledge and experience. The Air Wing and Maritime Squadron can both be justifiably proud of their professionalism and to have progressed so quickly with their new AW139 helicopters. It is our hope that we get to build on this success with further visits and exchanges into the future.

Go Mairidis Beo.

BRIG GEN WP FRY, GOC AIR CORPS

"The Air Corps can trace its acquisition of the basic skills described in this article to the establishment of Helicopter Flight with the initial Alouette 3 helicopters in 1963. At that time experts from the neighbouring RAF imparted the correct patter, winching techniques and flying skills to the Air Corps to help us begin to safely operate in the demanding SAR role. The wheel has turned full circle for the Air Corps as those skills have been built upon and added to. It is now a recognised expert operator of the AW139 type, possessed of the full range of military day and night flying and operating skills, matured over fifty-three years of helicopter operational experience."

No 3 Operations Wing can be proud of the intense nature of training completed in such a short space of time with our friends in the Armed Forces of Malta. The AFM have a long association with the Irish Defence Forces through the Cadet School training agreement, and also through its facilitating the Air Corps deployment to Luqa in support of the evacuation mission following the collapse of Libya in 2011 and more recently with the Naval Service' ongoing operations as part of Operation Pontus in the Mediterranean. It was most appropriate that we could in this way continue this fruitful and cordial relationship." ■

Defence Forces Open Day



Defend | Protect | Support



Fun for All the Family!

Highlights will include career stands, weapons displays, a parachute display and capability demonstrations from the Army, Air Corps & Naval Service. Historical research guidance from Military Archives the primary custodians of material from the revolutionary period.

Serving members, veterans and all members of the public are encouraged to attend.

Farmleigh House

Sunday 10th of July 2016, 12 (midday) to 4 pm



ONE
invites you to visit our exciting
and informative new website...

We promise you'll be impressed!

It's a veritable hive of information about upcoming commemorative events, an absorbing library of archive material and gives you all the latest news about our Fuchsia fundraising activities.

Visit the new website soon at www.oneconnect.ie

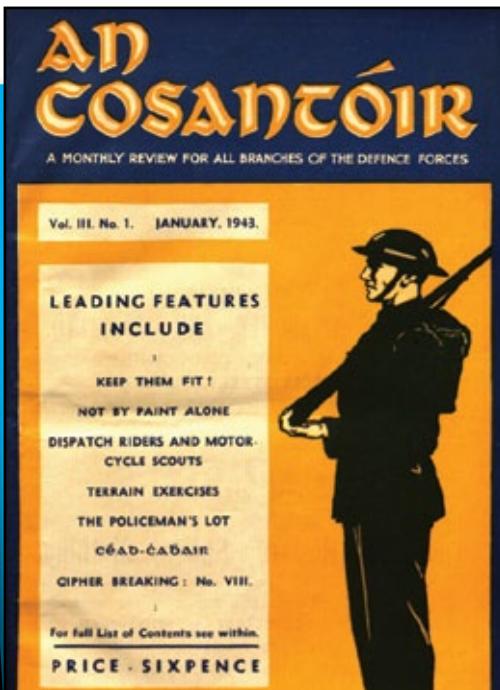
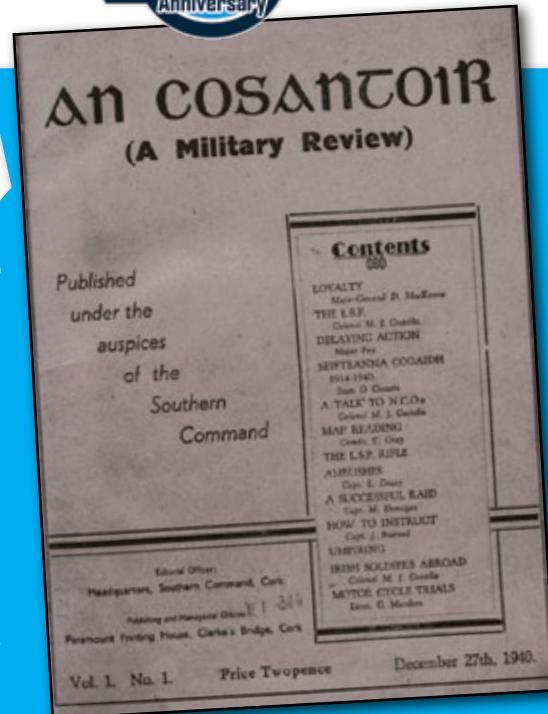


AN COSANTÓIR

the story so far



BY GNR TERENCE O'REILLY, MILITARY LIBRARY, MIL COL, DFTC



In June 1940 with the Wehrmacht 300 miles from our shores and the Irish army comprising only two infantry brigades, a desperate call to arms was jointly issued by the three main political parties. Thousands of Irishmen responded, allowing the formation of four new brigades later that year. Thousands more also joined the part-time Local Security Forces (LSF).

OC Southern Command was 36-year-old Colonel MJ Costello. Promoted by General Michael Collins during the Civil War, he had graduated with distinction from the US Army Command and Staff School in 1927 and subsequently served as Director of Training and CMC. As a regular contributor to (and editor of) *An t-Óglach*, the army's original magazine until its demise in 1930, he was acutely aware of the value of a military journal as a means of disseminating training material among his rapidly expanding force and as "*a means whereby the words of the Command OC and staff could reach men at a distance*".

Costello started a new military newspaper, titled *An Cosantóir* (The Defender), with the first issue going on sale on 27th December 1940 and weekly thereafter.

In addition to many articles by former Military College instructors, *An Cosantóir* was also able to avail of first-hand accounts of the experiences of many War of Independence veterans, including Liam Deasy, Flor O'Donoghue and Tom Barry. According to

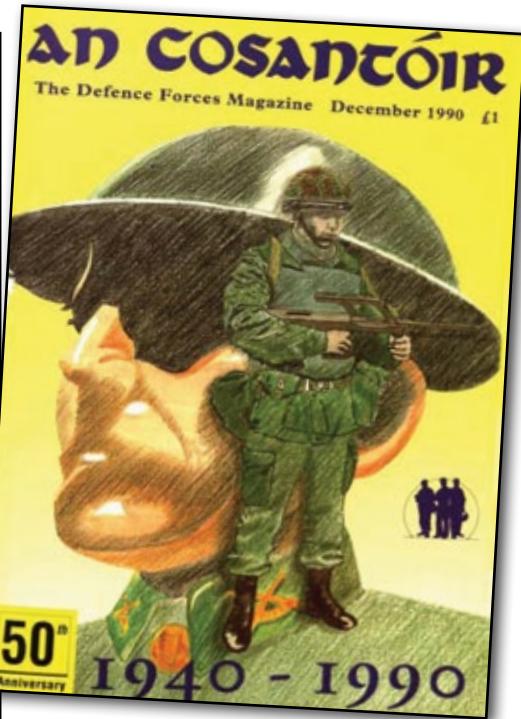
Costello, their accounts “pointed to the form of combat most likely to allow the LDF to make themselves felt as a fighting force, and linked the experience and prestige of the fighters of the War of Independence with the fight for which we were preparing.”

Other contributors would include Pte (later Colonel) ED Doyle and Volunteer (later Captain) Seamus Kelly, who later became a household name as 'QUIDNUNC' of the Irish Times. One early editor was Captain John Busteed, World War One veteran and professor in civilian life.

The new publication was a great success, with weekly sales reaching 6,500 by November 1941. By 1942 Easons were distributing over 4,000 copies of *An Cosantóir* outside Munster and it was decided to transfer publication to Dublin and to adopt it as the official magazine of the Defence Forces. From January 1942 it changed to a monthly publication.

Southern Command personnel resented the loss of their journal and formed a new newspaper, *An Barr Buadh*, edited by now Maj Gen Costello's intelligence officer Major Flor O'Donoghue. The number of contributors to *An Cosantóir* plummeted and it increasingly became policy to reprint articles from foreign military journals, particularly the *US Military Review*.

In mid-1943, publication was returned to Cork and Major O'Donoghue served as its editor until the end of The Emergency



in 1945. In the later opinion of military archivist and historian Comdt Peter Young: "There is no doubt that as a medium of instruction and purveyor of technical information, it succeeded admirably." (Indeed, a speech by Major General Costello to a class of potential NCOs was considered pertinent enough to be reprinted in 2011.) Costello retired a lieutenant general in 1946 and became manager of the Irish Sugar Company, which flourished under his leadership. One of his first measures was to introduce a company magazine, *Biatas*.

The reduction of the Defence Forces to a peacetime strength led to a steep decline in contributors and circulation. By March 1948, monthly circulation had dropped to under 900 copies and the management of *An Cosantóir* was transferred to G2 in Dublin. However, *An Cosantóir*'s fortunes were boosted by a chance meeting in Dublin. Following the German surrender, the Allies detained the Wehrmacht's generals but those with no case to answer regarding war crimes were later released. Many were subsequently interviewed by British military theoretician Basil Liddell-Hart. He supplied contact details to ex-Capt Fergus Fitzgerald, who invited them "to write their own accounts for *An Cosantóir*". It would be the first time they had spoken in public about their military campaigns. The generals were receiving no pensions and many were in bad financial circumstances. Currency control inhibited cash payments but the editor agreed to pay with food parcels, which were very welcome in Germany at that time. In addition, copyright was vested in the authors so that they might benefit from any reprints of their work. Thus, from 1948, *An Cosantóir* printed articles by famous names such as Generaloberst Guderian, who gave his account of the assault on Moscow, and General Fridolin von Senger und Etterlin, who gave his account of the Battle of Monte Cassino. Generaloberst Kurt Student gave an account of the German viewpoint of Arnhem and provided the Irish Independent with an account of the proposed German airborne assault on Northern Ireland. By 1953, however, these contributions declined when other means of publication opened to the former generals.

Liddell-Hart was to become a regular contributor to *An Cosantóir*, several of his articles being reprinted by other journals, in

particular his 1967 analysis of the Six Day War.

Another potential market for *An Cosantóir* was the FCÁ, over 37,000 strong on its inception in 1946 but declining to under 20,000 by 1959. A prolific contributor on this topic was Coy Sgt James Dillon (FCÁ), a barrister who acted as a roving reporter on FCÁ units around the country. Humorous (but not always fictional) short stories were provided by 'Sergeant Mac'. Even so, monthly sales declined to 600 copies in 1955 and to an all-time low of 437 in 1958. With original contributions in decline, *An Cosantóir* increasingly relied on reprints from other magazines, which were of questionable relevance to potential subscribers. It is fair to say that the 1950s were a time of stagnation in the Defence Forces as a whole.

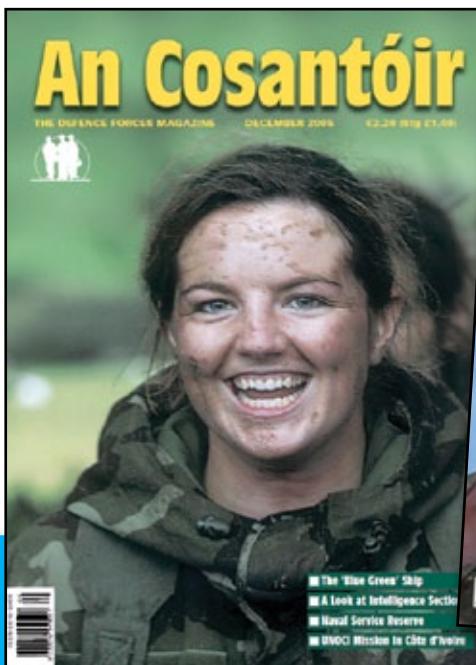
By 1960, less than a quarter of articles originated from Irish contributors, although in that year a lively debate ensued on the topic of guerrilla warfare as a viable defence option. In July, a new era opened for the Defence Forces when 32 Infantry Battalion deployed to the Congo on the army's first large-scale UN peace-keeping mission. This momentous event was not recorded until the December issue, although this marked *An Cosantóir*'s first use of an attractive photo section and the journal would carry many more reports of the Congo mission until its conclusion in 1964. The 1963 issue was dedicated to the visit of President JF Kennedy to Ireland; five months later another issue was dedicated to the slain president, for which requests came in from all over the world.

In 1968, *An Cosantóir* relaunched itself in a new format, featuring greater use of black and white photographs and illustrations.

During the 1970s, many corps and services celebrated their 50th anniversary and *An Cosantóir* produced several commemorative issues, such as the November 1973 issue dedicated to the Artillery Corps.

In 1980 *An Cosantóir* published its first colour photographs and in September that year organised the first *An Cosantóir* 10K run in the Phoenix Park, an event that has been the highlight of the Defence Forces' sporting calendar ever since.

Seamus Kelly passed away in 1979, and in 1981 a trust fund in his name established the annual Seamus Kelly Military Journalist



Award, which was awarded to An Cosantóir's best contributors. (The award fell into abeyance in 2006.)

In 1981 *An Cosantóir* switched to an A4 format, and increased its use of colour images. More commemorative issues followed, 1983 alone having issues devoted to 3 Inf Bn, 4 Inf Bn and 4 Fd Arty Regt. Articles tended to reflect the Defence Forces' role in defending against an external threat, with some tacit references to the growing ATCP role. The January 1984 issue included a tribute to Pte Patrick Kelly, the first Irish soldier killed in action on home service since the Civil War.

By this time the PDF strength was 18,000 with 15,000 FCÁ. Many items feature barracks and posts which have since ceased operations. Articles featured the first female personnel and the growing practice of adventure sports in the Defence Forces. CPO JE Lucey contributed a series of high quality short stories about the Naval Service. The Irish deployment with UNIFIL was also covered extensively.

By the journal's 50th anniversary in 1990, monthly circulation had reached 5,200. In 1992 PO Ray Slattery became the first NCO editor and the magazine adopted the lavishly illustrated 'glossy' format that continues to this day. In the same year, *Connect*, a wide-circulation freesheet began publication and in 1994 *An Cosantóir Review* was launched to cater for more scholarly military articles (later relaunched as the Defence Forces Review). By 1995, *An Cosantóir* could comment that, "*regular readers will have noticed the change in the contents of the magazine...a conscious decision was made to target subjects of general interest to the reader.*"

An Cosantóir covered 5 Inf Bn marching out of Collins Barracks in April 1997 was covered, having already covered the barracks' future role as part of the National Museum. Griffith Barracks' new role as a university also featured.

In 2000 the magazine covered the Israeli withdrawal from Lebanon and the deployment of Irishbatt up to the Israeli border. The following year saw the withdrawal of Irishbatt from UNIFIL. At the time it was presumed that this marked the end of the Defence Forces' long association with Lebanon and *An Cosantóir* produced a landmark 100-page commemorative edition.

The next decade saw coverage of the final years of the FCÁ and the emergence of the new Reserve Defence Force in 2006. Overseas missions were featured, in particular the deployment in Liberia. There was increasing use of *vox pops* (voice of the people) to provide views from the ground, which reflected increasingly higher standards of training and equipment across the Defence Forces.

Many proud units were disestablished during another major reorganisation in 2012; many stretching back to the foundation of the state. For units such as 4 Inf Bn, 5 Inf Bn, 2 Inf Bn, 2 Fd Arty Regt, 4 Fd Arty Regt, 4 Cav Sqn, and 1 ADR, the months of November and December saw them fly their colours, standards, and pennants for the last time.

Recent innovations have included *An Cosantóir*'s increasingly informative website, which includes an impressive online catalogue of back issues.

Few Irish journals have attained a 75-year lifespan and it is no exaggeration to state that it is difficult to imagine a Defence Forces without *An Cosantóir*. Here's to the next 75 years! ■

Writing and submitting articles to An Cosantóir

BY SGT WAYNE FITZGERALD

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

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

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

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

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



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

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

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

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

The following are the key elements in a story:

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

Sending in a photograph

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

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

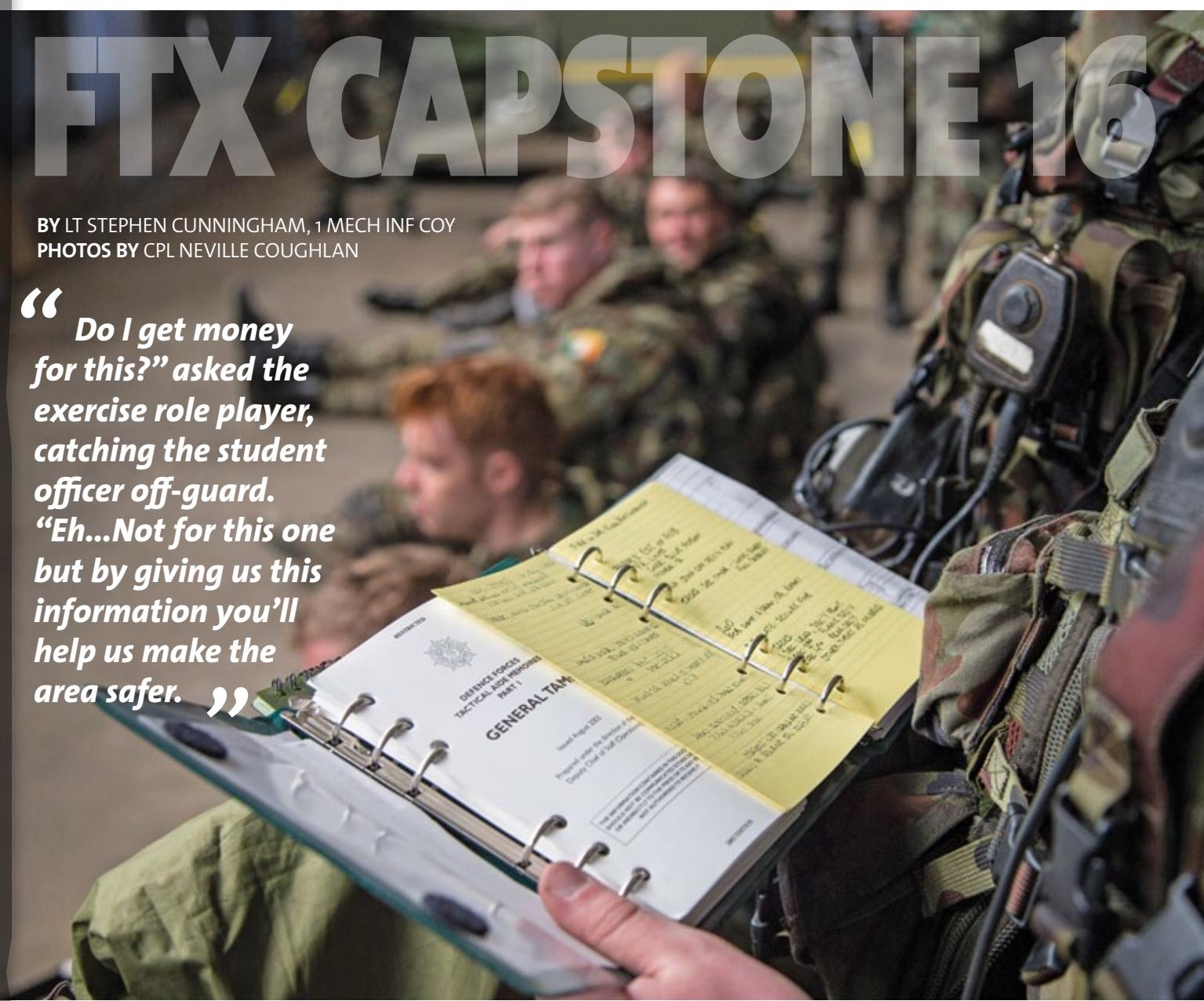
For our convenience and to make it easier to remember try getting the original photo from the digital camera that was used to take it, and send that in – credit will be given to the photographer. If you are sending in a number of digital photographs, either use a file sharing utility like Microsoft's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

FTX CAPSTONE 16

FTX CAPSTONE 16

BY LT STEPHEN CUNNINGHAM, 1 MECH INF COY
PHOTOS BY CPL NEVILLE COUGHLAN

“ Do I get money for this?” asked the exercise role player, catching the student officer off-guard.
“Eh...Not for this one but by giving us this information you’ll help us make the area safer. ,”



The above conversation occurred during a Key Leader Engagement (KLE), which was designed to take a student officer out of their comfort zone as part of a build up to an operation to disrupt illicit arms trading in Field Training Exercise CAPSTONE - the confirmation exercise of the 10th Platoon Commander's Peace Support Course (APC Command Sub-Course).

During FTX CAPSTONE 16, students of the 10th Platoon Commander's Peace Support Course (10th PCPSC) were exercised in the role of Mechanised Infantry Platoon Commander in a Peace Support Environment. In their roles as Mech Inf Pl Comds, they were exposed to the numerous challenges associated with operating from Mowag Armoured Personnel Carriers. These include the requirement

for detailed planning of logistical support, navigation by road, and fully utilising the experience of the APC Crewmen under their command, while applying all of the knowledge they had gained throughout their Peace Support Course to a complex training exercise.

During the exercise they were faced with a mobile and intelligent Opposing Force (OPFOR), who progressively became more of a threat due to the intensity of the Area Domination Patrols conducted by the students and the discovery and confiscation of OPFOR arms caches. While operating as a standalone Mechanised Infantry Company (-) from a hangar in Gormanston Camp, the students were also exposed to, and supported by Military Police Dispatch Riders for convoy escort, an Engineer Specialist Search and



Clearance team (ESSC), multiple Key Leader Engagements with exercise role players, interaction with the press, and all the while having Air Corps PC-9s conducting an Air-to-Surface shoot overhead, adding to the exercise scenario of a country coming out of civil war.

The learning curve was steep for the students of the 10th PCPSC APC Command Course, who were accompanied by students of an APC Dismount Course from 1 MIC. Their first exposure to Mechanised Infantry tactics in a Peace Support Environment challenged them to think beyond their knowledge of Light Infantry conventional tactics and operate with the challenges and capabilities of APCs. ■



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Huê, Vietnam's Bloodiest Battle

BY PAUL O'BRIEN MA

The Vietnam War is often pictured as a jungle conflict, punctuated by US troops fighting in rural, hut-filled villages. But in the 1968 Tet Offensive the war spilled out of the jungle onto the streets of Huê city.

On the night of January 30th 1968, thousands of North Vietnamese Army (NVA) troops, supported by Viet Cong (VC), moved silently from their staging areas towards Huê.

For centuries this former imperial capital had been spared the terrible effects of war but on the eve of Tet (the lunar New Year and Vietnam's most important national holiday) this was to change. Though the holiday had been marked by a mutual ceasefire in previous years, in 1968 all of South Vietnam was targeted by the NVA and VC in a massive military and political offensive.

Huê was targeted not only for its cultural importance but also because Highway 1, a vital supply route, passed through the ancient walled city, linking the US base at Dà Nang to the Demilitarised Zone. The road also provided access to the Perfume River, which ran through Huê, bisecting the city.

At 0340hrs, NVA rocket and mortar fire lit up the night sky in and around Huê, initially directed towards the American Military Assistance Command Vietnam (MACV) compound located in the southern sector of the city.

In the north of the city an NVA sapper team overwhelmed Army of the Republic of Vietnam (ARVN) guards at the Chanh Tay Gate, enabling an NVA battalion to storm the city and seize a number of objectives. They also launched an attack against General Ngo Quang Truong's ARVN HQ. This was repulsed by the ad-hoc garrison of clerks, office staff, cooks and motor pool attendants before the general reinforced his HQ with soldiers that had been deployed to secure the nearby airfield. Both of these positions were to get more reinforcements from the 2nd ARVN Airborne, which managed to penetrate the city the next day.

With Highway 1 under attack, it was difficult to reinforce the US MACV garrison. The road and city were shrouded in fog, making air support impossible, so a US convoy was assembled to drive into the city. Capt Gordon Batcheller's Alpha Company pushed through, suffering heavy casualties but managing to eventually link up with the MACV, bringing the number there to 1,100.

Soon, Communist forces had seized most of the city and by February 1st they began to consolidate and dig in. US Marines from the MACV compound who pushed out towards the prison to relieve ARVN positions encountered



fierce resistance; the urban combat differing greatly to their pre-deployment jungle training. The Marines drew automatic and RPG fire from several directions and engaged pockets of NVA and VC in running gun battles. An attempt to cross the Nguyen Bridge to the Thuong Tu Gate was abandoned after the Marines received heavy fire from AK47s, heavy automatic weapons, rockets and mortars, from the walls of the Citadel.

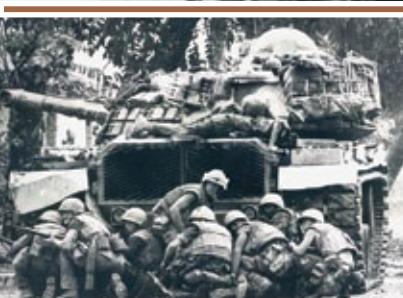
Huê was revered throughout the world for its cultural and religious history, and housed many protected structures. The US troops' rules of engagement were designed to protect the Citadel's structures, which meant that they could not employ artillery or air power, which greatly restricted their operational capabilities at the outset. However, the South Vietnamese president, Nguyen Van Thieu, later authorised allied forces to use whatever weapons were deemed necessary to dislodge the enemy from the Citadel.

By February 5th the north of the city was under NVA control, except for an enclave held by the ARVN, and the Marines in the south of the city were battling the NVA at close quarters. Reduced to fighting building by building, room by room, the Marines, who were using M79 grenade launchers against VC sniper teams, suffered heavy casualties.

The NVA, who had dug in at a number of locations throughout the city, had also established a position within the hospital complex. However, after 48 hours of intense fighting this position was destroyed by Marines using recoilless rifles.

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By February 12th, after 13 days of fighting, the Marines had cleared several NVA posts from the southern sector, enabling them to establish a staging area to attack NVA strongholds in the northern sector, including the Citadel and the Imperial Palace. The Marines also knew that whoever controlled the Citadel controlled the city.

Most of the bridges had been blown up but the main bridge, although damaged, was still intact. Though tanks were available, they were deemed too heavy to cross the bridge and are vulnerable in urban combat. Instead, a Marine unit launched an amphibious assault on the northern sector using landing craft and managed to establish a bridgehead. Under heavy fire the Marines enabled support forces to move up and

prepare for the assault on the Citadel.

The enemy drew the advancing Marines into predetermined kill zones, where snipers, hidden in buildings or spider holes, wrought havoc. Explosive booby traps inflicted heavy casualties and also slowed the advance. As it was monsoon season, air support or 'dust offs' to evacuate casualties were limited due to poor visibility.

Despite suffering heavy casualties, the Marines continued their advance, launching frontal assaults against enemy positions.

Huê's main street, designated Phase Line Green by the Marines, was under heavy fire from the imposing Dong Ba Tower on the east wall, which gave the NVA a fire advantage over the Marines. Pinned down and unable to advance

further into the city, the Marines needed to knock out the tower.

On February 14th, the rules of engagement were reviewed and the 'no heavy firepower' policy was lifted, enabling aerial assaults on the tower, followed by artillery and naval bombardments. However, precision bombing was in its infancy and though hit several times, the NVA clung on and returned fire at the US ground forces. As the smoke cleared, pockets of NVA regrouped and launched counterattacks in an attempt to push the Marines back into the Perfume River.

To finally oust the NVA from the tower, the Americans utilised M50 Ontos, a vehicle that had six M40 106mm recoilless rifles as its main armament. Marine kill teams, supported by M50s, neutralised the tower and continued the advance into the city.

When windows of clear weather materialised, helicopters flew in under heavy fire to medevac the wounded and drop off much needed ammunition.

Having been resupplied and reinforced by an airlift comprising eight CH46 Sea Knight helicopters, the ARVN had also moved out from their base, retaken the airport and were engaging NVA and VC units throughout the northern sector. Like their American counterparts they were fighting street by street, with the relentless combat taking a heavy toll on both sides.

US and ARVN reinforcements were now continually arriving into the city, pushing through its narrow streets and forcing the enemy to fall back. The Citadel and the Imperial Palace were finally secured on February 24th after fierce fighting, bringing an end to what many believe was the bloodiest battle of the Vietnam War.

It was estimated that Communist forces suffered in the region of 6,000 killed in Huê with a further 3,000 killed outside of the city; the ARVN suffered 452 killed with just over 2,000 wounded; US forces reported 668 killed and 3,707 wounded. Among the civilian population 844 were killed and 1,900 injured directly by the fighting, while the NVA and VC executed an estimated 5,000 people within the city during the battle.

The battle was recorded by news cameras and this was a turning point in the war. Relayed back to millions of Americans, the imagery would fuel the anti-war protests and reveal that General Westmorland's strategy was not bringing the victory he had proclaimed.

The Battle of Huê remains a classic study in urban warfare and clearly demonstrates the rigours and demands of fighting in a built-up area, as well as the valour and fortitude required of the soldiers tasked in operating in such an environment. ■

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THE SOMME 1916

BY PAUL O'BRIEN MA



Thousands of soldiers, laden down with rifles, packs, extra ammunition, and entrenching tools, scrambled over the parapet of their trenches into No Man's Land. The shrill blasts of officers' whistles still resounded in the ears of many as they slowly walked out through the smoke towards the German lines. It was July 1st 1916, and the beginning of what became known as the Somme Offensive, or to others, 'the bloodiest day in British military history'.

At the Chantilly conference in December 1915, Allied commanders decided to mount a major offensive on the Western Front in the following year. It was planned for August 1916 but when the situation at Verdun became desperate, it was decided to bring the attack forward to July.

Sir Douglas Haig stated that the Somme Offensive had three objectives: to relieve pressure on their French allies who were locked in bloody combat at Verdun; to assist the Russians by preventing the further transfer of German troops to the Eastern Front; and to wear down the strength of German forces. The main attack force would consist of British and French troops, but other units from Bermuda, India and Newfoundland would also participate in the attack.

Thousands of British soldiers who had answered General Kitchener's call and enlisted in the Pals Battalions, formed up ready for action. On the eve of the offensive, 2/Lt Frank Potter wrote a letter home to his parents:

My Dearest Mother and Father,

This is the most difficult letter I have ever sat down to write. We are going into an attack tomorrow and I shall leave this to be posted if I don't come back. It is a far bigger thing than I have ever been in before and my only hope is that we shall help in a victory that will bring the war nearer to a successful conclusion. I am hoping to have the nerve to keep my end up and do my share – that is all that worries me at present. Of death I haven't any fears... The worst of war is that one's people at home have to bear all the sacrifice and suffering. For my part I am content and happy to give my services and life to my country, but it is not my sacrifice, Mother and Dad, it is yours...

My fondest love to all at home

Your loving son

Frank xxxxxxxx¹

The Allies had learned that previous attacks against carefully prepared, fixed positions were unlikely to succeed. To counteract this they planned a massive artillery bombardment to destroy the German trenches and dugouts, and obliterate the barbed-wire obstacles in No Man's Land.

The bombardment commenced on June 24th when 1,437 guns unleashed

a barrage of fire against the German lines. Over the next seven days 1,500,000 shells were fired, although a number were duds and failed to explode, while others, designed to burst on impact, failed to destroy the barbed-wire defences. This artillery barrage

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY



bullets passed overhead while others found shelter in shell holes.

Few objectives set out for the first day of the battle were achieved and it was only later that the cost of those few hours on July 1st 1916 became known. The British Army suffered no less than 57,470 casualties. Of these 585 had been taken prisoner; 2,152 were listed missing-in-action; 35,493 had been wounded; and a staggering 19,240 had been killed.

The Somme Offensive, comprising a number of battles, would last 141 days. As a result of the failure to break through on July 1st, it turned into a war of attrition, with numerous limited offensives up and down the lines targeting specific villages, ridges or woods. While some German positions were destroyed, others fought back inflicting heavy casualties on the Allies.

As more and more units were deployed into the fray, British officer Giles Eyre was to write later:

"We are now scrambling over what must have been the British front-line trenches, a maze of humps and hillocks, half-filled-in ditches, mounds of faded and burst sandbags, barbed wire clumps sticking out here and there, shell holes, smashed trench-boards and a litter of rusty tins, pieces of equipment, broken rifles and goodness knows what else. We strike out into what was once No Man's Land, a welter of confused destruction and shell-holes.

*Here all the casualties have not been gathered in yet, and horrible looking bundles in Khaki, once men, lie still in shell-holes."*²

As the offensive continued, the French Army did achieve some successes, but the British advance stalled, resulting in further losses. The Germans had learned not to rely on single defensive lines, but instead turned to defence in depth, which allowed them to fall back to prepared positions.

The Somme Offensive also saw the first deployment of tanks, when the British used them at Flers Courcelette, with mixed results, giving the Allies some territorial gains but falling short of a breakthrough.

General Haig continued to pour troops into the offensive, believing the Germans were on the point of collapse. However, British planning was at fault as they had failed to take into account a number of lessons of previous engagements. No bombardment, no matter how massive, could create a breakthrough in the German lines. Also the infantry should have moved as fast as possible using fire and movement tactics, with each group going to ground periodically, taking whatever shelter they could find, and opening fire, giving cover to those coming behind. The tactic of a creeping barrage, though not yet perfected, would have given cover to the advancing infantry rather than letting them walk straight into the German guns.

The final 'Big Push' took place in November and saw the Allies securing Beaumont Hamel and Beaucourt. The offensive had lasted four-and-a-half months and though it was costly to the Allies, it was also costly to the Germans, whose losses amounted to 465,000 men that they could ill afford to lose. Fighting battles on a number of fronts, they could not sustain such losses and were never able to fully recover from the 1916 summer offensive. It was to be the beginning of a very slow end, however, as there would be another two years of bloodshed. ■

HISTORY HISTORY HISTORY HISTORY HISTORY

continued on and off until the morning of Saturday July 1st.

Two minutes before Zero Hour, the Lochnagar mine, the largest mine exploded during the war, was detonated under the German lines south-east of La Boisselle, where its crater is still evident today.

At Zero Hour, the first wave moved out at a steady pace, as the second group moved up the lines and mounted the fire step, ready to climb the ladders and move out of the trenches.

However, within minutes those already in No Man's Land were caught in a hail of machine-gun fire. Soldiers stumbled and fell as they were hit, including Lt Frank Potter who was shot through the head and killed. The second wave began to move out but many fell backwards into the trenches, killed or wounded, as the Germans strafed the frontline with their machine guns.

The bombardment had failed to destroy the deep dugouts and within minutes the Germans had resurfaced from their underground bunkers, mounted their guns and opened fire into the ranks of the advancing British troops. The barrage had also failed to cut through the wire entanglements, which now trapped many soldiers in the open, devoid of cover. Some became trapped on the wire, unable to move forward, easy targets for the gunners.

The lines thinned as bullets sliced through their ranks, but they never faltered as the troops continued to surge forward. The German fire became so intense in some areas that the waves of advancing infantry were forced to lie down and take whatever cover they could find. Soldiers hugged the earth as

¹ Anderson, J., *World War 1 Witness Accounts* (London, Abbeydale Press, 2010) ² Anderson, J., *World War 1 Witness Accounts* (London, Abbeydale Press, 2010)

HISTORY HISTORY HISTORY HISTORY HISTORY

DEFENCE FORCES ONE WALL CHAMPIONSHIPS 2016

BY SÁIRSINT ERIC O'BRIEN, 1 CN COIS PHOTOS BY CPL NEVILLE COUGHLAN

On 1st June the Defence Forces took to the courts at the new Clough Ballacolla HC One-Wall facility in Ballacolla, Co Laois. The 4th running of this annual event had a new trophy up for grabs - the 'Volunteers Cup' for this year's senior champion. Prior to this event, One-Wall blitzes were held to prepare the troops for what lay ahead, these were on the courts in Dún Uí Mhaoláis, Galway and Cathal Brugha Bks, Dublin. The DF would also use the championships to select their team to take on country's best at the Wall Ball Nationals in July.

Over 30 competitors made the journey to the midlands in what was to be a highly fought out contest. The categories were novice (10 minute games), junior, intermediate and senior (first to score 15 aces).

The Novice category was a knock-out format, with a Runners-Up Plate for players knocked out in the first round. The third round saw one of the games of the day between two of the favourites, S/S Jim Suffin narrowly defeated S/S Conor Keegan (both 1 Cn Cois) 13-10 to advance to the semi-finals. In the Runners-Up plate, the semi-finals were both decided by an ace, with the final being a battle between Pte Robert Donlon (6 Inf Bn) and Pte Robert McDonagh (6 Inf Bn), with Donlon edging the win in the last seconds to come out the victor at 13-12.

In the Novice Championship Semi-Finals, S/S Liam Sinnott (1 Cn Cois) steamrolled his way to the semi, but was defeated by a new kid on the block Tpr Stephen Monaghan (2 Cav Sqn) 15-4. S/S Jim Suffin took on Pte Darren Cornally (3 Inf Bn) in another thriller that went 11-10 to Suffin. This set up the Novice Final where both Suffin and Monaghan would battle it out after a long day on the court. Both men attacked every ball, Suffin started to pull away after a determined battle to finish out the game 11-8.

The Junior Championships was a round-robin, with the top two players facing off in a final, S/S Joe Doherty (1 Cn Cois) and Pte Keith Mullarney (6 Inf Bn). These two old-hands had been on the One-Wall circuit for a few years and were determined to climb the category ladder with a win in front of the crowd and Mr Willie Roache (President, GAA Handball). A battle ensued that ran over 22 minutes. Hand-Out on the serve, followed hand-out on the serve until Doherty got comfortable and won the final 15-12.

The Intermediate Final was between Pte Denis Dowd (3 Inf Bn) and S/S John Hurley (1 Cn Cois), in a game to remember that lasted 32 minutes. Ace for ace, the men fought. At the last hand out to Dowd, the game was 13-13. It couldn't have been quieter on the serve, but Dowd's ace awakened the crowd. Hurley, awaited the last possible serve of the final, but took a fly ball to kill it off the wall and take

back the serve. 2 aces, would turn the fixture around to a win and seal victory for Hurley. His serve was low and hard, but Dowd intercepted a left hand shot to start a rally that ended in Dowd catching a ball and sending Hurley the wrong way around the court to take back the serve. At 14-13, Dowd just needed one good strike and that he did with a drop serve to the back of the court to take the last ace and the Intermediate Shield for 2016.



Are you interested in playing handball at any level (PDF or RDF), contact Sáir Eric O'Brien (1 Cn Cois) at Ext: 1840 or your BPEO. Beginners are particularly welcome and our One-Wall facilities in Galway, Dublin, Cork or Kilkenny are available for training by DF members. ■

Unarmed Combat Training in UNDOF

BY CPL ANTHONY SWINBURNE

It started off just as a conversation in the form up between members of the 52 Inf Gp. As the form up progressed myself and Cpl Colm Meade noticed there was a lot of interest and went seeking for people within the 52 Inf Gp who had similar skill sets and interests.

With the word circulating Lt Richard Barber and Cpl Lynn Ryan came forward. We sat down and discussed areas such as equipment, would the interest be there, the layout of Unarmed Combat (UAC) training around operational duties and what we hope to achieve at the end of the trip. We deployed to UNDOF early April and once we got settled into camp we then started to look at resources to start the club. The equipment was in poor condition and we needed more in order to conduct the training so we approached the welfare committee who provided funding. We held our first training session in the third week in Camp Ziouani.

There was huge interest, a lot more than we expected especially from beginners who had no experience and found it daunting to walk into a club at home. Between the four of us we have experience in boxing, jujitsu, MMA, unarmed combat, kickboxing and taekwondo, so we intertwined all our skill sets into our training sessions. We

are averaging out at 10-15 personnel every session and could see early on how different sections within the 52 Inf Gp were interacting and mixing, with a great team spirit developing. We can also see the fitness levels and skill sets improving every session.

Our aim is to provide the students with knowledge of self-defence, fitness and teamwork. We also hope to hold an exhibition night to showcase the student's commitment and achievements. We also hope to get other contingents within Camp Ziouani involved. ■



DEFENCE FORCES

Physiotherapy

BY SGT WAYNE FITZGERALD PHOTOS BY SGT MICK BURKE AND ARMN ADAM MURPHY

Defence Forces Physiotherapy is a new service comprising six Chartered Physiotherapists attached to the Central Medical Unit (CMU). The new service is the culmination of 10 years of work that began with a review process which resulted in the publication of the Medical Services Review (2009). This recommended the employment of military-specialised Chartered Physiotherapists.

The mission statement of the new service says: *Defence Forces Physiotherapy is committed to providing clinical excellence in promoting the physical health and well-being of all Defence Forces personnel through integrated clinical practice, education, research and innovation.*

DF Physiotherapy became operational in late-June this year and will provide a full and effective physiotherapy service to Defence Forces personnel to rehabilitate them back to robust physical health following injury. A referral is needed from your Medical Officer or GP in order to attend DF Physiotherapy.

DF Physiotherapy will involve detailed assessment and diagnosis of your injury. Your treatment will be prioritised in terms of your needs. This means that those requiring higher levels of care will be facilitated most. Treatment rooms have been designed and equipped with physical exercise and movement rehabilitation in mind. A treatment plan will be agreed and a rehabilitation programme will be provided to undertake with your Unit PTI in the gym. There will also be opportunities to take part in

rehabilitation classes in some locations. DF Physiotherapy will also provide pre-

screening to certain groups to provide individual pre-habilitation programmes so that personnel can prevent injury occurring.

The DF Senior Physiotherapist, Eimear Ní Fhallaíún, began planning the service from September 2015, and the new DF Physiotherapy team have just begun. The members of DF Physiotherapy are Chartered Physiotherapists: Kevin O'Connor, Rob McCabe, Jason Sherlock, Sinead Langford and Marie Murphy.

DF Physiotherapy HQ is attached to CMU and is located at the Central Rehabilitation Unit (CRU) in St. Brícin's Military Hospital, Dublin. Both Eimear Ní Fhallaíún and Sinéad Langford are the Physiotherapists in-charge of running the CRU. The CRU will provide service to McKee Bks, Cathal Brugha Bks, Aiken Bks, Casement Aerodrome, TIS Gormanston and TIS Kilbride.

Jason Sherlock and Rob McCabe are the Physiotherapists in-charge of running the DFTC Primary Physiotherapy Centre (PPC). This PPC will provide service to DFHQ, Stephens Bks and TIS Coolmoney also.

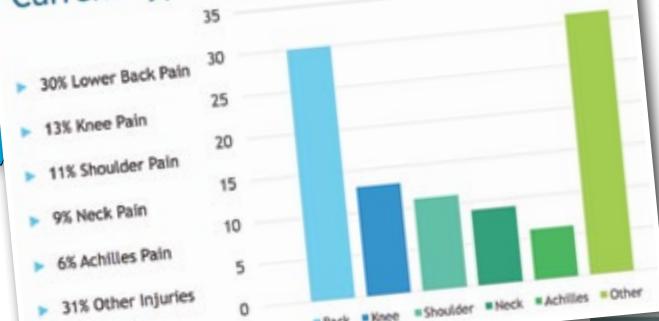
Kevin O'Connor is the Physiotherapist in-charge of running the Custume Barracks PPC. This PPC will provide service to Dún Uí Mhaolíosa and Finner Camp.

Marie Murphy is the Physiotherapist in-charge of running the Collins Barracks PPC. This PPC will provide service to Sarsfield Bks, Haulbowline Naval Base and Kilworth Camp also.

If you need any further details, there is some useful information on the DF Physiotherapy IKON page including: *Tips Before You Attend DF Physiotherapy, DF Physiotherapy Structure and Service, DF Physiotherapy Patient Charter.*

**Stats based on recent figures 2015-2016*

Current Types of Injury



Quick Assessment

- A quick-assessment will be done to identify your injury needs.
- You will be given an appointment based on your needs.
- You may be informed regarding immediate self-care to start the recovery process :

P	R	I	C	E
Protect	Rest	Ice	Compress	Elevate



THE TEAM



Eimear Ni Phalluin (from Leixlip, Co Kildare)

"I have had a strong interest in sports and physical activity from a young age, playing handball, camogie and football. I also have a keen interest in all things military with a thirteen year history in 7th Infantry Bn Reserve and feel honoured to be involved in the process of developing DF Physiotherapy."

I did my B.Sc. in Physiotherapy at UCD, qualifying in 2009 and a M.Sc. in Sports Physiotherapy in 2014. I have run my own practice for the past seven years, taking a year out to travel internationally with rugby.

This position interested me because of the opportunity to create and manage a new service that will add value to the DF and its personnel. I would hope to see the service positively impact injured personnel in returning to duty and maintaining their physical ability to undertake robust training."



Kevin O'Connor (from Ballaghaderreen in Co Roscommon)

"I have always had a keen interest in sport and have been lucky enough to represent Mayo in Gaelic football and handball at underage grades, as well as playing youth representative soccer with Roscommon.

I did my B.Sc. in Physiotherapy in the Royal College of Surgeons in Dublin, receiving first class honours, with clinical distinction. I was recipient of the Anne O'Brien Prize awarded by the I.S.C.P. for achieving the highest overall result in clinical assessment in my graduating class. I had previously received a B.Sc. in Sport and Exercise Science from the University of Limerick, and have gained further related qualifications as a Certified Strength and Conditioning Specialist and as a Certified Performance Specialist.

This position interested me as I feel the role suits my areas of clinical concentration and expertise extremely well. I have previously worked with Paralympics Ireland as team physiotherapist with the men's cerebral palsy soccer team, and am currently Lead Physiotherapist for the Westmeath Senior Gaelic Football team. I expect the new position to be challenging and diverse, and will represent a fantastic opportunity to learn while contributing to the new Defence Forces Physiotherapy service."



Rob McCabe (from Kilmeague, Co Kildare)

"I have a strong background in GAA having played football with Ballyteague GAA club and represented Kildare from minor to senior level. I also played rugby with Clontarf while studying for a B.Sc. in Sport Science and Health in Dublin City University.

Since qualifying from Robert Gordon University, Aberdeen, in 2007 I have worked in a private practice in Naas and Dublin. Last year I set up my own clinic in Newbridge based within the grounds of Newbridge Family Practice where I will continue to assess and treat a wide range of patients as well as local teams and clubs.

It's exciting to be involved in this new venture and I see it as a great opportunity to work with a highly-skilled, multidisciplinary team to develop an efficient and effective service to best serve the Defence Forces.

I have dealt with members of the Defence Forces over the years and always felt an on-site physiotherapy service would be far more cost effective and time efficient as it will ensure more prompt assessment, monitoring and follow up, as well as putting injury prevention strategies in place."



Sinead Langford (from Templeogue, Dublin)

"I graduated from Trinity College in 2006 with a first class honours. I received my MSc in Manual Therapy in 2016, graduating with distinction from the University of Western Australia and was awarded the prize for best clinical practice in my class.

I have worked in private practice in New Zealand and in Ireland, gaining extensive experience managing work-related injuries and sports injuries at all levels. I worked with Midleton RFC, for three seasons, Munster Rugby underage squads and I have travelled as Troupe Physiotherapist with Riverdance.

I am committed to developing my skills through on-going clinical education and I have a special interest in the treatment of neck and shoulder pain, sports injuries and injury prevention. I also trained in APPI Pilates, functional movement screening for injury risk assessment and dry needling.

I am very excited to be joining the new physiotherapy team. It represents a unique opportunity to work with highly motivated personnel developing injury prevention strategies and effective rehabilitation. I hope to contribute to the development of a first class physiotherapy service with Defence Forces Physiotherapy."



Jason Sherlock (from Prosperous, Co Kildare)

"I was honoured to play GAA for Kildare from U14 to U21 levels and at senior club level with Allenwood GFC. The highlights of my playing career were representing Leinster at U17 level and winning a county title with Allenwood in 2004.

I completed a BSc Hons in Sports Rehabilitation and Human Physiology from IT Carlow in 2006 before I left Ireland to study for a M.Sc. in Physiotherapy at the Robert Gordon University, Aberdeen, for two years.

I have worked in private practice and was the physiotherapist with the Offaly Senior Gaelic Football team. In 2009 I worked in a UK private practice with British ex-triathlete, Nigel Kimpton, and worked closely with UK Athletics for two years. I then worked for the British Ministry of Defence, with the RAF, Special Forces and Paratroopers, at the regional rehabilitation unit in Colchester, and later at the British military's National Rehabilitation Centre of Excellence in London. This was the high point of my career to date - working in complex trauma with highly motivated injured soldiers and helping them walk, run and in some case return to high-level sport.

I applied for a position with Defence Forces Physiotherapy because I know it's an area that I have a lot of experience in, is diverse, and will allow me to work with highly motivated patients on a daily basis."

Marie Murphy (from Boherbue in North Cork)

"I graduated with a BSc in Physiotherapy from the University of Limerick in 2011 and with a Masters in Sports and Exercise Medicine from University College Cork in June 2016. I completed postgraduate courses in taping, Pilates, dry needling and manual therapy.

"I am actively involved with the GAA, having played for my local ladies football club winning county and Munster titles over the years and regularly provides match day cover for teams. I am an active member of Macra na Feirme, winning a National Leadership Award in January 2016.

"I have a keen interest in physical activity and using exercise as medicine. I particularly enjoy the rehabilitation aspect of physiotherapy practice and hope to be able to add this to the new with the Defence Forces Physiotherapy Service, ensuring a speedy return from injury."

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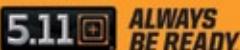
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L	B	O	E	T	W	L	R	W	V	P	B	X	N	J
M	N	E	X	J	E	F	H	M	H	H	J	I	X	C
F	R	A	V	S	I	J	A	G	A	C	A	S	A	Y
C	D	T	B	Z	T	G	R	J	J	N	V	T	N	C
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M	G	G	Q	X	N	F	N	T	A	L	J	Q	E	Y
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HEROES OF JADOTVILLE: The Soldiers' Story

Author: Rose Doyle with Leo Quinlan

Publisher: New Island, February 2016 (first published 2006)

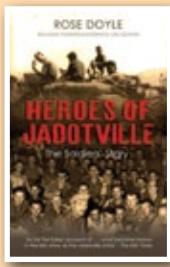
<http://newisland.ie>

ISBN: 978-1-90549-488-5

Price: €15.95

Pages: 378

In 1961, less than 200 Irish peacekeepers serving in the Congo were sent to protect Belgian Colonists in the now famous Jadotville. These brave soldiers' battled for five days against soldiers loyal to Katanga's prime minister at the time, Moise Tshombe.



In this epic story in Defence Forces history, Rose Doyle recounts the events that happened in Jadotville with personal accounts that will send shivers down your spine. Giving details of the struggle with the lack of support that the soldiers had to endure and fight through is harrowing. Rose exposes that there was a bigger picture than the fight in Jadotville, control over Katanga's vast mineral wealth was being fought for. Comdt Pat Quinlan and his men faced down the odds of fighting against approximately 4,000 Katangan Gendarmerie and European mercenaries. Eventually, once water and ammo ran out, a truce was negotiated. Many of Comdt Quinlan's tactical and common sense decisions on the ground were nothing less than life saving, something to which Sgt Walter (Wally) Hegarty commends to by stating "Comdt Quinlan grew to giant size in every man's eyes as the fighting continued".

This book blows the lid on the events that truly happened in Jadotville. With first hand accounts from the soldiers who fought in the battle makes the book much more appealing than just hearing one point of view. Previous released back in 2006, this is an excellent updated read from start to finish of the 'Heroes of Jadotville'. KB

DUBLIN CITY COUNCIL AND THE 1916 RISING

Author: John Gibney, editor

Publisher: Four Courts Press (May 2016)

fourcourtspress.ie

ISBN: 978-1-907002-34-2

Price: €22.45 PB / €40.50 HB

Pages: 322

The 1916 Easter Rising mostly took place in Dublin City and its buildings which were heavily effected is mostly overlooked. Some of the fighting occurred in buildings belonging to Dublin City Council including City Hall.

"Essential reading for all who want to have a fuller understanding of the tumultuous events that occurred in our capital city a hundred years ago..." Michael Merrigan, Ireland's Genealogical Gazette (June 2016).

This collection of essays is the first detailed study to examine the impact of Dublin City Council on the 1916 Rising and in turn its effects on the council. It features an analysis of the political background of the elected council, which, although it included members from Labour and Sinn Féin, also contained members from the Irish Party and unionists. It also includes a full list of council employees who fought in the Easter Rising.

A number of elected members of Dublin City Council fought in 1916, including **Councillor Richard O'Carroll**, who fought with the Irish Volunteers at an outpost of Jacob's Factory. Two of the men executed after the Rising – **Eamonn Ceannt** and **John MacBride** – were council employees.

This wide-ranging book is essential for a complete understanding of the 1916 Rising, providing a fresh and accessible perspective on this iconic event from a novel point of view.

Contributors include: Sheila Carden, Shay Cody, Evelyn Conway, Donal Fallon, Las Fallon, David Flood, John Gibney, Anthony Jordan, Conor McNamara, Martin Maguire, Thomas J. Morrissey SJ, Seamus Ó Maitíú, Lawrence White, Padraig Yeates. WF

CHURCHILL'S GREATEST FEAR

The Battle of the Atlantic - 3 September 1939 to 7 May 1945

Author: Richard Doherty

Publisher: Pen and Sword (December 2015) pen-and-sword.co.uk

ISBN: 978-1473834002

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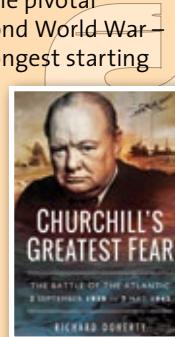
'The Battle of the Atlantic' (Churchill's term) was arguably the pivotal campaign of the Second World War – it was certainly the longest starting with the sinking of *RMS Athenia* on 3rd September 1939 and ending with the torpedoing of *SS Avon Dale* on 7th May 1945.

This superbly researched work covers all the major aspects of The Battle, balancing the initial advantages of Admiral Doenitz's U-Boat force, the introduction of the convoy system, the role of the opposing surface fleets and air forces, relative strengths and the all important technical developments. Intelligence particularly the Bletchley Park intercepts played an increasingly important part in the final outcome.

The author concludes that May 1943 was the moment when the Allies seized the initiative and, despite desperate German efforts, never lost their advantage.

Using official records, personal accounts and a wealth of historical research, this work gives the reader a splendidly concise yet broad account of the course of the campaign, the men who fought it on both sides and the critical moments and analysis of the outcome.

Richard Doherty is from Co. Londonderry. He is recognised as Ireland's leading military history author with more than 20 published works to his credit. He has also worked on TV historical series including *The Sons of Ulster* and *The Siege Chronicles*.



NAME
TERRY DONNELLY

RANK
SQN SGT

UNIT
1 ARMoured
CAVALRY
SQUADRON

joined the Defence Forces in April 1979 enlisting in the 1 Mtr Sqn, Fitzgerald Camp, Fermoy. My recruit training was conducted with 12 Inf Bn, Clonmel, the highlight of which was the guard of honour the platoon took part in for the Pope's visit to Ireland that year.

As I had previously attended a catering college before the army, I was assigned to the Officer's Mess on my return to 1 Mtr Sqn, November 1979.

During my up skilling within the Cavalry Corps, I completed driving and gunnery training on all the Panhard series of vehicles. I also completed a basic sniper course with the FN and HK 33 weapons, a Reg Sigs course and a PTI course.

The normal yearly routine during the 80's and 90's included security duty in two prisons, border duty with 'Operation Mallard', CIT escorts, prisoners escorts, explosives escort to quarries and vital installations – these patrols are still ongoing!!!

I completed my POT NCO's course in 1987, and was posted to the BTC South for two years. While there I trained numerous recruits and 3 star courses. I completed a Light Infantry Weapons Instructors course, a weapons coaching course and instructed on various other courses. From there I did a basic and armoured driving instructor's course with the cavalry school, which included, at the time the SISU APC.

I went on to complete numerous courses including both infantry and cavalry standard courses. The Defence Forces was becoming more reliant on IT and a lot of emphasis was put into this area and as a result I completed various computer

courses. In 1996 I got the opportunity to do one of the first NCEF (National Certificate in Exercise Fitness) instructor's courses in the Defence Forces Physical Education School. In addition we did a manual handling instructor and a confidence training instructor courses. I then spent 2 months in the old apprentice school in Devoy Bks, Naas, training an apprentice class.

Towards the end of the 90's barrack closures meant redeployment and I went to a Reserve unit on long term detachment for a number of years. I was the operation's Sgt for the 34th RDF Inf Bn. This was an interesting period as you had to be a jack of all trades, due to low staff numbers. Constant recruiting, training and camps etc kept you busy despite what the perception may have been. I saw the lack of tasking for the RDF during this time as under using their potential. Thankfully with integration this has now been addressed. Our Reserve Troop in 1 ACS are constantly on the ground with the unit or assisting with training recourse requirements (TRRs).

I completed a logs management course and a logs accountancy course in 2009 and completed a senior NCO's course in 2010. Within the unit I completed a Mowag driving course and dispatch riders course.

I have completed 11 tours of duty overseas, 5 with the cavalry element/recce company/BMR (Battalion Mobile Reserve) of IrishBatt, UNIFIL, one with UNIFIL HQ in Naqoura. In 1998 I served with SFOR in Bosnia and Herzegovina, as part of the Military Police group. In 2002 I travelled to Kosovo, with the 6th Tpt Gp, KFOR as the Ops Sgt. In 2004 I went to UNMIL, Liberia, as the Logs Admin Coy Sgt. In 2006 I went to Macedonia as part of the NSE with 33 Inf Gp, KFOR as the customs and movement NCO. I again travelled to Bosnia with EUFOR in 2014 as the S3 Ops NCO for Camp Butmir, Sarajevo.

I was promoted to Squadron Sgt in 2013 and my current job is with 1 Armoured Cavalry Squadron. Like all unit Sqn/Bty/Coy Sgts I'm the interface between commissioned and other ranks. The human resource manager whose everyday taskings include the deployment of the unit on TRRs, guards of honour, security escorts and many others that make up our working week.

The unit is currently preparing for a Cav Sch shoot in the Glen of Imaal, commencing rehearsals for Merrion Square, finished training our recruit troop (in training since October 2015). We have just completed a truck-driving course and will commence a cavalry gunnery course shortly. We are the holding unit for the Defence Forces 30mm MRV Mowags. MRVs are now being deployed overseas and the unit has been designated as the up skilling unit for the cavalry corps on 30mm Gunnery. ■





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