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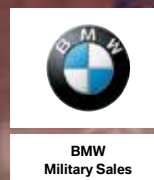
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Front Cover

Pictured is a 7 Inf Bn Reserve Defence Forces member. Photo by CQMS Michael Barrett (AR), 7 Inf Bn

For more Defence Forces photographs, checkout:
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Editorial

Hello, and welcome to our April issue, which fittingly includes a number of articles by reservists as we celebrate the 90th anniversary of the foundation of the Volunteer Reserve Force.

"In seeking freedom, and in volunteering to fight for it, the hopes of the women and men who formed Óglaigh na hÉireann were to awaken 'the light of hope' and offer

a liberating vision in what Liam Mac Uistín's poem describes as 'a desert of discouragement'." - President Michael D Higgins speaking at the Garden of Remembrance on 24th November 2013, the centenary of the foundation of the Irish Volunteers.

Thankfully, we continue to be inundated with your photographs for our *On Parade* pages.

This month's *In Focus* looks at the visit of rugby legend, Conor Murray, to Sarsfield Bks, Limerick, to see the newly erected Wall of Champions, followed by an account of 2 Fd Engr Coy's hosting of Engineers Week in Athlone, which saw 278 children from eight local schools visit Custume Bks during the national week dedicated to promoting and celebrating engineering.

Retired Sgt Tony White supplies our *Veterans News*, with an account of his family's donation of his father's (Congo veteran Brian White) medals to IUNVA Post 1.

Our lead article is by Sgt Rory Behan, an instructor with the NCOTW, who covers *Earning Your Stripes - All Arms*



Standard NCOs Course. CPO/ERA Ruairi de Barra follows with a heartfelt article on members of the Defence Forces who volunteer with *Cork City Missing Persons Search & Recovery Unit*.

In *New Pips on Experienced Shoulders* I report on the recently commissioned 10th Potential Officers course. This is accompanied by a short piece on the celebration of the 100th birthday of Lt Col Ned Cusack ((Ret'd) in Dún Uí Mhaolíos, Galway. In the firsts of our reservists' articles, *Red Force Rising*, CQMS Michael Barrett (AR), 7 Inf Bn, looks at the idea of having a designated company-sized unit to test, evaluate and prepare units and personnel before and during exercises. Michael follows this with *Train Hard, Fight Easy!*, which looks at the infantry soldier and a recent three-star training course conducted by C Coy, 7 Inf Bn, in Gormanston Camp.

Next, in *From Cathal Brugha Barracks to the International Space Station*, Capt Damien O'Herlihy (AR), 2 Cav Sqn, tells us how a unit flash from 11 Cav Sqn FCA ended up orbiting the Earth. In *Fighting for Your Life* Paul O'Brien looks at the use of martial arts in close-quarter battle or fighting in a built-up area (FIBUA).

In our first *History* piece, veteran Paul Maguire looks at his *Memories of Rockhill House*. This is followed by *Ill Met by Moonlight*, by Pat Poland, which takes us back to 1944 and the Irish connections to the daring kidnap of a Nazi general.

In our *Sports* pages Comdt Barry Byrne looks at recent successes for DF sailing and how the application of military principles helped. This is followed by *Irish Denali Expedition 2019*, in which FQMS Francis Whelan and Sgt Paul O'Connell tell us about their role in an Irish expedition that plans to tackle the highest mountain in North America in June 2019. All this, plus our regular *Tac-Aide*, *Gear Review*, *Noticeboard*, *Book Review* and *What I Do* features.

Wayne Fitzgerald

Sgt Wayne Fitzgerald



▲ BRAVO ZULU

BZ to Sub-Lieutenant Orla Donnellan who was commissioned Friday 15th March 2019, at a ceremony at Haulbowline Naval Base. Orla, from Athlone, is currently undergoing a Bachelor of Science in Nautical Science in the National Maritime College of Ireland (NMCI) as part of her professional training as an Operations Branch Officer. *Photo: Naval Service Press Office*



▲ CURRAGH LOURDES FUND

A donation from the recent DFTC Gala Concert in the Curragh Camp was made to the Curragh Lourdes Fund. Pictured is Col Brendan Delaney, EO DFTC, Philip 'Busty' Coy, Brig Gen David Dignam, GOC DFTC, and Sgt Major Tom Mullen. *Photo: Philip Coy*



▲ COL (RET'D) HUGH O'CONNOR

Pictured is Brig Gen David Dignam, GOC DFTC receiving the gift of 1916 memorabilia associated with 1916 leader Eamonn Ceannt from Col (Ret'd) Hugh O'Connor and his wife Eileen. Col O'Connor has a long-standing relationship with the DFTC, having served in the Curragh Command for much of his career. Pictured rear L/R: retired officers of the DFTC: Comdt R. O'Neill, Col M. Canavan, Comdt F. Lambert, Comdt J. Cremin, Lt Col P. McCorley, Lt Col D. Reidy, Comdt B. Studdert, Lt Col B. Brennan, Lt Col J. H. Murphy, with Brig Gen David Dignam, Col Hugh O'Connor (Ret'd) and Mrs Eileen O'Connor. *Photo: Armn Sam Gibney*



▲ 12 INF BN CHARITY FUNDRAISERS

12 Inf Bn soldier Pte Sharon Griffin, along with Joanne De Laughrey and Joanie Hargrow of St Colms Basketball Club took part in the Milford 10K road race and held a music night in the Privates' Mess in Sarsfield Bks in aid of two local charities. They successfully raised €1,668, and split it evenly with €834 to Milford Hospice and €834 to St Gabriel's School for Disabled Children. *Photo: Pte Michael 'Rama' Walsh, 12 Inf Bn*



▲ RDF PTI REFRESHER TRAINING

On Saturday 2nd February 2019, the Defence Forces Physical Education School (DFPES) hosted a Reserve Defence Forces (RDF) PTI refresher-training day. Sgt Jo McCarthy AR, RDF DFPES, planned and executed this excellent initiative, which was attended by 15 PTI students from all formations. This workshop ensured that all PTIs were brought up to date on syllabus amendments and best practices associated with physical education in the Defence Forces. *Photo: Comdt Murtagh Brennan, OC DFPES*



▲ RECOGNITION OF PRIOR LEARNING (RPL)

The first group of Air Corps personnel who took part in the ETB/DF Tobar Project graduated on 17th January 2019. They received certificates as recognition of prior learning, which identified the knowledge, skills and competencies of the students. Pictured with GOC AC Brig Gen Seán Clancy are Armn Alan Edmonds, Cpl Vinnie O'Reilly (recently retired), Armn Paddy Kearns, Armn Tony Maguire and Armn Willie Lynch. *Photo: ETBI & RSM Pat Casey*



▲ SUPPORT FOR VETERANS

Recently BQMS Paul Gifford, presented a cheque for €450 on behalf of the 2 Fd Arty Regt Association to Richard Dillon, ONE's House Manager in Brú na bhFiann, for their "Sleeping Flags" Campaign. *Photo: ONE*



▲ ONE COFFEE MORNING

A coffee morning was held by the Dublin Business School (DBS) on 7th March 2019, organised by DF Veteran and now Lecturer Ray Whelan in aid of the ONE's Fuchsia Appeal for homeless veterans. The event raised over €1,000 of much-needed funds for our veterans. Ray is pictured with Richard Dillon from ONE and DBS colleague Ciara Lambe. *Photo: Sgt Mick Burke*



▲ COMBINEX IN UNIFIL

Early in March 2019, members of 113 IRISHBATT in Lebanon with UNIFIL took part in COMBINEX (Combined Exercise), an interoperability exercise in which IRISHBATT were assessed in a number of key areas. Serials included firefighting, response to a Road Traffic Accident (RTA) and a UXO (Unexploded Ordnance) strike. *Photo: Capt John Gilligan*



▲ ELITE BOXING

On 9th February 2019, Sgt Tommy Sheahan, DFPES won his fight in Senior Elite Boxing Championships in the National Stadium Dublin. He was the only DF member to win a fight that night. That was even more special as he was the oldest competitor at the age of 39 to enter since the no boxing over 40 came in 10-years-ago. So Tommy made history as the oldest boxer to win an elite fight at senior level. He fought at 91+ kgs super heavy weight. Tommy lost to the no 1 contender Dean Gardiner on the 10th February. Well done Tommy. *Photo: Sgt Tommy Sheahan, DFPES*



▲ ST CONLETH'S BRANCH ONE REMEMBERS

A double wreath laying ceremony was held by St Conleth's Branch ONE on Saturday 23rd February 2019 at the WW1 Memorial in St Conleth's Cemetery Newbridge and at the ONE Memorial Plaque at Newbridge Town Hall in memory of all those who lost their lives in past conflicts and in the cause of peace with the United Nations. They were joined on the day by friends from St Michael's Branch ONE Athy, 3 Inf Bn Association, Glengarry Club and the Military Police Association of Ireland. Wreaths were laid on the day by Michael Kinahan, Chairman of the Leinster Area Council ONE and John Fogarty, Chairman of St Conleth's Branch ONE Newbridge. *Photo: Martin Rowe*



▲ CONGO DISPLAY DAY IN RATHAGAN

On Saturday 9th March 2019, a Congo Display Day was organised by NC & JO'B Photography Studio & Gallery in Rathangan. The display was to remember and honour those DF veterans who served in the Congo, and a great opportunity to award a local Congo Veteran Paddy Shiels (93), who misplaced his medals over the years or as he says, "left behind". This was kept a secret from Paddy, where organiser John O'Brien (of NC & JO'B Photography) was able to source replacement medals. Paddy had a great day as did everyone, with many thanks to the IMVG for the displays, to Paul Clarke and the 2 Inf Bn Assoc for helping with the medals and presentation, to Ruth Conlan of 'The Burrow' for the catering, and to all those who came on the day. *Photo: NC & JO'B Photography*

CONOR MURRAY'S VISIT TO 12 INF BN, SARSFIELD BKS

BY LT DAN HANLEY, 12 INF BN

During 2017 the Commanding Officer of the 12 Infantry Battalion, Lt Col Seán Murphy directed that the many achievements of the unit's members should be acknowledged publicly in a single location in Sarsfield Bks. With that in mind a 'Wall of Champions' was devised which would capture the many accomplishments at Brigade and Defence Forces level or equivalent. CQMS Seán O'Callaghan set to work, he designed and delivered 'the wall' and gathered the material to display on it. In addition, it was identified that the many cups and trophies won by 12 Inf Bn personnel were traditionally stored in the CO's office and were rarely on public display. Consequently, it was decided to exhibit these cups and trophies in association with the 'Wall of Champions' in the Dining Hall. BQMS George Griffin sourced and fitted an appropriate display cabinet. Since the wall and the trophy cabinet are now in place, this area has become the location where the 12 Inf Bn welcomes its guests to Sarsfield Bks.

On 8th January 2019, Munster and British and Irish Lions rugby player Conor Murray visited Sarsfield Bks to view the 'Wall of Champions' and to meet the members of the 12 Inf Bn's 80th Anniversary celebrations.

Lt Col Murphy on behalf of the unit, welcomed Conor and congratulated him on his career and achievements to date. He outlined the responsibilities and activities associated with the unit including its area of responsibility in Limerick, Clare and parts of Kerry, Tipperary and Cork. He emphasised that approximately 95% of the people in the 12 Inf Bn are from the six counties of Munster.

Lt Col Murphy outlined why the Bn has the official nickname of 'The Premier Battalion' and explained the unit motto 'Primum Acieum, Primum Actum' (First in Line, First to Act). He then identified the genesis and the significance of the 'Wall of Champions' and the trophy cabinet. Unit members were delighted knowing Conor Murray had expressed an interest in the unit's achievements and had taken the time to visit Sarsfield Bks and to speak to them.

Conor addressed the floor and stated how he was impressed by the level of dedication that soldiers display in performing a wide range of roles, always to a high professional standard, at home and on overseas service. He complimented Defence Forces members on the contribution they make to Irish society across a whole range of areas. He drew comparisons between military life and train-

ing to that of a professional international rugby player. He alluded to the contrast between the perceived glamour of being a professional athlete and the hard work and application that is required consistently to achieve the required levels of performance.

Conor's address to the gathering was warmly greeted as he described the difficulties faced by him preparing for a game, both mentally and physically, and the importance of his team mates throughout the process. He credited Defence Forces members for their willingness to work hard to prepare for a range of tasks and operations both at home and overseas. Undertakings that might take them away from their families for extended periods, and to dangerous locations. He concluded that everybody in a team has a role to play and if all members of the team perform their specific role to their utmost ability, then they can rest assured that they have contributed to the team's effort to achieve its goal and overall success.

Conor viewed the 'Wall of Champions' and the trophy cabinet, which now hosts a large variety of pictures, cups and trophies. The trophy cabinet currently houses, amongst other trophies, the 1 Bde Marksman's Cup, 1 Bde Combined Weapons Trophy, the All Army Cups for the GPMG (both PDF and RDF), the Cunningham Cup (Soccer) and the Hooker Regan All Army Rugby Sevens Trophy. These achievements are commemorated on 'the wall' in addition to other successes such as winning the Medical Service Cup (Gaelic Football) for the first time in the history of the unit in 2017.

The visit concluded with Conor freely mingling with and meeting the members of the battalion. ■

Hooker Regan winning team photo (L/R): Cpl B. O'Callaghan, Sgt J. Gleeson, Pte I. Corbett, Pte C. McGrath, Conor Murray, Pte P. Murphy, Pte B. Kissane, and Pte S. Hayes.



Conor presenting a Munster Jersey to Lt Col Seán Murphy.



Conor Murray in front of the 'Wall of Champions'.



Members of the 12 Inf Bn with Conor Murray.

“Dream Big”

Engineers Week

2ND – 8TH MARCH 2019

BY COMDT SHARON
MCMANUS, 2 FD ENGR COY



Engineers Week is an Engineers Ireland Initiative held annually nationwide to promote and celebrate engineering. The Defence Forces Corps of Engineers is an accredited Continuing Professional Development employer ensuring that engineering competence levels are achieved and maintained in the organisation. During Engineers Week 2019 week, Custume Barracks, Athlone and

2 Fd Engr Coy hosted 8 schools and 278 children, where the students learned about engineering in the military in a fun and practical way.

The Defence Forces Corps of Engineers (COE) is an accredited continuing professional development (CPD) employer ensuring that engineering competence levels are achieved and maintained in the organisation. The COE has supported Engineers Week since its inception in 1999 and Custume Bks, Athlone with the Field Engineer Company (Now 2 Fd Engrs, formally 4 Fd Engrs) has been supporting this event since 2008.

Each year local primary and secondary schools are hosted, where students can learn about STEM (science, technology, engineering, maths) subjects and engineering in the military in a fun and practical way. Children learn using all of their senses, allowing them to see engineering at a practical level and to touch and feel the equipment is very tangible and complements learning in the classroom.

The theme for Engineers Week 2019 was “Dream Big”. The visit began with an interactive presentation, which focused on the following: What is an engineer? How does the military innovate? And what does a combat engineer do?

The main thrust of the presentation was to demonstrate to the children that curiosity and a desire to problem solve are crucial elements

in engineering and that each and every child could be an engineer. The link between maths and arts subjects was also highlighted to explain that creativity is a hugely important part of STEM work.

Examples of how the military need to innovate in order to improve, fix a problem, move faster and work smarter was demonstrated with examples from everyday life that were originally military inventions e.g. the internet, GPS navigation and the EOD robot. This captured the children’s attention and brought realism to the concepts.

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

Later the children were split into small groups and brought to the display area where they visited the following stands: Mine Clearance Flail; Berro Water Purification Plant; Infantry Assault Bridge (IAB); Rubber Inflatable Boat (RIB); Engineer Specialist Search & Clearance Equipment; Electrical Circuit Boards; Artillery weapons and Radar and Infantry Support Weapons & Small Arms Weapons.

Each stand was manned by at least two technicians who explained in detail how the equipment worked, where possible allowed operate it or simply hold and feel the weight. The children unscrewed sockets and wired electrical circuits, used metal detectors, ran across the IAB, held mines, climbed aboard the RIB, got into firing positions with weapons, saw sniper and standard webbing and infantry equipment, looked at the UAV, 105mm howitzer gun, the 120mm mortar, the Giraffe radar and had a lot of fun in the process. Some lucky schools were also able to see the EAS Helicopter and receive a short brief on its capabilities. One very lucky school was also treated to a recital by the Band of the 2 Bde under Capt Tom Kelly – making the link between STEM and the arts.

Also present during the week were two transition year students who got a great insight into military engineering in the COE as well as in the Air Corps and the Naval Base. The event was not only beneficial for the visiting students and schools but also for the COE. Explaining how and why the COE does its work and evaluating the best way of communicating that to children as well as demonstrating that to the most inquisitive minds is a challenge in itself and one that certainly aids continuing professional development.

Huge thanks to all the branches, services and units who assisted in making Engineers Week a huge success. The demand for this type of event is immense and we are already looking forward to Engineers Week 2020! ■



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

POST 1 IUNVA HONOURS CONGO VETERAN

BY SGT TONY WHITE (RETIRED)



Tony White, Michael White, Mick Colton, Mick Monaghan



Tony White, Mick Colton, Mick Monaghan, Michael White



Mick, Ben, Caroline, Tony, Sean, Liz and Steven White



Tony White, Mick Colton, Mick Monaghan, Michael White



Michael White, Tony White



Mick, Ben, Caroline, Tony, Ronnie Daly (Post 1), Tony White, Mick Colton (President Post 1), Mick Monaghan (Post 1), Michael White, Sean, Liz and Steven White

I retired from the Defence Forces as Sgt and my brother Michael White retired as a Coy Sgt, we have a combined service of over 50 years' in the Defence Forces. We both served in 2 Garrison S&T Company in McKee Barracks. Our father Brian White also completed his 21 years' service in the Defence Forces. He served with CT Depot (E), 2 Inf Bn and 20 Inf Bn, and served overseas with 1st Inf Gp and 38th Inf Bn in the Congo and with 31st Inf Bn in Cyprus.

As young children we remember our mother Patricia, bringing us to Clancy Barracks to meet our father on his return from the Congo. It was a joyous occasion witnessing all the families greeting their loved ones with hugs and kisses and smiling radiantly. The soldiers with their blue berets, blue cravats and their medals looked fantastic and knowing that our father was among them filled us with immense pride.

Years later both myself and Michael would experience this special homecoming as we also served overseas with the UN in Lebanon and of course our father was in Clancy Barracks to greet us.

Our father Brian sadly passed away in February 2001 and while our mother was disposing of his personal belongings, she gave me and Michael two medals each which were our father's service medal and overseas medals.

We are both members of Post 1 Irish United Nations Veterans Association (IUNVA) in Arbour Hill and we had sought to donate our father Brian's medals to IUNVA House, this was granted by the Committee of Post 1.

With the assistance of Post 1 members Ronnie Daly and Mick Monaghan, a mass was organised in Arbour Hill Church on Sunday 17th February 2019. The mass was celebrated by Head Chaplain, Fr Seamus Madigan and 35 members of our family in attendance. This included his five sons, two daughters, daughters-in-law, son-in-law, grandchildren and great grandchildren. Mick Colton and Mick Monaghan, who both served overseas with Brian, were also in attendance. Members of Post 1 including Mick Dillon, Stevie Rynn, Noel McGivern and other veterans myself and Michael had served with at home and overseas.

Our father Brian's medals were mounted and framed together with a photo of him and placed on the altar facing the congregation by Fr Madigan. During the Communion, as I knelt and closed my eyes, I pictured myself back in Clancy Barrack and saw my dad jump off the back of a truck and throw his arms around my mother, a very special memory. After the mass, a reception was held in IUNVA House with tea, coffee and sandwiches. A beautiful cake was presented by Patsy McGivern.

The medals were presented by Michael and myself on behalf of our family and accepted on behalf of Post 1 by Mick Colton, President of Post 1, and Mick Monaghan, and the medals are now on display in IUNVA House.

As a family, we cannot thank the staff and committee of Post 1 IUNVA enough for making this day happen. It has generated so many happy memories. ■

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ALL ARMS STANDARD NCOS COURSE



AASC students conducting a CASEVAC.

BY SGT RORY BEHAN, INSTRUCTOR, NCOTW, MIL COL

The Infantry School's NCO Training Wing (NCOTW) has a staff of 13 officers and NCO instructors. Our mission is "To educate, train and inspire the NCO Corps to be leaders of strong character and professional competence, committed to the Defence Forces Values". All corporals from the Army and Air Corps (line) who wish to be considered for promotion to higher rank must pass through this small training establishment, and earn their third stripe. Developing leadership in people is an important job and one we take very seriously; indeed, the NCOTW motto reflects the business we are in: 'Traenáilimid Ceannairí – We Train Leaders'. The NCOTW is responsible for conducting various career courses for NCOs such as: The Senior NCOs Course which is attended by senior sergeants; the robust and challenging Infantry Platoon Sergeants' Course; and the Potential NCOs Course for future corporals. However, the main output of the NCOTW is our flagship course, the All Arms Standard NCOs Course.

With 46 successful students, the eleventh iteration of the All Arms Standard NCOs Course (AASC) recently concluded, so it seems an ideal time to offer some observations, reflections, and advice that may be valuable to future students of this important career course.

The 11th AASC ran for eleven weeks concluding in early December; the final two weeks being a Range Managers' Course. The attached instructors arrived to the NCOTW three weeks prior to the course to undergo a Specialised Instructors' Course and to prepare their lessons and lectures. As the NCOTW has such a small staff, a course the size of the AASC is impossible without the help of attached instructors. For the students the course started long before the commencement date, with an orientation day a number of weeks in advance. The orientation day outlines what will be required of the students throughout the course. Closer to the commencement date, a written exam and night navigation assessment were conducted in

order to ensure the students qualify to undergo the course. All students and substitutes for the course must attend these pre-course events. The written exam assesses the students' knowledge of lessons learned during their Potential NCO Course thus ensuring they have studied the basic tactics and doctrine prior to the AASC. The night navigation exercise is a course set out on the Curragh plains which covers a distance of no more than 8km with eight check-points and a maximum time allowed of 1hr 30mins. Both tests are 'pass or fail' with students afforded a retest the following day in the case of an initial fail. Once the student completes these pre-course assessments they have qualified to undergo the AASC.

The aim of the All Arms Standard NCOs Course is to train corporals in the Army and Air Corps (line) to the level of professional knowledge and all arms skills required for the rank of sergeant. This is achieved by combining field tactical training with an emphasis on building individual leadership ability. The course also builds the soldiers' physical robustness while giving him/her the confidence to administer a platoon and display leadership as platoon 2IC in support of their platoon commander. The course has sixteen different tables of instruction in its syllabus, each paying particular attention to a different aspect of what is required of a sergeant in the Defence Forces. The most prominent tables are tactical training, leadership, and physical training. The student is taught and refreshed in basic infantry tactics and assessed in command appointments on three field training exercises (FTXs). The first FTX, 'Scabbard', is a platoon level exercise combining section attacks, recce patrols and platoon level deliberate actions such as ambush

typically takes the form of section level patrolling with deliberate platoon offensive operations, culminating in a deliberate company attack with NCOTW staff filling the key company appointments. By studying the basic infantry TTPs outlined in TM 201 – The Manual of Infantry Platoon and Section Tactics prior to the course, and listening attentively in class, you will ensure you possess the basic knowledge required to be successful during the three FTXs.

The leadership block of the course is delivered by the Sergeant Major of the Infantry School and the NCOTW's company sergeant. The knowledge imparted by these experienced senior NCOs is invaluable to the students' development as professionally competent leaders and future sergeants. The leadership block forces the students to explore and analyse their own leadership style and how they can improve it; it also discusses alternative leadership styles and how to engage effectively with other leaders. Crucially, the leadership block teaches the student to take ownership of the mission and tasks they have been allotted, and how to promote and use the Mission Command philosophy within their day to day work routine. Prior to the course, you should examine your personal leadership philosophy and critically analyse your performance as a leader to date. This will help open your mind and enable you to engage during class discussion.

The physical training block of the course is designed to ensure the students are physically robust in preparation for the three FTXs. All AASC PT sessions are conducted in combat uniform and usually include a combat equipment load of at least 16kg. PT sessions range from circuit training to log runs, but the most important event,

is the Combat Fitness Assessment. This assessment is conducted three times during the course with the average time being the student's

AASC students conducting a FRAGO.



Orders being given with the use of a model diagram.



Sgt Rory Behan, NCOTW instructor.

and raid. The exercise is designed to push the students both physically and mentally while regularly exposing them to command and leadership appointments as section commander and 2IC in order to refresh their skills from their Potential NCOs course. The second FTX, 'Assess', is focused at platoon level with multiple advance-to-contact platoon quick attacks. This exercise lets the students lead the platoon as platoon commander and platoon sergeant in assessed appointments. There is also an introduction to company level operations during FTX 'Assess' with the students completing a deliberate company attack under the command of NCOTW officers and NCOs. The final FTX, 'Confirm' is a student-driven, company level exercise in a crisis management operation setting. The past three iterations of the AASC have seen the student's set-up camp in the exercise forward operating base (FOB) in Kilworth training area. The FOB serves as an outpost from which the students can administer themselves and plan and launch operations. This exercise exploits the all arms nature of the course with students from all corps encouraged to bring their unique skills to the fore. This can include engineer students setting up the camp with generators and lights, CIS students maintaining communications, cavalry students conducting observation posts, etc. The exercise activity

final score. The dress is combat uniform with battle vest and day sack to weigh no less than 16kg, helmets are worn, and rifles carried. The students have 62 minutes to complete the 8km cross-country route. In preparation for this assessment, and for the course in general, there is no substitute for battle PT. A routine lunchtime 5km run in shorts and t-shirt will not result in you being sufficiently prepared to undergo a robust career course such as the AASC.

The All Arms Standard NCO Course is designed to develop and inspire military leaders of the highest character and competence who will in turn enhance their unit and drive the Defence Forces to achieve excellence. The NCOTW trusts that students who complete the course have this potential when returning to their units. They not alone possess enhanced leadership skills, but they have also embraced hardship during the three FTXs, and acquired greater levels of physical robustness and mental resilience. This results in these future sergeants becoming rightful role models in their respective units as they have earned their stripes the hard way.

For anyone wishing to inquire about upcoming courses or have questions related to what is required of students, the staff at the NCOTW will gladly help. ■

Cork City Missing Persons SEARCH & RECOVERY UNIT

BY CPO/ERA RUAIRÍ DE BARRA, NAVAL SERVICE



Fr. Des Campion Naval Chaplain blessed 'The Nora Flynn', with members of the Flynn family present.



CCMP SAR RHIB on patrol and ROV ready to deploy from shore.

The loss of loved one is one of the most tragic experiences which can befall a family. If that loved one is not recovered, then the grieving process can be made all the more difficult on those left behind. There is in Cork, a dedicated team of volunteers who have since their foundation provided hundreds of families with the solace of having their loved one returned to them.

Cork City Missing Persons Search and Recovery Unit (CCMP SAR) only has thirteen members, yet with a diverse skill set and a dedication which is of immeasurable value to bereft families. Founded by 2001 by David Linehan after the loss of his father, this all volunteer charitable group has grown over the years. It has rescued persons in distressed successfully, however its primary focus has been the search and recovery hundreds of others.

The current Chairperson is Edwin O'Sullivan, who is a soldier with the Defence Forces he has volunteered with the unit for many years in an effort he says to "Give back to the community. Through using my skills as a diver in the Army Dive Group and my RHIB (Rigid Hull Inflatable Boat) operations experience." Primarily focused on the river Lee, they have also been involved in land searches, searches on other bodies of water and rivers, and they even send RHIB coxns to Blacksod Bay to assist in searching for the wreckage of Rescue 116, which was tragically lost in March 2016. Edwin says "CCMP SAR co-operate and liaise with the emergency services, Coastguard and Civil Defence, and many others."

Over the course of any given year An Garda Síochána receives thousands of reports of suspected missing people. Each case is treated with the same amount of seriousness, and An Gardaí follow strict guidelines and procedures that help ensure that the searches are conducted efficiently and effectively. Often a family member will contact the unit directly and there is a contact number available on the unit's social media. "We are here to help. We will try our very best. It is never easy, and searches can take days out on the river and walking the banks," says Edwin.

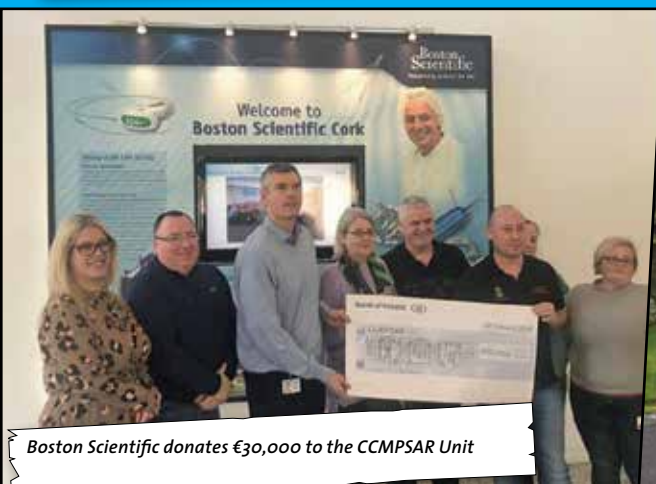
Technology and Training: Another Defence Forces member involved in the unit is David O'Leary, a Petty Officer Radio & Radar Technician who is also a member of the elite Naval Service Diving Section. Involved with the Remotely Operated Underwater Vehicle (ROV) section of the Navy, he brings a highly specialised skill set to the CCMP SAR unit. Recently they have purchased a BlueROV II, a sophisticated piece of equipment, customisable by the end user and is available off the shelf. Assembled in his workshop, it has put excellent ROV capabilities into the affordability range of this group, who rely on donations to keep providing the searches which can go long after statutory bodies may have to scale down or redeploy resources elsewhere. "I felt that I could bring my diving and ROV experience to the unit. It's an opportunity for me to give back to my community," says David, who joined CCMP SAR after he returned from a deployment on 'Operation Pontus' off the coast of Libya in 2016. Having experienced high tempo rescue operations there and having been involved with many search and recovery operations all over Ireland with the Naval Service. "I am the Training and Development Officer now, so with new items of equipment such as the ROV being introduced. I will create and run courses on it, so that its capabilities can be maximised and the knowledge shared with all the other volunteers."

Given the often-dangerous sub surface conditions and the physical and psychological challenges involved in diving in the fast moving and extremely low visibility river, the unit needs to ensure that the safety of the divers is paramount at all times. Therefore, training is a big part of the unit.

Joining the unit was also seen as a way for Karl O'Mahoney to help out, after he saw the units work on Facebook. Karl says, "David Linehan and David Varian sat and spoke with me, I offered whatever skills and experience I had to them. They invited me to come on-board and I'm there nearly four years now." Karl is also a Petty Officer with the Naval Service, who has extensive experience overseas in the co-ordination of complex multi vessel rescues of migrant craft in distress. "I am a communications specialist and GMDSS instructor"



Divers from CCMP SAR under go Full Face Mask training.



Boston Scientific donates €30,000 to the CCMP SAR Unit

he explains, "At the moment the unit is using just basic VHF radios. I am currently designing a course to qualify all the unit with a GMDSS Short Range Certificate."

Generosity and Commemoration: CCMP SAR's water craft are named in commemoration of some who have been lost 'The Daniel Mulcahy' and another is 'The Aidan Brereton', whose families made a generous donation to assist in funding the boats. In recent weeks CCMP SAR held an official launch and blessing for their new RIB 'The Nora Flynn'. Edwin tells me, "It was a privilege and an honour to have the late Nora Flynn's family and sponsors, join us for the launch. We could not have done this without the continued backing of a number of Cork companies who supported us such as Port of Cork, Irish Mainport Holdings, Lehane Environmental & Industrial Services Ltd, CH Marine, Whelan Stores, Inver and Jotun (Ireland) Ltd."

Many others have been supportive and exceptional giving to the group, Fergus Thompson in Blackpool Auto Centre donated a Jeep and very recently an anonymous donor gave another utility jeep to the group. Now a registered charity, they strive to make each cent

count. RHIBs are thirsty beasts for fuel and searches involve huge man hours out on the often-freezing cold conditions of the water.

Edwin is delighted to tell me that Boston Scientific having adopted them as their preferred charity this year, 'It's a fantastic partnership. We travelled down to give them a presentation on what it is that we do and we were blown away by their support. We can't thank them and people in general enough.' Like all volunteer ran organisations the unit is always welcoming of donations and they recently ran a target recruitment drive for volunteers.



CCMP SAR Members Photo from left to right are David Shine, Dinny Kiely, Edwin O'Sullivan Chairman CCMP SAR, Shauna Kiely, Brian Looney and Cian O Daltún.

A Stolen Ringbuoy – A Stolen Life: Christy O'Donovan, is the Search Co-Ordinator for the unit and he recently had to highlight the incredible numbers of ringbuoys that are being recovered by the CCMP SAR. During one week in February this year 15 ringbuoys, were removed from along the south bank of the river. The unit recovered 11 of these potentially lifesaving devices, which have no other purpose than to save lives. Speaking to the Cork Independent, Christy said, "This is getting beyond the realm of ridiculous now. A life ring is a life. If you were caught doing the same thing with a defibrillator, you'd be dragged through the courts for it." Mr O'Donovan posted images this March of yet more recovered buoys, stating on their very active social media accounts that, "Four more life rings recovered from the river while we were on a routine search today. It's like an epidemic, idiots throwing them in; every time we go out we seem to find three or four each time."

The river Lee is sadly not an exception with people interfering with ringbuoys all over the country, Galway city had 150 removed in 2018 alone. Irish Water Safety has a long running campaign warning that lives will be lost to drowning unless irresponsible members of the public stop damaging ringbuoys. They have appealed to the public to assist in maintaining these vitally important lifesaving devices by reporting missing ringbuoys to Irish Water Safety's website: www.ringbuoys.ie.

This group of committed volunteers are disappointed at acts like this, however they remain undeterred in their mission, to provide a compassionate and responsive service to anyone in need. ■

CONTACT & DONATIONS DETAILS:

www.missingpersons.ie
www.missing.ws/_mpassociation/mpAssociation.asp
www.facebook.com/missing.persons.search.and.recovery
 The National Missing Persons Helpline: 1890 442 552
 CCMP SAR: 087 9609885 / Email: ccmpsar@gmail.com

DONATIONS ARE GRATEFULLY RECEIVED BY:

The Lough Credit Union: Acc. No: 80073951 Sort Code: 991061.
 EFT: IBAN No: IE88LOC199106180073951
 BIC No: 'LOCIE21XXX' swift code BNPAIE21.

¹ The Global Maritime Distress and Safety System (GMDSS) is an international system which uses improved terrestrial and satellite technology and ship-board radio systems.

NEW PIPS ON EXPERIENCED SHOULDERS: The 10th Potential Officers Course

BY SGT WAYNE FITZGERALD PHOTOS BY ARMN SAM GIBNEY

On Wednesday 13th March 2019 the commissioning of the 10th Potential Officer Class (the first since 2008) took place in Dublin Castle with the Minister with Responsibility for Defence, Paul Kehoe TD, and Chief of Staff, Vice Admiral Mark Mellett DSM, in attendance.

Eight of those being commissioned had been senior NCOs and were commissioned as captains, with the remaining 16 junior NCOs commissioned as lieutenants.

The students, who had a wide range of military experience at home and extensive service overseas, completed 11 months training with the Cadet School in preparation for the next chapter in their military careers, which will see them to take up appointments as commissioned officers throughout the Army and Air Corps.

Between them, the members of the class, which comprised students from the Army, Air Corps and Naval Service, have accumulated 94 individual overseas missions and a combined service of 401 years.

The ten Potential Officers courses conducted since 1979, have seen 240 NCOs being commissioned from the ranks.

DF Press Officer, Comdt James O'Hara, told us: *"The Potential Officer course is designed to capitalise on the wealth of knowledge, experience and skills already in existence within the NCO ranks. It provides the Defence Forces with the prospect of offering further career development opportunities and responsibilities to the successful NCOs, and in return gain highly motivated, dedicated and competent commissioned officers."*

Minister Keogh addressed those attending the ceremony, saying: *"This is a proud day for the new officers and their families... The course you have completed covered a wide range of subjects to equip you with an array of skills to make each of you a hugely beneficial addition to any unit within the Defence Forces."*

The minister also announced that the next two Potential Officer courses will take place in 2021 and 2024.

In receiving their Presidential Commission from Minister Keogh, the new officers took an oath of allegiance in which they declared to be *"faithful to Ireland and loyal to the Constitution"*.

Vice Admiral Mellett DSM said: *"I am delighted to be in the presence of proud family and friends of our new commissioned officers, each of whom has already given years of service to the Defence Forces' enlisted ranks."*

On conclusion of the ceremony the class performed a ceremonial sword-drill before celebrating with friends and families.

During their course the students held two charity events. The first was held on 27th February 2019, and included a 2km children's fun run/obstacle course to promote the importance of being active, which had 1,400 students and 100 teachers from 12 schools taking part, and helped raise €6,400 for the Coombe Hospital's Intensive Care Unit (ICU).

The second, on 28th February, saw serving members take part in a 3.5km non-competitive cross country run/obstacle course, or competing in a timed, four-person team event in DPMs. Which was won by a team from Finner Camp, in 19:02mins. On the day donations were taken for the ONE's Fuchsia Appeal in aid of DF veterans – with another €1,000 raised. Both of these events took place behind the Hospital Mess and on the ranges in the DFTC.



General service recruitment, through which the members of the 10th Potential Officers course joined the Defence Forces, is now open – see www.military.ie for more information. ■

Retired Officer Celebrates 100th Birthday

BY SGT WAYNE FITZGERALD
PHOTOS BY ARMN SAM GIBNEY

On 1st March 2019, Lt Col Ned Cusack (retd) celebrated his 100th birthday in Dún Uí Mhaoilíosa, Galway, where he served nearly 80 years ago.

Lt Col Frank Flannery (OC 1 Cn Cois) marked the occasion by hosting lunch for Lt Col Cusack and his family in the Officers' Mess. This was followed by an honour guard in the barracks gymnasium (due to inclement weather), where Sáir Cahill Felle brought the guard to attention for inspection by the guest of honour. Members of Cumann an Céad Chath (1 Inf Bn Officers Association), were also present for this prestigious occasion.

credit to curators Sgt PJ Maloney and Coy Sgt John Moylan and others. Coy Sgt Moylan who had the honour of asking Lt Col Cusack to sign the visitor's book and brought him around some of the museum's exhibits.

Lt Col Frank Flannery thanked Brig Gen O'Callaghan (retd) for getting the museum setup many years ago. He also pointed to a photograph on the wall of a young Lt Ned Cusack in 1943, saying: "It's an honour to have a man here with us who served here during the Emergency."

Ned Cusack was born on 1st March 1919, in Mitchelstown, Co Cork. He started his Defence Forces career with

Ned recalls that on being posted to 1 Cn Cois he thought to himself: "Where is Galway?"

"I'd never been to Galway," he says; "it was the Wild West!"

In Galway Ned became a Coastal Defence officer, and in November 1939 he was dispatched to Malin Head, on the Inishowen Peninsula in Donegal. As a platoon officer, Ned commanded an OP and radio station, and remembers their biggest fear at the time being the IRA.

From Donegal he was sent to Drum-sna, Co Leitrim, where his orders were to secure a bridge over the Shannon that was the commercially important to North/South trade.



Lt Col Ned Cusack inspects his GoH.



Lt Col Flannery with Lt Col Cusack signing the museum's guest book.



Ned and Eileen getting married in 1944.

From there Lt Col Cusack was escorted to visit the museum, which is an excellent example of what can be achieved within a barracks, and full

Ned with 1 Cn Cois marching in Eyre Sq, Galway with President Éamon de Valera on the viewing stand, circa 1940s.



the 12th Cadet Class in the Military College, Curragh Camp, in September 1938. Ned and his classmates were just a year in training when he remembers being on leave and getting the message: "All troops to report back to their units." It was 1 September 1939 and Germany had just invaded Poland. This was the start of World War Two and Ned recalls Major Gen Hugo O'Neill telling the troops, "We are now on a war footing."

Like most military units at that time, they were confined to barracks. Their remaining training was condensed into six weeks, and they were soldiering seven-days-a-week, and on commissioning they were not granted leave but sent straight to their new units.

Ned and his men were on complete lockdown for Christmas 1939 because the IRA had just raided the Magazine Fort (the Free State's main arsenal) in the Phoenix Park, and had secured weapons and ammunition for their campaign. (This raid also led to the opening of the internment camp in the Curragh.)

Today, Ned resides in Moycullen, Co Galway, with his wife Eileen. They have seven children, and a large number of grandchildren and great-grandchildren.

We are indebted to former *An Co-santóir* journalist, Wesley Bourke, for helping with this article, and you can read an extensive three-part interview with Ned, covering his career and the Emergency, in Wesley's publication, *Ireland's Military Story*, (Spring 2016, Spring 2017 and Summer 2017). ■



Lt Col Cusack and guest pictured with the GoH and Lt Col Frank Flannery, OC 1 Cn Cois.

RedForce

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

Every year the Defence Forces undertake a multitude of Mission Readiness Exercises (MRE) and other company plus sized exercises designed to test, evaluate and prepare units and personnel for their designated roles and missions. Almost all of these tasks will involve some element of a appointed enemy personnel, usually drawn from the unit conducting the said exercise.

This is usually a short term and ad hoc initiative, with the 'enemy' troops involved dressed and equipped very similar to the exercising troops also involved, offering in some cases little to differentiate between the 'blue' forces and 'enemy' forces, this policy of using own unit troops also tends to put a further drain on manpower of the exercising units concerned.

A proposal to this predicament may be to establish a new Defence Forces unit, perhaps initially on a trial basis at first, which would be dedicated to providing more professional enemy contingents to partake in any high level exercise as required - in essence an 'aggressor' unit.

In the context of future Mission Ready Exercises, the purpose of this aggressor unit would be to provide a independent enemy force, one which would be distinctly uniformed and equipped to represent known or potential hostile elements in the projected mission Area of Operations.

This concept of a standing professional aggressor unit is not by any means new, and is in fact already practiced in some other worldwide armies, and even some Air Forces - for example the United States Air Force's aggressors fighter squadrons, used dur-

ing the cold war, these units used using fighter aircraft painted in Soviet colours and using combat doctrine practised by Soviet fighter pilots. This prepared pilots to quickly identify their potential enemy by his appearance, and to anticipate their training and combat tactics during a confrontation.

So how would an army aggressor unit be set up within the Defence Forces - if manpower levels do not permit the establishment of a new formation, then perhaps, the most effective method would be the utilisation of an already existing company-sized unit. Another option could be to husband troops, even RDF troops, countrywide for the role within such a unit, who could when required, be activated and assigned, to the 'enemy' unit to beef up manpower. Another option would be to rotate the role to Battalion sized units on a yearly or bi-yearly basis.

The location of this new unit would be most likely a central based, perhaps in the Defence Forces Training Centre (DFTC).

The aggressor unit could when required for tasked exercises, deploy a suitably dressed and armed enemy force, anything up to company-sized strength. The unit could, if deemed applicable, use the combat doctrine, habits and perhaps even uniforms of

Rising



the potential adversities, and could also have an inventory of military vehicles, which themselves could be adorned with insignia and colours representing the enemy.

For now, in the current climate, an aggressor unit may not be feasible, but in coming decades and overseas missions, the concept may prove attractive or even very much necessary for the Defence Forces. At the very least the establishment of such a unit could very well enhance the tactical and command skills of any Defence Forces exercises. ■



TRAIN HARD

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

FIGHT EASY!

The Infantry Corps is the Defence Forces prime combat arm, infantry soldiers are trained and expected to be able to fight in all terrains and conditions, this expectation requires robust physical fitness and mental resilience.

Infantry soldiers are the front line combatants for any army in a conflict, the infantryman/woman is the one who most often is closest to the enemy, and the one who will most actually have to fight the enemy, sometimes as close to face to face. This sets the infantry soldier apart from both his army service support comrades, and also from his Naval and Air Branch comrades.

To be able to perform his frontline function, the Infantryman must strive to acquire both physical robustness and mental resilience, this is achieved by combat physical fitness training.

Since 2013, all prospective Reserve Defence Forces (RDF) soldiers must pass the exact same Defence Force induction fitness test - just like the Permanent Defence Forces (PDF) inductees. Once enlisted, RDF soldiers must pass the same standard fitness test each year - again just like their PDF comrades. The difference is the reserve infantryman or woman have to maintain his/her military fitness levels in their own time outside the DF training facilities.

Normal 'civilian' fitness levels are not too difficult to achieve, but military fitness levels may prove more difficult to acquire, unfortunately, we, in the RDF cannot have as much access to military physical conditioning as our PDF comrades would.

To remain in a deployable state, that is been robustly fit enough to be embedded in our parent PDF formations at short notice, all reserve soldiers must be fit. But for RDF infantry soldiers, in particular, having a military level grade of fitness is a basic require-

ment for us to be able to do our jobs - that is to directly assist the Permanent Defence Forces if and when needed.

Sometimes an Infantry Corps soldier's mode of transport may be different (PDF or RDF), it may be a wheeled vehicle, other times it may even be a helicopter, but our main mode of infantry transport is rather quiet basic - it is our legs.

Infantry fitness itself is different from civilian fitness, infantry fitness, at its most unpretentious form - is the ability to move over difficult terrain, at speed, carrying all manner of military items - personal weapons, support weapons, ammunition, and any other heavy stores required by a ground unit in combat.

The infantry should be the tough guys in an army, they should be able to move, at moderate speed, over any difficult terrain, carrying all their weapons and battle stores with them, and at the end of this long and potentially exhausting movement, they should still be able to launch into a controlled aggressive attack if required.

In mid-February 2017, the RDF's Dublin based 7 Inf Bn's C Coy, had a 7-day full-time training course in Gormanston Camp in County Meath. The aim of this camp was a 2- to 3-star tactical training course for the Company's 2-star privates, in preparation for their upgrading to 3-star rank in the following months.

This training course would, as expected by all, be physically demanding, with the first few days conducting section and platoon level tactical training, which even in itself can be exhausting. The RDF platoon would also get an introduction to Battle PT, which was to be provided by Sgt Dean Jackson of the PDFs cadre staff. This was to be the first experience of Battle PT for these reserve troops.



Battle PT is designed to emulate soldiers having to carry all manner of heavy military stores or equipment, sometimes over difficult terrain, it is never easy, and is certainly very different from 'normal' civilian' fitness!

Part of this fitness training involved the sections carrying heavy logs, at running speed, competing against each other in competitive races. Other aspects involved runs in combat order, helmet, battledress etc, along the beach near Gormanston Camp's range, stopping to do a few push-ups!

After the tactical drills and Battle PT, the culminating event of the C Coy training week was Exercise 'Forward Step' a 24-hour duration event, which began with a 10km loaded route march carrying a full kit and weapon. This march was done in tactical mode, on the side roads moving North from Gormanston Camp towards Laytown.

Carrying full kit while wearing a helmet and carrying a weapon and other platoon equipment is not easy, and has to be experienced to be appreciated, the moving platoon was closely followed by a transit van, acting as medical wagon if needed - to move anybody quickly to medical attention if required, but despite one or two sore feet, all the platoon members finished the 10km distance carrying all their kit.

At the end of the 10km march, by which time the light was beginning to fade, the platoon settled down in a secure area and began a process of base camp routine and an introduction to night vision equipment and patrols, OPs and LPs, before clashing in the small hours with a designated enemy party in a pyrotechnic firefight.

Although this tactical course was just a short 7-day duration, a lot of physical activity was squeezed in. It was a rigorous physical challenge for all the RDF soldiers involved, all of who completed the week without requiring medical attention, and returned to Cathal Brugha Bks on the final day of the course.

They are now on the home run to becoming fully trained 3-star soldiers in the 7 Inf Bn RDF. ■



Shane moving into his new accommodation.

This is a story of how a unit flash of the now retired Irish Defence Forces Reserve unit 11 Cavalry Squadron FCÁ ended up orbiting the planet as part of the 50th mission to the International Space Station (ISS) and came back to Dublin. A journey of nearly 118,000,000 Kilometres taking 173 days and approximately 400 kilometres above the earth with an average speed of over 28,000.

NASA Astronaut Shane Kimbrough (Retired Colonel, US Army) has been a family friend for many years and when he visited Ireland as part of science week back in 2010, I handed him my unit flash that I had taken off my uniform and said jokingly the next time you are in space would you mind bringing up my unit flash and taking a photo. We both laughed at this unlikely outcome, as Shane had already been in space on board STS-126 the Space Shuttle Endeavour that launched from the Kennedy Space Center, Florida on 14th November 2008, and returned to Edwards Air Force Base, California on 30th November 2008.

Fast forward to early in 2015 to when I got an email from Shane letting me know that he had been chosen to command the upcoming 50th mission to the International Space Station that was due to launch towards the end of 2016. As Shane progressed through his training with his new Russian crewmates we kept in regular phone and email contact from Russia and Kazakhstan, so I knew how well it was going and how hard a task he had to master. From learning Russian to be able to operate the Soyuz vehicle in which he would be flying to space, to mastering the techniques he would need during his four planned space walks during his.

As Shane neared the end of his training I received another email from NASA where I was asked to sign up for the ISS friends and family website that would be the easiest way to stay in touch while Shane was on board the ISS. Signing the non-disclosure document and giving my details I received the link and was soon able to familiarise myself with how I could remain in touch with my friend as he orbited the globe.

Launch day came very quickly and a quick call from Shane a couple of days before his launch from Baikonur was a great surprise

to me. He was so calm on the other end of the phone; I think I was more nervous. But I knew the thousands of hours training he and his crewmates had put in to the preparation for this mission, and the thousands of people all over the world who also put in huge time and effort to ensure that it went off as smoothly. As you can expect while strapped into a small capsule perched on top of what is essentially a massive bomb and be blasted into space.

I was able to watch the launch live on NASA TV. Needless to say my heart was in my mouth as I watched the countdown and while the main engine ignition to launch seemed to take an age. They eventually and gracefully rose from the launch pad and in a few minutes were entering their orbit around the planet. Completely engrossed and enthralled by the launch as well as the live feed from inside Soyuz as they rocketed away on their mission.

Expedition 50 crewmembers Shane Kimbrough, Sergey Ryzhikov and Andrey Borisenko launched from the Baikonur Cosmodrome in Kazakhstan on board Soyuz MS-





Checking in with mission control and family after successfully completing the docking procedure.



Certificate from NASA.



The view of the Soyuz spacecraft from the ISS.



02 on 19th October 2016 at 03:05am.

Watching the Soyuz dock with the ISS live was a little surreal to be honest as it was like watching a Hollywood blockbuster it felt as if I was there in mission control watching the monitors and ensuring that the trajectory was right and the speeds were aligning in geosynchronous orbit in the moments before the connection was successfully made. After an hour of checks and pressure equalisation the hatches were finally opened and the current residents welcomed on board the new residents of the ISS. The now expanded crew all worked together to unload the fresh supplies from home and restocked the stores on board. Once all their personal gear was packed away in their quarters work began on the multiple experiments that each of the three would be focussed on for the duration of their mission.

I found out that the ISS operates on GMT so I was able to stay in fairly easy contact using the link and a few apps that tracked the orbit of the ISS. I logged in regularly to watch the team go about their business and how they were getting on and I was able to email Shane regularly and was very pleasantly surprised to receive fairly quick replies. All was good and the flight up there went perfect and he loved his new home and was very excited about the next few months.

One of the most surprising things about Shane's mission happened when I was in the Aviva Stadium on the 19th November 2016 watching Ireland play the All Blacks. My phone rang and while I normally don't answer numbers I don't recognise I was intrigued to see the number was from Houston, Texas. I couldn't believe it when I answered and heard Shane Kimbrough's familiar voice at the

other end of the phone. Shane was calling me from the ISS. Honestly it was a rather surreal moment, standing in the Aviva cheering on Ireland after their historic win in Chicago speaking to my friend who was in a space ship orbiting the planet. We had a great chat for about ten minutes and while Ireland wasn't victorious that day I had a smile from ear to ear.

Shane continued his planned mission experiments; one included growing lettuce in space for the first time and four spacewalks. We stayed in touch via email and it was great to catch up and who knew the much maligned and often varied Irish weather would be of such interest but it was a topic of great interest. While up there Shane took some amazing photographs of our planet and one he sent to me was of my unit flash floating in the viewing cupola on the ISS. Shane also took an amazing night photograph of Dublin that he tweeted.

We spoke on two more occasions once on Christmas day and once more in February 2017 when he told me that his return date was being pushed back due to a technical issue and he would land back home in April. The preparations for the return home began in March and Shane, Sergey and Andrey returned safely to earth landing in the vast steppes of Kazakhstan on 10th April 2017 at 06:20am.

I watched the farewells being given by the team on board the ISS and the undocking on NASA TV and caught the not so smooth landing more like a controlled crash on the same channel. I was delighted to see all three had returned home safe and sound and spoke to Shane a few days later after he had returned home to Houston.

Later that year I received a wonder-

ful Christmas present from Shane of one of his mission patches and a certificate from NASA stating the journey my old unit flash had made.

In early November 2018 Shane was over in Ireland again to speak as part of National Science week. I had the honour of being invited to the US Ambassador's residence in Dublin to hear Shane speak and also seen him inspire a room full of school children in the Helix. Who knows there could have been a future Irish astronaut in there who was inspired to work hard and pursue their dreams of being an astronaut? ■



Damien and Shane in the US Ambassadors' Residence.

THE DEFENCE FORCES MAGAZINE /

AN COSANTÓIR

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STRENGTHEN THE NATION

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QUESTION:
WHAT CITY IS KNOWN AS THE REBEL CITY?

Please send your name, address, and phone number to subs@military.ie by 19th April 2019.





The Internet of Things (IoT) - the connection of devices across the internet - presents near limitless improvements for military equipment and defence capabilities.

IoT collates data from weapons systems and platforms on land, sea, air, and from satellites, as well as directly from military personnel. For example, threats to Defence Forces, as well as threats to those we are protecting, can be more quickly and accurately identified with IoT enabled Intelligence, Surveillance, and Reconnaissance (ISR). Real-time medical information can be transmitted for rapid assessment via 'wearables' embedded into combat uniform. IoT will be increasingly used for navigation on land, at sea, and in the air. Moreover, IoT is becoming integral to vehicle control and operation systems including control consoles, electronic chart displays, automatic identification systems, navigation decision support, data recorders, automatic steering, autopilot, power management, loading, stability, alarms and safety systems - to name a just few. Likewise, access control to bases and facilities - cameras, barriers, swipe cards, biometric IDs - may be increasingly connected online. IoT utilising RFID tags will create a much more efficient military supply-chain. And functional operations on which we depend, such as heating and electricity, maybe soon controlled online by IoT.

But IoT creates substantial cyber security concerns. Military IoT uses the same internet we all use every day; there is no 'super secure' internet for important things like government, military and critical infrastructure, and another for Facebook and WhatsApp. It's all the one internet. As US Col Pat Duggan, National Security Agency (NSA) Director for Cyber Security states: *"By 2020 there's going to be over 50 billion connected devices... wearables, sensors, devices [are] going to be on us, around us, under us, and will be perpetually fuelled by declining cost, ever more powerful processing capabilities, and ever-growing availability. Everything that can be connected will be, creating unforeseen implications...What do we do when our entire [defence] population becomes a wireless node, constantly emitting or receiving data from innumerable locations across countless devices for limitless reasons...?"*

Cyber security experts have been warning for some time of the substantial IoT security vulnerabilities which can be manipulated via a hack - for example, forcing a weapon or vehicle to operate in way unin-

tended by its legitimate operator. Or hacking a 'smart' heating system on a base enabling a terrorist or other nefarious actor to remotely explode a boiler. IoT can also be used as a conduit by an adversary to spy on Defence Forces, the State and our allies via cameras and microphones, or by remotely monitoring the activities and movements of our equipment and personnel.

Fortunately, at the strategic level, the State is working closely with our EU partners and NATO (Ireland is a member of NATO's 'Partnership for Peace'). National Cyber Security Centre Ireland works highly proactively with international organisations developing IoT security to protect Defence Forces and the State. But IoT - like all aspects of cyber security we've looked at in this three-part series - introduces responsibilities to every member of Defence Forces. These new responsibilities may not fit particularly comfortably within a traditional military structure.

The Internet of Things introduces so many potential 'ways in' for an adversary that we all need to become part of an alert system to identify possible breaches and vulnerabilities at the earliest possible opportunity. It doesn't matter what your rank is; the responsibility involves everyone in every branch of Army, Air Corps, and Naval Service. If you notice anything unusual with equipment that may be connected online, raise the matter as quickly as possible with your CO or CIS Corps.

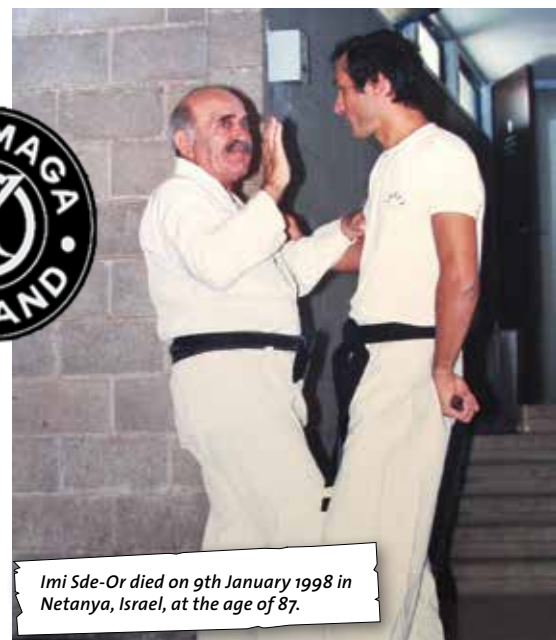
Action at the strategic level isn't enough. As we increasingly move to an 'everything connected' IoT environment we all need to be empowered to be part of a single cyber security early warning system. The cyber security of the Defence Forces - and ultimately of the State - depends on you. ■



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

FIGHTING FOR YOUR LIFE

BY PAUL O'BRIEN



Imi Sde-Or died on 9th January 1998 in Netanya, Israel, at the age of 87.

Close Quarter Battle (CQB) is a tactical concept that involves a physical confrontation between several combatants, and may occur during Fighting in a Built Up Area (FIBUA).

A soldier fighting in the close confines of an urban environment may be compromised through a weapon malfunction or an enemy fighter in close proximity, making a weapon unusable. This is where that use of Krav Maga, a method of self-defence, comes to the fore, giving the soldier the necessary skills to strike first and strike effectively.

Krav Maga was first developed in the late 1940s by Imi Sde-Or (AKA Emrich 'Imre' Lichtenfeld) to teach military personnel a quick and effective method of self-defence. Since then, armies throughout the world have adopted its techniques to great effect.

In Ireland, Krav Maga has been made available to civilians, through Patrick Cumiskey of Krav Maga Ireland. Classes are designed to teach normal people an effective and quick way to protect themselves and their families.

Courses do not require any previous experience, and those attending are taught how to understand the psychology of aggression and how to defuse it, as well as knowing when and how to strike first if needed.

Physical self-defence is the use of physical force to counter an immediate threat of violence. Such force can be either armed or unarmed. In either case,

the chances of success depend on a large number of parameters, related to the severity of the threat on one hand, but also on the mental and physical preparedness of the defender.

Being aware of and avoiding potentially dangerous situations is one useful technique of self-defence. Attackers will typically select victims they feel they have an advantage against, such as greater physical size, numerical superiority or sobriety versus intoxication. Additionally, any ambush situation inherently puts the defender at a large initiative disadvantage. These factors make fighting to defeat an attacker unlikely to succeed. When avoidance is impossible, one often has a better chance at fighting to escape; such methods have been referred to as 'break away' techniques. Understanding the 'mindset' of a potential attacker is essential if we are to avoid or escape a potentially life-threatening situation.

In order to deal with an assailant, Patrick instructs his students in a number of moves that enables you to deal with the attack and affect your escape. These moves are taught in detail, broken down so that every action is examined, enabling you to understand and execute the moves required.

Perhaps one of the most important lessons Patrick teaches is how to turn fear into a positive defence response and develop a self-defence mind-set that can be called upon whenever it is needed.

As the course develops, students are

instructed in tactics that enable them to stop anyone regardless of their size and physique. They are also tutored in effective knife defences, as well as strategies for fighting multiple assailants.

Training is conducted through demonstration and practice incorporating pad work, intense technique drills, aggression training and simulations making it the closest you can get to fighting for real without getting injured.

Krav Maga Ireland was established in 2001 and since then Patrick has trained well over 70,000 people, including law enforcement, military as well as civilians.

There are a number of courses conducted throughout the year at different venues that cater for everyone. The courses consist of either twelve 1.5-hour classes held weekly or two full days of training. The two full days are usually taken together but they can be taken separately if required. Class sizes are limited to ensure personal attention to all those participating.

Krav Maga Ireland guarantees that on completion of a course one will have the confidence and ability to protect yourself and/or a loved one against a violent threat.

Patrick Cumiskey is one of the few instructors trained by Eyal Yanilov, the highest certified instructor in the world. Patrick holds an MBA from the University of Wales and is a qualified Psychotherapist with a particular emphasis on peak Performance Psychology and Mental Toughness.

This course is highly recommended, as not only will it teach you the necessary skills to defend yourself, but will instil a confidence that will enable you to think on your feet, control the situation and stay alive.



For further information or to book a place on a course contact,
info@kravmagaireland.com or
 call 087 2390398.
www.kravmagaireland.com/index.php ■

Memories of Rockhill House

BY PAUL MAGUIRE

Rockhill House was my second home for almost 23 years after I joined the Army in January 1981, apart from two overseas trips to Lebanon with 54 and 58 Inf Bns. In 2008, five years after I had retired, many of us who had been stationed at Rockhill were shocked to learn that the barracks was to close along with Lifford, both of which had played an integral part in border security during the Troubles in Northern Ireland.

On 28th January 2009, B Coy, 28 Inf Bn, stood down for the last time in Rockhill, a house that had centuries of history. Built in the 17th century as a manor house and surrounded by 250 acres of land, it was first occupied by Captain Thomas Chambers in 1660 and then by other members of the Chambers family, many of whom served in the British Army.

The Chambers family continued living in Rockhill until the Stewart family moved into the house in 1824. Much of the surrounding land was used to grow flax, which was a big industry in Ulster, so Rockhill was a big employer.

The Stewart family also had its connections with the military. The last private owner of Rockhill was Sir Charles J Stewart whose two sons served and were killed in World War One.

At the beginning of the 1920s revolutionary Ireland was in a process of change and the large houses of the gentry were at risk. In one incident Rockhill was taken over by 30 local anti-Treaty insurgents who held the house for a short time before regular troops from Letterkenny managed to regain control.

After the Civil War, education and the revival of the Irish language were priorities for the country's new government, and Rockhill House was chosen as a location for a training college. However, it was only used as a college for a few years, and lay idle for a few years until 1930 when it was taken over for use by the newly formed Free State Army, which set up a local Letterkenny unit and a training camp in Rockhill.

In 1940, the regular 17 Infantry Battalion moved into Rockhill until the end of the Emergency. In 1946 a large proportion of members of 17 Inf

Bn were stood down and the remainder was absorbed into 20 Inf Bn, and when the Local Defence Force (LDF) was set up, Rockhill House became its battalion area HQ.

Rockhill continued to be used by the army throughout the 1960s as a training base for the newly formed FCÁ.

In 1973, during the Troubles, 28 Inf Bn was established in Finner Camp, with companies in Lifford (A Coy) and Rockhill House (B Coy). As well as the regular troops, Rockhill also housed HQ 24 Inf Bn FCÁ.

Many years of border duties followed for the troops based in Rockhill, with long nights and days spent on patrol, on checkpoint duty, or supporting An Garda Síochána in aid-to-the-civil-power (ATCP) operations.

In 1998 a new peace agreement in the North brought an end to the permanent Kilclean checkpoint on the Castlefinn to Castlederg road. However regimental guard duty and ATCP operations continued.

Over the years many men have passed through Rockhill's gates, arriving from the likes of Athlone, Longford, and Galway to make Letterkenny their home. Local recruitment also grew over the years, particularly in B Coy in Rockhill.

Many Rockhill soldiers got involved in sport, both with the army and local clubs, and one of Rockhill's greatest achievements was the setting up of the Rockhill 10K road race by soldiers who served in the barracks; a race that opened up to the public and eventually became known as the Northwest 10K.

After the Defence Forces left Rockhill in January 2009, the building lay derelict for a number of years, until it was bought at public auction by a local businessman in 2014. It is now open as an events venue and an elegant country manor house and estate. ■



Soldiers from Rockhill serving overseas in Lebanon. Photo: Aidan Redican



Rockhill House, circa 1900s.



Rockhill House now as an elegant Country Manor House & Estate. © www.rockhillhouse.ie

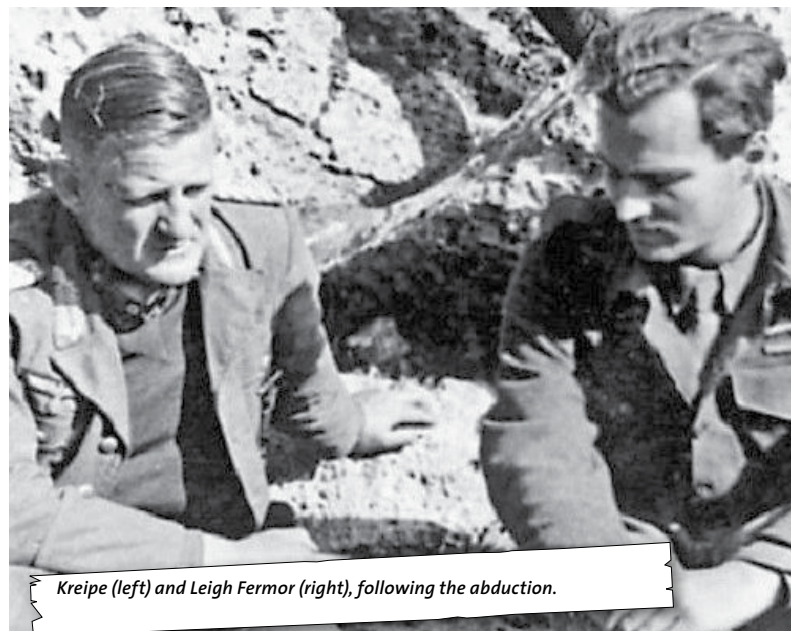
'ILL MET BY MOONLIGHT'

From the dusty roads of Crete to the leafy boreens of Cork and the Déise – the kidnapping of a Nazi general

BY PAT POLAND



The abduction team:



Kreipe (left) and Leigh Fermor (right), following the abduction.

On 1st March 1944, Major General Heinrich Kreipe was appointed OC of German forces on the Greek island of Crete, to replace General Friedrich Muller.

In marked contrast to the avowed Nazi, Muller, Kreipe (pronounced 'Cry-puh') was an avuncular, cultured man who liked nothing better than a good rubber of bridge after his day's work. Muller's time on the island – occupied by Germany since 1941 – had been marked by harsh, repressive measures against the population that earned him the nickname the 'Butcher of Crete'.

Early in 1944 a scheme was hatched to kidnap Muller and spirit him across the Mediterranean to Allied-held North Africa as a boost to Cretan morale and 'one in the eye' for the enemy. On learning of Muller's departure, the architects of the plan, two young British Army officers, Anglo-Irish Major Patrick 'Paddy' Leigh Fermor (Irish Guards) and Capt Ivan William Stanley ('Billy') Moss (Coldstream Guards), both attached to the Special Operations Executive based in Cairo, decided to go ahead with the operation, anyway. General Kreipe would have to do.

On the evening of 26th April 1944, General Kreipe left his headquarters in his Opel limousine, with his driver, Fenske, at the wheel, for the journey to his residence, Villa Ariadne at Knossos, about 25km from Heraklion. As they approached a T-junction in the pitch dark at 9.30pm, two German *Feldgendarmarie* NCOs carrying red traffic

lamps signalled the car to stop. In perfect German, the older of the two policemen asked to see the general's credentials. As the general was not carrying ID, he was then asked to provide the evening's password. Exiting the car, Kreipe snapped: "What unit are you? Don't you know your general?" To which came the quiet reply, again in faultless German: "General, you are now a prisoner-of-war in British hands."

Leigh Fermor and Moss – the two 'German policemen' – assisted by a unit of the Cretan Resistance (the Andartes), who had hidden on either side of the road, made their move. The driver was quickly overpowered, sustaining a serious head injury in the process, but Kreipe was not going down without a fight. Grabbing Leigh Fermor, the two men rolled over in the road, the general kicking and lashing out until three guerrillas handcuffed him and tossed him into the back of the car. Leigh Fermor put on the general's hat and sat in the passenger's seat. Moss slid behind the wheel, with two Andartes sitting in the back, Kreipe between them, a dagger pressed against his ribs. It was made clear what would happen if he should make one false move. The remainder of the partisans melted off into the darkness, bringing the mortally-injured chauffeur with them.

Because of Kreipe's penchant for playing cards in the mess long after the day's work was finished, his non-arrival at his villa caused no concern for several hours. During that time, the kidnapers encountered no less than 22 German checkpoints, all of which recognised

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the car, and waved it through. In the early hours of the morning they cleared the suburbs of Heraklion and headed into the foothills. Abandoning the car, they left a note saying that the general had been taken by British commandos and that no reprisals should be initiated against the civilian population.

When the hue-and-cry was raised, every one of the 75,000 German troops on Crete was tasked with finding their commanding officer.



Moss (left) and Leigh Fermor (centre) in German uniform, with a member of the Andarte.

The escaping group now embarked on a physically and mentally demanding trek in the dark over the precipitous, snow-covered, 2,400m Mount Ida in sub-zero temperatures. Finally, on 14th May, after many adventures and near misses, they arrived at a remote beach where a launch picked them up and raced them to Egypt.

Kreipe was subsequently flown to London for interrogation, and later transferred to a POW camp in Canada, where he remained until 1947, when he was freed.

Sir Patrick Leigh Fermor, DSO, OBE, was a charismatic, prolific writer, widely published pre-, and post-WWII, and sometimes described as a 'Renaissance man'. He was a frequent visitor to these shores, and rubbed shoulders with the likes of Seán Ó Faoláin, Paddy Kavanagh, and JP

Donleavy; fellow regulars of Davy Byrne's hostelry in Dublin. His favourite place in Ireland was, however, Lismore Castle in Co Waterford, Irish home of the Duke and Duchess of Devonshire, who gave him the time and space to pursue his writings in the peaceful surroundings of the beautiful Blackwater Valley. Fermor, who in spite of reportedly smoking up to 100 cigarettes a day remained physically fit all his life,

passed away in 2011 at the age of 96; his wife, Joan, having predeceased him in 2003.

Ivan William ('Billy') Moss MC married the flamboyant and beautiful Countess Sofia Tarnowska, a descendent of Catherine the Great of Russia, whom he met in Cairo where she headed up the Red Cross. After the war, the couple moved to Riverstown House in Glanmire, Co Cork. Built in the 1700s for Bishop Jemmett Browne, the dining room walls and ceiling are the work of the noted Italian stuccodores, the Francini brothers.

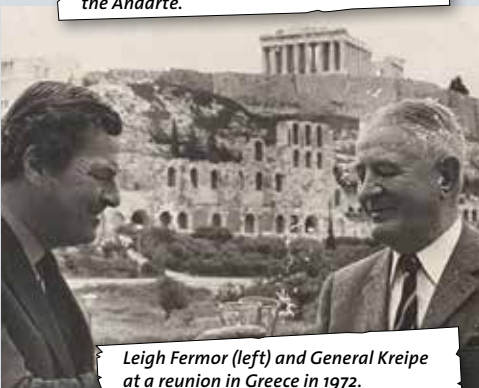
On 7th January 1952 Moss gave a presentation to Cork Rotary Club in which he outlined the circumstances surrounding the abduction of General Kreipe, less than eight years' before. He was then promoting his book on the escapade, *Ill Met By Moonlight*, later made into a major film starring Dirk Bogarde as Fermor, David Oxley as Moss, and Marius Goring as Kreipe. The general, by then a free man living in the Federal Republic of Germany, took exception at the way he was portrayed, and sued Moss, successfully, for defamation. The writ, however, applied only in West Germany, where both book and film were banned. Moss died at only 44 in 1965.

Was the kidnapping of General Kreipe worth it? To this day, Cretans are divided on the issue. Many regard it as having boosted morale during their darkest days and provided a glimmer of hope for final victory. Plaques have been erected on the island commemorating the event.

However, it is an old truism that 'the survivors rejoice while the dead remain silent', and some senior British officers, mindful of the slaughter in Czechoslovakia following the assassination of Reinhard Heydrich, opposed it from the start. The official historian of the SOE argued that the kidnapping had 'no strategic or tactical value'. Kreipe was, ultimately, a fairly minor figure with no significant intelligence harvested from his abduction. One Andarte later wrote that Leigh Fermor served 'only the interests of Britain...causing terrible suffering'. General Kreipe himself described it as a 'Hussar stunt', meaning it was swashbuckling, daring, and full of bravado; but what did it achieve?

One thing that it did achieve was the return to the island of General Muller, who immediately re-established his vicious reign of terror. Whole villages were razed and many hundreds of civilians killed. Typical was the village of Anogia, which had a tradition of resistance to the occupiers. Between 13th August and 5th September 1944, 940 houses, a school, churches, mills, and vineyards were wiped off the map and 117 villagers were massacred.

In 1945, Muller was captured by the Red Army and returned to Greece where he was tried for ordering atrocities against civilians. He was sentenced to death and executed by firing squad on 20th May 1947 – the sixth anniversary of the German invasion of Crete. ■



Leigh Fermor (left) and General Kreipe at a reunion in Greece in 1972.

Riverstown House, Co Cork.



Lismore Castle, Co Waterford.



General Kreipe's staff car, now preserved on Crete.



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MILITARY PRINCIPLES Lead to Sailing Successes

BY COMDT
BARRY BYRNE

*Joker 2 takes part in the 2018 Beaufort Cup.
Photo: David Branigan/Oceansport*



Sports in
association with
Teamware.ie

Last summer a Defence Forces sailing team won four divisions in the Volvo Round Ireland race, finishing first of the non-professional teams, and second overall, out of an international fleet of 56. They also successfully defended the highly competitive Beaufort Cup, winning the Fastnet Offshore race with line honours in the process. Comdt Barry Byrne tells how the newly assembled team achieved their success.

Professional sailors in the fleet have said that the two days of near gale force headwinds that the Volvo Round Ireland fleet encountered for the entire West Coast leg were some of the worst sailing conditions they had ever experienced. Conditions were so bad that many retired, and one team had an experienced crewmember thrown overboard by a violent wave in the middle of the night.

It was in these conditions that our team ventured furthest west, into the strongest winds and worst conditions. Add to this a complete electrical instrument failure, and a diesel leak that permeated every inch of the boat, resulting in the crew being violently seasick and unable to eat for 48 hours. In this environment teamwork was key.

Half of the team that competed in the Volvo Round Ireland and Beaufort Cup had never sailed together before, and we had very little time to put together a campaign aimed at winning two of Ireland's premier competitions. For this we used military principles.

Plans are nothing, but planning is everything

It may be true that no plan survives first contact with the enemy, but if you have been through an effective planning process, it will stand to you. To that end we used the military decision-making process and mission analysis; essentially breaking down the mission by factor, deduction and task. This helped in allocating clear areas of responsibility and job ownership.

Focused training

Training to be completed in such a short timeframe had to be very specific. Every training session had a clearly defined goal and ended with after-action reviews. We also enlisted the help of a professional coach, Mark Mansfield, who assisted with focus and direction, and was a valuable source of knowledge on boat set up and the Cork coastal area.

Logistics

Much of the preparation involved getting the boat and team ready. Getting to the start line of a Cat 3 offshore race is a marathon in itself. Clearly defined areas of responsibility (which emerged from our mission analysis) were key. One secret weapon our team had was Flt Sgt Adrian Mulligan, an aircraft technician, who leads much of the boat preparation, particularly regarding instruments.

Unfortunately, Adrian suffered a back injury prior to the race, but, exemplifying DF values of loyalty and selflessness, instead of dropping off the campaign he increased his contribution shore-side to compensate for being unable to sail, and brought another technical member of our crew, Capt Wietse Buwalda (CIS), up to speed with the boat's instrumentation and power systems. This was later to prove vital in our success on the water.

Sgt Paddy McGrath and Lt Richie O'Hagan focused on nutrition, food and water, ensuring we had the exactly right amount of high-energy, military ration pack food.

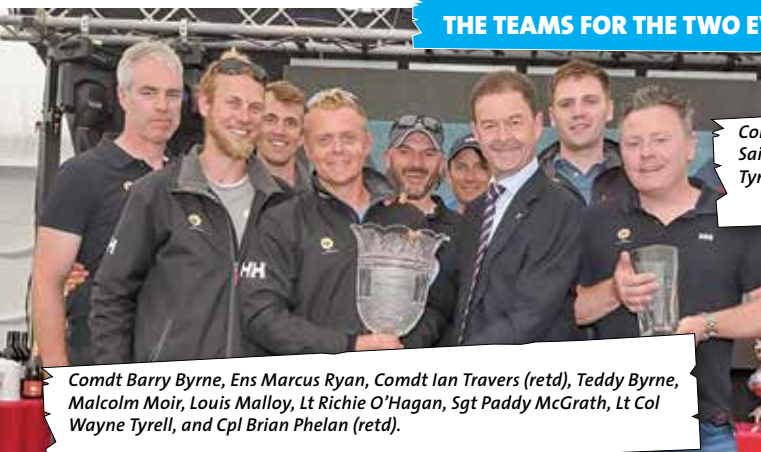
Mission command

Mission command means picking the right person for a job and telling them what needs to be done, but not how to do it. Capt Mick Liddy (ret'd) was our navigator and my brief to him was to win the Round Ireland... beyond this, I didn't second-guess him. Even when we were further west than any other team, in the worst weather, I'm glad to say I managed to keep my mouth shut! A team in the last Volvo Ocean Race fell foul of the skipper and navigator second-guessing each other and ultimately slowed down.

Values

I saw all the DF core values of respect, loyalty, selflessness, physical and moral courage, and integrity, on display when things got difficult. Due to the diesel leak and violent conditions, the team could not even keep water down; yet everyone dug deep. We bailed the diesel out of the bilge with a rag and bucket while the boat was slamming into 35kts of wind. The routine was to fill a bucket, empty it over the side, vomit, go back down and fill another bucket. Every member of the crew was a leader that day, and everyone stayed on the rail. Even at 3am, team members who had

THE TEAMS FOR THE TWO EVENTS WERE:



Comdt Barry Byrne, Ens Marcus Ryan, Comdt Ian Travers (retd), Teddy Byrne, Malcolm Moir, Louis Malloy, Lt Richie O'Hagan, Sgt Paddy McGrath, Lt Col Wayne Tyrell, and Cpl Brian Phelan (retd).



Comdt Barry Byrne, Capt Mick Liddy (retd), Cdr Brian Mathews (Commodore, DF Sailing), Ens Marcus Ryan, Lt Alexander Rumball, Sgt Paddy McGrath, Lt Col Wayne Tyrell, and Capt Wietse Buwalda. Photo: David Branigan/Oceansport



not eaten in 30 hours and were continually being drenched to the core with ice-cold Atlantic waves, were volunteering to rotate to the bow.

Some say there are no atheists in a foxhole. I don't think there was one on the boat that night either. While this kind of offshore sailing may sound grim, even dangerous, it is precisely why we do adventure training in the military; to test leaders at all levels.

When the wind eventually eased it did the worst possible thing; dying completely to leave the competitors in torturous drifting conditions off the North Coast, where tides would frequently send you backwards. During this particularly trying time our electronic instruments died completely from the hammering we had received. Thankfully, Capt Buwalda effectively rebuilt the system in about four hours of relentless work, and we eventually escaped the North Coast with a great spin down the East Coast in 20kts.

About 15 miles from the finish line we encountered more drifting conditions and a nail-biting finish after five days of nonstop racing and practically no sleep.

Beaufort Cup

The DF are involved with helping run the Beaufort Cup and one of the leading contributors is Cdr Brian Mathews, Commodore DF Sailing. This was the second iteration of the event and it was fantastic, involving 16 teams, comprising 160 competitors, including 30 DF sailors. There were teams from the US Marines, UK armed forces and Irish emergency services and included among the competitors were a number of national champions and Olympians. Eight of the 16 boats were highly competitive J109s.

The short offshore Fastnet Rock Race is a scenic 24-hour drag race down and back. We sailed a solid night race and our navigator, Comdt Ian Travers, made a good decision to split from the pack and go offshore for breeze, taking the lead in the final miles.

The rest of the week was a tough battle, particularly the last



race when we were over the line in the final double-points race. Yet again, true teamwork came into its own. Huge performances were put in by the whole team, notably Ens Marcus Ryan, sailing a flawless race to get us back into the fifth position we needed to secure overall victory.

We are donating €5,000 of our winnings to Our Lady's Children's Hospital, and as a mark of respect to the fantastic competition put up by the second-placed RNLI crew, we are also donating €5,000 to their charity, Baltimore RNLI. ■

Irish Denali Expedition 2019

BY FQMS FRANCIS WHELAN, AIR CORPS
& SGT PAUL O'CONNELL, 1ST BDE HQ

FQMS Fran Whelan

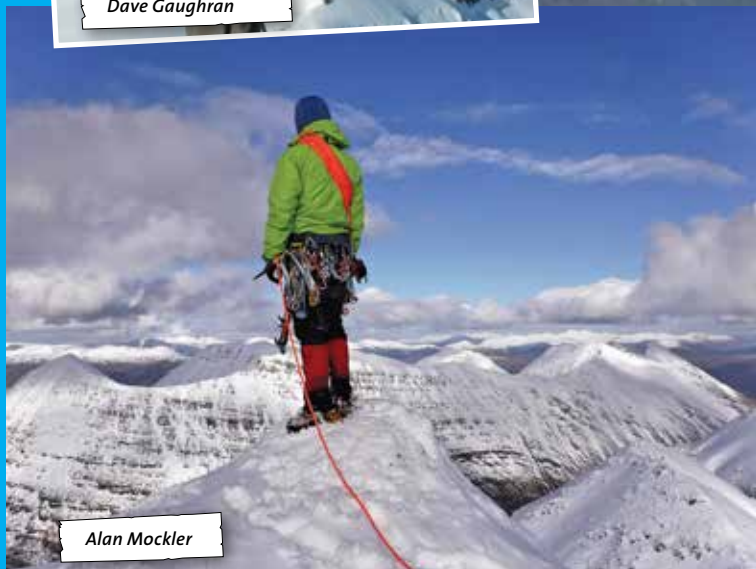


In June 2019 an Irish expedition will attempt to summit the highest mountain in North America, which lies in the Alaskan range at a high latitude of 63 degrees north. Mount Denali (the high one) stands 6,190 metres tall. Because of its latitude it is a difficult mountain to summit due to the extreme cold that can occur even in summer, reaching temps down to -30 degrees Celsius (-40 in the shade). It is a cold mountain.

Dave Gaughran



Alan Mockler



Sgt Paul O'Connell



It is also known for its savage storms, which drift in from the Pacific and can leave mountaineers tent bound for days on end.

The expedition team consists of six personnel from different walks of life. Two members of the team serving in the Defence Forces and the expedition leader is a former member of the Defence Forces.

During the months leading up to the expedition the team will be in training mode, personal and team scheduled. The team training will include honing vital skills such as crevasse rescue techniques and Alpine/Arctic mountaineering skills. Training trips to Scotland in February and the Alps in April are proposed to tweak all necessary skills and get some vital altitude under the belts. Meanwhile personal training is on going, as a good level of fitness is needed to attain the summit.

The main objective is to summit the mountain via the west buttress route, with the possibility of members summiting more technical routes if possible.

The expedition flies out on the 3rd June 2019 and flies back to Ireland on the 30th June 2019. The approach on to the mountain begins on the 5th June, with a small fixed wing flight from Talkeetna, which lands on the Kahiltina glacier near the basecamp. From here over the next few weeks the team will acclimatise by climbing higher up the mountain, setting up camps and caching food supplies on route.

The objective dangers on the mountain are crevasses, avalanche and higher up the altitude will take its toll due to oxygen levels. The Team expects to summit between the 18th and 23rd June depending on an opportunistic weather window to stand on the summit safely and descend to high camp. The Team will then descend to basecamp and depart the glacier on the 27th June by fixed wing aircraft. ■



Simon Byrne

IRISH DENALI EXPEDITION 2019

3rd June - 30th June 2019

West Buttress / West Rib / West Buttress Direct

Irish Team of 6 climbers will attempt to climb Denali via the West Side of the Mountain in June 2019. The expedition will take approximately one month. Denali is a highly sought after summit with over 13,000 feet of vertical gain from Base Camp. With its notoriously inhospitable and storm prone weather conditions, Denali has a low summit success rate, averaging a little less than 50%. Together with the self-reliant nature of the expedition, it provides a fine challenge for climbers.

Depart Talkeetna, Alaska, for air drop off on the Kahiltina Glacier. Establish Base Camp and commence rotations up the mountain, making supply caches and establishing advanced camps and acclimatising for altitude and reduced oxygen levels. Assess mountain and weather conditions for final route appraisal. Continue ascent and establish high camps. Make final push and summit attempt once suitable weather window materialises.

EXPEDITION OVERVIEW

Follow IRISH DENALI EXPEDITION 2019

FACEBOOK @IrishDenaliTeam2019

INSTAGRAM @IrishDenaliTeam2019



MOUNTAIN STATS

Name - Denali (Mount McKinley)
Height - 20,310 feet (6,190 m)
Prominence - 3rd Most Prominent
Location - Alaska Range, US State of Alaska
First Ascent - June 7th 1913
West Buttress - First Ascent 1951
West Rib - First Ascent 1959



DAVE GAUGHNAN

Profession: College Lecturer
Climbing: 30 Years Mountaineering / Extensive Summer & Winter Climbing in the Alps over 40 years / 6 Expeditions to the Himalayas as a Guide / Rock Climbing in UK, UK, Europe, USA, South Africa / Scottish Winter Climbing / Guiding / Experienced Skier & Ski Mountaineer



LORCAN McDONNELL

Profession: Outdoor Centre Chief Instructor
Climbing: 30 Years Mountaineering Experience / Extensive Climbing in the Alps / Expeditions to Himalayas, Caucasus, Arctic & other regions / Rock Climbing in UK, UK, Europe / Scottish Winter Climbing / Member Kerry Mountain Rescue Team



SIMON BYRNE

Profession: Rock Climbing Instructor
Climbing: 30 Years Mountaineering Experience / Rock Climbing and Trekking in Europe and South America / Various Mountain Projects and Project Mountain Goal - First person to climb all 455 summits of Ireland in a year (2014), Project 100 (Climbing) 100 summits of the Bavarian Alps



ALAN MOCKLER

Profession: Quantity Surveyor
Climbing: 3 Years Mountaineering Experience / Climbing in the Swiss, Italian & French Alps incl. summits of Mont Blanc and other 4000m Peaks / Rock Climbing in Ireland, UK and Europe / Scottish Winter Climbing / Landscape Photographer



PAUL O'CONNELL

Profession: Sgt. Irish Defence Forces
Climbing: 30 Years Mountaineering Experience / Expeditions to Himalayas, Russia & Northern Scandinavia / Climbing and Ski Mountaineering in Europe incl. Swiss & Italian Alps / Military & Airborne Survival Instructor



FRAN WHELAN

Profession: Irish Defence Forces Air Corps Accounts Manager
Climbing: Extensive Climbing in Swiss, Italian & French Alps & Pyrenees / Rock Climbing in Ireland and Europe / Scottish Winter Climbing / Mountaineering Instructor within the Defence Forces

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Date	Location	Contact
Wed 03 Apr 19	Oranmore Range, Galway	Sgt Eric O' Brien Ext 2169 eric.obrien@defenceforces.ie
Wed 17 Apr 19	Stone Cross, Ballinscorney, Wicklow	F/Sgt Stephen Bailie Ext 7826 stephen.bailie@defenceforces.ie
Wed 15 May 19	Dysart, Co. Laois **DF Championship**	Lt Col Oliver Clear Ext 5227 oliver.clear@defenceforces.ie

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Men and Women

10 -12 July 2019
Cathal Brugha Barracks

All entries to be submitted to Comdt. Adrian Watson, 2 Bde Asst Logs Officer
by 1200hrs on Monday 24 June 2019.
Entries to be sent by email to: adrian.watson@defenceforces.ie



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GEAR REVIEW

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Martin Barrett, Co Wicklow

NOTICEBOARD

MILITARY HISTORY LECTURES APRIL 2019

TUESDAY 2ND APRIL AT 8PM - Tim Crowley will present 'The Michael Collins Story' to the Kilmacanogue History Society in the Glenview Hotel, Glen of the Downs, Delgany, Co. Wicklow. All welcome – admission €3.

FRIDAY 5TH APRIL AT 8PM - David Beattie will speak on 'The battle of Jutland': a failure of British command' to the Military History Society of Ireland in Griffith College, South Circular Road, Dublin 8. All welcome – wheelchair access available.

THURSDAY 11TH APRIL AT 2PM - There is free-guided tour of the 'World War One Ireland' exhibition in the National Library of Ireland, 2 Kildare Street, Dublin 2. All welcome.

THURSDAY 11TH APRIL AT 6.30PM - Margaret Graham will speak on 'World War One Nurses - The Northern Ireland Connection' to the Antrim and Down Branch Western Front Association in PRONI, 2 Titanic Boulevard, Titanic Quarter, Belfast. All welcome.

THURSDAY 11TH APRIL AT 8PM - Bryce Evans will recall 'The Emergency in Ireland, 1939-45' to the Bray Cualann Historical Society in the Royal Hotel, Main Street, Bray, Co. Wicklow. All welcome - admission €5.

THURSDAY 18TH APRIL AT 2PM - There is a free-guided tour of the 'From Ballots to Bullets, Ireland 1918-1919' exhibition in the National Photographic Archive, Meeting House Square, Temple Bar, Dublin 2. All welcome.

TUESDAY 30TH APRIL AT 1PM - There is a free-guided Irish Language tour of 'From Ballots to Bullets, Ireland 1918-1919' exhibition in the National Photographic Archive, Dublin 2.

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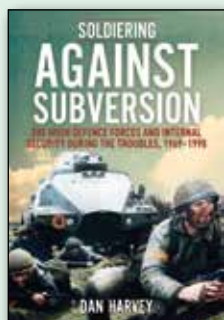
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U R J E B O R R D O U C C U A
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L E G T M X J C G Y V R J A G
Y S F G R O E L E R F E R V W
I Y P E A H X G E P P E J A B
A X C S V L H S V I T T Y L T
P L T W E R J N O U C N T G K
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BOOKSBOOKS

SOLDIERING AGAINST SUBVERSION THE IRISH DEFENCE FORCES AND INTERNAL SECURITY DURING THE TROUBLES, 1969–1998

Author: Dan Harvey
Publisher: Merrion Press (August 2018)
www.merrionpress.ie
ISBN: 978-1785371851
Pages: 300
Price: €19.99



From 1969 to 1998 is a period not know to those that have been born to peace on this land, to those that lived through it, it's known as the Troubles.

Where a number of terrorist factions were rising and splintering off and carrying out unspeakable acts on their unsuspecting victims. These included, killings, beatings, knee-capping, shoot-outs, kidnappings, bank robberies, subversive training camps, bomb-making factories, illegal weapons shipments, prison breaks and manhunts. During the Troubles the Irish Defence Forces faced very real threats of the Irish State.

Soldiering Against Subversion covers many events that took place during this long period including, "From the kidnapping of Shergar and Quinsworth CEO Don Tidey, the manhunt and capture of INLA leader Dessie 'the Border Fox' O'Hare, the pandemonium as the Irish army quells a violent prison riot in Mountjoy in 1972, to the Irish navy's efforts to thwart gun-running off the coast of Kerry, these first-hand accounts reveal the true story of the fight for the nation's democracy."

This previously untold period in Irish history of when the Defence Forces served all along the border, defending the state against paramilitary forces. This book by recently retired Lt Col Dan Harvey contains first-hand accounts by former Irish soldiers who served on security operations at the height of Ireland's critical right up to the signing of the Good Friday Agreement, and the cessation of terrorist actions.

Lt Col Dan Harvey, now retired, served on operations at home and overseas for 40-years, including tours of duty in the Middle East, Africa, the Balkans and South Caucasus. He is the author of *Into Action: Irish Peacekeepers Under Fire, 1960–2014* (2017) and *Soldiers of the Short Grass: A History of the Curragh Camp* (2016). **WF**

THE OLD BRIGADE THE REBEL CITY'S FIREFIGHTING STORY 1900 – 1950

Author: Pat Poland
Publisher: Oakroyd Publications (2018)
ISBN: 978-1527222182
Pages: 320
Price: €20 (Waterstones / eBay +P&P)

The Old Brigade: The Rebel City's Firefighting Story 1900 – 1950 is easily one of the best history books to be published in recent years. It is written with a rhythm and pace that allows the reader to absorb

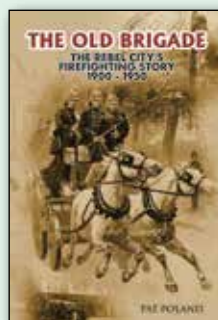
and consider all aspects of the story being told: the technical details, the historical contexts: the emotions, tragedies and excitement; the frustrations and at times consequences of what took place.

The dedication, commitment and bravery of the firefighters leaps from the pages; this is a narrative of a group of heroes in Cork's 20th century history and they are deserving of the recording of their story.

The period of the 'Black and Tan War' when Cork Fire Brigade faced its greatest-ever challenge, the infamous 'Burning of Cork' by Crown Forces in December 1920, and incidents during the ensuing Civil War, are all well covered from the unique perspective of those who were at the 'sharp end'. So too, is the Emergency (1939 – 1945), when Cork had to prepare for possible air-raids, with the fire service taking the lead in air raid precautions initiatives.

The author (a former fire officer) has superbly recorded all the successes and difficulties faced by these front-line fighters both in their battles with the fires they faced and the administration that they served.

This book sets the record straight and closes chapters in the brigade's history that until now were unfinished business. The volume (the second in a trilogy) is well-illustrated with 80 rare black and white, and 10 colour, images. It is complete with Notes and References, Bibliography, and Index. This reviewer eagerly awaits Volume 3 of the set. **A O'C**

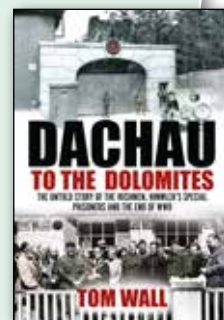


DACHAU TO THE DOLOMITES: THE IRISHMEN, HIMMLER'S SPECIAL PRISONERS AND THE END OF WWII

Author: Tom Wall
Publisher: Merrion Press (February 2019) www.iap.ie
ISBN: 978-1785372254
Pages: 272
Price: €19.95

After reading this book it seems very evident that you can watch all the documentaries you want on WWII and still not scratch the surface of exactly what went on in the concentration camps. The book is written almost in a story fashion, rather than a documentary style, with a cast of real life characters. Hearing familiar names such

as Hitler, Himmler and Goering give you the reality check that the stories in the book are very real. The people involved in these stories you would be forgiven for not knowing about. Each character has their own story and the author goes into great detail about where they were and how they came about to be one of WWII's special prisoners in the Nazi regime. The author portrays the story in an individualistic fashion at first, telling each person's story then slowly brings all the characters together, where they all end up in one of the wars most significant concentration camp. The book gives you an idea how far the Nazi's were willing to go to win the war, trying to use political prisoners against their own forces, and when that wouldn't work, using them as bargaining chips. The author gives the reader a true sense of what it was like for a political prisoner in the war, some receiving favourable treatment and others being tortured and in some cases murdered. 'Dachau to the Dolomites' portrays a different look at WWII and brings home the fact that Irish people were more involved than history sometimes remembers. **KB**



NAME

GERARD KENNEDY

RANK

ABLE SEAMAN TO LIEUTENANT

UNIT

AN SLUA MUIRÍ (NOW CALLED NAVAL SERVICE RESERVE)



BY SGT WAYNE FITZGERALD

PHOTOS SGT MICK BURKE

Gerard Kennedy was born in Limerick City in 1939, on O'Connell Avenue close to the old entrance to Sarsfield Barracks. He was educated in a Christian Brothers school, and at age 17 and a half he signed up to An Slua Muirí in 1955 with his brother Donal. They served in No 5 Coy, An Slua Muirí. He remembers marching and drilling most evenings and then firing his Mk3 and Mk4 Lee Enfield 303. rifle on the ranges. Then the big difference when they switched over to the FN FAL 7.62mm rifle, "It had very little recoil," he said.

During his time in the An Slua Muirí he worked his way up the ranks, Able Seaman for a few short years, then Leading Seaman (LS). He remembers being the instructor with new recruits as the LS.

Five years later he was promoted to Petty Officer (PO), and was placed in charge of a watch, they were Seamans, Signals, Stokers – which was "a dirty job" he recalls, and Engine Room.

Gerard remembers fondly receiving his peaked cap and reefer coat. He was then asked to assist the regular Naval Service Chief Petty Officer (CPO) Michael McInerney who had 30+ years' service in admin of the Coy.

During his service Gerard did many courses in Haulbowline, in particular the firefighting which was a great experience but tough – "We did what we asked, as we trusted our instructors," he said.

"We went to sea for two weeks every year, serving on the *Deirdre*, *Eimer*, *Ashling* – I've been there for the stand-down of these ships!"

Gerard remembers being at sea on the southern coast in the early 1960s, and having to intercept and board a Spanish trawler who was illegally fishing near Castletownbere, "I had to stay on board overnight along with the regular NS PO armed with our BAPs [Browning Automatic Pistol]. We then handed them over to Garda when they arrived."

In 1964 Gerard was commissioned as an Ensign (2nd Lt), after he completed his 6-month Officers Course, which was con-

ducted between Haulbowline and Limerick. He took up many appointments as an officer, and was promoted to Sub Lt in 1968, and Lt in 1972. He then became the EO of No 5 Coy, and responsible for recruitment.

Gerard's unit were called in to assist securing the Silvermines quarry, as it had dynamite that subversives were trying to steal during the Troubles.

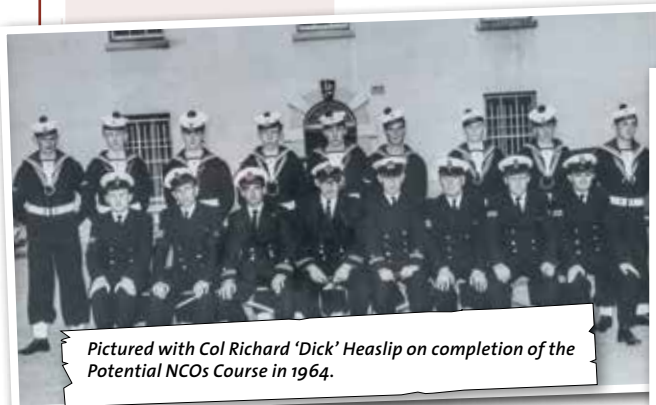
Gerard had an enjoyable career with many highlights, one being Pope John Paul II visiting Limerick during his Papal Visit to Ireland in 1979. "He visited Limerick Race Course on route to Shannon Airport. We assisting in guarding him as 1,000s of people tried to see him."

Another highlight includes the Military Pilgrimage to Lourdes in 1971.

In his civilian life, Gerard had started working in the office of the Limerick Leader as a young man. He became the Personal Manager after 15-years and served the paper for 42-years. He remembers being asked by a then Lt Colm Doyle in 1978 if he could arrange for the Limerick Leader to be sent out to Lebanon for the troops to read. Another highlight for Gerard was traveling out to Lebanon as a journalist in 1999 to report on the stand-down parade of Lt Col Senan Downes, OC 84 Inf Bn, who was from Co Clare. Gerard travelled to see the hills of South Lebanon, the Golan Heights and Naqura, places he had only read about.

On his retirement from the An Slua Muirí, Gerard joined the Naval Service Association, and marched in the St. Patrick's Day parade in 1996, before becoming the president of the association 2011-2012. He had the honour of laying a wreath at the Cenotaph in London on behalf of the Association in 2011. He remains a member of the Association today.

Gerard said he has seen big improvements in the Naval Service and Naval Service Reserve over the years. He acknowledges that he had a good and long career in An Slua Muirí (now called the Naval Service Reserve), "I had a great life, and I reared 7 children." Gerard is now 80-years of age and retired nearly 16-years. ■



Pictured with Col Richard 'Dick' Heaslip on completion of the Potential NCOs Course in 1964.



Commissioning Ceremony for Gerard Kennedy and Andy McSherry of No 5 Coy, with Donogh O'Mally Minister for Education, Mayor of Limerick Mrs Francis Condell, OC NS Capt Tommy McKenna present in Sarsfield Barracks.



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Reserve Recruitment 2019

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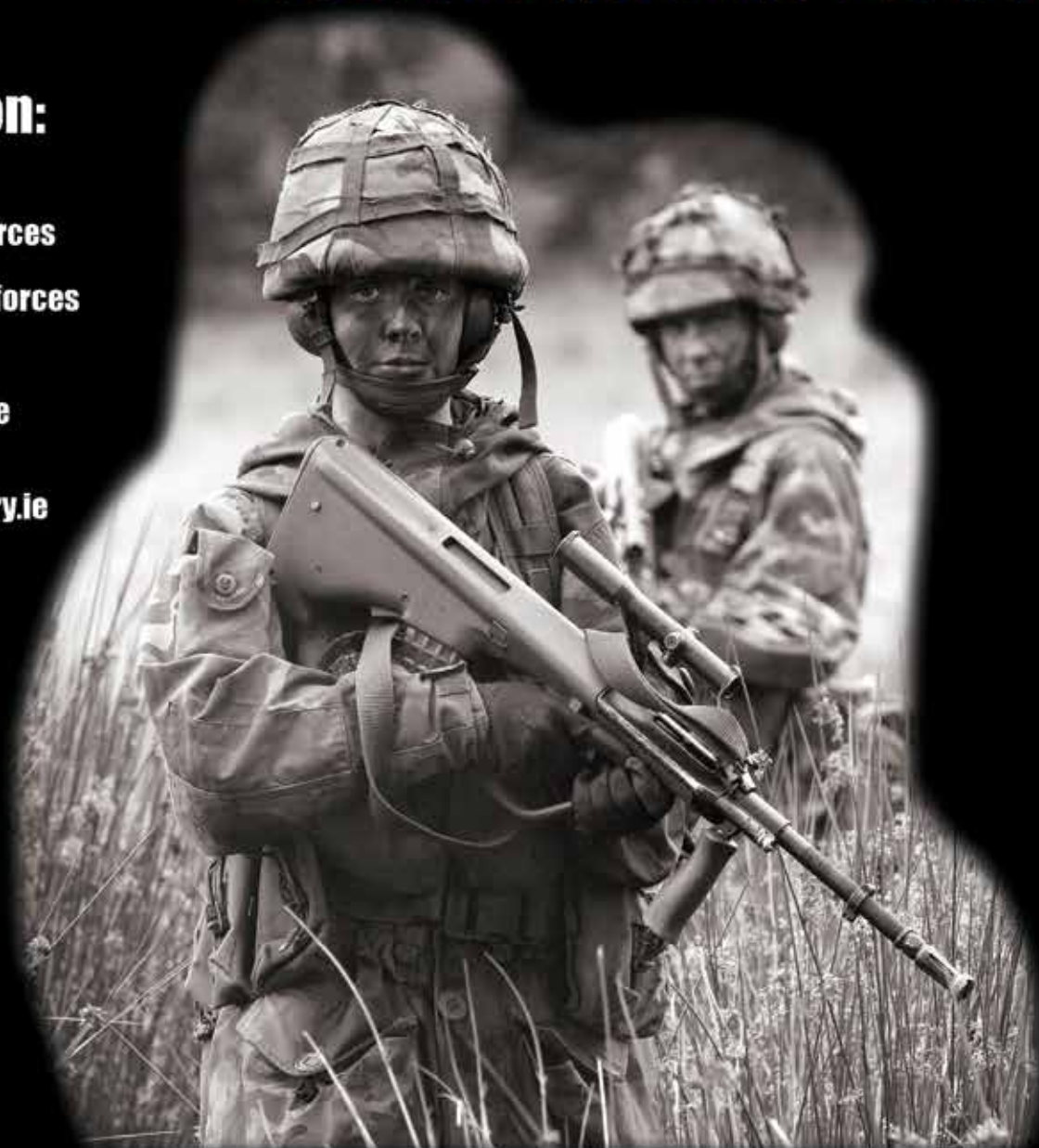
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