



THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR

www.dfmagazine.ie

(ESTABLISHED 1940)

Price: €3.00 (Stg £2.70)



FEBRUARY 2020



'BATTLEGROUP'

EUROPEAN BATTLEGROUP 2020



[STRENGTHEN THE NATION]





Kingston Technology Company, Inc. is the world's independent memory leader. Kingston® now offers more than 2,000 memory products that support nearly every device that uses memory, from computers, servers and printers to MP3 players, digital cameras and mobile phones.

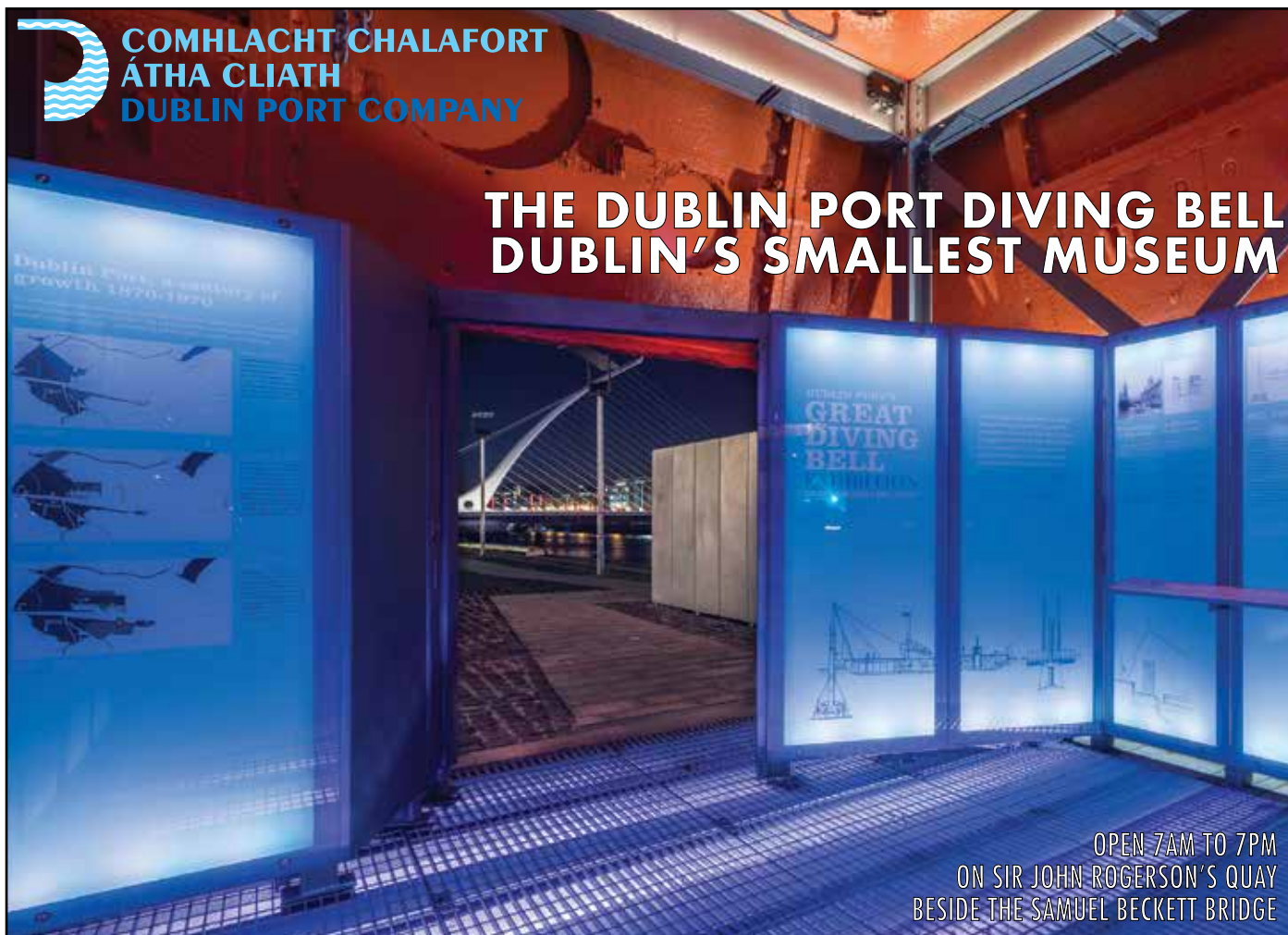
Blanchardstown Industrial Park
Snugborough Road
Dublin 15
Tel: 01 812 8888
www.kingston.com

Best wishes to the Defence Forces



**COMHLACHT CHALAFORT
ÁTHA CLIATH
DUBLIN PORT COMPANY**

THE DUBLIN PORT DIVING BELL DUBLIN'S SMALLEST MUSEUM



OPEN 7AM TO 7PM
ON SIR JOHN ROGERSON'S QUAY
BESIDE THE SAMUEL BECKETT BRIDGE

Contents

VOLUME 80

Number 01

February 2020



CONTENTS

It's your magazine | 3 FEATURES



12 **European Union Battlegroup**
By Sgt Wayne Fitzgerald



14 **Blood on the Sea – Mediterranean Operations**
By Paul O'Brien MA



16 **Interoperability in IRISHPOLBATT**
By Lt Paul Murphy, 115 Inf Bn



24 **Operation Bushmaster 2019**
By Capt (AR) Dr Mathew McCauley

REGULARS

- 6** On Parade
- 8** In Focus
- 27** Tac Aide
- 28** History
- 32** Sport
- 35** Gear Up
- 36** Notice-Board
- 37** Reviews
- 38** What I Do

18 **Support from Afar: The potential of technology to support mental wellbeing**
By Pte (AR) Eoin O'Shea, Capt (AR) Mathew McCauley & Comdt Dorota O'Brien

21 **Rough Set – 'A Life Less Ordinary'**
By Lt Francis Cronin Retired



History



Sport



Custom made Sam Browne belts hand made by Declan at his saddlery and leather work-shop in Newbridge, Co. Kildare.

Award winning Saddler with over 30 years experience in the leather industry, renowned for his craftsmanship and attention to detail. Each bespoke belt is made using only the highest grades of leather and brass fittings, ensuring comfort of ease and longevity of the product.



Proud to work with the Defence Forces
Contact Declan or Margaret Clancy at 045 432606
clancysaddlery@gmail.com

www.declanclancysaddlery.ie

Declan Clancy Saddlery

WE SALUTE YOU!




Teamwear.ie

STANNO
#BADGE OF HONOUR



Ready to start your Dream Renovation Project?

HOME RENOVATION LOANS FROM €20,000 TO €75,000

6.95% (7.18% APR*) FIXED
5-10 YEARS LOAN TERM

Call: **01 8554489**
Email: **info@ansaccu.ie**
www.ansaccu.ie

 **ANSAC Credit Union Ltd**  **ANSACCU**

*REPRESENTATIVE EXAMPLE, BASED ON OUR SWIFT RATE, AS AT 26/11/2019

LOAN AMOUNT	TERM	NO OF MONTHLY REPAYMENTS	REPAYMENT INSTALMENTS	TOTAL AMOUNT REPAYABLE
€20,000	5 Years	60	€395.60 MONTHLY	€23,734.68

Loans are subject to approval. Terms & Conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. ANSAC Credit Union Limited is regulated by the Central Bank of Ireland.

**Manager**

Comdt David McKnight
info@military.ie
+353 (0)45 44 5306

Editor

Sgt Wayne Fitzgerald
magazine@military.ie
+353 (0)45 44 5307

Connect

Sgt Karl Byrne
connect@military.ie

Photo/Journalist

Cpl Lee Coyle
journalist@military.ie

Photographer

Armn Sam Gibney
photo@military.ie

Subscriptions

Cpl Martin Bennett
+353 (0)45 44 5312
subs@military.ie

DF/PR Information

Vacant
admin@military.ie
+353 (0)45 44 5308

DF Webmaster

Sgt Mick Burke
+353 (0)45 44 5309
webmaster@military.ie

Magazine Archivist

Mr Sean Shinnors

Designer/Advertising

JM Publishing & Media,
Arklow, Co. Wicklow, Ireland
Tel: +353 15331911
Tel: +353 871344135
Web: www.jmpublishing.ie
Email: info@jmpublishing.ie

Printer

Turner's Printing Co., Ltd
Earl Street, Longford, Ireland
Tel: +353 (0)43 3350500

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

© Published by Oic Public Relations Branch for the Defence Forces at DFHQ, Block 5, Ceannt Bks, DFTC, Curragh Camp, Co Kildare, Ireland.
Tel: +353 (0)45 445312

Front Cover

Soldier on an ATPC tasking.
Photo by Armn Sam Gibney

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

Editorial

Hello, and welcome to our first issue of 2020, this issue also marks our 80th volume - another historic milestone in the life of *An Cosantóir* magazine. Our focus this month looks beyond our own coastline as we feature articles on our participation in a new EU Battlegroup and the role of the ARW within it, our Naval Service's mission in the Mediterranean and the interoperability of the latest IRISHPOLBATT in Lebanon.

As ever, we were inundated with photos from around the Defence Forces for *On Parade*. Our *In Focus* consists of a short piece on the Air Corps' new canine mascot, and coverage of the launch of a book recounting the deaths of National Army soldiers in the Civil War *The Forgotten Fallen*.

Our *Veterans News* reports on the opening of ONE's new veterans support centre in Athy, Co Kildare.

Our front cover feature looks at our participation in the German-led, EU Battlegroup, which had its certification exercise in December.

In *Blood on the Sea*, regular contributor, Paul O'Brien, looks at the Naval Service's humanitarian missions in the Mediterranean.

Then we visit Lebanon, where 115 Inf Bn was joined by soldiers from Poland, Malta and Hungary in November to form IRISHPOLBATT. Lt Paul Murphy's article, *Interoperability in IRISHPOLBATT*, brings us up to speed.

In *Support from Afar*, by reservists Pte Eoin O'Shea, a senior counselling

psychologist; Capt Matthew McCauley, consultant military clinical psychologist; and Comdt Dorota O'Brien, the DF's first full-time clinical psychologist, look at personnel operating under stressful conditions, at home and overseas, and the risks posed not only to physical health, but also psychological health and performance.

Next, former airman and officer, turned stand-up comedian, Francis Cronin, talks about drawing on his DF training and experience to complete a tough outdoor endurance test to raise money for homelessness.

Capt Matthew McCauley also brings us a report on his participation in Operation Bushmaster, an annual, two-week, simulation-based, military medical field-training exercise conducted by the US Army.

Our first history article is *Eamonn 'Ted' Tuke: Footsoldier of the Rebellion*, by Dónal Denham. An article follows this from James Langton's above-mentioned book *The Forgotten Fallen*.

Our sports article looks at a charity fund-raising endurance event conducted by members of 114 Inf Bn in Lebanon, which saw four peacekeepers move one million kilograms in a single day.

We also have our regular *Gear Review*, *Noticeboard*, *Book Reviews* and *What I Do* features.



Sgt Wayne Fitzgerald – Editor

Wayne Fitzgerald

UNIT PUBLIC AFFAIRS REPRESENTATIVE COURSE

DF Public Relations Branch conducted the first Unit Public Affairs Representative (UPAR) course in the DFTC. The four-day course used blended learning delivered through lectures combined with on-line assessments. The mission of military public affairs is to support commanders by communicating accurate information in a timely manner to audiences to improve public awareness and understanding of the military's roles, aims, operations, missions, activities and issues – thereby enhancing our organisational capability. Please keep an eye out for the advertisement for the second UPAR course in early 2020. Photo/ Words: Armn Sean Foley / Sgt Rena Kennedy





▲ 12 INF BN SPREAD CHRISTMAS JOY

Members of the 12 Inf Bn gave a little bit of happiness at Christmas to the children in University Hospital Limerick (UHL). Pictured are Lt Martin Corrigan, BSM Stan Hurley, Cpl Laura Harrys, Pte Michael Walsh, Pte Shar Griffin and Pte Mark Sommers. All the toys were bought by fundraising throughout the year. The fundraising committee was Privates' Paul Ledger, Michael Walsh, Mark Sommers, Liam Mulcahy (ret'd) and Santa was Pte John Thompson. Photo: Pte Michael 'Rama' Walsh



▲ ONE FR JAMES GILMORE BRANCH

Pictured are members of Fr James Gilmore Branch of ONE at their AGM recently. It was held in St Paul's Artane Football Club, Gracefield Road where they hold their monthly meetings on the second Tuesday of every month and 'new members always welcome'. Photo: Dessie O'Hara, Chairman



▲ CAN YOU HELP IDENTIFY ENGINEERS IN 1940?

Pictured are members of the Engineer Corps in the Curragh around 1940. The only person known is Sgt Nick Mc Donnell or 'Maxi' as he was known, who is on the extreme left, back row as you look at the photo. Any other information would be greatly appreciated. Photo: Dessie O'Hara



▲ IPA CYCLE FOR CHARITY

The International Police Association (IPA) Cycle Club completed a charity cycle from Aiken Bks to the Four Seasons Hotel in Carlingford to raise funds in aid of St. Patrick's soup kitchen. The Four Seasons Hotel provided refreshments free to the cyclists and the 27 Inf Bn provided a hot meal on their return to Aiken Bks. The cycle run was run in conjunction with the Michael Mc Neela Branch ONE. The cycle run raised €650 for the soup kitchen. Pictured L/R: Chairman soup kitchen Michael Finan, Fr. Mark O'Hagan, IPA Secretary Neil O'Malley, Jim Mc Eneaney and Pat Donnelly ONE. Photo: Jim Mc Eneaney ONE



▲ IUNVA POST 19 (DONEGAL)

Pictured are members of IUNVA Post 19 (Donegal) who held their AGM in the Mount Errigal Hotel, in Letterkenny recently. The following officers were elected to the committee for 2020. Chairman Jim O'Hagan, Vice-Chairman Willie Coffey, Secretary Gerald O'Donnell, Treasurer Michael Crossan, Assistant Treasurer Paul Gallagher, Ceremonial Officers Daniel Toland, Peter Walters and Seamus Duffy. 'New members always welcome'.



▲ PTES SMALLHORNE & BARRETT REMEMBERED

On Wednesday 8th January 2020, I attended a wonderful respectful wreath laying ceremony in Rathcooney Cemetery on the occasion of what would have been the 70th Birthday of our comrade Thomas Barrett (RIP). The amount of veterans from all over the country and many units who attended meant so much to the family. That is what we do well, remember our comrades. Also let us remember our other comrade who fell that day [At-Tiri, South Lebanon], Derek Smallhorne. The photos shows the line of veterans and also the third member who was there on that day and was wounded, John O'Mahony, laying a wreath on his comrades grave. Today please say a prayer or just a kind thought for all those who died for others. Photo/text: Paul Clarke and Muris de Barra



▲ OPERATION HOLMES, GOLAN HEIGHTS

The 60 Inf Gp UNDOF has recently taken part in Operation Holmes, which saw the completion of a full secure, search and clearance of UNP 60 in order to allow full reoccupation by Fijibatt. This will finalise the establishment of a logistics hub within the Area of Separation (AOS) approximately 3km east of the alpha line. The search included the perimeter, buildings and bunkers of the position and rendered safe several Explosive Remnants of War (ERW). *Photo: Lt Ian Galloway, 60 Inf Gp UNDOF*



▲ MMA CHAMPION

Gnr Dillon Manning, 1 BAR, who is a Mixed Martial Arts (MMA) fighter achieved a lot in 2019, winning 3 bronze medals, 1 gold medal and a championship belt in competitions in Russia, Korea and Czech Republic. He recently met GOC 1 Bde to congratulate him. Gnr Manning is a member of the Gym Staff in Collins Bks, where he assists and conducts daily training programmes. Pictured (L/R): Brig Gen Patrick Flynn, GOC 1 Bde, Gnr Dillon Manning, 1 BAR, Lt Col Noel Maher, OC 1 BAR & Collins Bks and BSM Anthony McGrath, 1 BAR. *Photo: Sgt Barry McCarthy, 1 Bde HQ*



▲ COMMAND LEVEL 1 DEMOLITIONS

The Ordnance School conducted Command Level 1 Demolitions in Kilworth recently with over 100 students. Pictured is a Cadet destroying depleted uranium. The Ord Sch would like to thank the TISK staff and the Cadet School for their assistance. *Photo: Capt Adam Beatty, Ord Sch*



▲ RSM JOHN MURRAY STAND-DOWN PARADE

Pictured on the 17th January 2020 is the DF Values Champion RSM John Murray (CIS Gp, DFTC) who has completed 40 years' service. RSM John Murray is known as an outstanding soldier. He is described as "John has consistently displayed innovative thinking, exceptional commitment, dedication and selflessness in carrying out his duties." RSM Murray has highlights during his career, most notably his 15 tours of duty overseas to Lebanon (9 times), Kosovo (twice), Bosnia, Somalia, Afghanistan and Syria and he served with a EU Nordic Battlegroup, which trained in Northern Sweden and the Arctic Circle. *Photo: Martin Rowe, IUNVA*

▲ BOOK LAUNCH 'THE EMERGENCY'

The Emergency: A Visual History of the Irish Defence Forces 1939-1945 by Comdt Daniel Ayiotis (OC Military Archives), Dr John Gibney and Dr Michael Kennedy, was launched by DF Chief of Staff, Vice Admiral Mark Mellett DSM, in the Officers' Mess, Cathal Brugha Barracks, Rathmines on the 11th November 2019. The royalties from the book will be donated to veterans' association the Organisation of National Ex-Service Personnel (ONE). The book is available from: <https://wordwellbooks.com/> and priced at €20.00. Picture (L/R): Dr John Gibney, Dr Michael Kennedy, Vice Admiral Mark Mellett DSM, and Comdt Daniel Ayiotis. *Photo: Sgt Wayne Fitzgerald*

A HEARTWARMING TAIL

REPORT & PHOTOS BY SGT PAUL MAGUIRE

Ladies and Gentlemen, we would like to introduce you to our latest recruit Finn. His full name is Finnegan Tairiseact Casement and he is the first official mascot of The Irish Air Corps. He was named Finnegan as its an old Irish Name, Tairiseact from the Air Corps motto which translates as **Loyal**, and Casement after Sir Roger Casement after whom the airbase is named.

Finn is a red and white Irish Setter, he is five and a half months old. *"The red and white Irish setter is quite a rare breed,"* as explained by Finn's handler Corporal Aidan Brosnan, *"and he was donated to the Irish Air Corps by dog breeder Ken Kennedy who is hoping to draw attention to, and promote the red and white Irish Setter breed"*.

Finn is currently undergoing recruit training under the instruction of Corporal Brosnan who said, *"our aim is that Finn will pass out with the current recruit platoon in Baldonnel early next year"*.

Already Finn is a hugely popular character around Casement Aerodrome, but as a recruit he still has a bit of difficulty discerning the different ranks, in fact he is just as happy having his belly rubbed by a Brigadier General or a fellow recruit. And is always known to reciprocate with a friendly lick.

Its not all play for Finn though, he has been undergoing a battle inoculation of sorts lately, as he has to get used to behaving on parade, and get used to noisy aircraft, our own pipe band and eventually gunfire.

This will happen shortly when he is expected to take part in 'section in attack' training with the rest of his recruit platoon in the Glen of Imaal, as they continue their ground phase.

Here's hoping he's not distracted too much by the local wildlife during tactics.

Finn was recently on parade for his first GOCs inspection

and performed admirably and Brigadier General Rory O'Connor had a special word of encouragement for him as he sets out on his military career.

Finn is in high demand with the 'PR department' also, and recently had a photo shoot with the 3 Infantry Battalion's mascot, three year old Irish Wolfhound Fionn, who no doubt imparted whimpers of wisdom and experience with his new comrade.

Here's wishing Finn and Fionn all the very best in their future military careers and paws for thought, If each human year is 7 dog years Finn will have his 10 year service medal in about twelve months' time. ■



Recruit Finnegan Tairiseact Casement.



Finn and Fionn check out No 3 Operations Wing.



Pictured L/R: Pte James Dooley, 3 Inf Bn, with Fionn and Cpl Aidan Brosnan, No 5 Support Wing, Air Corps with Finn.

THE FORGOTTEN FALLEN - Book Launch

REPORT & PHOTOS BY SGT WAYNE FITZGERALD

First time author, James Langton, officially launched his first in a trilogy of books on the Irish Civil War, *The Forgotten Fallen: The fallen of the Irish Civil War (volume 1)*, in Cathal Brugha Bks, Dublin, on 29th November 2019. The first volume covers National Army soldiers who died in the Irish Civil War.

The book's publisher, Mícheál Ó Doibhilín, himself an accomplished author, historian, and MD of Kilmainham Tales Teo, took to the podium to introduce the book and its author. Mícheál started by explaining the ideals behind Kilmainham Tales Teo, which is now in its 11th year: *"We wanted to publish low-cost, pocket-sized books - of which we've published 25 so far. We also wanted to publish new authors, and stories that would break new ground."* These new authors include Liz Gillis and Las Fallon, both of whom were present to support their friends and colleagues.

"This book ticks a few of those boxes I've just mentioned," Mícheál continued, *"however it isn't pocket sized, and it's not low cost, at €30, but we do have a new author in James Langton, and the book breaks new ground. It's a great book that you can dip into and read different sections, it increases our information and knowledge on the Civil War, and we were delighted to publish it."*

James Langton took to the podium to thank all those in attendance and those who were supporting him in the accomplishment of publishing his first book.

"It was a dream to write a book and get it published," he told the audience before going on to explain how the idea for the book came to him a number of years ago while studying the dead in Glasnevin Cemetery with his friend Ray Bateson. The idea was shelved for a time until he spoke with other published historians Liz Gillis and Las Fallon who both encouraged him to finish, and publish his book.

He also thanked Mícheál and Kilmainham Tales for making his dream come true.

As James had spent a lot of time in Military Archives researching his book - as do a lot of authors - Comdt Daniel Ayiotis, OIC Military Archives, was invited to say a few words and officially launch the book.

Also on the night, members of the Collins 22 Society, of which James is a member, presented a beautiful pencil portrait of General Michael Collins to the Michael Collins Club.

The Forgotten Fallen: The fallen of the Irish Civil War (volume 1), was reviewed in our December 2019/January 2020 issue. It is available to order from bookstores and online at www.kilmainhamtales.ie.



Members of the Collins 22 Society present a beautiful pencil portrait of General Michael Collins to the Michael Collins Club.



Author James Langton signing copies of his book.



Comdt Daniel Ayiotis, OIC Military Archives, author James Langton and Mícheál Ó Doibhilín, MD of Kilmainham Tales Teo.

This month we feature a history article from James Langton on the subject of his book. ■

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

VETERANS LOOKING OUT FOR VETERANS

REPORT & PHOTOS BY SGT WAYNE FITZGERALD

In addition to providing accommodation in Dublin, Letterkenny, and Athlone for homeless veterans, the Organisation of National Ex-Service Personnel (ONE) also supports veterans through its nationwide network of branches and veteran's support centres (VSCs). On 28th November 2019, ONE opened its latest VSC, in Athy, Co Kildare. This is the fifteenth such centre available to veterans around the country.

A large number of people gathered for the official opening on a dark evening in Kildare. St Michael's Branch of ONE, based in Athy, was the main driving force behind this VSC, and branch chairman, Kevin Carton, carried out MC duties at the opening ceremony. ONE national president, Jim Fay, cut the ribbon on the outside of the door before everyone entered into the warmth and dryness of the large facility, which is furnished with large, comfy, leather chairs.

Speaking to the packed room Kevin said it was great to welcome everyone to what is "a great success for veterans." He went on to say: "This was our goal from day one, when the branch was set up: to create a place to meet socially and collectively."

He expressed thanks for the support the project received from a large number of people, starting with the local community.

"Councillor Mark Wall and Aoife Breslin showed their support from day one," Kevin told the audience, "in conjunction with Athy Municipal Council and Kildare County Council. We greatly appreciate

the support from Tom Burgess for providing these premises, and the members would like to also thank Maurice Flinter and Tim Flood for their support in helping to kit out the centre.

"As chairman of the Athy branch, I would also like to express my thanks to all the members of the branch and their families for their continued hard work and the support they have provided over the last six years."

Kevin then handed over to Jim Fay, who said: "On behalf of ONE I would like to thank the branch for all their hard work, and offer best wishes on the success of the centre. The amount of hard work and graft done by Kevin and the members is here for all to see."

ONE's Leinster Area Council Chairperson, Mick Kinahan, congratulated the Athy branch and said: "It's great to see this centre open on the main street of the town. I hope we can follow your success and do the same soon in McKee Barracks, Dublin."

Councillor Mark Wall (Labour) followed with more appreciative words for the local veterans: "This project has been going on for a long time, and you won't get a better location than Main St for the centre. This is a marvellous example of a great association; St Michael's ONE is the first group we turn to when we need something done and they have never been found wanting." He also expressed a big 'thank you' to the Defence Forces and ONE for their service and commitment.

That same day ONE's CEO, Ollie O'Connor, and the president of IUNVA, Jim Casey, were at Government Buildings to meet with the Minister with Responsibility for Defence, Paul Kehoe TD, and his officials for the announcement of the donation of €300,000 from dormant accounts funds to be shared between ONE and IUNVA projects over the next three years. ONE plan to use such funding to develop a five-bed hostel and a VSC in Cobh, Co Cork. ■



ONE's National President, Jim Fay along with Councillor Mark Wall cut the ribbon on the new VSC in Athy.



Pictured L/R: Chairman of St. Michael's Branch of ONE Kevin Carton, veteran John O'Neill, ONE National President Jim Fay, Councillor Mark Wall and Chairman of ONE's Leinster Area Council Mick Kinahan.



jmpublishing

Award winning
websites, magazines &
mobile applications

Proud to work with
the Defence Forces

imagination is everything



JM Publishing
Tel: +353 15331911
Email: info@jmpublishing.ie
Web: www.jmpublishing.ie

We Help Make Your World A Safer Place

We're hiring.

Our history goes back to 1934. Today, Securitas is a modern, global company with highly skilled people and high-tech security systems. Our purpose is clear: "We Help Make Your World A Safer Place". For this we need more people like you, who explore the possibilities of today and meet the demands of tomorrow.

We're proud of our team! Meet some of our amazing team members and check out our latest vacancies at www.securitas.ie

Can't find your perfect role, send your CV to careers@securitas.ie and let us do the hard work of finding perfect role for you.



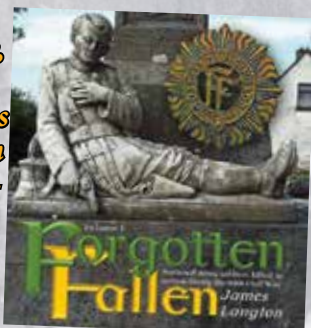
BOOK COMPETITION

For a chance to win a signed copy of James Langton's first book in his trilogy on the Irish Civil War:

THE FORGOTTEN FALLEN

NATIONAL ARMY SOLDIERS WHO DIED
DURING THE IRISH CIVIL WAR

"The untold story of a forgotten part of Irish history, for none of these men - apart from Michael Collins and a few others have been commemorated or remembered..."



Question: What year did the Irish Civil War start?

Answer: 1922

Winner: Martina Heinz, Co Kildare

Hardback €30 + P&P - ISBN: 978-1-908056-39-9

From publisher: Kilmainham Tales Teo
WWW.KILMAINHAMTALES.IE

MARK YOUR DIARY

SHADOW WARRIORS

THE IRISH ARMY RANGER WING

ON SALE APRIL 2020



The first & only authoritative
account of the Irish Army Ranger Wing.

By historian & author Paul O'Brien
along with Sgt Wayne Fitzgerald,
Editor of An Cosantóir



EU BATTLEGROUP 2020

BY SGT WAYNE FITZGERALD PHOTOS BY ARMN SAM GIBNEY

'EU Battlegroups are multinational, military units, usually composed of 1,500 personnel each and form an integral part of the European Union's military rapid reaction capacity to respond to emerging crises and conflicts around the world.' - European External Action Service. (The EEAS helps the EU's High Representative for Foreign Affairs and Security Policy to carry out the EU's common foreign and security policy.)

The common security and defence policy (CSDP) enables the EU to take a leading role in peacekeeping operations, including conflict prevention and international security. The EU cannot deploy Battlegroups without a unanimous decision by the Council and authorisation by a UN Security Council resolution. This is in line with Ireland's triple-lock system, in which any military action outside of the state must be mandated by the UN, agreed by government, and approved by Dáil Éireann.

No EU Battlegroup has been deployed to date. In 2017 the EEAS said: *'Battlegroups have been fully operational since 2007 and have proven their value as a tool for defence cooperation and transformation. Issues relating to political will, usability, and financial solidarity have prevented them from being deployed. However, in recent months much progress has been made to overcome these hurdles – giving the Battlegroups renewed impetus and relevance.'*

Speaking last November at the launch of a proposal from the defence ministers of Ireland, Austria, Sweden, Netherlands and Belgium on increasing the contribution of EU member states to UN peacekeeping, Paul Kehoe TD, Minister with Responsibility for Defence, said:

"It is through our active engagement and full participation in all aspects of CSDP that Ireland secures the credibility and influence to ensure that CSDP operates in support of the UN and that we can advance Ireland's values and objectives in support of international peace and security alongside like-minded EU colleagues."

"The UN strongly supports CSDP and Ireland's engagement in CSDP, including our engagement in EU Battlegroups, as has been endorsed by successive UN secretaries general. The initiative launched today also has the full support of the UN, which has been centrally involved in the development of the initiative."

As part of the EU's CSDP they have undertaken a number of overseas operations, using civilian and military personnel in several countries and on three continents (Europe, Africa, and Asia). They include the EU's military operation in Eastern Chad

and North-Eastern Central African Republic (EUFOR Tchad/RCA) from March 2008 to March 2009; and the on-going Operation Althea (EUFOR BiH), which started in December 2004.

As mentioned earlier, EU Battlegroups are multinational military units capable of responding to a crisis or conflict around the world at short notice. They have to be self-sustainable for up to 30 days initially; extendable to 120 days if resupplied appropriately. Battlegroups train operationally, with the lead nation hosting the multinational HQ and conducting the combined exercises.

Ireland has participated in a number of EU Battlegroups over the years with the government first approving participation with the Nordic Battlegroup, led by Sweden, in November 2006. That Battlegroup went on standby in January 2008, with the Defence Forces contributing an EOD/IEDD unit with its own security team, together with staff posts at the Operational and Force HQs in Sweden.



“

At a time when terrorism, hybrid threats, climate change, economic volatility and energy insecurity lead to violent conflicts around the globe, closer European cooperation on defence and security is more important than ever.

”

- European External Action Service (EEAS)

In February 2018, the government approved Defence Forces' participation in the German-led, Battlegroup 2020. Dáil Éireann also approved the participation in June 2019. The Battlegroup,



which includes troops from Germany, Austria, Czech Republic, Croatia, Finland, Latvia, Netherlands, Sweden and Ireland, will be on a six-month standby from 1st July 2020.

The Defence Forces' main contribution involves 150 personnel to the Special Operations Task Group. The Irish contingent includes an ARW special operations forces (SOF) platoon; an

national certification exercise for the EU Battlegroup in the Glen of Imaal.

Comdt James O'Hara, DF Press Office, said: *"Before being placed on standby for a six-month period, the unit undergoes a series of concentration periods designed to prepare personnel for the various types of operations our soldiers may experience*



engineer special search capability; explosive ordnance disposal (EOD) team; and a force protection platoon.

Ten members of the Defence Forces, including ARW personnel, are currently deployed to the Force HQ in Germany. They will be part of the training and planning teams in advance of, and during, the Battlegroup's standby period.

The DFTC are taking the Defence Forces lead for the Irish contribution, along with personnel from Custume Bks, Athlone, and Collins Bks, Cork. The ARW's role will involve tasks such as long-range reconnaissance and intelligence gathering.

The National Support Element (NSE) will consist of a HQ, transport, medical, military police and computer information services (CIS) detachments.

The Defence Forces formations for the Battlegroup are currently in training in Ireland and in December 2019 conducted a

during a possible deployment. This training focuses on essential soldier skills in areas such as navigation, physical training, communications, marksmanship and combat first aid. It also exercises and assesses unit skills and operational readiness through live-firing tactical training (LFTT), field-training manoeuvres and staff situational-training exercises."

The main Defence Forces contingent will train with a view to participating in the multinational field-training exercise, 'European Challenge', scheduled to take place in Ulm, Germany, from 16th to 27th March.

Ireland's participation in any specific Battlegroup operation is still subject to the triple-lock requirements as appropriate, and in accordance with the Defence Acts a further government decision would be required before any actual deployment. ■



LÉ Eithne on operation 560 kilometres North of Libya on the 28th of May 2015

BLOOD ON THE SEA

Mediterranean Operations

BY PAUL O'BRIEN MA

The humanitarian crisis that developed in the Mediterranean in the aftermath of the Arab Spring uprising shocked the world and challenged the leaders of European states.

The Arab Spring, a series of anti-government protests, uprisings, and armed rebellions, began in the early 2010s as a response to oppressive regimes and low standards of living in several North African countries. It quickly spread across much of the Islamic world and resulted in an exodus of refugees.

As the uprising developed into widespread violence and civil war, hundreds of thousands of refugees fled northwards. The natural barrier they encountered was the 2.5 million sq km Mediterranean Sea, which the fleeing refugees saw as a gateway to Europe and safety.

Suddenly, large numbers of migrants were landing in Spain after crossing the narrow Strait of Gibraltar, and also arriving in increasing numbers on Italian and Greek islands.

The growing crisis forced EU states to work together to

reinforce the activities of the European Border and Coast Guard Agency (Frontex) to save lives at sea, to fairly share the responsibilities regarding resettlement and relocation projects within the EU, and implement a range of options to combat organised crime networks and human traffickers.

Governments throughout Europe were taken by surprise at the large number of migrants that began to land on their shorelines. Greece, Italy and Spain struggled to control the influx and sought assistance from their European partners.

Italy, where large numbers of migrants leaving Africa via Libya were landing, stated that it was a European issue and not just a problem for countries bordering the Mediterranean. Although strictly under EU law

LÉ Eithne Mediterranean Deployment Disembarkation, Palermo, Italy, 30th May 2015.



Italy was responsible for dealing with migrants landing on its shores, Prime Minister Renzi wanted to share the problem and sought assistance from Europe. (It is estimated that since 2013, over 700,000 migrants, mainly sub-Saharan Africans, have landed in Italy, and in 2015 alone, it was estimated that more than one million migrants crossed the Mediterranean into Europe.)

This help was slow in coming and it was not until the 2013 Lampedusa migrant shipwreck that EU governments began to work together to provide humanitarian assistance. The Italian government decided to strengthen the national system for

migrants to tackle the root causes of the evolving humanitarian crisis.

Action was needed and EU funding was allocated for extra personnel to shore up frontline agencies dealing with the crisis, including Frontex, the European Border and Coast Guard Agency.

Operation Sophia was launched as part of the EU's initiatives to provide a comprehensive response to the crisis. Ireland, as part of a bilateral agreement with the Italian government, commenced operations in the region by undertaking humanitarian search-and-rescue missions.



LÉ Samuel Beckett departs for the Mediterranean.

the patrolling of the Mediterranean Sea by commencing Operation Mare Nostrum, a military and humanitarian mission established to rescue migrants and apprehend traffickers.

Not everyone attempting the crossing succeeded. In 2013 the president of Malta described the stretch of water as a 'cemetery', due to the large number of migrants who drowned there after their vessels capsized. The president of the European parliament, Martin Schultz, stated in 2014 that because of Europe's migration policy 'the Mediterranean had turned into a graveyard'.

At a meeting of the European Council on the 23rd April 2013, EU heads of state and government agreed that the immediate priority was to prevent more people from dying at sea. It was agreed to use all the tools at the EU's disposal and to work in cooperation with countries of origin and transit of

The work of the Irish Naval Service in the region saved an estimated 16,800 lives and they received numerous commendations for their missions.

In order to try and alleviate the migration crisis from North Africa, Defence Forces personnel have been deployed on the ground in a number of African countries to train local forces and assist in the rebuilding and security of these nations, which will hopefully enable them to return to some form of stability in the future.

Since 2015 the numbers of migrants have greatly reduced, many still attempt to cross into Europe from North Africa and the crisis is far from over. Instability still threatens many countries, and conflicts are escalating rather than subsiding. Refugees from war torn regions will continue to seek safety and sanctuary in Europe for the foreseeable future. ■



LÉ Roisin on deployment to Mediterranean Operations.



LÉ Niamh on Mediterranean Operations, 20th September 2015.

INTEROPERABILITY IN IRISHPOLBATT

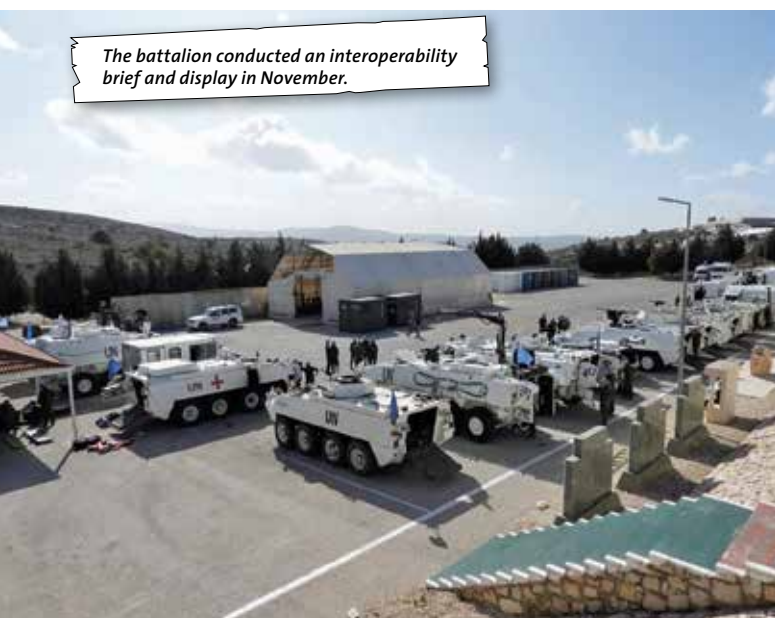
BY LT PAUL MURPHY, PIO, 115 INF BN, IRISHPOLBATT

In any workplace or on any sports field, the ability to work with others is key to success or failure. Since November 2019 soldiers from Ireland, Poland, Malta and Hungary have been working together in the cause of peace in South Lebanon. But the work to ensure that IRISHPOLBATT would be fully interoperable started many months before.



Military Operations in Urban Terrain (MOUT) exercise in December.

The battalion conducted an interoperability brief and display in November.



Military Operations in Urban Terrain (MOUT) exercise in December.



Mariusz Blaszczak, Poland's Minister of National Defence speaks to IRISHPOLBATT members.



The battalion conducted an interoperability brief and display in November.

In September, Irish members of the battalion attended our Polish contingent's Mission Readiness Exercise (MRE) in Poland. This was the first official meeting of the contingents and allowed both sides to gain a greater understanding of each other prior to deployment.

In early November, 115 Inf Bn officially deployed to Lebanon, with the transfer of authority taking place on 15 November. Combined patrols kicked into full swing straight away. Irish troops took the lead on this, and knowledge built-up over decades of deployments to the region came to the fore as they led their colleagues on patroling and AO familiarisation.

This was Poland's first venture back into peacekeeping in 10 years, and with that came a determination to hit the ground running and an enthusiasm for the job at hand.

Essential to the success of the mission would be to ensure that a language barrier would not be an issue. Within days, Irish personnel could be heard greeting their Polish comrades with "Czesc!" (Hi) or "Dzien dobry!" (Good day), or their Maltese counterparts with "Kif inti?" (How are you?), or "Szia!" (Hi) to their Hungarian colleagues.

In November, the battalion conducted an interoperability brief and display. The display helped the soldiers from the various contingents to gain a greater understanding of each other's equipment and capabilities. It gave personnel the chance to get behind the wheel of a Mowag or the Polish Wolverine, to get to grips with different weaponry, and allowed specialists of all corps compare notes on their respective equipment.

A mutual confidence has been ever present in the relationship of IRISHPOLBATT. An understanding of each other's history combined with consummate professionalism has underpinned the confidence in each other's capabilities that is fundamental to interoperability. This, however, did not just happen through good fortune or chance. Both sides have actively engaged in forging a relationship that would withstand the challenges of a testing environment.

One of IRISHPOLBATT'S first major events was the visit of Mariusz Blaszczak, Poland's Minister of National Defence in early December. During his visit the minister thanked the Defence Forces for its support and dedication in assisting Poland's return to peacekeeping after a decade.

Great emphasis was placed on the transition of platoons on the outposts of UNP 6-50 and 6-52. UNP 6-52 would remain in control of an Irish platoon for the 115 Bn tour while UNP 6-50 would be occupied by a Polish platoon. The transition of UNP 6-50 was achieved by splitting the occupying platoon into half Irish and half Polish for a period of time. This allowed the Polish platoon to understudy the Irish troops, many of which had previous experience on the outposts of the IRISHPOLBATT AO. This knowledge allowed soldiers to bring their comrades up to speed as the handover was achieved seamlessly.

The outposts are the Battalion's eyes and ears along the Blue Line. Accurate and prompt reporting from both outposts is essential to facilitate the unit in having early detection at possible changes of posture within the AO.

Interoperability is a continuous process that IRISHPOLBATT has continued to build on throughout the weeks and months since deployment. Also in December, A Coy took the lead on a military operations in urban terrain (MOUT) exercise, which tested the battalion in its operational ability to search and clear buildings with sections and platoons from both contingents. Lessons learned from deployments in Afghanistan and Iraq came into play with our Polish and Hungarian counterparts displaying outstanding skills and drills as IRISHPOLBATT operated seamlessly throughout the exercise.

The work and commitment to interoperability that IRISHPOLBATT has demonstrated through its early stages of deployment has already laid the foundations for future battalions to flourish in what is an ever-changing mission area in Southern Lebanon. ■

SUPPORT FROM AFAR:

THE POTENTIAL OF TECHNOLOGY TO SUPPORT MENTAL WELLBEING

BY PTE (AR) EOIN O'SHEA, CAPT (AR) MATHEW MCCAULEY, AND COMDT DOROTA O'BRIEN



Defence Forces personnel often operate under stressful circumstances, at home and overseas. This presents risks to not only physical health and safety, but also psychological health and performance. In this context, both the Medical Corps and the Personnel Support Service (PSS) have specific and respective roles that pertain to the wellness of personnel who might otherwise be negatively affected by the unique and challenging nature of their military service.

Ordnance Corps EOD robots and operator during Horizon 2020 project ROCSAFE, held in Baldonnel in September 2019.

In what ways might these existing services and supports be improved upon, refined, and further enhanced, so as to reflect the on going interpersonal, behavioural, and technological changes in wider society? In an age of rapidly expanding professional and personal technological use, how might these technologies better meet the needs of DF personnel, their families, and our veterans? The authors of this article set out to explore such questions. Their efforts are included in an academic article published in the Defence Forces Review 2019.

In preparing their article, a comprehensive review was carried out to explore other militaries' achievements in this field. Particular attention was paid to research studies reporting successful outcomes of such technology for both diverse and common mental health difficulties (e.g. depression and anxiety), post-traumatic stress disorder (PTSD), substance misuse, and problems that can arise for the families of those serving, as well as veterans. The particular technologies used were also quite varied, with examples including audio-visual formats (e.g. Skype), phone-based support, email, and online support groups. One term used to refer to all such 'distance' support is 'tele-mental health' (TMH).

TMH has shown considerable promise in civilian use over recent years. It probably seems obvious to most that, as more and more of our communication, work, research, entertainment, and a whole host of other interactions have moved online, so too would the benefit of providing various levels of mental wellbeing support from a distance. There are many benefits of expanding the traditional ways of support to tele-mental health. These include providing options and alternatives for those who might not live near relevant services, or for persons with transport or mobility issues. Other possible benefits include matters involving cost effectiveness, along with access to relatively sparse specialist services. On an individual level, some research has also suggested that a person may simply have a preference for interacting online; whilst others may find TMH to be 'disinhibiting', which addresses some of the challenges of potential stigma or shame that can surround help-seeking for mental health or wellbeing concerns. An example of such research is a large-scale study by Barak and colleagues who found that across a large number of studies that addressed varied problems, types of technology, and different outcomes, TMH was found to be broadly comparable to 'in-person' support in terms of effectiveness.

TMH has its own challenges, however. One assumption that many might make is that the relationship between the Medical Corps mental health clinician, or PSS staff member, and the service member might not be as strong within TMH. Indeed, some research studies have found this to be the case for some participants. Nonetheless, not only do other studies find measures of the

relationship to be comparable between the two formats (face-to-face versus TMH), some have found that those who have actually experienced TMH often go on to change their views in a positive direction; that is, those who try it often find it to be more effective than they expected, including when asked specifically about the quality of the relationship and engagement with their doctor, therapist, helping volunteer, etc. While TMH will never be the preferred option for some, such research highlights cause for optimism regarding its broader use.

But what of these same technologies when used with military populations? After all, anyone who has served knows of the particular culture, values, and outlook that military life can bring with it. Personnel are encouraged from the very start to get through things, to rely on each other, and to 'weather the storm' of hardships of various kinds. The barriers to help seeking in the military can include the stigma associated at times with both mental wellbeing concerns and clinically significant mental health difficulties. The military also commonly emphasises particular notions and concepts regarding strength, personal resilience, and perhaps the circumstantial focus on the group or mission over the individual. Such processes can thus present specific organisational, delivery, and acceptability challenges when providing emotional support or clinical mental health care to military personnel.

One might therefore consider if there is potential utility and efficacy in using TMH in the military context? Based on the research reviewed in our article, the answer to the above is cautiously optimistic.

The authors reviewed evidence from English-speaking militaries and focused on studies, which yielded clear outcomes for consideration. Much of the research came from the US, though other examples were sourced from the UK, New Zealand, Australia, and Canada. As with the civilian findings, we included research across a range of presenting difficulties of personnel, varied formats of TMH, and with some surprising results. Samples of these are outlined below.

To begin with, the use of audio-visual TMH (think Skype or Facetime) can most fully capture some of the benefits of in-person support. The fact that helpers/clinicians and the service member can actually see each other may help to maintain those sometimes vital, visual cues. Being able to see a person's body language and facial expression, hear their tone of voice, or even observe their surroundings, can lessen the amount of information otherwise lost through other TMH formats. In a US study active duty personnel receiving mental healthcare at isolated bases reported greater satisfaction with TMH than the in-person equivalent. This finding held true despite no additional differences between the groups, such as number of medications prescribed, additional supports offered,



Exercise Viking Medical Exercise held in the DFTC, April 2018.



ESST conducting a route clearance operation in UNDOF.

etc. The authors conclude that the positive findings were due to a combination of a preference for TMH being discovered by patients, coupled with shorter waiting times for follow-up appointments made possible over distance.

Even when treating problems as severe as PTSD, research findings give cause for optimism. In a UK study of veterans affected by PTSD, the authors reviewed some 41 studies examining treatment outcomes of TMH compared with in-person formats. The findings suggest that outcomes of the TMH participants were comparable, sometimes even better, and that technical issues did not affect engagement in treatment or successful outcome. Some feedback suggested that TMH might make observations by therapists (eg of non-verbal behaviour of clients) more difficult to gauge, but the alliance between therapist and client did not seem worsened in any way that affected outcome.

Other research suggests that treatment can even be delivered in-theatre for problems similar to PTSD. For example, Pelton and colleagues have reported using TMH effectively in the treatment of acute stress disorder (a condition similar to PTSD but where symptoms have emerged quite early after a traumatic event). The patient in this case commenced therapy at a relatively secure forward operating base (FOB), with the second half of sessions being delivered by video conferencing at a remote combat outpost. Substantial improvement was achieved within just 10 sessions.

The potential benefits of using TMH among military personnel goes beyond clinical treatment also. It can be used to provide screening for difficulties, assist in administering questionnaires, and this data can even be used to generate personalised self-help information based on individuals' answers. As an example, female US Reserve and National Guard personnel were involved in a feasibility study of an online mental health screening and information process. High rates of both combat and military sexual trauma (95% and 50% respectively) were reported. Those who took part in feedback interviews suggested that they felt comfortable engaging online, that this reduced stigma, and that many were now considering accessing mental health services, sometimes in cases where they otherwise would not have.

It's also worth mentioning that online support services and platforms have been developed elsewhere to provide assistance to the families of servicemen and women. These can be used to provide relevant information about supports available, arrange appointments with those helping family members, and can sometimes provide the same online direct supports (counselling sessions, etc.) available to a service member. Such platforms may further enhance, also, the sense of a shared 'military community' and available peer support. Chat function and online support groups may add to this.

The above research, as articulated further in our Defence Forces Review 2019 article, would be of primary relevance to both the DF Medical Corps as well as the PSS.

TMH is not suggested as a replacement of the already professional and skilled support provided through medical officers, chaplains, barracks personnel support services

officers (BPSSOs), and social workers. Rather, TMH could instead be a means by which these efforts can be enhanced, made more readily available, prove more cost effective, and perhaps engage even more personnel concerned with either stigma or facing a lack of time to engage with existing supports or services. The use of the internet to enhance the support of currently serving personnel, veterans, and their families seems worthy of exploring further. ■



ABOUT THE AUTHORS:



Pte (AR) Eoin O'Shea is a senior counselling psychologist and serves in D Coy, 7 Inf Bn. He is currently conducting research for the PSS concerning mental resilience training. He also works in social care, for the Irish Red Cross, and in private

practice. His focuses are occupational stress, psychological trauma, online mental health support, and care of military and humanitarian personnel.



Capt (AR) Mathew McCauley is a consultant military clinical psychologist, based in the Office of DMB. His background includes 13 years within the US and UK military healthcare systems. He is an assistant professor at

Trinity College Dublin, has served as both a researcher with NATO's Science & Technology Organisation and as a trainer with the US military's Uniformed Services University of the Health Sciences (USUHS), and is a member of the Reserve Defence Forces Representative Association executive committee.



Comdt Dorota O'Brien is chief military clinical psychologist and the first full-time clinical psychologist to serve with the Permanent Defence Force (PDF). As the current manager of the PDF's clinical psychology service, Comdt O'Brien is responsible for

creating and delivering Defence Forces mental health policy, clinical governance over psychological services within the DF, and holds an advisory role to higher command. She also represents Ireland at the Military Mental Health Expert Panel for NATO/PfP.

ROUGH SET

'A Life Less Ordinary'



© Keith Barraclough

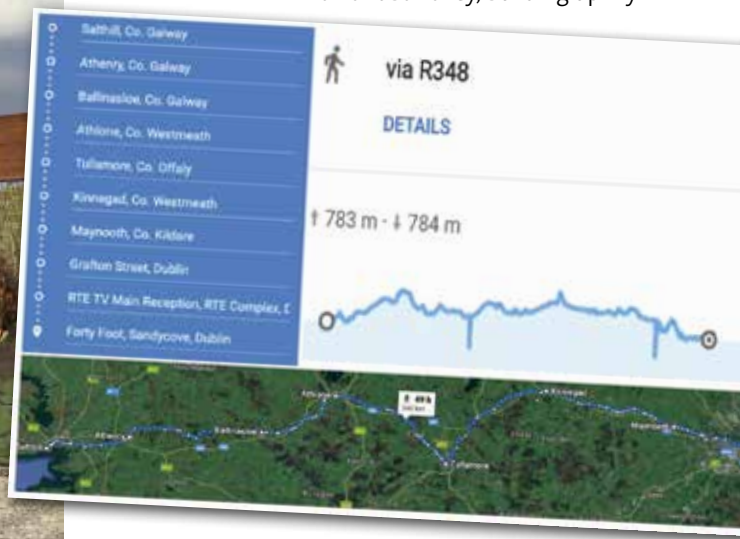


Retired airman and then officer turned stand-up comedian, Francis Cronin, recently completed a seven-day, no-tent, hike across Ireland, in the depths of winter. It was done with little more than a waterproof sleeping bag, a mobile phone, and his military training. His coast-to-coast, over a marathon a day, 'hell week', generated almost €20,000 for the Simon Community homeless charity. Sounds easy, right? Well, there's a catch. He never once slept indoors and he did stand-up comedy shows every night along the way. Here is his story...

The difficulty of the operation and the sensitive nature of the issue of homelessness made this a very hard needle to thread. The project, titled Rough Set, was an attempt to do everything I love all in one go: stand-up comedy, adventure, survival and feeling somewhat useful. It involved walking from the Salthill diving boards in Galway to the Forty Foot in Dublin, performing stand-up



ous reason other than I felt like I'd done enough sitting still to last me a lifetime. A chance conversation with legendary Armn Myles Mooney at a mate's house party sparked my interest. He had money, a motorbike, and the enviable ability to sleep on a stone-cold kitchen floor after a bottle of whiskey, yet somehow wake up fresh enough to do the dishes the next morning. He seemed optimistic, driven, and never complained. Within months of finishing my leaving cert, I was quivering in a handball alley, building up my



comedy along the way. It required me to cover over a marathon a day and perform a comedy show in every major town along the way: Galway, Ballinasloe, Tullamore, Athlone, Kinnegad, Maynooth and Dublin.

The first 24 hours consisted of giving an interview to Galway Bay FM, a dip in the Atlantic, collecting money in buckets, coordinating an ongoing documentary highlighting the great work of the Simon Community shop, all while covering 42.7 miles between stand-up shows, on just 30 minutes sleep! Luckily, I had Irish comedy legends like Owen Colgan (*Hardy Bucks*) Joe Rooney (*Father Ted*), Karl Spain and Allie O'Rourke to hold the fort on stage while I was slurring my words.

My military training and experience helped me with the task. I used the pain and difficulty as a type of meditation, and I used the niggling cold, wet, and blisters to focus. I employed the military mindset of 'no excuses', and I accepted there was no way out and only one option: 'Execute the mission!'

When tiredness set in I doubled down on discipline and employed survival techniques to avoid hypothermia and hypoglycaemia. I layered up and layered down; took on calories whenever they appeared; tended to the blisters on my feet; and when I was at my weakest and needed to lie down I took a few extra seconds to find that warmer, dryer spot.

When I shared videos online hundreds of serving Defence Forces members of all ranks got on board. Many colleagues I hadn't seen in 15 years came out to shows, to walk a few miles, encourage me, and to donate hard cash to the Simon Community. I'd be walking along and BOOM! the best of the best was standing there in front of me with some treats, having found me via the tracking link I shared on social media. It was testament to the bond we can build with those with whom we serve and a tribute to the kindness and good nature of Defence Forces personnel.

The final show before the Christmas morning swim was supposed to be busking with Bono and Glen Hansard on Grafton St on Christmas Eve. Alas, Bono was just back from India and wrecked, so instead I managed to sneak on stage and sing The Pogues' *Fairy Tale of New York* with Glen, Mundy and The Hothouse Flowers.

I joined the Air Corps at 18, straight after school, for no obvi-

tolerance to profanity.

I loved it. The relentless pressure from the NCOs, and incredibly brutal nights getting debriefed in icy rivers while living on the ground created a bond so strong that to this day many of the 11th recruit platoon wear a 'Psycho XI' tattoo. Except for one that got 'IX' – he wasn't great with Roman numerals!

I had the privilege of serving with the Quick Reaction Force on the UN peace-enforcing mission in Liberia, where we carried out some pretty epic long-range patrols on which we encountered tribes who had never seen white people, yet alone an Irish ginger.

“ We had the machinery and the manpower to bring death and darkness, but we brought light...”

As well as being the Q's driver I was also put in charge of burning the camp's rubbish. A job you might think most people would hate, but with my fire-fighter training I found it fun and it made sense. Before I knew it, I was ordered to run fire safety drills with all the ranks. This was new to me - an airman barking orders at NCOs and officers.

The beauty and kindness of the ordinary Liberian people was in stark contrast to the devastation in the eyes of ex-child soldiers who had been violently mutilated and stripped of their innocence. I was part of an Irish patrol who reconnoitred the ground extraction route for Charles Taylor to The Hague for war crimes.



He never used the route, they flew him out, but we had it covered just in case.

The experience in Africa revolutionised my understanding of humanity and I finally understood man's capacity for good and evil. Thoughts about how I wanted my life to go washed over me as we rocked around the war torn, red earth of Liberia like a living paradox. We were armed to the teeth, but making lives measurably better. We had the machinery and the manpower to bring death and darkness, but we brought light. Only with the perspective time brings can I begin to glimpse the profundity of that formative moment.

At a young age my vision of what life could be, the good and the bad, was growing exponentially and it was all happening surrounded by my military brothers. After what we witnessed we could never again feel justified to complain.

The thing a lot of civilians don't understand about the allure of the armed forces is that if you're lucky, like I was, you experience the trifecta of adventure, purpose and camaraderie, in such epic proportions it rewires your brain. I realise how lucky I am because some people go their entire lives never experiencing that depth of friendship and brotherhood that many of us in service have felt.

Before I had gone overseas I had applied for a cadetship with the Air Corps. One day between patrols I was summoned to the office for a call from DFHQ, in which I was informed I was to be flown home to begin officer training.

It's funny how both sides of the rank structure see the shortcomings of the other, but having served as a private and as an officer I can honestly say that great people exist on both sides. I was now training with trainee officers who would someday have my best friends in their charge. Myself and some other cadets who had come up through the ranks were executing a parallel mission: to let the army and our cadet class know that privates were not to be underestimated.

The cadet class was a driven bunch. A mixture of people with degrees and people who'd never been to college, but had just flown back from overseas. Having been in the army already was definitely a double-edged sword. We knew how to play the game, be the 'grey man', and of course, step up to help others excel. Many of my class have gone on to command troops overseas and take charge of the most revered units in the Defence Forces.

For anyone reading this who thinks officers have it cushy, I'm delighted to share, they don't. Between being debriefed in icy rivers, learning to speak publicly, and writing academic essays in between rock around the clock, I can honestly say cadets do not have it easy.

I know right now, there is a private, NCO, or civilian reading this thinking; 'It's a closed shop, they'd never let me in because I don't

have ... XYZ, etc.' That's just not true. There is truth in the saying 'Where there's a will, there's a way.' By the end of training, this one-time private had been awarded The Tactical Sword for Leadership, and held the onerous position of mess president which because of the workload I think was honestly a punishment.

I share this not to brag, but because I'd like to help flip the mindset around seeking promotion from 'I couldn't!' to 'Why wouldn't I?'

In fact, all the cadets with previous service excelled on all fronts. The big lesson was that we could achieve whatever we put our minds to; what we once thought was impossible was now a reality.

I immediately decided to retire, as I had always wanted to do stand-up comedy and now I was 100% sure that with enough work I could achieve my dream. I retired happily as a lieutenant, thankful that the army way of life had pushed me to better understand my strengths and weaknesses and, most importantly,

“I'd like to help flip the mindset around seeking promotion from 'I couldn't!' to 'Why wouldn't I?'"

helped me overcome my perceived limits. I may have retired as an officer but I never would have made it anywhere if I had not been forged in the ferocious fires of the Air Corps fire crew. Next stop, Rough Set Rwanda.

The Simon Community's national partnerships development manager, Jennifer Kitson, said: "We would like to thank Francis for his bravery and commitment in undertaking this mission to raise funds for Simon Communities, which demonstrates how individuals can creatively apply their own unique skills and experience to do good. We are delighted that the almost €20,000 raised through Francis's extraordinary efforts will help people all across Ireland to close the door on homelessness for good." ■



Francis on patrol in Liberia in 2005.



Francis meets Naval Service members while 'roughing it' in Dublin.

OPERATION

BUSHMASTER 2019

BY CAPT (AR) DR MATHEW MCCAULEY, CONSULTANT MILITARY CLINICAL PSYCHOLOGIST; CONSULTANT ADVISOR, OFFICE OF DIRECTOR MEDICAL BRANCH. IMAGES COURTESY OF AUTHOR AND UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES, WWW.USUHS.EDU

Operation Bushmaster is an annual, two-week, simulation-based, military medical field training exercise, which is conducted in the United States (US) by the Uniformed Services University of the Health Sciences (USUHS). This article outlines the context and content of Operation Bushmaster, along with my involvement in this unique US military exercise. Located near Washington DC, the university is the only post-graduate military medical institution of its kind in the US. It retains over 1,200 students in medicine, clinical psychology, nursing, and several other health disciplines. The university's mission is to train military healthcare professionals for uniformed service across the US armed forces.

Operation Bushmaster 2019 was held between 6-19 October, and this year's exercise, which involved hundreds of military clinicians and trainers, saw the first involvement of a member of the Irish Defence Forces.

It was an honour to serve as an instructor, observer-controller, and member of the evaluation team in this unique military medical training exercise, via my role as an assistant professor of clinical

psychology at Trinity College Dublin.

Utilising simulation-based education methods, this long-standing exercise enables military healthcare students to encounter direct experiential learning of professional competencies, while engaging in operational skills- and outcomes-based teaching and learning.

Held at Fort Indiantown Gap, a military facility in rural Pennsylvania spread across 18,000 acres, Operation Bushmaster is part of the Military Contingency Medicine (MCM) course, which is a capstone course for the USUHS Operational Military Medicine curriculum and is structured around a simulated deployment to the hypothetical, developing country of 'Pandakar'.

The exercise is conducted in two, sequential, five-day rotations in the field, during which cohorts of approximately 100 students are trained in four medical platoons. The classroom phase represents the pre-deployment readiness period and is designed to provide the opportunity for students to acquire the critical knowledge, skills, and attitudes required for successful assignment and deployment as a tactical-level military medical corps officer.

During the exercise, senior USUHS medical students, clinical



psychology doctoral students, post-graduate nursing students, and visiting international military medical officers are formally evaluated on their clinical knowledge and leadership abilities in a simulated, resource-constrained, dynamic, and demanding far-forward tactical field setting.

Students assume leadership positions in a joint battalion aid station, where they are presented with operationally current, reality-based missions and operational problems while managing the clinical care of large numbers of simulated disease and non-battle injury (DNBI) patients, including combat psychiatric casualties.

During the 2019 exercise, my role involved serving with USUHS faculty to contribute to the teaching, mentoring and evaluation of leadership, clinical skills, combat psychiatric care, and general field duties for military clinical psychology doctoral trainees, with additional input to the training of post-graduate military psychiatric

have contributed to the event for several years. However, I was both the first member of the Defence Forces and the first international military clinical psychologist to participate in this exercise. This incredibly rewarding experience requires instructors to be competent in demonstrating and delivering clinical knowledge and skills, teaching abilities, and military experience. My US colleagues valued the expert contribution from an international perspective, as it represented the multi-national composition of many contemporary deployments. It also reflected the wide-scale use of military medical reservists on many international operations.

The result was an outstanding exchange of clinical and operational concepts, capabilities and processes, which will enhance my on-going service in the military. My participation illustrates the great value that members of Ireland's military reserve can bring to international military operations, and it is hoped that it will serve



nursing students.

It was an honour to furthermore assist in translating the exercise objectives into meaningful training events, while controlling and facilitating the exercise scenarios for the students. Learning outcomes for the military healthcare trainees included the development of deployment-focused competencies in triage assessment, treatment planning, interventions, managing privacy and confidentiality, multi-disciplinary working, consultation, leadership, and balancing patient needs with both the objectives of the mission and the priorities of command.

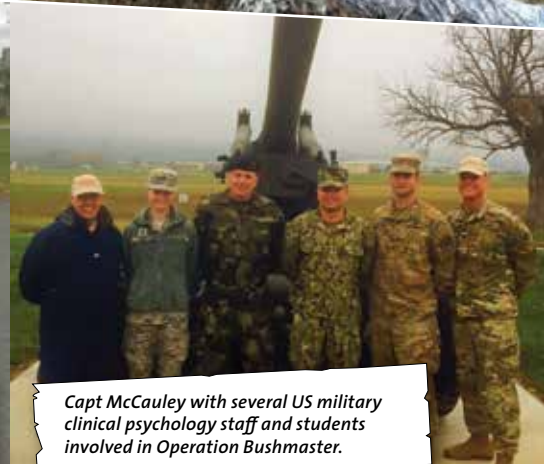
Students were also instructed on the applications of behavioural science to the organisational systems of operational environments. Additional training saw students conducting real-time behavioural health-needs assessments via quantitative and qualitative data collection, which they applied towards their briefings to commanders in the field.

Highly experienced international military medical instructors

to facilitate further collaboration between USUHS and the Defence Forces' Medical Corps. ■



Capt McCauley with Surg Capt Prior, a Consultant Anaesthetist with the Royal Navy and one of several international military medical personnel involved in Operation Bushmaster.



Capt McCauley with several US military clinical psychology staff and students involved in Operation Bushmaster.



CALL FOR PAPERS

Dealing with the Legacy of Conflict in Northern Ireland through Engagement & Dialogue

Peace IV Project Glencree Centre for Peace & Reconciliation
in association with

Irish Centre for Human Rights at NUIG

The Glencree Centre for Peace & Reconciliation Peace IV Project, in conjunction with the Irish Centre for Human Rights at the National University Ireland Galway (NUI Galway), will host a one-day Conference at NUI Galway in mid-November 2020 in conjunction with the launch of an Academic Journal. The conference will explore political, social and cultural developments in contemporary Northern Ireland post the Good Friday (Belfast) Agreement of 1998. In particular, the Academic Journal will focus on *Addressing the Legacy of Inter-Communal Violence through Facilitated Dialogue*, which is the focus of the Peace IV Project. This is a key thematic debate encapsulated within the ongoing Peace Process as to how meaningful engagement, dialogue and perspective sharing with groups and individuals on the legacy of violence as a consequence of Northern Ireland's 'Troubles' may in turn contribute to both official and unofficial legacy processes in Northern Ireland and the British Isles as a whole.

Papers are invited for submission across a broad multi-disciplinary spectrum and also from within the wider community of both academics and practitioners who are involved in fostering and developing inter-communal relationships and those that seek to address ongoing legacy issues of the conflict in Northern Ireland.

Submissions are invited to address the following key themes/questions that are important to explore within this context, including inter alia;

- The Language, Discourse & Identity around the issue of dealing with the legacy of intercommunal violence.
- Reconciliation, the obstacles to same and how it might be achieved.
- The Role of Geography whereby narrative and political memory is deeply embedded into the local landscape.
- The Impact of Gender and how Women's Groups contribute to possible reconciliation in a post-conflict environment.
- How the experience of Victims and Survivors Groups can inform international audiences and other post-conflict environments in developing transitional justice models.

This bespoke 2020 Academic Journal will be published in collaboration with the Irish Centre for Human Rights at NUI Galway. All articles will be peer reviewed by the joint Editorial Team: Prof. Ray Murphy of the Irish Centre for Human Rights; Professor Patricia Lundy and Dr. Niall Gilmartin, both of Ulster University, Jordanstown.

The Editorial Team are inviting contributions, in the first instance of 300 word Abstracts which should be submitted no later than **15th February 2020**. Based on the review of Abstracts, the Editorial Team will invite final contributions. Final submissions should not exceed 3,000 words, should be referenced in accordance with the Chicago Referencing Style, be in Word (.docx) or equivalent format, and are due no later than **01 June 2020**. Final contributions will be subject to a full peer review process and the Editorial Team will make final editorial decisions. All abstracts and subsequent final submissions should be directed to rory.finegan@glencree.ie by the stated deadlines.



Look after your Travel Documents #DontRiskIt

'Our passport is one of the few documents that justifies who we are, and can be extremely valuable to criminals who need to conceal who they are.'

Your passport is just as valuable as your credit card – treat it that way!
#DontRiskIt Keep it safe at all times, whether at home or travelling.

Why are passports so valuable?

Stolen and lost passports are highly valuable to terrorists and international criminals who use them to cross borders undetected.

In the wrong hands, your passport is like a weapon.

In several major terrorist attacks over recent decades, the perpetrators had travelled internationally using invalid passports to conceal their identity.

A lost or stolen passport can help:

- Fugitives to escape justice
- Foreign terrorist fighters to travel to or from conflict zones
- Human trafficking networks to get their victims across borders.

Even if no one tries to travel on your passport, it could still leave you vulnerable to identity theft. Someone could use your passport for criminal purposes, such as opening a bank account as part of a money laundering process.

What should I do if I lose my passport or it gets stolen?

Report a lost or stolen passport immediately to the Passport Service (www.dfa.ie/passports/contact/) and let the Gardaí know in order to protect yourself from identity fraud.

How does reporting my passport make any difference?

When you report your passport as lost or stolen, it is entered into a national database, in line with national standard operating procedures.

Ireland then shares this data with INTERPOL through our secure police network (known as "I-24/7") and it goes into

our SLTD database. SLTD stands for "stolen and lost travel documents".

Passport Control officials at frontline locations – such as airports and border crossings – can check a travel document against the SLTD database to see if it is valid, getting a result in seconds.

If the database search triggers a match, police can take follow-up action, for example, taking the passenger aside for questioning or further checks.

What should I do if I find my passport again?

If you have reported a lost passport and you find it again, you should surrender it to the Passport Service or Gardaí as it is no longer valid. Do NOT try to travel on it.

Why can't I travel on the passport?

If you have reported your passport as lost or stolen, it will no longer be valid for travel.

If you try and use it, border police could call you aside for inspection, taking up time and causing stress, with no guarantee you will be able to continue your journey afterwards. You could be denied boarding and miss your holiday, business trip, or other important reason for travelling. Added to that, you will have wasted money on tickets you can't use.

Overseas: If your passport is lost, stolen or damaged while you are overseas and you need a travel document to return home, your nearest Irish Embassy or Consulate may be able to help. (www.dfa.ie/embassies/irish-embassies-abroad/) For more information on this campaign, see: www.interpol.int/passport

Don't Risk it!



INTERPOL campaign reminds public to treat travel documents with care



EAMONN 'TED' TUKE: Footsoldier of the Rebellion

BY DÓNAL DENHAM

Eamonn Tuke was only 19 when he marched out on Easter Monday 1916 with the Irish Citizen Army under Comdt Michael Mallin and Countess Markievicz. He wasn't a leader, nor was he among those who sacrificed their lives that week, but he was my maternal grandfather and my boyhood hero!

Not only was he the most lovable of granddads but also my inspiration during my career in the Irish Diplomatic Service (1974-2015). He didn't talk about his participation in 1916 and beyond, nor did he get to write it down in a witness statement. It was, therefore, one of my goals after retirement to trace as much of his life as I could. It is still a work in progress, but I am getting there with the help of such wonderful sources as the Bureau of Military Archives. I am eternally grateful to our Defence Forces for preserving these essential records for posterity!

My grandfather, the eldest of seven siblings, four boys and three girls, was born on 12th October 1896, at 6 Lower Bridge Street, Dublin, close to the south quays and the Guinness brewery, where his father, Joseph, worked. His mother was Margaret Collins, a collar maker by trade.

One brother, Joseph, joined the British Army, fighting in France and Belgium in 1917-18, before returning to join the National Army in 1922 and rising to the rank of commandant as Inspector of Transport, and retiring in 1954.

Another brother joined the National Army following active service with the Dublin Brigade, IRA, which included the Customs House raid of May 1922.

My grandfather joined Fianna Éireann when it was founded. He had a musical ear and became proficient with the Irish war pipes, becoming a founding member of the Fintan Lalor and subsequently, Irish Citizen Army (ICA) Pipers.

He is recorded as volunteer no. 79 in the ICA's recruitment roll, signing up with A Company, 1st Battalion, in 1913, at the age of 16.

Before the Rising he was an apprentice general worker at 'Uncle Arthur's' where his father was employed, but according to Guinness's excellent staff records he was adjudged to have been 'Unsatisfactory' in his attendance record, 'having participated in the Sinn Féin Rebellion and subsequently did not return to work', and was dismissed without any compensation.

(At the time he was detained elsewhere at His Britannic Majesty's pleasure! I hope the company's human resources policies and practises have improved since!)

In April 1916 he was one of the relatively small contingent, 200 or so, who took control of Stephen's Green on that fateful Monday morning and who subsequently occupied the College of Surgeons until reluctantly surrendering to British Forces the following Saturday. Details of their fight throughout that week are well documented elsewhere, and I was pleased to discover a few brief references to my granddad in Frank Robbins' account, *Under the Starry Plough*, which suggests among other things that Ted Tuke did fire his weapon in anger (one of the first of the ICA group to do so) and whose knowledge of the local area proved useful in the unit's scavenging for food supplies as the week went on.

ICA women were early beneficiaries of equality, serving on the front line during that week of intense battle. Some of their bravery under fire is recorded, including those seriously wounded, although they were denied proper recognition at the time, and even now, of their contribution because of their gender. Several

notable women, apart from The Countess, were on active service in the College that week, including Margaret Skinnider, Rosie Hackett, Mary Hyland, Margaret Ryan, Eileen Conroy, Maggie Joyce and Madeleine Ffrench-Mullen (cf. Roll of Honour, 1936) – blessed, indeed, was Ted Tuke among so many women!

Inevitably, the rebels



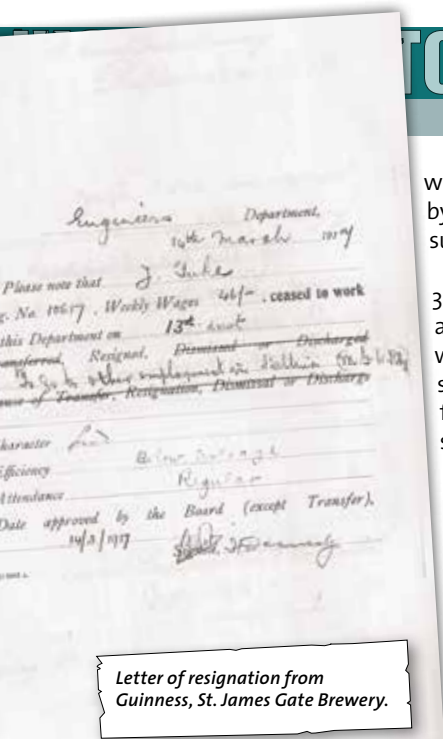
Edward Tuke, 1922.



Easter Rising 1916 Celebrations in 1936.



Irish Citizen Army Pipe Band.



Letter of resignation from Guinness, St. James Gate Brewery.

they were sorted into ringleaders and others. On 2nd May, my grandfather, among the large group of 'others', was marched to the North Wall and put on a cattle boat bound for Liverpool.

Initially, Ted was in a cell on his own in Knutsford Gaol, where he quickly learnt Morse code to swap messages with adjoining cellmates (Robbins, p23). From there he was transferred to Frongoch, 'the University of Revolution' for Irish nationalists.

My granddad's contribution was of the musical variety. I don't know if he got his hands on a set of pipes but I know he loved to sing and play the piano and also tried his hand at play-writing and performing.

I have the record of his appearance before the Sankey Commission, set up in Pentonville Prison, London, after the Rising, which interviewed all Irish rebel prisoners. My grandfather was among the many that refused to sign an undertaking to cease fighting in order to secure early release.

He remained in the cold, damp Frongoch detention camp until it was finally liquidated and the remaining inmates repatriated to Ireland in December 1916.

He continued his membership of the ICA on return to Dublin, from 1917 to 1919, while working as an apprentice glass decorator and cutter. In 1919, his ICA membership translated into active service with B Company, 3rd Battalion, Dublin Brigade, IRA.

While detailing his activities during the War of Independence is still a work in progress, family sources indicate he was engaged in an attack on the Broadstone Train Depot, and, along with his brother, Anthony, was part of the controversial attack on the Customs House. Anthony, an engineer, was one of the

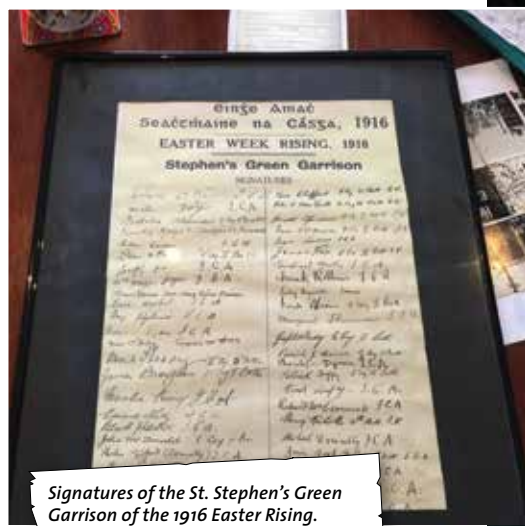
were worn down and defeated by the professional soldiers of superior British forces.

Their surrender, on Saturday 30th April, came as no surprise; a static force, outnumbered, with poor armaments and supplies, and inadequate food for sustenance. Those who survived and could walk were marched along the quays and out to Richmond Bks (while being harangued by hostile crowds of onlookers), where

team assigned to cutting communications, which they did effectively but for one secret line to Dublin Castle that they were unaware of and which was used to alert the Crown Forces. The rest, as they say, is history.

Anthony escaped by hiding in a Guinness barge moored close by; how appropriate, given the earlier family connection! My grandfather ended up as a prisoner in Rath Internment Camp in the Curragh. (I have his sketchbook of the time, which contains a number of drawings of the buildings, since raised to the ground.)

Eamonn subsequently joined the National Army in 1922 after the Treaty. He was a corporal piper and family lore has it that he was the lead piper when the National Army



Signatures of the St. Stephen's Green Garrison of the 1916 Easter Rising.



Ted Tuke's medals and insignia.

marched into Beggars Bush Bks shortly after the British had vacated it.

My granddad was a Collins man through and through and was devastated by the news from Béal na Blath.

Granddad was one of many demobilised in 1924 and resumed work as a crystal and stained-glass worker with the Dublin Glass & Paint Company, becoming foreman in the 1940s and a master of the 'Brilliant Cut', a particularly tricky procedure in glass-cutting terms. His wedding presents to family members were often mirrors displaying examples of that technique.

My grandfather was both a socialist and a devoted Roman Catholic but didn't get involved in politics, preferring to pursue his love of Irish music and amateur dramatics, which he did through feiseanna at the Fr Mathew Hall.

During The Emergency, he served as a sergeant under Oscar Traynor in the 26th (Veterans) Battalion, and loved being back in uniform!

My jigsaw of Eamonn 'Ted' Tuke is not yet complete; but the outline is at last becoming clearer, if more complex. ■

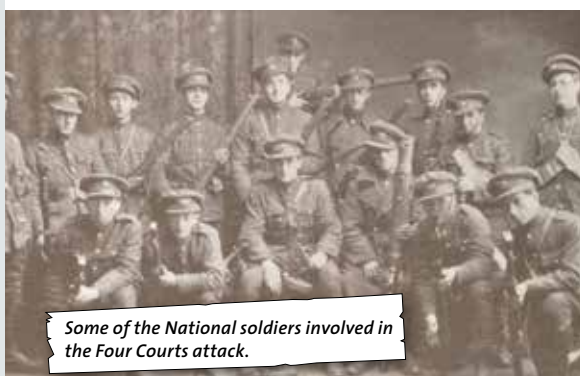
The Forgotten Fallen

BY JAMES LANGTON

The *Forgotten Fallen*, the first of three volumes on the dead of the Irish Civil War, is a comprehensive study of the deaths of National Army soldiers on active service

ment of his memory.”

I have attempted to address this neglect as best as I could with this first volume, which I hope will be of value to future historians



Some of the National soldiers involved in the Four Courts attack.



After the Four Courts surrender.



National soldiers in defensive positions on a country road.

during the conflict. Volume II, *The Defiant Fallen*, will focus on anti-Treaty fatalities, and Volume III, *The Innocent Fallen*, will deal with civilian deaths.

The idea for the collection came about when a tour guide in Glasnevin Cemetery asked me if I had ever considered writing my own book. I had certainly thought about it, but with such a vast array of well-researched new books and material being published today, especially during the run up to 2016 and the ‘decade of commemorations’, it was quite difficult to choose a topic that had not already been covered and to which I felt I could do justice.

Then, one day, while tending the flowers on the grave of Michael Collins, as I do with others every Saturday, I began to read the scores of inscribed names of National soldiers who died during the Civil War. Here was an untold story, a forgotten part of Irish history to be researched, because, unfortunately, the majority of these men – with the exception of the likes of Michael Collins – have not been remembered or written about in the same way as many of their contemporaries who died on the anti-Treaty side.

Although dozens of books have been written about Collins and the Civil War in general, especially in relation to the ferocious fighting that it descended into as the war progressed, we rarely find an in-depth account of a National soldier’s death, or even their names being mentioned. To me, they are truly Ireland’s ‘forgotten fallen’ – not by their families of course, but by the government whose cause they died defending, and by most historians who write of the times.

As historian Anne Dolan put it: “Nothing robbed the Free State soldier of his dignity more than his government’s treat-

and researchers of the period. In the records of almost 800 men can be found many fascinating stories concerning important aspects of the war, which dispel many myths and, I hope, humanise the participants.

Michael Collins’ last days are studied in great detail, while the formation of the National Army and its direct connections to the Irish Volunteers are also looked at.

It is interesting to note that many of the soldiers whose deaths are recorded in this book were veterans of the Rising and the War of Independence; men like young Vinny Byrne, of Bloody Sunday fame, who believed themselves to be as much republicans as their counterparts on the anti-Treaty side – they just had different ideas about achieving the unified republic they all desired. Those who opposed the Treaty wanted to fight to the bitter end to force a complete withdrawal of British forces from Ireland, while those who accepted it as a stepping stone to unity supported Collins’ idea of getting the British out of the country by agreement first and then using the Treaty as a path towards full independence. Both sides were ultimately republican in their objectives, and following the split both sides even identified themselves as the Irish Republican Army. Therefore, I avoid using loaded terms such as ‘regulars’, ‘irregulars’, ‘Free Staters’, ‘republicans’ and other such terms to describe either side, and have instead used ‘anti-Treaty IRA’ and ‘National Army’ / ‘soldiers’ extensively throughout the text when describing the combatants.

In truth, neither side ‘won’ the war. Yes, the anti-Treaty side dumped its arms and ceased hostilities and the National side claimed victory, but that only marked a move from physical to political conflict. Also, Ireland has not yet been reunified, so the ultimate objective of both sides has yet to be achieved.

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

The lesson to be learned from this series of books is that a better way to resolve our differences must be found; a way forward that doesn't involve loss of life. Through co-operation and discussion, we can hope that the aspirations of those who went before us can be achieved and a greater, stronger Ireland will emerge; an Ireland that will welcome diverse opinions and use them to drive change for the benefit of all.

Our civil war ended reluctantly, and its legacy remains today, with many still bearing the mental scars: memories of family losses, of aspirations unachieved, of the horror of brother against brother, of families divided, of the physical and human cost.

The Forgotten Fallen, and the next two volumes, I hope to show the real people who paid the ultimate price for what was, in reality, a war about the tactics to be used in another war.

There were three sides, not two, in the Civil War: the two combatants, of course, but also the civilians who often ended up as 'collateral damage', as the modern euphemism would describe them. Therefore, as we approach the centenary of the Civil War it is important to acknowledge the deaths on all sides, which is my objective in these books.

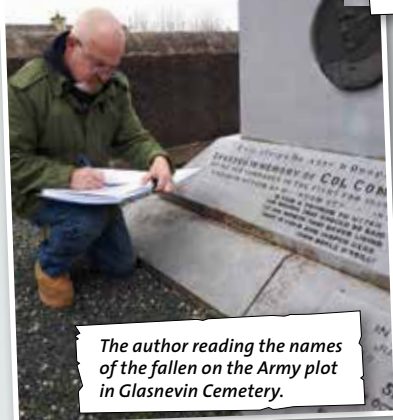
It is extremely important that we respect the past, educate ourselves about it, be aware of it, treasure it, honour it as a



Medics attending a wounded soldier during the conflict, location unknown, possibly Kerry.



Medics in the field.



The author reading the names of the fallen on the Army plot in Glasnevin Cemetery.

We still argue over whether Collins or de Valera was 'right', over which side created the greatest atrocity, which was the more brutal. It is easy to forget that both sides were fighting because they thought their way was the best way to achieve a single, strong republic on this island.

We glorify the great leaders on both sides, but the foot soldiers, those who paid the greatest price, are often forgotten as we look at the 'big picture'. But

every great leader needs men and women to lead; without foot soldiers there can be no generals, there cannot be a leader. In

teacher ... and learn from it. However, we must not make the mistake of *living* in it, for to do so would be to disrespect those who died on all sides of this tragic conflict. They died so that we could be united, not divided. They died in war, that we could remember them in peace.

Finally, the *Fallen* trilogy will be a final account of the Civil War – not a narrative account, but a set of financial accounts where the unit of currency used is manpower. Laid out in these three books, as clearly as any accountant would record the amount a company owes its creditors, is the debt we owe to those who went before us; the price paid for our freedom; what we owe to our past. It is a debt that almost bankrupted us as a nation; a debt we are duty bound to ensure we never incur again.

The Forgotten Fallen: The fallen of the Irish Civil War (volume 1), was reviewed in our last issue, but we cover the book launch at the start of this issue. ■



Funeral of Captain Luke Condon, the first state funeral of the Irish Free State.



Funeral of 'Squad' man Eddie Byrne, who died before the Civil War broke out. Both sides attended his funeral at the Republican plot in Glasnevin.

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

114 Inf Bn

MOVE A MILLION for Charity

REPORT & PHOTOS BY CPL LEE COYLE, 114 INF BN

Overseas service is busy and challenging for personnel involved, with most of their time taken up with operational tasks like patrolling, checkpoints, and securing vital installations. When the possibility of a few hours downtime does arise, it tends to be filled with training, catching up with family, reading, or watching a TV. It is a time that most people use to switch off, recharge and clear their minds for a short period.

With that being said, many personnel regularly give up that personal time to organise or take part in a charity event. For decades, such events have been a staple of DF overseas missions, demonstrating the kindness, compassion, and selflessness of our personnel, and their commitment and dedication to helping others.

One such charity event that took place recently was a 'move a million' event organised by members of 114 Inf Bn serving with UNIFIL in Lebanon. This gruelling (that is the only word to describe it!) event saw four individuals move one million kilograms in a single day.

The person behind the idea, and main organiser, was Sgt David Murray, 6 Inf Bn, Custume Bks. He told us: "The Friends of Cancer Centre in Belfast were a great help to my mother before her untimely death in 2015. When I deployed to UNDOF not long after I raised money for charity by doing an endurance event that consisted of completing 10,000 push-ups in less than nine hours.

"I decided to do something similar on this trip with UNIFIL. This time I decided to move a million kilos. We also decided to dedicate the event to the memory of Pte Gary Kelly from 28 Inf Bn."

“ Each of us had a charity to heart..... ”



The three personnel from 114 Inf Bn who took part in the massive move along with Sgt Murray were Pte Lee Boyd, Pte Liam Toner, and Pte Ethan Mulrennan, all from 28 Inf Bn. The million kilos was lifted in a set number of exercises in a circuit, starting with a 60kg deadlift for eight reps, then a 50kg squat for ten reps, 40kg bench press for ten reps, and finally a 150kg leg press for 15 reps. This gruelling circuit was completed by each participant 78 times over a nine-hour period.

Regarding the charities chosen as beneficiaries of the event, Sgt Murray told us: *"Each of us had a charity to heart and there were so many deserving charities that choosing would be too hard. So we decided to pull two names from a hat. The charities that came out were Pieta House and the Irish Cancer Society."*

In total there was over €2,700 raised for the charities, and Sgt Murray told us: *"The event went well; it was very tough, with a few dark moments, but we were well supported with food and motivation from our comrades in 114 Inf Bn, which helped us push through and complete the event in the nine hours."*

We would like to congratulate Sgt Murray and Ptes Boyd, Toner, and Mulrenney for their efforts, and also all those who give of their time to organise, participate, or support such worthwhile events. ■



GEAR REVIEW

SPONSORED BY
HOBBY AIRSOFT



HOBBY AIRSOFT
AIRSOFT GUNS & TACTICAL GEAR

ALL HAZARDS NITRO
RRP €170

5.11

INFO@HOBBYAIRSOFT.IE
01 456 8518
FACEBOOK.COM/HOBBYAIRSOFT.IE
INSTAGRAM/HOBBYAIRSOFT
TWITTER.COM/HOBBYAIRSOFT.IE

ALL HAZARDS; ALWAYS READY

The ALL HAZARDS NITRO is a small everyday carry pack, designed for maximum performance. The backstraps are generously padded, and thanks to the wide surface area comfort is ensured even when loaded to capacity!

You have seven different compartments; front pockets (x2), helmet carrier, main compartment (x2), hydration pocket, and glasses/goggles pocket facilitating superior organisation. You've got a total capacity of 21 litres, and thanks to the pocket layout, you can keep everything at your fingertips!

Surrounding the outside of the pack, you have plenty of MOLLE to expand storage with pouches etc. Similarly, inside the first of two main compartments, you have more MOLLE allowing greater organisational control over your gear. You have velcro on the flap, with a removable mesh pouch.

The second main compartment is sized to fit up to a 13" laptop, so whether you're looking for a solid carry-on bag, or just an everyday carry for work, the ALL HAZARDS NITRO is perfect.

One of the handiest features of this pack is the helmet carrier. Generally you don't find these on a bag this size, however its inclusion is extremely welcome; any big/bulky items can be stuffed into the carrier, keeping the compartments free from clutter.

Tech Spec
CAPACITY: 21 Litre
WEIGHT (unloaded): 1.7kg
MAX LAPTOP SIZE: 13"
CONSTRUCTION: 1050D Nylon



WIN

**MOAB 6
SLINGPACK
RRP €99**

**TO BE IN WITH A CHANCE TO WIN,
ANSWER THIS SIMPLE QUESTION:**

**WHAT IS THE CAPACITY OF THE
ALL HAZARDS NITRO BACKPACK?**

- A. 20 LITRES**
- B. 21 LITRES**
- C. 22 LITRES**

**SEND YOUR ANSWERS TO SUBS@MILITARY.IE
CLOSING DATE 20TH FEBRUARY**

**CONGRATULATIONS TO OUR LAST WINNER:
MATT COMERFORD, KILKENNY**



PROTAC, Market Green, Curragh Camp, Co Kildare
www.protac.ie - info@protac.ie - Ph: +353 (0) 45 441798

**Challenge
Coins**
€9 each
All Corps



**Limited
Edition
Box Sets**
€160



NEW: Weapon presentation plaques and frames
Plaques €55 ORDER IN STORE Frames €78



**BÍ ULLAMH DON
GHEIMHREADH
BE WINTER-READY**




www.winterready.ie



@emergencyIE



Oifig um Pleanáil Éigeandála, An Roinn Cosanta. Glao Áitiúil 1890 251890 / 076 1001608
 Office of Emergency Planning, Department of Defence. LoCall 1890 251890 / 076 1001608



**ROAD
RACE**
 WED 25TH MAR 20

D.F. 5 MILER

RACE START 1200hrs BALDONNEL
 REFRESHMENTS SERVED | FREE ENTRY

Prizes for all categories!
 Reg open 1030hrs - Race brief 1145hrs in Fitness Centre
 Entries to alan.hayles@defenceforces.ie or on the day!

Powered by Road.com

NOTICEBOARD

MILITARY HISTORY SOCIETY IRELAND (MHSI) WINTER LECTURE PROGRAMME 2020

The MHSI Winter Lecture Programme 2019-2020 takes place from October to April, mostly in Griffith College, South Circular Road, Dublin 8 at 8pm on the dates as indicated below. One lecture will take place in Athlone. Wheel-chair access is available, attendance is free and non-members are welcome to all lectures. www.mhsi.ie

Friday 14th February 2020

at 8pm: Construction of a legend – the Irish Wild Geese in Louis XIV's Army 1689 - 1714 – Dr Padraig Lenihan.

Friday 13th March 2020

at 8pm: Egypt saved – the first

battle of El Alamein, July 1942 – Christopher Dorman-O'Gowan.

Friday 3rd April 2020 at 8pm:

An empire in search of subjects. Catholic Irish and the British Army in the 18th century – Macdara Dwyer.

MILITARY HISTORY LECTURES FOR FEBRUARY 2020

Saturday 1st February from 11am to 3pm: The Medal Society of Ireland will hold a Medals, Militaria and Collectables Fair in the Knox Memorial Hall, 79 Mountown Road, Monkstown Village, Co. Dublin. All welcome - admission €4, members €2 - children free.

Wednesday 12th February at 8pm: S. Boyne will present 'Emmet Dalton 1916 and the Free State Army' to the Malahide Historical Society in the Presbyterian Church Hall, Dublin Road, Malahide, Co. Dublin. All welcome - admission €5. Free parking opposite in the Bridge Field.

Thursday 13th February at 1pm: There is a free guided tour of the World War One Exhibition in the National Library of Ireland, 2 Kildare Street, Dublin 2. All welcome - admission free.

Friday 14th February at 8 pm: Dr. Padraig Lenihan will present 'Construction of a legend: the Irish Wild Geese in Louis XVI's army, 1689-1714' to the Military History Society of Ireland in Griffith College, South Circular Road, Dublin 8. All welcome – wheelchair access available.

UNIFORM SERVICES

MEDAL MOUNTING SERVICE: Competitive prices, contact Murty Quinn 087 939 4680

LANYARDS MADE TO MEASURE: Competitive prices, contact Brian 087 297 1982

WORD SEARCH

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

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

Military History Talks 2020

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

ALAMEIN
ARMY
BRITISH
DALTON
EL
EMMET
FREE
GEESE
IRISH
ONE
STATE
WAR
WILD
WORLD



COMPETITION €50 VOUCHER

Q. HOW MUCH IS A MILITARY COT ON WWW.PROTAC.IE?

Post your answer along with your name, address and contact number to us or email subs@military.ie for a chance to win a PROTAC €50 Voucher to use in store or online.

Last month's winner of the PROTAC €50 Voucher was Brian Lowen, Liverpool, UK. Closing date is 20th February 2020.

Protac, Market Green, Curragh Camp, Co Kildare. www.protac.ie info@protac.ie
Ph: +353 (0) 45 441798 or visit us on:
www.facebook.com/protacmilitary



BOOKSBOOKS

MEDEVAC: FLYING THE IRISH AIR CORPS HEMS MISSION

Author: Declan Daly
Publisher: Independently published (December 2019)
ISBN: 978-1671808171
Pages: 180
Price: €21 PB / €5.40 eBook

This is a fantastic look into the realities of providing Air Corps Emergency Aero-Medical Service (EAS), which is a helicopter-based medical evacuation and air ambulance service based in Custume Barracks, Athlone.

Retired Commandant Declan Daly's recent book titled 'Medevac: Flying the Irish Air Corps HEMS Mission' looks at the authors experience of his time flying the Air Corps Emergency Aero-Medical Service (EAS). Declan explains that the EAS has been operated by the Air Corps and the National Ambulance Service (NAS) under the call sign Medvac 112 since 2012, and the service was re-designated Air Corps 112 in 2016.

One reviewer said, "...he does a good job of not only explaining the technical details in a way the layman can understand he also manages to add his sense of humour to the narrative."

Another reviewer said, "...the vital EAS mission in Ireland, punctuated with wry humour and a very human examination of himself and the effects this job had..."

This is an excellent read for those interested in the Air Corps or aviation in Ireland. **WF**



GUERRILLA AND COUNTER-GUERRILLA: THEORY AND PRACTICE

Author: Jehan Morel
Publisher: CreateSpace Independent Publishing Platform (April 2019) www.amazon.co.uk
ISBN: 978-1541141285
Pages: 492
Price: €16.15 PB / €5.20 eBook

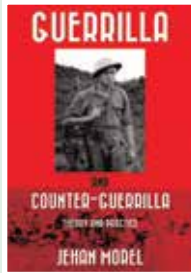
Jehan Morel is a seasoned soldier and scholar of military science, in his book 'Guerrilla and Counter-Guerrilla: Theory and Practice' he leads us to the world of guerrilla warfare through his first-hand experience. Jean used first-hand counter-insurgency experience in Indochina and Central Africa, look at this age-old type of warfare along with thorough research. He then looks at counter-guerrilla warfare, which is also subjected to the same methodical examination. The book will take the reader to hidden theatres of war that used guerrilla warfare.

"...the author provides an in-depth analysis of the major geopolitical and geostrategic upheavals of our era, from the war of Indochina and the bloody events of Algeria, to today's ISIS operations in Iraq and Syria..."

The book gives the reader the details of the ideal organisations of guerrilla and counter-guerrilla warfare alike which is both entrancing, is part practical handbook and part historical examination.

One reviewer said, "It is probably one of the very best books written on the subject. It clearly describes both the setting up and operations of an efficient guerrilla. It also discusses at great length non-orthodox radical tactics to eradicate guerrilla."

Highly recommended for the study of guerrilla warfare or military enthusiasts alike. **WF**



BELFAST AND DERRY IN REVOLT: A NEW HISTORY OF THE START OF THE TROUBLES MISSION

Authors: Simon Prince & Geoffrey Warner
Publisher: Irish Academic Press (September 2019) <https://irishacademicpress.ie/>
ISBN: 978-1788550932.
Pages: 288
Price: €19.95 PB / €10.50 eBook

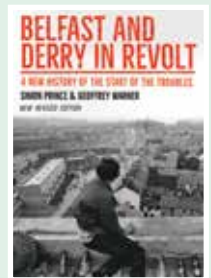
The Troubles have now nearly passed by some younger generations but during the late 1960s and early 1970s, there was a civil war raging in Northern Ireland. This is a new revised edition of "A fresh and unique perspective on the key defining events of the early period of the Troubles."

Some of the battles covered look at the Divis Street Riots of 1964, the Battle of the Bogside, the Ashes of Bombay Street, the Falls Road Curfew and the civil rights movement, to name but a few.

This is highly recommended reading for those interested in Northern Ireland's troubled past and those interested in the conflicts that happened on our streets over the 1960s and 70s. **WF**

About the Authors: Simon Prince is Senior Lecturer in Canterbury Christ Church University's School of Humanities. His publications include Northern Ireland's '68: Civil Rights, Global Revolt and the Origins of the Troubles (IAP, 2007, New Edition 2018).

Professor Geoffrey Warner is a Supernumerary Fellow in Modern History at Brasenose College Oxford. He is the author of many books and has published widely in the field of Northern Ireland's history.



NAME

EDDIE MAC SWEENEY

RANK

LIEUTENANT

UNIT

INTERNAL COMMUNICATIONS, PUBLIC RELATIONS BRANCH, DFHQ

PHOTOS BY ARMN
SAM GIBNEY

Lt Eddie Mac Sweeney joined PR Branch forming the first Defence Forces Internal Communication Team with Sgt Rena Kennedy in July 2019. The current digital communication situation within the DF caters for approximately 9,000 members holding 6,000 e-mail addresses with use of 3,000 physical computers. This shortfall coupled with current gaps in the chain of command creates an information vacuum, where rumour and here-say prevail. It is this reason and more that an Internal Communication Team has been tasked to bridge this information-sharing gap. Our main effort is to relay vital information to all DF members in a timely manner.

It is the Internal Communication Team's Mission to 'invigorate our internal audience, ensuring personnel feel valued, listened to and have a common purpose'. This will be achieved by showing how our actions will support the Defence Forces' three key drivers: 'Vision, Mission and Strategic Planning Framework'. The DF Vision is 'to strengthen our nation by inspiring pride and leading excellence,' while our DF Mission is 'to provide the military capability to defend Ireland and assigned interests internationally,' and finally our Strategic Planning Framework 2015 – 2025 is to Consolidate, Enhance and Evolve.

The Internal Communications Action Plan (ICAP) below outlines the tactical campaigns and initiatives to be used to achieve the Internal Communications Strategy.

"Strategy without tactics is the slowest route to victory, tactics without strategy is the noise before defeat."—Sun Tzu

The 2015 climate survey identified Internal Communica-

tion as a key area of concern for all DF members.

Our first task as the IC Team was to evaluate each of the current communication channels and measure their effectiveness. As a result, the IC Team have developed four new communications channels in which DF members can engage while both on and off-site.

The Internal Communications Digest (ICD) was designed and developed to deliver forward-looking accurate and timely information of interest to our members in order to increase awareness on current and future developments across the organisation. This monthly ICD poster is delivered physically to each unit noticeboard while being sent digitally to all e-mail accounts within the DF. To further allow access, persons out of barracks or for those who do not have access to IKON and e-mail the ICD is also published on www.military.ie in our Member's Area. Our Member's Area on www.military.ie, launched in September 2019 in order to allow personnel who are non-desk biased to access open-source information while off-site.

In closing the feedback loop a new confidential e-mail service has now launched - feedback@defenceforces.ie. This service will answer general military enquiries while also facilitating feedback on all DF issues and events. (See advert across.)

The Internal Communications Road Show will be coming to all military locations between Q1 – Q2 2020, in order to discuss further developments and to address any outstanding issues. We ask for maximum attendance and that you have your questions and queries prepared.

Since the re-org in 2012, the DF has been going through a large period of organisational change. Managing change in both a personal and professional context can be a traumatic experience as a natural cycle of uncertain outcomes and mixed emotions are evoked. This can severely hinder positive progress during a time of change. To counter this reaction units must provide support and clear communication at every opportunity in order to move forward into a brighter future.

This positive movement of information sharing both face-to-face and digitally, will empower the most disenfranchised therefore achieving our mission in streamlining critical information flow while boosting the morale of our organisation and 'invigorating the internal audience'.

For further information on matters which directly affect you, or if you wish to feature in next month's Internal Communications Digest, e-mail feedback@defenceforces.ie. ■





Óglaigh
na hÉireann
IRISH DEFENCE FORCES

WE HAVE LISTENED TO YOU AND WANT TO HEAR MORE!



Public Relations Branch are working to improve internal communication across our Defence Forces. To assist this we have created a forum for open two-way communication where we welcome your feedback and/or questions on any matter of interest to you as a serving member of Óglaigh na hÉireann.

This email address is live now at:

feedback@defenceforces.ie

Privacy and Confidentiality are guaranteed and you will receive a response within three working days.



STRENGTHEN
THE NATION

Continued Excellence in Combat Mobility



PIRANHA



gdels.com

The Transatlantic Partner for Land Defense in Europe