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# AN COSANTÓIR

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## MILITARY OPERATIONS IN URBAN TERRAIN

STRENGTHEN THE NATION

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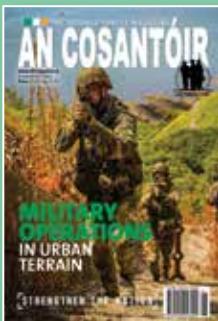
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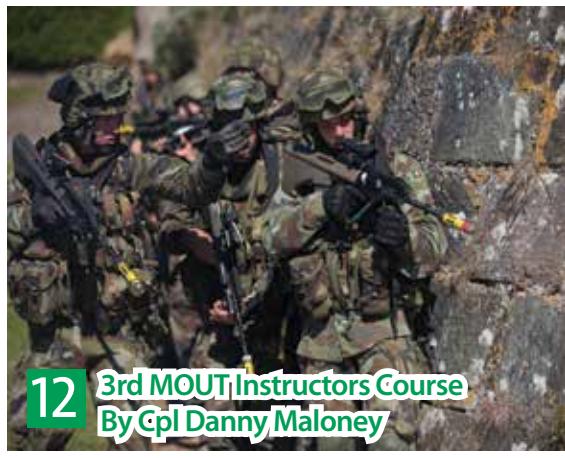
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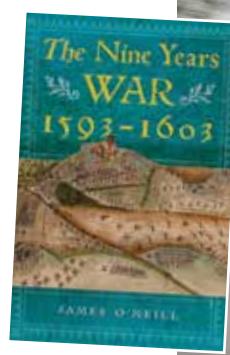
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# Simply No Rivals



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**Front Cover**

Students on a MOUT course on exercise in Fort Davis. Photo by Armn Sam Gibney

For more Defence Forces photographs, checkout: [www.flickr.com/photos/dfmagazine](http://www.flickr.com/photos/dfmagazine)

# Editorial

Hello and welcome to our September issue, in which our main feature deals with MOUT (military operations in urban terrain), which has taken over from FIBUA (fighting in built-up areas).

This month we have 16 articles covering many aspects of military life from around the Defence Forces, starting with a piece on the recent visit to Lebanon of the wife of Sgt John Lynch (RIP) to lay a wreath at his memorial and to attend the 40th anniversary of the formation of ITALAIR. Sgt Lynch tragically died in an ITALAIR helicopter crash in Lebanon in August 1997. Next, we carry a tribute to ANSAC on its 25th anniversary, and a report on the 10 Inf Bn (FCÁ) Association.

Our *Veterans News* looks at the launch of ONE's Fuchsia Appeal 2019; the organisation's main annual campaign to raise funds for its initiatives to assist veterans. Our front cover feature looks at the 3rd MOUT Instructors Course, conducted by BTC, 1 Bde, which includes some very scenic photos of Fort Davis; although I would wager the students didn't get much of a chance to appreciate the views at the time!

This is followed by Lt Colin McNamara's experience on *Exercise 'Angel Guardian' 2019*, as part of a 12-strong MP group that travelled to Spain to take part in this large-scale, annual international military police exercise. Next, in *Shock & Awe: A look at Shock Troops*, regular contributor CQMS Michael Barrett (AR) looks at the use of this age-old tactic in infantry operations.

Military historian and author, Paul O'Brien, brings us up to date on the situation in the Persian Gulf as things heat up between Iran, the USA and the UK, in *Iran: On the Verge of War*.

Building on his excellent article from last month on his 'life less ordinary' experiences in the Defence Forces, Comdt Kevin McDonald (retd) brings us part one of *Peacekeeping on the Edge: Observer Group Lebanon and the 2006 War*. (This compelling article will conclude in next month's issue).

Two short articles follow, with the story of members of 27 Inf Bn raising over €7,000 for Temple Street Hospital, and reservist Capt Antóine Ó Beoláin's report on a new initiative by the Lord Mayor of Dublin to enhance the relationship between 7 Inf Bn and the city. We continue with the next instalment of our Ordnance Corps series with *How Your Equipment Works: Grenade Fragmentation*.

This brings us to our history section, where historian and author, Dr James O'Neill, gives us an extended look at *Tyrone's Military Revolution: The Nine Years War 1593-1603*, and Pte Terrence O'Reilly (DF Library) continues his reviews of our infantry battalions with a look at 4 Inf Bn.

In *Sport*, Capt Seán Mooney (BPEO, 2 Bde) gives us the lowdown on the *DF Sprint Triathlon Championships*, which were held in Mullingar in July.

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

**Sgt Wayne Fitzgerald**

# Competition

To win a copy of Defence Forces Veteran Gabby Fitzgerald's latest music CD as advertised on P35, answer this question from his website bio.

**Q. What year did Gabby join the Defence Forces?**

Send your answer, name and address, number to [subs@military.ie](mailto:subs@military.ie) by the 19th September 2019.





### ▲ TPR MICHAEL KENNEDY 50TH ANNIVERSARY

On 1st July 1969, Tpr Michael Kennedy, 12 Inf Gp UNFICYP (1st Armd Car Sqn,) died tragically in a drowning accident at Famagusta in Cyprus. The Kennedy Family asked IUNVA Post 27 (Portlaoise) to invite serving members of the Defence Forces and former comrades who served with Tpr Kennedy overseas or at home to attend an anniversary mass and wreath laying to celebrate the 50th anniversary of his death. The mass was celebrated in St Michael's parish church in Portarlington, Co Laois on Sunday 7th July. Michael's medals were kindly framed by Fred O'Reilly, on behalf of IUNVA Post 27 to Michael's sister Patricia Carroll and her husband Billy. *Photos: Martin Rowe, IUNVA*



### ▲ WEDDING BLISS

Pictured on their recent wedding day in McKee Barracks, Dublin is Lt Edward MacSweeney and his new bride Shauna Kinsella. Lt MacSweeney has recently taken up a new position within PR Branch as the Internal Communications Officer. *Photo: Armn Sam Gibney*



### ▲ UNIFIL'S CHILDREN'S FESTIVAL

Pictured L/R are Capt Campbell and Lt Kelly, who along with other members of 114 Inf Bn UNIFIL gave a lending hand at a recent children's festival held in Tibernin, South Lebanon. Tibernin is a town that holds a special place for the Irish contingents serving with UNIFIL. *Photo: Sgt John Counihan, CIMIC, 114 Inf Bn*



### ▲ 27 INF BN MARCH FOR LOCAL CHARITIES

Recently 27 Inf Bn completed a marathon relay over the Cooley Mountains in aid of Dun Dealgan National School and ONE where they raised €2,200. The recipients sincerely thank the officers, NCOs and men and women of the 27 Inf Bn for their continued support. Pictured are BSM John Doyle and Lt Col Kieran Carey presenting the cheque to School Principal Debby Larkin and Jim McEneaney Chairman of ONE's Michael McNeely branch along with other branch members to the right. *Photo: Jim McEneaney, ONE*



### ▲ NEW RECRUITS FOR ARMY RESERVE

Pictured are members from 28 Inf Bn and 6 Inf Bn of the Army Reserve (AR) who recently completed their recruit training in Finner Camp, Co Donegal. *Photo: Capt John Mc Candless (AR), 28 Inf Bn*



### ▲ ALL ARMY GPMG CHAMPIONS 2019

Pictured are 28 Inf Bn Army Reservists Cpl Mark O'Donnell (AR) and Pte Christopher O'Mahoney (AR) along with Lt Col Fred O'Donovan, OC 28 Inf Bn after they were crowned 2019 All Army Champions with the GPMG, on top of the 2 Bde winners trophy. *Photo: Capt John McCandless (AR), 28 Inf Bn*



### ▲ SUNSET IN LEBANON

Pictured is Pte Niall Kelly, 6 Inf Bn and Armn Dave Green, Air Corps pipe band playing at sunset in Lebanon. Both are serving with the 114th Inf Bn. There are eight personnel involved with piping/drumming within the Defence Forces serving with the Bn. Two are from the Air Corps, six from the Army. *Photo: FQMS Fran Whelan, AC*



### ▲ RESCUE 111 REMEMBERED

On the 2nd July 2019 a ceremony was held in Baldonnel for the 20th anniversary of the Dauphin Crash Rescue 111 in Tramore, Waterford on 8th July 1999. Four members of the Air Corps paid the ultimate sacrifice – Capt Mick Baker, Capt Dave O'Flaherty, Sgt Paddy Mooney and Cpl Niall Byrne. Another ceremony was held in Waterford at 15:00hrs. *Photo: Armn Jamie Barrett, 105 Sqn*



### ▲ BRENDAN GRACES FUNERAL

Pictured are members of the Irish United Nations Veterans Association (IUNVA) who performed a guard of honour at the funeral of Irish comedian Brendan Grace. Many of the veterans would have fond memories of Brendan visiting and entertaining troops in South Lebanon in the 1990s. *Photo: Martin Rowe, IUNVA*



### ▲ BEST IN FITNESS NUTRITION AWARD 2019

Cpl Peter O'Halloran, 3 Inf Bn has won the award for Best In Fitness Nutrition at the Irish Fitness Industry awards recently. The awards were founded in 2018 and were set up to recognise industry excellence within Ireland. Peter who owns PPT Fitness won the same category in 2018 and has successfully retained his title for 2019. *Photo: Philip Murray Photography, www.philipmurrayphotography.com*

### BRÚ NA BHFIANN (HOME OF THE BRAVE) SPONSORSHIP

Pictured is Defence Forces Veteran Benny Hill receiving a sponsorship cheque from Mr Jean Maher MD of Dafil International Security Printing in aid of ONE's homeless initiative Brú na bhFiann, which houses homeless veterans. *Photo: Benny Hill*



# SGT JOHN LYNCH'S FAMILY VISIT UNIFIL

BY CAPTAIN GERRY DUFF, PIO 114 BN UNIFIL



**F**rom the 2nd to the 3rd July 2019, the men and women of 114 Inf Bn had the honour of hosting Mrs Rosario Lynch and her sister Mrs Teresa Kennedy in Lebanon. Mrs Lynch's husband, Sgt John Lynch RIP, tragically lost his life in a helicopter crash, along with four ITALAIR colleagues on 6th August 1997. The purpose of Mrs Lynch's visit was to attend a formal ceremony marking the 40th Anniversary of establishment of ITALAIR in UNIFIL in ITALAIR HQ, Naqoura.

On 2nd July, Mrs Lynch began her busy visit to IRISHBATT by first visiting the site of the helicopter crash, on the Southern slope of Hill 880 in the village of At Tiri. A very fitting monument was erected near the site of the crash by Italian troops in 2016. At this quiet, private ceremony, Fr Pat Mernagh, Chaplain of 114 Inf Bn, said a short prayer in memory of our fallen colleagues. Mrs Lynch then laid a wreath in memory of her husband with a quiet moment of reflection.

The group then moved a short distance to UNP 6-41 at the summit of Hill 880. This strategic position was decisive terrain throughout the turbulent history of Southern Lebanon. The position is now occupied by UN troops from the French Armed Forces. Irish troops based on Hill 880 built a memorial in 1999 in memory of the peacekeepers who lost their lives on that fateful day. This impressive memorial is a reconstruction of an old Irish round tower. The memorial is still maintained by our French colleagues to this day. Fr Pat put everyone at ease with more kind words and by playing the song 'Somewhere over the Rainbow' by Judy Garland. Mrs Lynch laid another wreath at the memorial.

Mrs Lynch then travelled to the Tibnine Monument, where the IRISHBATT monthly commemoration was taking place. Mrs Lynch was the guest of honour for the parade. This parade is conducted every month, where DF members who died in service with UNIFIL

Bn conducted the GOH with all female members of the unit. Under the command of Capt Bridget Clarke, the parade remembered, along with Sgt Lynch, Pte Philip Grogan and Tpr Paul Fogarty. Escorted by the Senior Irish Officer, Col Ian Byrne DSM and OC 114 Bn, Lt Col Paul Kelly, Mrs Lynch laid a wreath in memory of all our fallen comrades who gave their lives in the service of peace. The guests then attended a small reception in the town hall afterwards.

On 3rd July, Mrs Lynch attended the formal remembrance ceremony in ITALAIR, UNIFIL HQ. The event began with a mass, celebrated by the Italian padre, who coincidentally was the padre with ITALAIR when the helicopter crashed. After mass, families of the deceased were invited to lay a wreath in memory of their loved ones followed by a tour of ITALAIR. The entire ceremony was conducted to an exceptional standard and attended by troops from all UNIFIL contributing nations. OC ITALAIR made a presentation to Mrs Lynch on behalf of the Italian Air Force.

We cannot give enough praise to both IRISHBATT and ITALAIR personnel who conducted themselves in a highly professional manner throughout Mrs Lynch's visit. The planning and execution of the visit ensured that maximum time and attention was given to Mrs Lynch for her own reflection. The visit was also a timely reminder to all troops that, even though Lebanon has seen peace for the past 13 years, it at one time was a very volatile operating environment which cost the lives of 47 Irish peacekeepers. It was a privilege to be involved in this visit and hopefully other similar visits to the AO will be conducted in the future.

Special thanks to Col Ian Byrne DSM (SIO), Lt Col Paul Kelly (OC 114 Bn), Lt Col John Martin (OIC PSS), Fr Pat Mernagh (Chaplain 114 Bn) and Capt Barry Dolan (114 Bn) for making this visit a huge success. ■



are remembered. This parade is attended by DF troops and local community leaders. IRISHBATT personnel perform the Guard of Honour at the ceremony. This month, the



# ANSAC 25



BY SGT WAYNE FITZGERALD  
PHOTOS BY ARMN SAM GIBNEY

**O**n the 26th June 2019, ANSAC (Army, Naval Service, Air Corps) Credit Union held a celebration of its 25th anniversary at its offices in Amiens Street, Dublin 1. (See last month's issue for the full story of ANSAC's establishment and history.) ANSAC's current chairman, Ken Holland, a member of the Defence Forces and a volunteer on the ANSAC board, began the occasion by welcoming those in attendance, which included serving and retired members of the Defence Forces who had served as volunteers with ANSAC over the last 25 years. Defence Forces Chief of Staff Vice Admiral Mark Mellett DSM was amongst a group of invited guests, along with Fr Séamus Madigan (Head Chaplain to the Defence Forces) and Mr Gerry Thompson (president of the Irish League of Credit Unions).

Responding to an invitation to say a few words, ANSAC's first CEO, DF veteran Martin Cosgrave, recalled the work the volunteer work group did in the early days, thanking them all and remembering those who have since passed on. He also thanked the civilian staff who have worked with the organisation, especially Rachel Kearns and Gillian Dunne, ANSAC's first civilian employees, of whom Martin admitted: "We wouldn't be here without them."

Vice Admiral Mellet acknowledged the great service PDFORRA

had carried out by setting up and providing this hugely important facility to Defence Forces members. Recognising the difference between aspirations and achievements, the chief of staff said: "We all go through life with great ideas – congratulations to PDFORRA for achieving this one... We are proud to have people of this calibre in the Defence Forces... people who take value of looking after each other."

Mr Gerry Thompson said: "We couldn't be happier to be congratulating ANSAC on this achievement – you saw a need and worked on it; and there's still a need." He added that the Irish League of Credit Unions had sent the ANSAC board formal acknowledgement. He also reiterated what Vice Admiral Mellett had said when he commented: "We can all float through life and draw a wage – I salute you for your hard work and initiative."

After the speeches, Fr Séamus Madigan said a lovely prayer and then blessed the offices.

The first ANSAC members were the initial board members, and account No 1 owner, Mick Coughlin, was invited to cut the cake along with the first civilian member of staff, Rachel Kearns.

An Cosantóir would like to congratulate ANSAC and wish the staff, board and members continued success. ■



ANSAC staff, board members and invited guests celebrate ANSAC's 25th Anniversary.



Fr Séamus Madigan with ANSAC's first account owner, Mick Coughlin who was also an initial board member.



A number of original board members of ANSAC outside the Amiens St offices.

## 10 Inf Bn FCÁ Association

BY JOHN MURPHY,  
CHAIRMAN 10 INF  
BN ASSOC

**O**n Sunday the 9th June 2019, a large group from the 10 Infantry Battalion FCÁ Association, gathered in the Co Carlow Military Museum for the launch of their new tie and lapel pin.

The new tie closely follows the colour pattern of the old 10 Inf Bn badge, which incorporates the colours of Wexford and Carlow. Those that served will also recall that the old 10 Inf



10 Inf Bn pennants on Sunday, 25th September 2005.

Bn recruited and had centres in both Shillelagh and Tinahely in Co Wicklow. This meant that during its existence the battalion had the distinction of being a part of three different command/brigade areas, as in addition to its heartland of Wexford and Carlow it also covered south-west Wicklow and parts of Kildare.

10 Inf Bn was well known for being a friendly battalion, with most officers and NCOs knowing each other really well.

The last few years up to the stand down of the FCÁ in September 2005 were intense training years, under the leadership of the unit's last commanding officer, Comdt Pat Healy.

For many the 25th September 2005 came around too quick; it was a sad day when 10 Inf Bn was stood down, with a large group representing all five companies of the battalion in attendance at the final parade, held in Wexford Military Barracks.

All former members of the battalion are most welcome and encouraged to join the 10 Inf Bn FCÁ Association. ■



Lt John (Jack) Doyle AR (retd) and Comdt Rob McDonald (retd).

The 10 Inf Bn tie and pin.

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



## ONE FUCHSIA APPEAL 2019

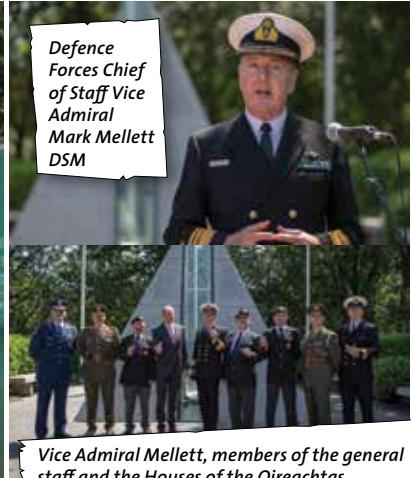
BY SGT WAYNE FITZGERALD PHOTOS BY ARMN SAM GIBNEY



ONE Chairman Brig Gen Colm Campbell (retd.).



Minister of State with Responsibility for Defence Mr Paul Kehoe TD.



Vice Admiral Mellett, members of the general staff and the Houses of the Oireachtas.

**O**n the 27th June 2019, veteran's association the Organisation of National Ex-Service Personnel (ONE) held their Annual Fuchsia Appeal at the National Memorial at Merrion Square West – Which is dedicated to members of the Defence Forces who have given their lives in the service of the State.

With the summer sun in full glow, and the Band of 2 Bde setting a great atmosphere for those passing-by and for those gathered for the veteran's association to launch their much-needed annual fundraising appeal. The ONE Fuchsia Appeal helps to fund the homeless hostels for veterans which are owned and run by the ONE; it's also to put in place preventative measures to avert homelessness, and the provision of other support services for Defence Forces veterans.

The appeal was launched by the Defence Forces Chief of Staff Vice Admiral Mark Mellett DSM and Minister of State with Responsibility for Defence Mr Paul Kehoe TD.

ONE Chairman Brig Gen Colm Campbell (retd) got proceedings under way, firstly by thanking all those gathered, and announcing it was the 11th year of the Fuchsia Appeal. During his speech Brig Gen Campbell said: "*ONE provides everything, from a handshake from a fellow veteran to a bed in one of our hostels [where we] provided 16,000 bed nights over the last year, [and] over 90% of people we help move on to permanent housing... Everyone 'volunteers' to serve in the Defence Forces, but not to become a homeless veteran.*"

The chairman concluded by saying ONE campaigns on behalf of all veterans and needs approximately €800,000 for current services rising to €1,000,000 for planned services. This includes the current homeless facilities for veterans in Dublin, Letterkenny and Athlone, further planned facilities in Cobh, as well as the 14 Veteran Support Centres around the country. He added that the homes in Letterkenny and Athlone receive no regular outside funding and he thanked

Minister Kehoe and his officials in the Dept of Defence for their continued support.

Brig Gen Campbell thanked Vice Admiral Mellett for his, and the Defence Forces', support, and expressed the association's gratitude to all of its supporters and volunteer members. He also gave a special word of thanks to Rothco, who were responsible for ONE's award-winning awareness campaign, 'Sleeping Flags', in February 2019.

Minister Kehoe said it was an honour to be there launching the Fuchsia Appeal, "*ONE's annual fundraising has been going since 2009, and has gone from strength to strength,*" he said, adding: "*It is right and proper that the government is committed to supporting veterans... and I will call on all Government Ministers to wear the fuchsia badge on the National Day of Commemoration.*" He concluded with a reminder that those in attendance were gathered at "*a place of reflection, where 87 members of the Defence Forces are remembered for paying the ultimate sacrifice.*"

In the final speech, Vice Admiral Mellett remarked that 2019 was ONE's 69th year supporting Defence Forces veterans; people who had helped provide a safe and secure environment for others during their service. He acknowledged the strategic leadership that General Campbell has provided to ONE and thanked him for it.

Vice Admiral Mellett spoke about the contribution to the state made over the years by members of the Defence Forces and spoke about the duty of care the organisation owes its personnel, saying: "*We have completed over 70,000 tours of duties in the last 61-years. With two [of the] 87 killed overseas still missing, one in the Lebanon and one in the Congo. The Defence Forces works closely with our veterans... We will be brothers to those who serve and have served.*" The COS finished by stating that the Defence Forces would continue to support ONE's Fuchsia Appeal. ■



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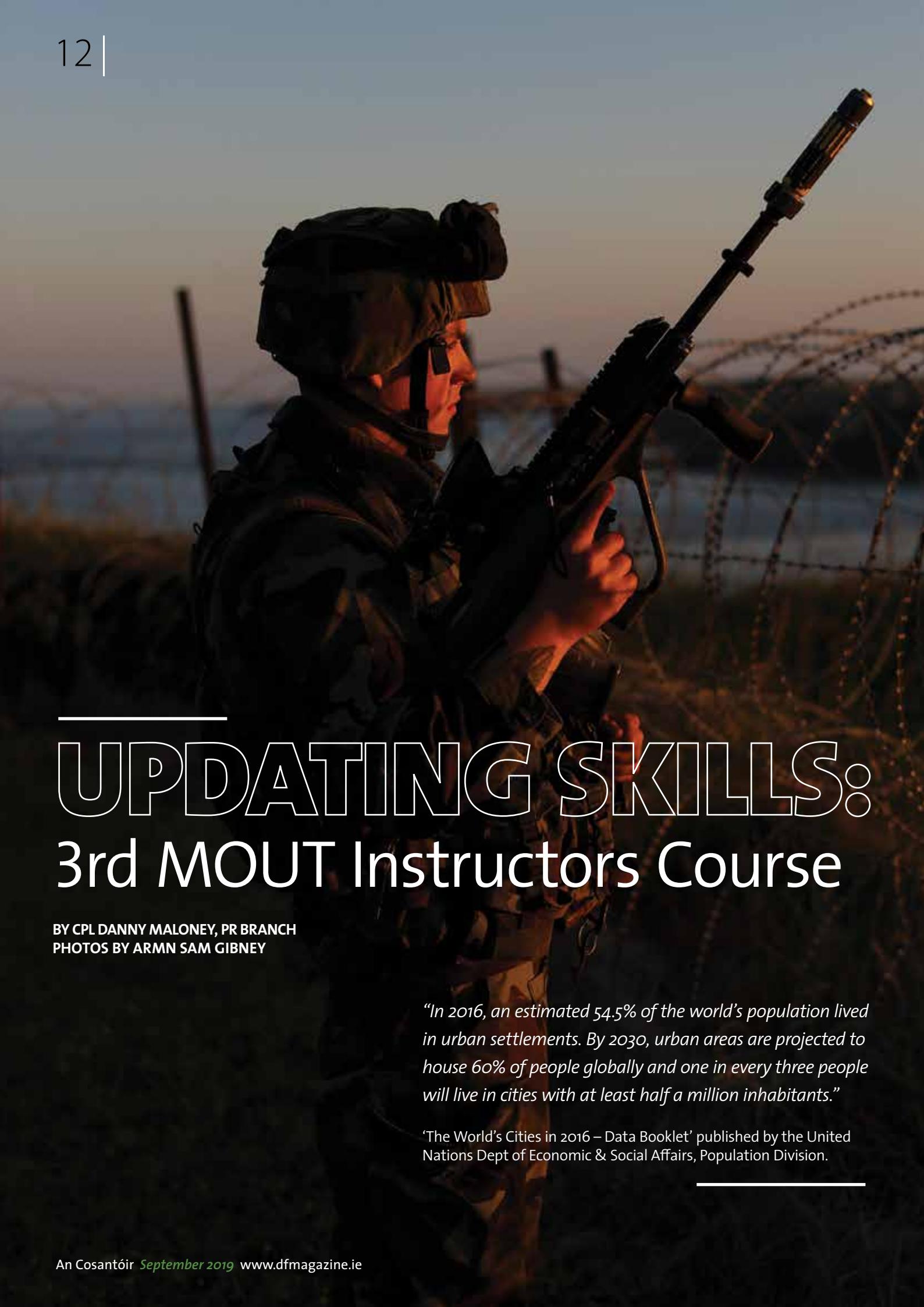


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# UPDATING SKILLS: 3rd MOUT Instructors Course

BY CPL DANNY MALONEY, PR BRANCH  
PHOTOS BY ARMN SAM GIBNEY

*"In 2016, an estimated 54.5% of the world's population lived in urban settlements. By 2030, urban areas are projected to house 60% of people globally and one in every three people will live in cities with at least half a million inhabitants."*

'The World's Cities in 2016 – Data Booklet' published by the United Nations Dept of Economic & Social Affairs, Population Division.

Over recent years, the former doctrine of FIBUA (fighting in built-up areas) has been replaced by MOUT (military operations in urban terrain), and the staff of 1 Brigade Training Centre (BTC), Collins Barracks, Cork, are currently writing a new Defence Forces tactics, techniques, and procedures (TTPs) handbook on this new drill. The new handbook will be published by the end of 2019, with the aim of standardising the new MOUT training across the Defence Forces.

One of the main contributors to the new training manual is Sgt Seán McEvoy (1 BTC), who has gained vast knowledge of urban warfare drills via the Army Ranger Wing and joint training exercises with special forces units from other nations. This has enabled Sgt McEvoy to adapt new tactics and the old FIBUA drills to suit our equipment, weapons and personnel.

A lot of the new drills are based on real-life scenarios, which will help to make them more realistic and more likely to be successful in live operations, such as clearing buildings safely, without harming civilians or unarmed personnel.

In June/July 2019, Sgt McEvoy was also involved in conducting the 3rd MOUT Instructors Course at 1 BTC. This three-week course is designed to pass on the new drills to young entrants and those who were trained using the old FIBUA techniques, and who will help to spread the new doctrine back in their respective units and throughout the Defence Forces.

Week one of the course consisted of lectures in the classroom followed by walk-through lessons in buildings, where Sgt McEvoy and Capt John Kelleher introduced the 23 students to the new drills they had just learned about. The course then travelled south to conduct more intensive practice in Fort Davis, the coastal defence fortification in Cork Harbour.

The students spent the first part of their second week perfecting their drills in different scenarios in Fort Davis, before moving to the Military Training Facility (MTF) in the DFTC, Curragh Camp, for the remainder of the week, where they operated at platoon level in a MOUT environment.

While this was a robust and challenging week, it was also a very enjoyable one for the students, who got a chance to experience great MOUT training facilities, including the ARW's.

All that had gone before was aimed at preparing the students to take on an instructor role on the third and final week of the course.

During this week the course were assessed as they passed on their new MOUT skills and drills to a MOUT young entry course, which had students come from all 1 Bde's infantry battalions: 1 Cn Cois, Galway; 12 Inf Bn, Limerick; and 3 Inf Bn, Kilkenny. The enthusiasm and eagerness to learn displayed by the young entry students was a great help to the trainee MOUT instructors. When everyone was operating their new skills and drills to a high standard, 1 BTC then conducted an excellent company-level MOUT exercise in Fort Davis involving 1 BTC staff and the students from both courses.

*"It is therefore no longer realistic for armed forces to avoid cities. Because of the complexity of the urban environment, fighting in cities calls for adaptations in military doctrine, structures, training, and equipment."*

Dr Alexandre Vautravers, Head of the International Relations Department, Webster University, Geneva, Switzerland.

(Dr Vautravers, a colonel GS in the Swiss Army and 2i/c of 1 Mech Bde, wrote 'Military operations in urban areas', which was published in the International Review of the Red Cross, Vol 92, No 878, June 2010.) ■



# EXERCISE 'Angel Guardian'

BY LT COLIN McNAMARA, PL COMD, PROVOST PLATOON, MP GP, DFTC  
PHOTOS BY CPL AARON PHELAN, INV PLN, MP GP, DFTC

# 2019

**A**n international military police, Exercise 'Angel Guardian', is held every year in Spain. In June 2019 the Defence Forces MP Corps sent 12 personnel to the exercise, where they participated alongside MP personnel from 15 other nations. Exercise sites were located in the Bétera and Marines military base in Valencia.

The exercise aims to train and educate participants to meet the challenges of current and future multidimensional crisis response and peace operations, while also harmonising and practicing MP units' tactics, techniques and procedures (TTPs) in accordance with NATO and national MP doctrine. The objectives of the exercise are: train and exercise MP units on NATO and national TTPs in a crisis response scenario, including deployments in an allied host nation; update knowledge of NATO and national MP TTPs; exercise the MP operations planning process and preparation at platoon level; promote the strengthening of ties among MP units of NATO and Partnership for Peace (PfP) countries.

Prior to deployment, the 12 DF MPs assembled in the MP School, DFTC, for a one-week upskilling and refresher training programme, which covered: checkpoints; chemical, biological, radiological and nuclear (CBRN) operations; use of batons and restraints; tactical combat casualty care; counter-improvised

explosive devices (C-IED); unarmed combat; weapons training; and close protection drills.

After arriving to the exercise area, we had a day to prepare before the five-day, battalion-level exercise kicked off.

The exercise scenarios were realistic, well planned and professionally conducted. I was appointed platoon commander of 3 Pl, C Coy, which comprised a section of Irish MPs along with two sections of Spanish Foreign Legion MPs.

Some of the scenarios we took part in involved: a displacement camp; CIED and WIT; close protection; responding to a lone shooter; MP Bn HQ; Checkpoints and RTC investigation; and building clearance.

Each evening at 2200hrs we were given the scenarios we would face the following day, and for the next two-and-a-half hours the planning process took place, with the help of language assistants. An oral presentation of the plan was then given to exercise control in an orders session. Concurrently the platoon was conducting dry drills for the following day's scenarios. When exercise control was satisfied with all plans for the following day, orders could then be delivered to the platoons.

We had five hours to complete each scenario. Some involved a direct action, like the lone-shooter and building-clearance sce-



*Lt Colin McNamara being presented with the insignia of the Spanish Legion Military Police after NATO Exercise Angel Guardian.*



*Pictured manning the Battalion Military Police HQ are L/R: Lt C. McNamara, MP Gp, DFTC, Cpl G. Buckley, 2 Bde MP Coy and A/Sgt M. O'Shea, 1 Bde MP Coy*



Combined members Irish MPs and Spanish Legion MP's conducting a building extraction.

*Lt C. McNamara meets His Majesty King Felipe VI of Spain.*



Overall view of all nations that took part in Exercise Angel Guardian in Spain.



Bétera, 16 – 21 JUN.



Military Police Section on completion of a Close Protection Exercise. Pictured from L/R: Cpl P. Flynn, 1 Bde MP Coy, Sgt C. McDermott, 2 Bde MP Coy, A/Sgt M. O'Shea, 1 Bde MP Coy, Lt C. McNamara, MP Gp, DFTC, Cpl T. Dunne, 2 Bde MP Coy, Cpl G. Buckley, 2 Bde MP Coy, Cpl A. Phelan, MP Gp, DFTC, Cpl V. Kiely, 1 Bde MP Coy, and Cpl E. Brady, 2 Bde MP Coy.

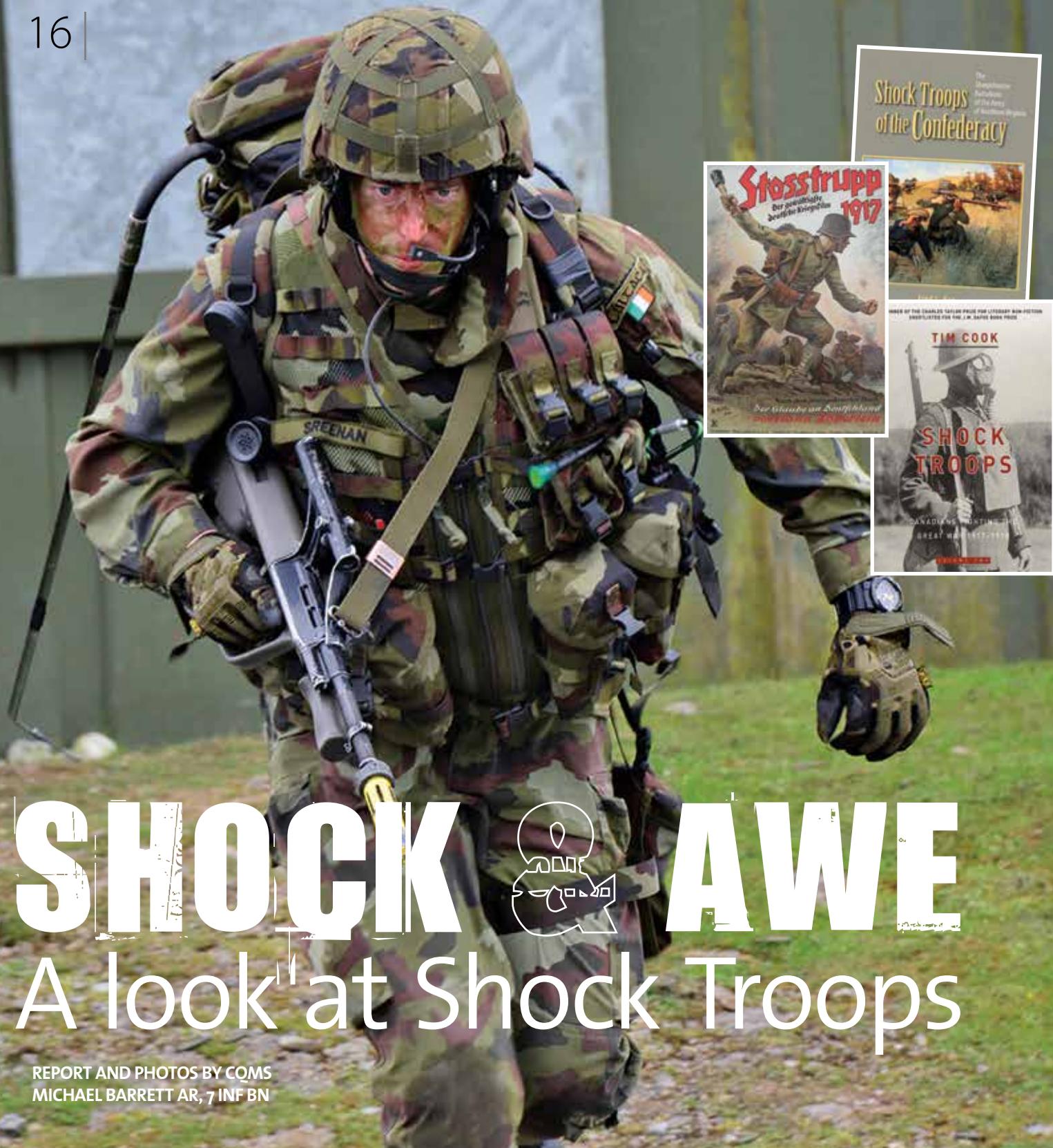
narios, while others required more planning and fluidity of thinking as the vignettes developed. All scenarios were physically demanding, conducted in extreme heat, and were made even more challenging when crowd riot control protective equipment was essential.

Exercise 'Angel Guardian' is a physically-challenging exercise, aimed at exercising MP personnel from NATO and PfP troop-contributing nations in provost operations. I found that the Irish MP personnel were well equipped to deal with all the scenarios they faced and only slight differences in TTPs were evident when working in conjunction with other nations.

I believe that all four of the training objectives outlined earlier were successfully met during this exercise and it was a challenging and positive experience for all participants. I know from the exercise debrief that the performance of the Irish MP personnel was seen to be of a high standard by exercise control, exercise observers, and other participating nations, and if an invitation was extended to Ireland for next year it would be an opportunity for another group of MP Corps personnel to showcase their skills and drills in a multinational setting. ■



Members of the Irish MPs and Spanish Legion on a late-night training exercise.



# SHOCK & AWE

## A look at Shock Troops

REPORT AND PHOTOS BY COMS  
MICHAEL BARRETT AR, 7 INF BN

**S**hock troops is a loose translation of the German word Stoßtrupp – roughly meaning: to carry the attack forward, to penetrate the enemy lines. The concept of using shock troops is not a new one, history describes how the Vikings (798–1066 AD) used berserkers as shock troops in organised warfare; European armies used shock troops right up through the medieval period. In the 18th century Western European armies called them the forlorn hope - A forlorn hope is a band of soldiers or other combatants chosen to take the leading part in a military operation, such as an assault on a defended position, where the risk

of casualties is high. Now we look at this type of force in a modern-day army.

Infantry troops are the primary combat arm of any army, including the Defence Forces. They are the grunts, the foot-sloggers, the ones who most often will engage the enemy more than other troops. Well trained infantry personnel are versatile, and with proper preparation and training can conduct operations over almost all types of terrain, be it urban, forests, jungle, and arctic conditions.

Apart from what we would term regular infantry there exists specialised infantry employed by many armed forces



in the world, this would reflect either the geographical or political situation of the military involved.

Examples of these non-regular infantry would be mountain infantry as deployed by nations such as India, Italy, or the Naval Infantry (Marine Corps) as used by the armed forces of the Netherlands and France.

One form of infantry which was greatly used in the past has been assault infantry, also termed shock units by some former Soviet States. Assault infantry have roles, some of which would include spearheading attacks to punch through enemy defences, after which the regular infantry and other units would pour through.

Germany used a type of shock troops in the closing months of the First World War, while in the Second World War the Soviet Union used whole Combined Arms Army Assault Troops, to lead and break through static formidable German Defences.

Modern roles for assault infantry/shock troops would include launching short term raids into enemy positions or installations, with the intent of causing as much damage and casualties as possible.

Direct assaults on fortified buildings or bunkers could also be a mission task for assault infantry. Assault infantry would be, by definition offensive units, used only in attacks and raids, defensive operations would not be their most beneficial deployment.

Personnel could be a mixture of infantry and engineer ele-

ments, the engineer element providing explosive expertise at the front area of the fighting.

Because of the nature of infantry assaults, weapons would include standard weapons of rifles and General Purpose Machine Guns (GPMG), an abundance of hand grenades; these are very useful for close quarter combat and would be carried by each soldier, not to the mention the grenades used on the M203 to expand fighting range.

Sub Machine Guns (SMGs), although no longer in general use by the Defence Forces would be advantageous in use by assault infantry, with their high volume of 9mm firepower at short ranges would be ideal for urban or any other closed in combat area.

Heavy usage of all types of ammunition would be the norm in these intense attacks, all of this ammunition would have to be carried into battle by the assault infantry.

Assault infantry troops would not be Special Operation Forces (SOF). They would not be covert, they would be basically regular infantry, trained, equipped and prepared to be used as shock troops. They would be used for short range, short duration operations, they could be used to launch ferocious hit and run attacks on enemy installations, positions, with the intention of causing maximum damage - or they could be used to attack and capture defensive strong points.

Their wartime role would be to outfight, outfire, and outlast any adversary. ■

# IRAN ON THE VERGE OF WAR

BY PAUL O'BRIEN MA



In May 2019, the United States of America ordered the departure of 'non-emergency employees' from Iraq, increasing the threat level in the Middle East. This action was in response to intelligence about Iranian backed forces in the region. A state department spokesman said, "*Ensuring the safety of US government personnel and citizens is our highest priority...*" Staff at the embassy in Baghdad and the US consulate in Irbil, were instructed to leave as soon as possible on commercial transport.



*The aircraft carrier USS Dwight D. Eisenhower (CVN 69) transits through the Strait of Hormuz. Photo: U.S. Navy*

Chris Ghika, the deputy commander of the global coalition against the Islamic State, stated that measures taken to protect US forces and their allies from Iranian backed militias in Iraq and Syria were 'completely satisfactory' and that they would be continued to be monitored. A British commander in the region said that there was no increased threat, contradicting many of the rumours that are circulating.

Iran covers an area of approximately 1,648,195 square km (636,372 square mile). It is bordered to the northwest by Armenia, the Azeri enclave of Nakhchivan and the Republic of Azerbaijan; the Caspian Sea to the north; Turkmenistan to the northeast; Afghanistan and Pakistan to the east; and to the south the Persian Gulf and the Gulf of Oman; Iraq and Turkey to the west.

Iran is one of the world's most mountainous countries, its landscape dominated by rugged mountain ranges that separate various

basins or plateaus from each other.

The country's climate is diverse ranging from arid and semi-arid, to subtropical along the Caspian coast and the northern forests. A United Nations resident coordinator in Iran has said, "*Water scarcity poses the most severe human security challenge in the country today.*"

Iran is divided into five provinces, each governed by an appointed governor. The provinces are divided into counties and subdivided into districts and sub-districts.

Iran's capital city is Tehran and its official language is Persian. According to figures from 2018, the country's population is 82,531,700 making it the 18th most populous country in the world.

Throughout the centuries, Iran was one of the most powerful states in the region. The Iranian Constitutional Revolution in the early 20th century paved the way for a constitutional monarchy

and the country's first legislature. In 1953, a coup instigated by Britain and the United States resulted in greater dictatorial rule under Mohammad Reza Shah with increasing western influences. In the years that followed a number of far reaching reforms prompted industrial growth and land reforms and increased women rights. These reforms only benefited some, resulting in widespread dissatisfaction amongst the populace resulting in the 1979 revolution which established the existing Islamic State.

During the 1980s, Iran fought a war with Iraq that resulted in the deaths of thousands and economic depression for both sides.

Iran is a founding member of the UN, ECO, NAM, OIC and OPEC. The country has large reserves of fossil fuels including the world's largest gas supply and the fourth largest proven oil reserves. This exerts considerable influences in relation to international energy

the agreement and gave the other signatories 60 days to protect it from US sanctions. If this was not forthcoming, Iran would resume production of highly enriched uranium.

In recent months escalating tensions between Iran and the United States has created a flash point at the Strait of Hormuz. This vital shipping lane, where close to one-fifth of the world's crude oil is supplied to Gulf countries, has become a place of concern after a number of tankers were attacked. The strait is 21 miles at its narrowest point and abuts southern Iran. In April of this year Iran threatened to close off the waterway as the US President, Donald J. Trump, ended sanctions and waivers to importers of Iranian oil, thus eliminating a vital source of revenues for Tehran.

The US deployed a carrier strike force to the region but a series of attacks against oil tankers in the Gulf of Oman has increased



security as well as the world's economy.

In 2015, Iran agreed a long-term deal on its nuclear programme with a group of world powers known as the P5+1 – the US, UK, France, China, Russia and Germany. This agreement came after years of tension over Iran's alleged efforts to develop a nuclear weapon. Iran insisted that its nuclear programme was peaceful but the international community were suspicious and imposed sanctions on the country. Under the accord, Iran agreed to limit its development and allow international inspectors to enter the country and examine the work being conducted on the programme. This was in return for the lifting of many sanctions which were crippling the country. While progress was made in the short term, in May 2019 Iran suspended commitments under

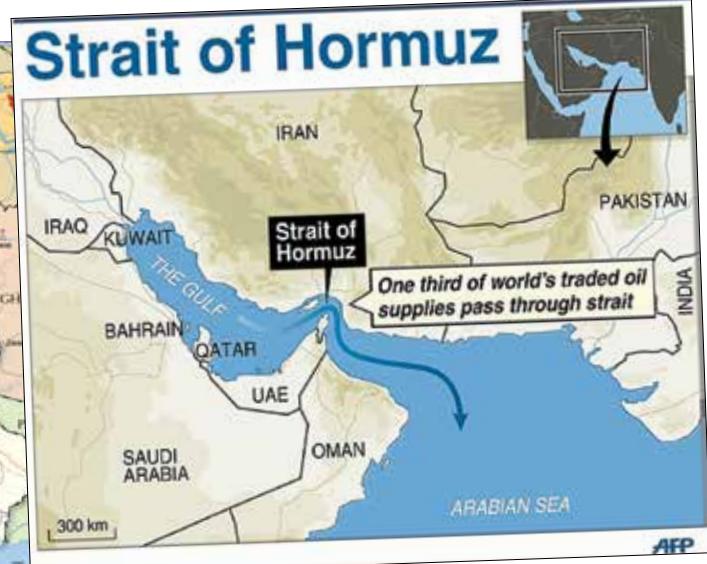
tensions. Iran denies these attacks with some countries believing America to be the aggressor with European countries requesting restraint by both sides.

Iran has been described as the Middle East's most powerful military force. Iran is equipped with relatively modern US made equipment that was delivered before 1979. While experts say it would be difficult for Iran to close the Strait of Hormuz for a prolonged period, its small motor torpedo boats can interrupt and delay shipping.

Since the Arab Spring, the rise of Islamic State and the fall of many Middle Eastern leaders, the region has become unstable and the flow of oil and gas has been disrupted.

World leaders are now monitoring the situation and hoping that a war does not develop. Negotiations and compromise all sides are required to avoid conflict.

A senior Iranian official stated that any conflict in the region will have, "unimaginable consequences." ■



# PEACEKEEPING

## on the Edge

BY COMDT KEVIN  
MCDONALD (RETD)

*The Second Lebanon War, 2006. Photo: Flash 90*

Observer Group Lebanon  
and the 2006 War (Part 1)

**T**he second Israel-Lebanon war is believed to have killed between 1,191 and 1,300 Lebanese (mostly civilians), and 165 Israelis (including 44 civilians). It severely damaged Lebanon's civil infrastructure and displaced approximately one million Lebanese and 300,000–500,000 Israelis. The conflict commenced at 09:00hrs on the 12th July 2006, when Hezbollah fighters fired rockets at Israeli border towns as a diversion for a well-planned attack on two armoured Humvees patrolling the Israeli side of the technical fence. In the ambush of the patrol three IDF (Israeli Defence Forces) soldiers were killed and two were abducted and taken into Lebanon. Five more IDF soldiers were killed just inside Lebanon in a failed rescue attempt.

Hezbollah demanded the release of Lebanese prisoners held by Israel in exchange for the abducted soldiers. Israel refused and responded with airstrikes and artillery fire on Hezbollah targets and Lebanese civilian infrastructure, including Beirut's international airport, and imposed an air and naval blockade.

By evening on the 12th July, the IDF had struck all Hezbollah positions along the Blue Line, destroying most of them. They also targeted most of the bridges south and north of the Litani River, most likely in an attempt to restrict the transfer north of the captured soldiers.

When the IDF launched a ground invasion of southern Lebanon, Hezbollah fired more rockets into northern Israel and engaged the IDF in guerrilla warfare from hardened positions.

This conflict provided UN peacekeepers in the area with a sharp and sudden realization of the complexities of peacekeeping in a dangerous and volatile environment. As we attempted to come to terms with the intensity of the conflict that raged all around us, those of us with families in the coastal city of Tyre naturally found our thoughts turning to them. Phone calls were made in the lulls between shelling (incoming artillery during a phone conversation with a concerned wife is not an ideal way to try to assure loved ones that everything will work out all right). We scoured online media for the latest information, while also keeping OGL (Observer Group Lebanon) Operations updated on the location of all air and artillery strikes.

By the end of day one we were all on radio checks every 20 mins, 24/7, and slowly we began to take stock. This did not look like it would be a repeat of operations 'Accountability' and 'Grapes of Wrath', in 1993 and 1996 respectively; two very similar seven-day intensive air campaigns designed to create a refugee problem for the Lebanese government.

Life on Patrol Base (PB) Mar settled into what would become

routine: we alternated between shifts on the observation platform, the ops room and the kitchen. As the war progressed, we could look west towards Tyre and see the bombs landing all around the city as indeed our families could look at the skyline in the distance and see similar strikes where we were located. As the intensity of the shelling and airstrikes increased, the decision was made to evacuate the families and a cruise ship was chartered to pick up some UNFICYP troops from Cyprus and sail for Tyre. Naturally we were delighted that at least the families would now be safe, and OGL implemented a plan that would ensure that deployed UNMOS could get to Tyre to say a quick goodbye.

Unfortunately, the level of attacks in the vicinity of PB Mar was so intense that I was unable to get on a convoy down to Tyre, and so on the 20th July, in the second week of the war, when my wife and two children (aged 5 and 7) were getting into the lifeboat that would take them out to the ship, I rang my wife's mobile and wished them God speed, which is not exactly the way you expect to end a family mission in the Middle East.

Capt Matina Stanfield was in command of a convoy of two UN SISUs that was to travel from PB Khiam to Tyre on the 17th July. Such a patrol would typically take three hours to complete but on this occasion, it would extend across two days. The convoy had a couple of lucky escapes during the patrol with the IDF aircraft twice dropping bombs in very close proximity to them.

On the second day the SISU driver had to brake suddenly and Capt Stanfield was thrown forward, hitting the windscreen. The impact broke her back in five places; two vertebrae were crushed (wedged) and three more were fractured. (Matina was medically retired from the Australian Defence Force as a result of the injuries she sustained.)

On the 20th July the IDF were involved in very heavy firing around Marun Ar-Ras and this fighting was particularly intense close to PB Ras. During the day the ops room, which was on the second floor, was destroyed after it was hit by fire from an IDF Merkava tank. The destruction of the operational facility also meant the loss of primary communication means and electrical power. Battle repairs were carried out on the satellite phone, mending a cable cut by shrapnel with band-aid and office tape.

Even though things seemed quiet, two further direct hits were recorded that impacted on the emergency telephone landline and generator.

On the 23rd July, after the team had cleared up debris left by the hit on the ops room, UNMO Capt Punzo, who was checking

water levels, was shot by a single round. Shouting that he was hit and that he could not move his legs, he pulled himself to the edge of the roof from where Comdt Van Cauwenbergh lifted him down to the ground and placed him on a stretcher.

Capt Punzo was bleeding badly and on examination his colleagues found two punctures in his body (the entry and exit wounds). The wounds were cleaned with iodine and sterile pads and the injured man was moved to the shelter as fighting raged all around the PB and debris rained down over the team.

Comdt Van Cauwenbergh requested a medical evacuation as soon as possible and stressed the urgency as by this stage they had confirmed that Capt Punzo also had a spinal injury and internal damage to his intestines.

Chief OGL was informed of the situation and first requested a medevac by ITALAIR. When informed they were unable to fly due to the heavy shelling, he requested an armoured ambulance from UNIFIL. Ghanbatt HQ was ordered to mobilise an armoured ambulance from position 6-43. Unfortunately, the ambulance could not reach the PB because of the very intense firing in and around the Marun Ar-Ras, and roads blocked by craters and debris.

In UNIFIL Operations, evacuation options were discussed and due to the level of operational activity around PB Ras it was decided to evacuate into Israel. IDF Liaison was requested to facilitate evacuation and agreement was reached that this was to be effected in the vicinity of Blueline Point (BP) 21. On leaving PB Ras the three members of the team and their injured colleague came under fire again and had several firings close during the evacuation. Eventually they contacted an IDF military ambulance between BP 21 and BP 22. Capt Punzo was transferred to the ambulance from the UNTSO land cruiser and later transferred to a civilian ambulance that drove to a heli pickup site where a doctor from a waiting IDF heli received a full brief on Capt Punzo's condition. Capt Punzo was left with serious spinal injuries.

In total PB Ras recorded more than 25 firings close and more than 4,000 firings of tank rounds/artillery shells/rockets or impacts in and

around the PB, which had found itself the unwilling centre of the Battle of Marun Ar-Ras between the IDF and Hezbollah. (Continued next month.) ■



*Dust rises after the impact of two bombs dropped during an IAF airstrike on Tyre, Lebanon, 16th July 2006.*



*A direct hit on PB Khiam.*



*After the air attack in PB Khiam.*



*Clare McDonald being evacuated from Tyre.*

# MARCHING

## for Caitlin

BY SGT SIMON HALPENNY, 27 INF BN PHOTOS CPL COLIN DELANY, J4, DFHQ

**O**n 3rd July 2019, the 56th Recruit Platoon, B Coy, 27 Inf Bn conducted a 14km loaded charity run in aid of Temple Street Children's Hospital. Our little hero Caitlin Neary had inspired us to take on this run. Caitlin was diagnosed with a life-threatening stomach issue, which required a number of emergency surgeries. This little angel defied the odds due to the outstanding care and support from Temple Street Children's University Hospital.

To show our thanks for the care and support that Caitlin and her family received, the 56th Recruit Platoon and instructing staff conducted a 14km run in battle dress carrying 25kg of equipment. The run started in West Street, Drogheda, Co Louth and finished in Gormanston Camp, Co Meath.

The Platoon received a fantastic welcome in Drogheda from the local population - young and old. The run took over 2 hours due to the high temperatures on the day and the weight being carried. When the Platoon arrived back to Gormanston Camp and to mark the occasion they were greeted at the gate by the families of both recruits and instructors. And upon completion of the run and to coincide with their passing out as two-star privates, the recruits of the 56th Recruit Platoon were presented with their two-star rank markings by B Coy's Company Commander Comdt Ian Kilbride.

As it stands they have raised over €7,553.81 with some donations still coming in, so the count could still rise.

Angela McNulty, Special Events & Community Manager, for Temple Street Foundation said, "Thank you so much for creating a Facebook fundraiser on behalf of Temple Street Children's Hospital, we hugely appreciate your support!"

I would love to follow up with you directly and thank you personally for your efforts on behalf of our little patients and to tell you



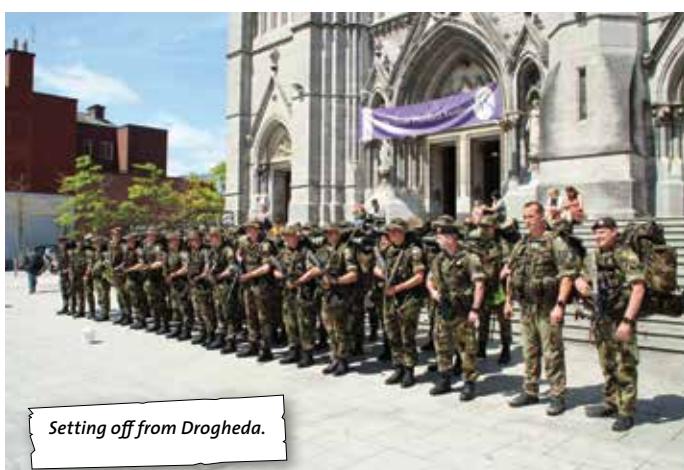
*more about the impact that your fundraiser will have for our hospital. Thanks again to you and your followers for your amazing support."*

The family of Caitlin couldn't thank the recruits enough: "When we heard that the 56th Recruit Platoon would be 'Marching for Caitlin' we were genuinely taken back. Our first question was - how can we help? But Sgt Halpenny had it all sorted with Temple Street - it goes to show the Defence Forces is more than a job - it's a family."

*We brought Caitlin to meet the recruits a few weeks before they marched so they could see how well she was recovering after all the amazing care she received from Temple Street.*

*On the day of the march the people of Drogheda were very supportive of what the Defence Forces were doing for Temple Street and it was great to see how supportive they were to the members of the Defence Forces.*

*From Caitlin and all of our family, we would like to congratulate the recruits on becoming 2\* privates and thank you to all of them and their training staff for all they have done for Temple Street on behalf of Caitlin." ■*



# DUAIS AN ARDMHÉARA

## The Lord Mayor's Award

BY CAPT ANTÓINE Ó BEOLÁIN (AR), 2I/C D COY, 7 INF BN



Members of 7 Inf Bn in the Oak Room of the Mansion House with Lord Mayor Nial Ring.



Representatives of 7 Inf Bn in the Officers' Mess, Cathal Brugha Bks, for the presentation of Duais an Ardmhéara.

**"This is your city and you are Dublin's Battalion. As the First Citizen of this great city I want to welcome you here today".**

These were the words of the outgoing lord mayor of Dublin, Nial Ring, when he formally welcomed 7 Infantry Battalion to the Mansion House in May of this year; the first time in memory that a serving infantry unit of Óglaigh na hÉireann had been invited to the Mansion House by a sitting lord mayor.

Addressing the troops in the Oak Room of the historic Mansion House, in this the 100th anniversary year of the first Dáil Éireann, Ardmhéara Ring recalled, with great detail and humour, historic events related to the city and the office of lord mayor, from the formation of the office up to the present. Evidence of the historical nature of the position is highlighted in the fact that the official chain of office worn today by Ardmhéara Ring was presented to the office by King William of Orange in 1698.

Ardmhéara Ring's grandfather and granduncles fought in the 1916 Rising, his father served during the Emergency and was the first commanding officer of Complacht na bhFíann, the first all-Irish FCÁ unit, which the current lord mayor himself joined in 1974. He is proud of his family's history and a huge supporter of the Defence Forces.

Although 7 Inf Bn is a relatively new unit, it has inherited, through the units from which it was formed, a long tradition of involvement with Dublin above and beyond the normal security and ceremonial duties. Unit personnel voluntarily support many charitable activities such as Our Lady's Hospice 'Light the Light' ceremony at Christmas; 'Eric's Party' in the GPO (which provides Christmas dinner to some of the city's homeless); and the annual Cultural Night; as well as helping with fundraising and support for many other charities and events.

Given the above, it is no wonder that the lord mayor expressed a desire to encourage the relationship between the citizens of Dublin and their infantry unit. To this end, after accepting a reciprocal



Lt Col O'Fátharta presents Ardmhéara Ring with his FCÁ service medal.

invitation from Lt Col Seán Ó Fátharta (OC 7 Inf Bn) to visit the battalion in Cathal Brugha Bks, Ardmhéara Ring commissioned a special award to present on the day.

Speaking at that presentation, the lord mayor reiterated his pride in 7 Inf Bn and the Defence Forces and their contribution to the state and the city of Dublin. Lt Col Ó Fátharta thanked the lord mayor for his support for the unit, for hosting them in the Mansion House, and for the award.

The custom-made award, Duais an Ardmhéara, consists of the coat of arms of the lord mayor of Dublin and the 7 Inf Bn crest on either side of the Defence Forces crest on an Irish oak mount. The intention is that the award will be competed for annually by

permanent and reserve members of 7 Inf Bn, with the award being presented to the winning team or individual by the serving lord mayor.

In turn, Lt Col Ó Fátharta presented Lord Mayor

Ring with a seven-year service medal, which the lord mayor had earned during his service with the FCÁ but had not received.

Ardmhéara Ring expressed his gratitude and said he would be proud to wear the medal. ■



Duais an Ardmhéara.

# ORDNANCE CORPS ARTICLE SERIES

## How your equipment works: *Grenade Fragmentation*

BY LT ORDNANCE SCHOOL, DFTC

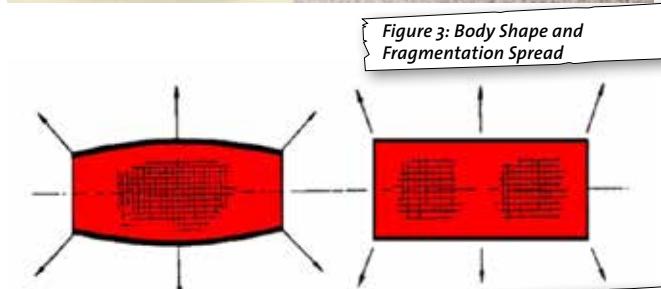
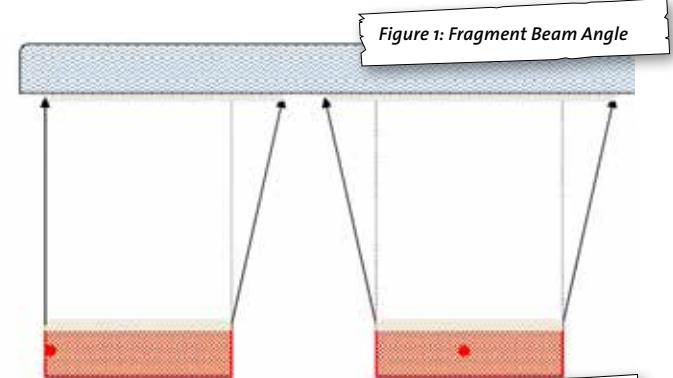
The Defence Forces uses the M72 hand grenade. It consists of approximately 60g of composition B explosives (A 60/40 mix of RDX/TNT), a plastic casing and a pre-notched coil surrounding the explosives. The infantry section carries four grenades. Two are given to No. 1 and No. 2 riflemen (the assaulters). They are used as a semi-remote close-in attack of personnel in conventional operations. The technical hazard classifications associated with the M72 grenade are **blast and fragmentation**. The fragmentation comes from the pre-notched coil surrounding the explosive fill.

Upon initiation of the composition B main fill, the detonation wave travels omni-directionally from the initiation point. If we were to alter the initiation point of the explosive fill, we would change the direction of travel of the fragments. Central initiation is where the main explosive fill is initiated from within its centre. Looking at the image below, the red dot indicates the initiation point of the explosive. The black arrows show the beam angle of the fragments. Central initiation gives a more favourable beam angle and allows the fragmentation grenade to better disperse its fragments. The M72 grenade follows this principle. Notice in the sectioned image of the grenade how the detonator is placed centrally in the grenade body.

The geometry of the case of the grenade also effects the beam angle. Consider the shape of the M72 grenade. Egg shaped cases will yield a better fragment distribution. Many other grenades have similar shapes to yield better fragment distribution. More crude designs such as the Russian RG42 grenade have a cylindrical design. Whilst this may be easier to manufacture, the beam width will not be as favourable as the M72 grenade. This does present manufacturing difficulties and thus drives the cost of manufacture of the M72 grenade up. Russian weapon and grenade designs tend to be cruder and cheaper to manufacture than western designs.

Anti-personnel munitions are designed to fragment. Fragmentation is achieved by one of three ways: Controlled fragmentation, Pre-formed fragmentation or Natural fragmentation. Natural fragmentation would be the case of a munition fragmentating from the explosive composition initiating. Examples in service within the DF would be the 105mm high explosive artillery shell or the 81mm high explosive motor bomb. Pre-formed fragmentation are fragments that have been cast surrounding the explosive fill. Small ball bearings or cubes that are made before being placed surrounding the explosive fill are pre-formed fragments. The 40x46mm high explosive round fired from the M203 grenade launcher uses pre-formed fragments as does the RBS 70 bolide missile in service with the Artillery Corps. Controlled fragmentation is what the M72 hand grenade uses. The pre-notched metal coil has a built-in weakness in the material. The 'notch' is the weakness in the coil. The detonation of an explosive material is the propagation of a shock wave through the material. When the shock wave meets the notch on the coil of the grenade, the pressure increases because the shock wave is acting over a smaller area. Cracks begin to form in the coil due to the built-in weakness. The fragment is accelerated by the explosive initiating and travels towards its target at high speed.

A lethal fragment is one that can perforate a target. It is unlikely that a single fragment will kill the target. The threshold for the human body, with body armour protection is 10 J/mm<sup>2</sup>. Comparatively, a tank requires 15000 J/mm<sup>2</sup> for perforation! This shows that for an anti-personnel warhead to be effective, the fragment must



have at least 10 J/mm<sup>2</sup> to penetrate the target.

This topic is one of many taught in detail during the Ammunition Examiner Course and the Ammunition Systems Engineering block of an Ordnance Young Officers Course. A thorough understanding of how warheads are designed and work allows the Ordnance Corps to fully support Óglaigh na hÉireann on-island and overseas. ■



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## SWITCHING YOUR CURRENT ACCOUNT CAN SAVE MONEY

A recent report from the Central Bank of Ireland showed that the number of consumers moving their current account to another bank using the switching code has fallen to its lowest level in five years, despite the potential savings consumers can make by switching.

If you are thinking about switching, a good place to start is our current account comparison on [ccpc.ie](http://ccpc.ie). You can compare each bank's fees and charges and find out whether there are conditions you need to meet in order to avoid transaction fees. If you decide to switch, the Central Bank's switching code has been designed to make the process as easy as possible.



By Áine Carroll, Director of Communications & Policy with the CCPC

### How to switch

**Step 1** - Pick a new provider: Your new bank will supply you with a switching pack which contains information on all the current accounts they offer, as well as a step-by-step guide to switching. When you are opening an account you will have to provide proof of ID and address and you may need to provide bank statements from your old account.

You should also receive: A guide to their fees, charges and interest rates; An account transfer form and Contact details for making an appointment, if it's needed.

Before you switch you will need to decide if you intend in closing or keeping open your old account. If you choose to keep it open, you may have to pay fees and stamp duty.

If you have an existing overdraft facility and wish to have an overdraft on your new account, you should discuss this with your new bank as you will need to make an application. If you have an existing overdraft, you will need to make sure it is cleared before you switch.

**Step 2** - Getting ready to switch: Once everything is in place, a switching date will be agreed between you and the new bank. Your new bank must have your new account ready and set up within 10 working days on the switching date. Try to pick a switching date during the month when activity on your account is low. For example, you should avoid dates on or near when you get paid, or when there are a lot of outgoings.

It is important that you provide your new account details to your employer and anyone else who lodges money into your account, such as social welfare. You must complete this step yourself as your new bank can't do it for you. The switching pack will have sample letters you can use to inform your employer about your new bank details.

**Step 3** - Switching: Your new bank will ask you to complete an account transfer form, which they will send to your old bank who will notify any company you have a direct debit with of your new bank details so they can update their records. It is worthwhile contacting any company you pay by direct debit yourself to ensure they have your new details on file.

Your old bank will send your new bank a list of your direct debits and they will set these up to go from your new account. If you have direct debits outside Ireland, you will have to notify these providers yourself. Likewise, if you have any recurring payments on your debit card such as music streaming or gym membership you will have to notify these companies of your new card details. These don't count as direct debits and won't be moved over as part of the switching process.

The balance in your old account will be transferred as part of the switching process, but leave enough money in your old account to cover any fees or payments that you owe. Don't use your debit card on your old account during this period as it can delay the account closing.

**Step 4** - New account is up and running: Depending on what option you chose, your new account will be fully operational and your old account will either be closed or left open. You will receive a debit card for your new account and you can destroy the cards for your old account. ■

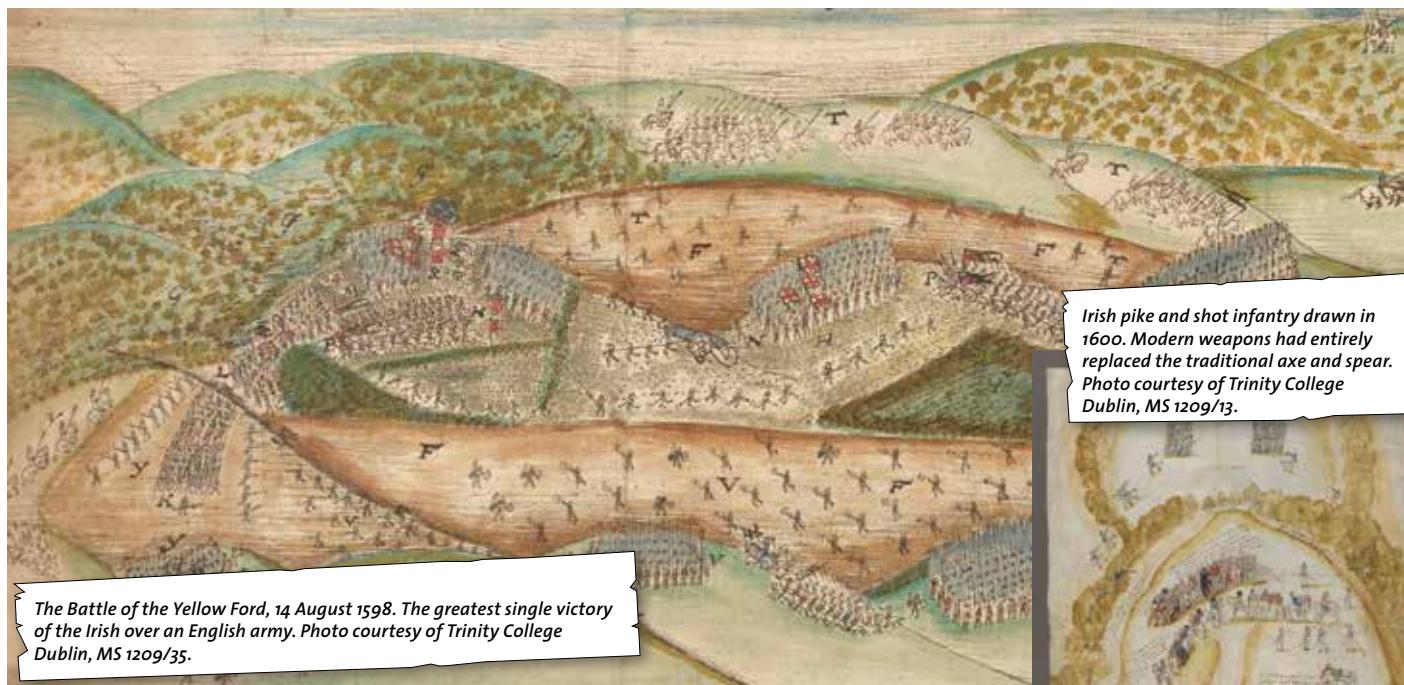


More information on switching your current account can be found at [www.ccpc.ie](http://www.ccpc.ie)

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# Tyrone's Military Revolution: The Nine Years War 1593-1603

BY DR JAMES O'NEILL



**T**he Nine Years War (1593-1603), also known as Tyrone's Rebellion, was a conflict during which Hugh O'Neill, earl of Tyrone, led a confederation of Irish lords that almost extinguished English power in Ireland; yet victory at the Battle of the Yellow Ford (1598) turned to bitter defeat at Kinsale (1601) and eventual conquest at the hands of the English armies of Elizabeth I by 1603.

However, this narrative appeared a bit off, as the traditional Irish heavily armed and armoured galloglass, and light kerne, armed with spears, swords and shields, rarely bested crown armies in the field. So how could an Irish lord and his allies almost expel Elizabethan authority from Ireland? It was not just firearms, as they had been available for over a century. Shane O'Neill's troops had them as did the O'Flahertys in Mayo, but none achieved the success of Tyrone. Something very different had happened to the nature of Irish arms in the last decade of the sixteenth century.

Did the history books have the answer? In short...not really. Investigation of the literature on the war failed to produce a single text addressing the conflict in its entirety. That doyen of Irish military history, GA Hayes-McCoy, related how Hugh O'Neill had trained his troops in modern techniques, and Cyril Falls credited Tyrone's ge-

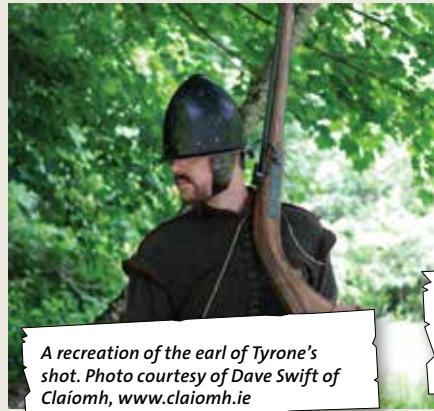
nius with transforming Irish units into modern copies of their English adversaries, but there was no single text dedicated to examining and explaining the course of the war.

Some authors suggested that the Irish could never really hope to defeat England and that it was just a matter of time until Elizabeth I crushed the brave but ultimately doomed Irish cause. This interpretation relegated the conflict to a colonial sideshow on the western fringe of Europe. Yet this critically misrepresented a conflict that cost more in lives and money than any of the Elizabethan interventions on continental Europe. The war directly cost the English exchequer two million pounds and almost bankrupted the state. This was no sideshow, but one of the greatest threats the Tudors ever faced.

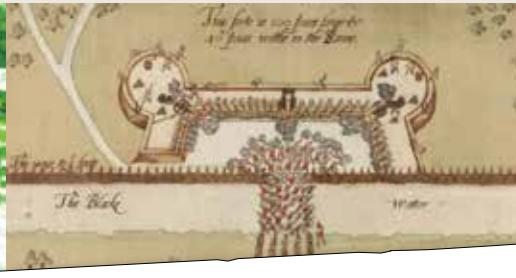
The war came as a result of English encroachment on the Irish lordships in Ulster. An unprecedented alliance between the O'Neills of Tyrone and the O'Donnells of Tirconnell (usually bitter rivals), and support from Philip II of Spain, enabled resistance to Crown plans to establish English law in the north.

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A recreation of the earl of Tyrone's shot. Photo courtesy of Dave Swift of Claiomh, [www.claiomh.ie](http://www.claiomh.ie)



Tyrone used fortifications to block English advances. On 15 July 1597, Lord Deputy Burgh assaulted and took the earl's fort on the River Blackwater, Co. Tyrone. Photo courtesy of Trinity College Dublin, MS 1209/34.



Hugh O'Neill, 2nd Earl of Tyrone.



Charles Blount, 8th Baron Mountjoy

For the first two years of the conflict (1593-4), the English did not even realise they were at war as Tyrone fought a proxy war in Fermanagh and northern Connacht, using Hugh Maguire to focus English military attention in the west while Tyrone influenced, intimidated, and, where necessary, assassinated the crown's Irish allies in Ulster. All the while, as Tyrone pretended to be a loyal subject, his military, political and economic strength grew.

In February 1595 he openly broke with the Crown when he took the Blackwater Fort on the Armagh/Tyrone border, and in May, when Tyrone brought the full force of his army to bear at the Battle of Clontibret, the English officers were shocked at the skill, order and disciplined firepower of Tyrone's modernised infantry. The English army was mauled but escaped to Newry, though the muster master, Sir Ralph Lane, thought it unwise to report the full extent of the casualties.

Tyrone had put into the field something altogether new, and the crown's officers were struggling to find an answer to the new, modernised Irish forces.

Throughout the sixteenth century, old weapons had given way to what later became known as the military revolution. Troops armed with firearms supported by armoured pikemen came to dominate the battlefields of Europe. These changes made their way to Ireland, as English soldiers gradually adopted the European reforms. Though the Irish were famous for their kerne and gall-glass, Irish lords in Connacht took advantage of the windfall of arms and equipment and more importantly, military expertise, when the survivors of the ill-fated Spanish Armada washed ashore in September 1588.

A revolt by the O'Flahertys and Bourkes in Connacht pitted the re-equipped Irish forces against government infantry formations, but they were crushed with little difficulty. Clearly Tyrone was not just creating copies of English or even continental pike and shot units. What he had raised was much more worrying for the crown.

Superficially, Tyrone's men resembled English infantry. Indeed, there were occasions when Irish and English officers mistook enemy troops for their own, but the Irish made far greater use of firearms, specifically calivers, which were lighter and more manageable than the heavier muskets. English infantry had one or two shot for every pikeman whereas Tyrone's formations had a ratio of four, five and even six shot to each pike. Furthermore, the Irish shot and pike wore no armour, saving perhaps a helmet, whereas English pike were encumbered with armour; possibly 25lbs to 30lbs

of steel plate.

English infantry marched and fought in dense square or oblong formations called battalia, where pikes formed the core surrounded by their shot. However, Tyrone's men fought in loose order. The earl's shot engaged in protracted skirmishes with crown forces, while their pikemen protected them from attack by the English cavalry. Only when Irish gunfire had disordered English units did Tyrone commit his pike and swordsmen to turn panic into a bloody rout. The new Irish infantry was a hybrid, which emphasised the firepower of continental tactics while maintaining the operational and tactical mobility of traditional Irish forces. They could move quickly over rough ground, easily outmanoeuvring the more cumbersome crown forces, whose infantry often remained trapped on roads and trackways. Tyrone's infantry reforms recognised the limitations imposed on pike and shot formations by the Irish landscape. Broken ground, bogs, and woods inhibited close-order manoeuvre, therefore the Irish infantry deployed in loose order, enabling tactical fluidity, which made the English columns they engaged appear lumbering in comparison.

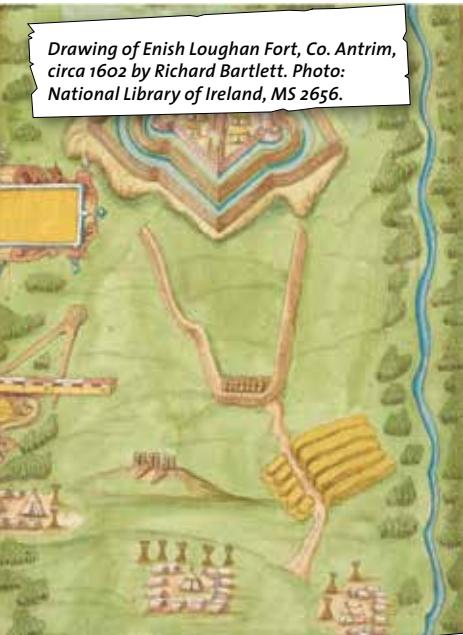
Though battles and sieges tend to get the most print, wars are not just about killing people. Indeed the reasons for victory are frequently found off the battlefield. The best-trained and equipped troops are useless if they are in the wrong place, poorly fed or misdirected by badly informed orders. Tyrone built a confederation of Irish lords that was unprecedented and his network of alliances grew as the conflict spread. The confederation stretched from the north coast of Antrim to the rocky inlets of Cork and Kerry. Moreover, the alliance was responsive to Tyrone's will. The earl developed a high degree of operational synchronisation across different theatres. Attacks in one region were ordered to displace the crown's military assets, granting advantages to confederate forces in others. Tyrone's attacks on Armagh in 1596-7 had the sole intent of drawing English forces out of Connacht, opening the door to Red Hugh O'Donnell's punishing raids.

Faced with inter-regional co-operation the crown struggled to find an adequate response.

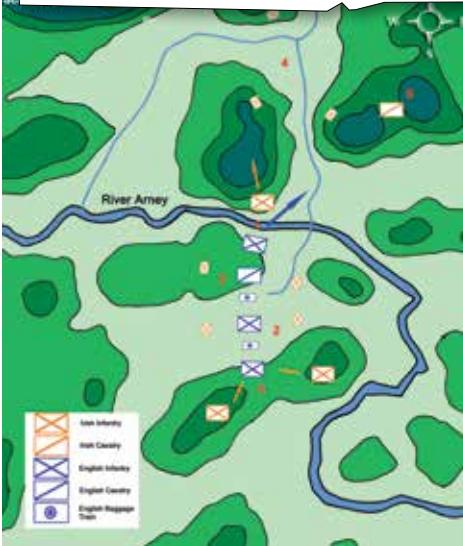
The nature of the military operations by Tyrone caused many to interpret the war as one of hit-and-run attacks consistent with guerrilla warfare. This conjures an image of unequal opponents, as the weak and militarily crude natives attempt to resist their powerful and technologically superior enemy. For the Nine Years War, this could not be less appropriate. During the first seven years of the

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Drawing of Enish Loughan Fort, Co. Antrim, circa 1602 by Richard Bartlett. Photo: National Library of Ireland, MS 2656.



**The Battle of the Ford of the Biscuits, 7th August 1594.** 1: Irish shot engage and halt the head of the column but are eventually forced to give ground by a determined pike charge. 2: Shot envelop the flanks, forcing in Duke's loose shot and disordering his pikemen. 3: Irish pikemen and Scots charge into the disordered rear forcing it onto the main battle and then the van. 4: Duke's army makes it to low ground. Under fire from the surrounding heights, he attacks south but is rebuffed and forced to cross further upstream. 5: Incongruously the Irish horse played no part in the battle.



confederate force into Munster in October to overthrow the English plantation in a matter of days. By 1600 Tyrone's confederation dominated most of the country, and the crown held little beyond its fortified towns and few key forts.

Deception, ceasefires and dissembling negotiations were all used to the advantage of Tyrone's Irish confederates. The war was not just fought with weapons; cessations (as they were known) were by no means peace. Tyrone often requested ceasefires, either for a matter of days or sometimes much more; the longest lasted nine months. Truces forced crown armies to exhaust their supplies for no gain. Tyrone exploited longer cessations to expand his politi-

war, the Irish held the field or forced the English forces to break contact, for most major engagements. After the Battle of the Yellow Ford (1598) the 2,000 survivors of the English relief force only made their way south from Armagh because Tyrone allowed them; not exactly hit-and-run warfare. Large Irish units were broken up into smaller groups that engaged in small-scale partisan warfare and raiding, but the irregular actions were often in support of wider military goals. Moreover, the small-unit actions usually depended on the deployment of large regular formations for decisive results.

The focus on combat throughout the historiography of the war led many to believe Tyrone fought a defensive war. It is true that from 1594-5, Tyrone consolidated his position in Ulster, but while there was a shooting war in the west, Tyrone aggressively suppressed English allies in east Ulster. In 1596 while the crown's officers fought it out in Ulster, Tyrone used raiding to spread Irish political domination into Connacht, the midlands and south Leinster. After the resounding defeat of Sir Henry Bagenal's army at the Battle of the Yellow Ford in August 1598, it only took the entry of a small

cal alliances, resupply troops in the field, and restock stores.

Every delay bought time for the arrival of the long-promised Spanish landing force. Meanwhile, the Irish imported weapons and munitions from merchants (mercantile greed often trumped notions of loyalty to the crown) in Scotland and even England. Imported arms and munitions were fed into a system of supply and logistics, which ensured Tyrone's troops were fed, armed and paid.

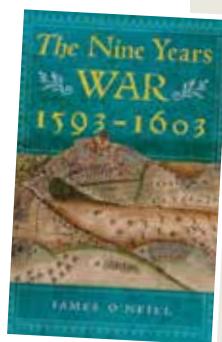
Tyrone pushed the crown's authority in Ireland to the point of collapse. For seven years the Irish defied all English efforts to bring them to heel, and had all but won the war by 1600. However, in February 1600 everything changed with the arrival of Charles Blount, eighth Baron Mountjoy as lord deputy.

Mountjoy brought a change in attitude that appreciated the Irish threat for what it was; a modernised and sophisticated military and political entity. Mountjoy took his time to reform the demoralised English army, adopting many of Tyrone's infantry reforms, after which he started to roll back the advances of the Irish confederates. Within a year Munster was pacified without fighting a single battle, and Sir Henry Docwra landed on the River Foyle with 4,000 troops, causing local Irish lords to defect, thereby threatening Tyrone and O'Donnell's heartlands.

Tyrone was on the back foot by the summer of 1601 and the arrival of the Spanish at Kinsale in September appeared to be the lifeline the Irish needed to recover their position. However, it was a false dawn. Obliged to march the length of Ireland to relieve the besieged Spaniards, Tyrone's confederate army was shattered by Mountjoy at the Battle of Kinsale. The war dragged on through 1602 and into 1603, visiting unprecedented levels of devastation, atrocity and human suffering throughout Ireland. Tyrone finally submitted at Mellifont Abbey on 30 March 1603.

The fall of Tyrone's confederation was so rapid it disconcerted some English officers, who thought it was another of the earl's ruses to play for time, but the collapse was real. Moreover, the defeat served to confirm in some observers (and later historians) that Tyrone's success was an aberration, and that the noble yet primitive Irish were again easily defeated once England got serious. As in most things, the reality was far more nuanced and complicated than the neat 'Irish primitive' narrative allowed for. Issues concerning the nature of power and loyalty within the Irish confederation, systems of supply and logistics, the rapidity of change and the dependence of the Irish on firepower all worked to undermine Tyrone. Furthermore, Mountjoy's transformation of the English war effort, modification of military strategy and tactics, and exploitation of English naval and economic power, combined to strengthen the crown and weaken the Irish position. Ultimately, Tyrone's defeat in 1603 completed the English conquest of Ireland.

**About the Author:** Dr James O'Neill was born in Belfast; he worked in the field of contract archaeology for 16 years, before considering a career in history. Gaining a first class BA in modern history at Queens University Belfast in 2007. He gained an MA at QUB in 2009 and PhD again from QUB in 2013. He is the author of *The Nine Years War, 1593-1603: O'Neill, Mountjoy and the Military Revolution*, published by Four Courts Press in 2017 (ISBN: 978-1846827549). ■



# HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

# 4 Infantry Battalion

BY PTE TERRENCE O'REILLY, DEFENCE FORCES LIBRARY, MIL COL

In January 1923 a general routine order (GRO) formally organised the Infantry Corps into 60 infantry battalions. Troops then based in Renmore Bks in Galway were designated 4 Infantry Battalion, under the command of Comdt James O'Reilly.

The new battalion was involved in the final stages of the Civil War and was transferred to Mayo in April 1924 under the command of Comdt John Haughey. They were headquartered in Castlebar Cavalry Barracks, when Comdt Haughey's son (a certain Charles J) was born the following year.

Tensions were still high in the fledgling state and the unit was routinely involved in supporting An Garda Síochána and providing security for elections and for the emerging Ardnacrusha power station.

In 1927, the battalion transferred to Athlone and then to Limerick. It was then briefly disbanded before re-emerging in 1930 in Collins Barracks, Cork, which was still undergoing extensive reconstruction following its destruction during the Civil War. A pipe band was also formed, which became an integral part of the unit.

In the early days of the Emergency, the battalion was tasked with the protection of Foynes seaplane base and the transatlantic cable station on Valentia. When the Wehrmacht reached the French coast 4 Inf Bn was deployed to West Cork as the core of a motorised battalion group responsible for coastal defence from Cork Harbour to the Shannon estuary. That winter the unit was billeted in Kilworth, Fermoy Aerodrome, and several stately houses, including Castle Hyde and Glenville.

By 1941, the army was expanding rapidly and 4 Inf Bn became part of 3 Infantry Brigade of 1 Infantry Division. Training intensified markedly, with an emphasis on night operations. One newly commissioned young officer who joined the unit in 1940 (and was

acting battalion commander by 1944) was Lt Mick Gill (in later years Judge Advocate General). As talented a writer as he was a soldier, he left valuable written accounts of the battalion at this time.

By 1944, the battalion was executing 30-mile marches regularly and an endurance exercise was proposed. The result of this was subsequently recognised as a world record march by the Guinness Book of Records and was recorded thus:

*"On the night of 12-13 September 1944 a team of nine from B Company 4th Infantry Battalion of the Irish Army made a night march of 42 miles (67.59 km) in full battle order carrying 40 lb (18.1kg) in 11 hours 49 minutes."*

In 1946, 3 Brigade was disbanded and 4 Inf Bn returned to Collins Barracks in June.

Settling into a peacetime routine, the battalion's GAA team won several county titles, while Pte Mick Leahy began his career as an international boxing champion. Squash and handball clubs were also organised. Although discipline was strict and conditions Spartan during the 1950s ('an endless routine of parades, inspections and training') there were some consolations, including a barracks cinema and a weekly dance in the gymnasium.

In 1960, troops from the unit deployed to the Congo with B Coy, 32 Inf Bn; thankfully without fatalities on this mission. Four DSMs were won by 4 Inf Bn soldiers, including Coy Sgt Walter O'Sullivan and QMMS Anthony Connolly.



*Issue of orders at Tallow-Bridge during the exercises in 1942. Pictured are Lt Gen M. J. Costello (founder of An Cosantóir) and Col T. O'Higgins.*



*Tactical exercises in 1943. 'C' Coy 4 Inf Bn under Capt M. M. Gill, in the Tallow-Bridge area.*



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with troops from Cork carrying out patrols and checkpoints, and guarding vital installations, along with many other ATCP duties, such as securing Baldonnel for the visit of British Prime Minister Edward Heath in 1973.

On 26 May 1977, Sp Coy was conducting a mortar shoot in the Glen of Imaal when a tragic explosion took place, killing Cpl Gerard O'Donovan (19), Pte Donal Nugent (28), Pte Cornelius Buckley (21), Pte Daniel O'Connell (28) and Pte Anthony Hourihane (19), and seriously wounding Sgt Flannan Hough, Sgt Con O'Sullivan and Pte Denis Sheehan. When the funeral cortege passed through Cork City, flags flew at half mast and citizens lined the streets. Subsequently, a striking memorial was unveiled near St Michael's Garrison Church in Collins Barracks.

In March 1978, Israel invaded south Lebanon. In response UNSCR 425 was passed, which called for the formation of UNIFIL. Ireland immediately responded to this request and among the first Irish personnel arriving at Ben Gurion Airport in Tel Aviv on May 20 were two platoons from 4 Infantry Battalion, as part of B Coy, 43 Inf Bn.

After being driven to Haris, they marched to their Coy HQ in Tibnine, and when the IDF withdrew from Bayt Yahoun in June, B Coy occupied that village as well as Ayta az-Zutt and Brachit, and later At-Tiri, which proved to be a vital position for UNIFIL. Tragically, Pte Gerald Moon (18) was killed in a traffic accident near Brachit on 26 August.

That October, Cpl Noel Mullins won the battalion's fifth DSM *'for displaying calmness, courage and dedication to duty above the average, when unarmed and isolated from his parent unit and under severe physical and psychological duress, Corporal Mullins gave first aid to a wounded comrade and continued to function effectively as an observer at an isolated observation post [OP Ras] in South Lebanon.'*

However, tragedy followed on 18 April 1980 when Pte Thomas Barrett (30) was one of two Irish soldiers disarmed and murdered by the DFF, in the wake of the Battle of At-Tiri.

By 1983 nearly 1,200 members of the battalion had served on UN

Members of the battalion also deployed to Cyprus during the 1960s.

In August 1969 a company was hurriedly despatched from Collins Barracks to the border due to the outbreak of violence in Northern Ireland. They remained under canvas in Camp Arrow near Letterkenny until winter. This would be the first of many border deployments,

peacekeeping missions.

The battalion was kept busy at home as well with ongoing ATCP commitments, such as providing a permanent military guard on Mount Gabriel radar station following a terrorist attack in 1982, and the deployment of personnel to Leitrim in December 1983 to assist in the search for kidnapped businessman Don Tidey. The battalion provided security during the visit of US President Ronald Reagan in 1984 and was deployed in support of the operation to recover wreckage and human remains in the wake of the Air India disaster in 1985.

Conventional training continued apace, including Exercise 'Madra Liath' in September 1987 when B Coy carried out intensive APC exercises in the north Cork area, supported by a troop of Scorpions and a 105mm battery.

In November 1987 a company was deployed to the border to reinforce 27 Inf Bn in Operation 'Mallard', an intensive search for PIRA arms dumps. *"Within 24 hours the boys of Fairhill, Gurrabrahern and Mayfield could talk the hind legs off a smuggled donkey, were calling gardai by their Christian names, and knew the exact location of the covering forces across the border.. all that was missing was the Almaza, the mingy men and the heat."*

In 1991, Cpl Luke O'Regan won the Defence Forces individual rifle completion, while the 84mm team came second, and the battalion team won the Defence Forces orienteering competition. However, in November that year came the tragic news that Cpl Michael McCarthy (33) from Buttevant had been killed in action by the DFF near At-Tiri, leaving behind a widow and two children.

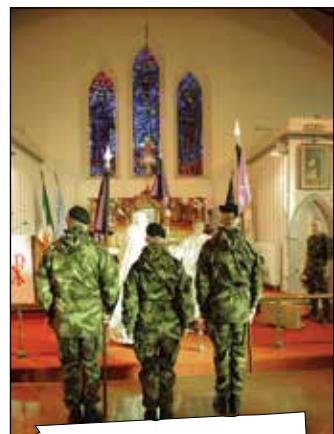
In October 1994 the battalion team were victorious in the second ever Section-in-Attack Competition.

By the end of the nineties the ATCP commitment was easing, while members of the battalion continued to serve with peace-keeping missions including Iran/Iraq, Cambodia, Ethiopia, Liberia, East Timor, and Kosovo.

The battalion was also deployed for such wide ranging events such as the 2009 Cork floods, the severe winters of 2009/2010, and the visits of Queen Elizabeth II and President Obama in 2011, providing the guard of honour for Queen Elizabeth's departure from Cork Airport and security for President Obama's visit.

However, by July 2012 fears were growing for the future of the battalion amid strong indications that the unit was to be disbanded as part of a reorganisation. These fears were well founded, and on 23 November 2012, 4 Infantry Battalion was formally stood down after a special ceremony for its remaining members in Collins Barracks. The unit colours were ceremonially furled under the supervision of Comdt Bob Hurley.

At the time, Cork's lord mayor, Councillor John Buttmer, said 4 Inf Bn had made *"a magnificent contribution to Cork and Irish life as well as the cause of world peace."* ■



4 Inf Bn stand-down parade, November 2012.

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# DF SPRINT TRIATHLON CHAMPIONSHIPS

This year's Annual Defence Forces Sprint Triathlon Championships took place on the 31st July 2019 at Jonathon Swift Park, Lilliput, Mullingar. As ever this event served both experienced and novice athletes from across both the Defence Forces and the Emergency Services in a competitive and friendly environment, in the picturesque surroundings of Lough Ennell on a summer's day where the Irish weather duly co-operated.

BY CAPT SEAN MOONEY, BPEO 2 BDE  
PHOTOS BY ARMN SAM GIBNEY



Triathlon provides military personnel with a wholistic fitness through the combined challenge of its three component disciplines- swimming, cycling and running. In addition, the non-load bearing nature of two of the disciplines (swimming and cycling) make it an ideal sport for those seeking to recover from or avoid injury. The DF Sprint Triathlon provides not only an official Sprint Distance Event for more experienced competitors, but also Try-a-Tri and relay events for those less experienced.

Lilliput Adventure Centre has served as the event headquarters for some years now, kindly providing organisers and competitors use of its lake shore facilities and grounds. Placed on the hill adjacent to the centre, a 25-pound gun provided and fired by 2 Brigade Artillery Regiment traditionally signals the race start. The swim then commences below in the waters of Lough Ennell, a relatively shallow and warm lake fed by the Brosna River. The Try-a-Tri Swim is 250 metres and takes place largely in water of 1 metres depth while safety kayaks and boats are also at hand, making this an ideal Triathlon for weaker swimmers to 'dip their feet' in the sport. The Sprint Distance meanwhile is a more challenging 750 metres distance. Upon leaving the water, competitors embark on a Bike Course of 21.9 km taking in the local villages and townships of Dysart, and Castletown-Geoghegan. Roads are winding in places though conditions are good overall, and while roads are not closed, assistance for 2 Brigade Military Police and Mullingar Garda Station ensure that competitors can contest a challenging but safe course. The course concludes with a one lap 5 km run on local roads and laneways. This year as competitors reached the run temperatures rose towards 30 degrees, providing an extra challenge to those progressing towards the finish line in Lilliput Adventure Centre.

This year the inaugural RACO Perpetual Cup was awarded to the overall event winner. Event sponsors RACO also provided prizes for winners across age and event categories. Guest competitors from An Garda Siochanna were extremely competitive on the day, with Aidan Kelly and Michael McGloin picking up 2nd and 3rd place respectively representing the Garda Triathlon Association. Overall winner was Cpl Mathew Carroll, No. 3 Ops Wing, Air Corps, finishing with an overall time of 1:07:04 having led the race from the beginning.

Chip timing allows all participants to reflect on accurate leg splits and overall timings. A post event Barbeque provided by 6 Infantry Battalion, who ably oversee event logistics, is a final opportunity for triathletes from across the country and the emergency services to socialise and reflect on the end of the DF Triathlon Event Season and its marquee event.

**Next season competitors and those interested in getting involved in Triathlon can look forward to Triathlon events in the form of the:**

- DF Duathlon in Casement Aerodrome
- DF Try-a-Tri in the Naval Base, Haulbowline
- DF Open Water Swim Camp
- DF Triathlon



*Overall winner Cpl Mathew Carroll, No. 3 Ops Wing, AC being presented with the RACO Perpetual Cup by RACO's General Secretary Comdt Conor King.*



# BOOK COMPETITION

Here's a chance to win a signed copy of  
Brendan Lynch's latest book:

## YESTERDAY WE WERE IN AMERICA: ALCOCK AND BROWN, FIRST TO FLY THE ATLANTIC NON-STOP

Publisher: The History Press

ISBN: 978-0750990004

Price: €15.00

Available: online or in store

*"They battled through a  
16-hour journey of snow, ice  
and continuous cloud..."*

Reviewed last month.

**Q: WHERE IN IRELAND DID THEY LAND?  
A: CLIFDEN, CONNEMARA, CO. GALWAY**

**CONGRATS TO WINNER ANNE KELLY, CO KILDARE**



# DEFENCE FORCES VETERAN RELEASES NEW MUSIC CD

Gabby Fitzgerald's follow up album to the excellent 'Black Dog Island' (2017), 'Elizabeth née Ellis' is out now. The title takes its name in memory of Gabby's mother. Word of this Celtic Rock album is being spread by friends, veterans and music lovers all over Ireland, and internationally.

*"Gabriel is a great singer songwriter  
and this is a well balanced album with  
a combination of pipes and whistles,  
keyboards, guitars with his vocals and  
harmonies... Keep this one in the car.  
Great stuff Gabriel."*

- Finbar Furey



*"This is a beautifully crafted collection  
of songs and music, all composed and  
performed by Gabby. The lyrics and  
music will transport you to magical  
places, fill you with good thoughts,  
and appreciate what we have."*

- Bren Burke



In aid of  
Mental Health  
Ireland

You can follow Gabby on Spotify and Instagram, or visit him on  
Twitter @fitzgeraldgabby and [www.facebook.com/gabby.fitz1](http://www.facebook.com/gabby.fitz1)  
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# NOTICEBOARD

## MILITARY HISTORY LECTURES FOR SEPTEMBER 2019

**MONDAY 9TH SEPTEMBER AT 6.30PM** - Maeve Casserly will present 'First Dáil & First Shots' in Rathmines Library, Rathmines Road, Rathmines, Dublin 6. Admission free but booking required via [rathmineslibrary@dublincity.ie](mailto:rathmineslibrary@dublincity.ie) or call 01-497 3539.

**TUESDAY 10TH SEPTEMBER AT 8PM** - Gerard White will speak on 'Researching WW1 military and naval records of Irish soldiers and sailors' to the Genealogical Society of Ireland in Dún Laoghaire Further Education Institute, Cumberland Street, Dún Laoghaire, Co. Dublin. All welcome - contribution €3.

**WEDNESDAY 11TH SEPTEMBER AT 6PM** - Pádraig Yeates will reveal how 'Unequal treatment of IRA widows reflected the social hierarchy of the Free' to the Old Dublin Society in the Conference Room of Dublin City Library & Archive, 138 – 144 Pearse Street, Dublin 2. All welcome - admission free.

**MONDAY 16TH SEPTEMBER AT 6.30PM** - Maeve Casserly will present 'The Black and Tans to the Treaty' in Rathmines Library, Rathmines Road, Rathmines, Dublin 6. Admission free but booking required via [rathmineslibrary@dublincity.ie](mailto:rathmineslibrary@dublincity.ie) or call 01 - 497 3539.

**TUESDAY 17TH SEPTEMBER AT 8PM** - James Scannell will give a short talk 'The Shooting of the Murray Brothers at Stillorgan in 1922' to the Foxrock Local History Club in Foxrock Parish Pastoral Centre, rear Foxrock R.C. Church, Foxrock, Co. Dublin. All welcome - admission €5.

**SUNDAY 29TH SEPTEMBER AT 3PM** - There is a free tour of the 'Proclaiming a Republic: The 1916 Rising' exhibition in the Museum of Decorative Arts and History, Collins Barracks, Benburb Street, Dublin 7. Admission free - places allocated on a first-come basis 15 minutes before the tour starts. [www.museum.ie](http://www.museum.ie)

### UNIFORM SERVICES

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## 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 Operations Urban Terrain

U	Q	Q	K	E	V	Q	J	I	O	S	Y	C	M	Q	AREAS
O	O	M	J	D	K	W	W	C	F	P	W	P	O	A	BUILT
W	P	Z	S	B	T	E	Q	E	A	U	B	I	F	K	FIBUA
B	E	R	Y	U	J	M	N	N	Y	S	L	Z	R	S	FIGHTING
Q	R	A	O	I	N	I	A	R	R	E	T	P	K	IN	
V	A	M	N	L	Y	L	H	V	F	D	H	E	U	N	MILITARY
U	T	W	N	T	S	I	J	A	Y	W	L	P	H	Q	MOUT
A	I	A	F	U	N	T	Q	H	P	T	F	Q	O	L	OPERATIONS
R	O	R	B	T	S	A	V	U	N	B	I	K	I	L	TERRAIN
V	N	E	Y	W	F	R	Z	I	A	F	G	Y	N	UP	
Q	S	A	P	I	U	Y	E	M	B	T	H	S	A	URBAN	
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K	O	M	M	F	J	I	O	L	U	H	I	K	R	H	
Y	P	X	T	X	B	Q	A	R	E	A	N	O	Q	R	
M	X	L	Q	V	I	R	T	E	A	H	G	O	R	H	

### PROTAC COMPETITION €50 VOUCHER

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Last month's winner of the PROTAC €50 Voucher was Alan Breen, Co Kilkenny. Closing date is 19th September 2019.

# BOOKS BOOKS

## FORGING THE BORDER DONEGAL AND DERRY IN TIMES OF REVOLUTION 1911–1925

**Author:** Okan Ozseker

**Publisher:** Irish Academic Press (April 2019) [www.irishacademicpress.ie](http://www.irishacademicpress.ie)

**ISBN:** 978-1788550703

**Pages:** 272

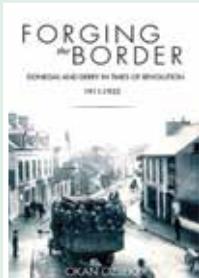
**Price:** €19.95

County Donegal based author Okan Ozseker who completed his PhD in History in Ulster University in 2017 puts a new look on the period 1911 to 1925 in Donegal and Derry: "What had once been a distinct, unified, socio-economic and cultural area (to nationalists and unionists alike) became an international frontier or borderland, overshadowed by the bitter legacy of Partition. The region was the hardest hit by the implementation of Partition, affecting all levels of society".

The book looks at the Nationalist County Donegal which was part of Ireland seeking Home Rule that was rising up against its neighbouring County Derry, which was considered a 'stronghold of hard-line unionism'. "In this time of immense political upheaval between these cultural and social majorities lay the deeply symbolic, religiously and ethnically divided, and potentially combustible, Derry City."

This unbiased look at the North-West of Ireland provides a new interpretation on the divided counties, the border area, and looks at 'arguments in Irish history and the history of revolution, counter-revolution, feuds and state-building'.

Chapters look at Politics in the North-West, 1910–1911; the impact of the First World War on the North-West; Recruitment, Opposition and Apathy; Derry City 1919–1921; Donegal, the IRA and the War of Independence and the North-West from the Civil War to the Boundary Commission. Highly recommended reading, especially for those interested in this period in Irish history. **WF**



## IRELAND'S WAR OF INDEPENDENCE 1919–1921 THE IRA'S GUERRILLA CAMPAIGN

**Author:** Lorcan Collins

**Publisher:** O'Brien Press (May 2019) [www.obrien.ie](http://www.obrien.ie)

**ISBN:** 978-1-847179500

**Pages:** 288

**Price:** €16.99 HB / €9.99 eBook

On the 21st January 1919, the opening shots of the Irish War of Independence were fired, plunging the country into a violent and bloody period of insurgency and counter-insurgency warfare.

An untrained and inexperienced volunteer army took on the might of the British Empire, and through a series of ambushes and counter-intelligence actions, brought the British to the negotiating table in 1921.

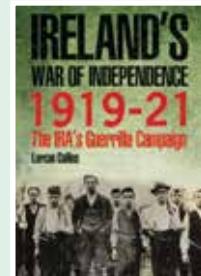
*Ireland's War of Independence 1919–1921: The IRA's Guerrilla Campaign* by Lorcan Collins is an excellent and meticulously researched study of that turbulent time in our nation's history.

The opening pages examine the administrators in Dublin Castle, and also provides an invaluable timeline for the Irish War of Independence that takes the reader from the 1916 Rising and its aftermath to the opening shots of the Irish Civil War on the 28th June 1922.

The main protagonists from both sides are listed and the differences between the various British forces are explained, an important factor that is often overlooked in books on the period.

This is a somewhat unique work as it covers in an easily accessible volume, all aspects to do with the conflict. The book cannot only be read from cover to cover, but is also a handy reference guide, enabling the reader to access specific details, actions or persons relating to the period. The text is complemented throughout by black and white photographs.

This hardback volume should not be missed by anyone with an interest in Irish history, and with the festive season just around the corner, this work would make an ideal gift for the experienced historian or budding amateur in your life. Not to be missed. **PO'B**



## THE ROOTS OF IRELAND'S TROUBLES

**Author:** Robert Stedall

**Publisher:** Pen and Sword; Reprint edition (February 2019) [www.pen-and-sword.co.uk](http://www.pen-and-sword.co.uk)

**ISBN:** 978-1526751614

**Pages:** 396

**Price:** €27 HB / €13 PB

*The Roots of Ireland's Troubles* from accomplished historian Robert Stedall, has been reprinted to bring it to a new audience in 2019. Robert has numerous books published on subjects such as Mary Queen of Scots and the Ulster Plantation. His two-volume history of Mary Queen of Scots and her son James VI of Scotland, *The Challenge to the Crown* (Vol 1) published in June 2012 and *The Survival of the Crown* (Vol 2) published in February 2014 are considered to be groundbreaking.

In *The Roots of Ireland's Troubles* Robert brings us down the middle, unbiased, factual representation of Ireland's turbulent history. The topics covered are varied in both geography and time. Beginning with the reformation and the impact it had in Ireland, the many rebellions throughout the years, leading up to the early 1900's shortly after the time of Charles Stewart Parnell and the struggle for Home Rule. The author depicts the political climate and battles in great detail with the development in parliament's at home and in London to strategic plans taken by the crown forces and rebels hundreds of years ago. A book like this should appeal to anyone with an invested interest in our history and wanting to further expand their knowledge and understanding to the roots of this nation. **SG**



**NAME**  
JASON O'NEILL

**RANK**  
PRIVATE/HEAVY VEHICLE MECHANIC

**UNIT**  
VEHICLE BASE WORKSHOPS, DFTC



BY SGT WAYNE FITZGERALD

PHOTOS BY SGT KARL BYRNE

**J**ason O'Neill joined 5 Inf Bn in McKee Bks, Dublin, at 20 years of age. After completing his recruit and three-star training, Jason served in Sp Coy, where he completed weapons courses including the .5 HMG and 81mm mortar. He won brigade and all-army titles with the battalion's mortar team in 2004, and also completed an MT drivers' course before moving to Tpt Pl, HQ Coy.

In 2004 he served overseas in Liberia as a stores private with APC Coy. He volunteered for overseas again in 2008, travelling to Chad as an acting corporal with APC Coy as a car commander. *"I had a lot more responsibility for the troops, weapons and stores during this mission,"* Jason says, "but it was a very good experience."

While overseas he successfully applied for an apprenticeship as a heavy vehicle mechanic through the Trainee Technician Scheme, and commenced training in September 2009 in the Vehicle Base Workshops (VBWS) in the Curragh. He attended Bolton Street and Athlone IT for certain subjects and spent a year in Custume Bks, Athlone, on work experience. On completion he received an NCIA-level qualification as a heavy vehicle mechanic.

While Jason was on his course his parent unit amalgamated with 2 Inf Bn to form 7 Inf Bn in Cathal Brugha Bks. Jason decided to apply for a transfer and was posted to the new DFHQ offices in Newbridge as a clerk in the Commissioned Officers Management Office for a few months before being posted to the VBWS as a mechanic.

Jason again served overseas in 2014, this time with UNDOF on the Golan Heights as a rifleman with the Quick Reaction Force (QRF). He recalls that the QRF was very active and was involved in number of high-profile tasks, like the evacuation of unarmed observers from Ob-

server Group Golan whose positions were coming under fire as the Syrian civil war raged within kilometres of Camp Ziuani.

On his return Jason completed the LTAV drivers and rigid truck and trailer courses, before undergoing a Potential NCOs course in the NCOTW, Military College from January to July 2018. While awaiting promotion in VBWS Jason travelled overseas again, this time to Lebanon with 113 Inf Bn in November 2018.

Jason's hobbies include archery and he is in the process of setting up an archery club in the Defence Forces.

Jason also wrote a fairytale novel for his daughter Riona (10), with his other daughter, Kayla (16), providing the illustrations. Originally written and illustrated by hand, Jason was urged by family and friends to produce a more professional version of the book, which is titled 'Magic of the Slieve Bloom Mountains'. This was done with the help of Jason's friend, Cpl Tom Reddy (DFHQ), a graphic designer, who retyped the text and digitised the images for publication.

Another of Jason's friends, David Murray (recently retired from VBWS), is heavily involved with the Down Syndrome Centre Midlands, and together they came up with the idea of helping to advertise the book by putting the Centre's logo on the front cover. Jason is also giving 10% of the sales to the charity, which relies heavily on donations.

*"There are only 100 left of the initial 400 copies printed,"* Jason told us. *"We are looking at getting another 500-1,000 copies printed in the second run, which we hope will result in all overheads being covered and a donation of nearly €1,000 to the Down Syndrome Centre Midlands. I would like to thank all those*

*who have purchased the book and to all those who helped and supported me, especially my wife Erica. I've already started a follow up book."*

Copies can be purchased for €7 at Tallaght Ink and Village Hardware in Clondalkin, Easons of Portlaoise, Dunmaise Arts Centre, Nooks and Cranny of Portlaoise, or directly from Jason through his Facebook page: [www.facebook.com/Jasonchildrensbooks](http://www.facebook.com/Jasonchildrensbooks) ■



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