



THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR

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MAY 2019

THE JAVELIN

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GUIDED WEAPON

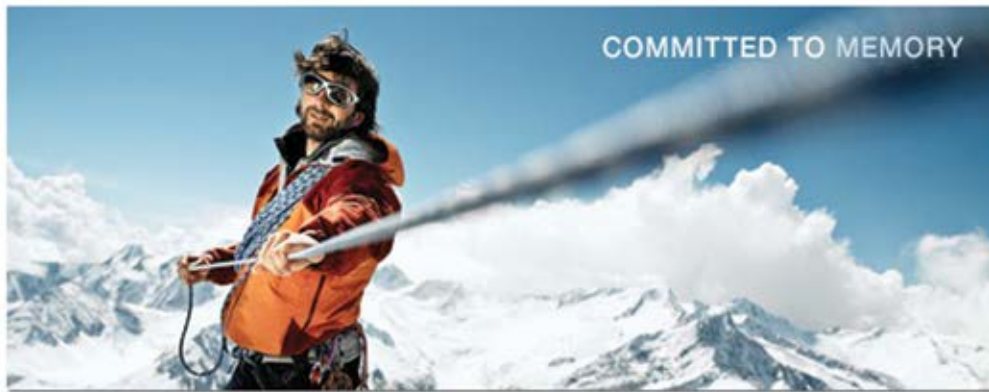
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History

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**Manager**

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

Editor

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

Connect

Sgt Karl Byrne
connect@military.ie

Photo/Journalist

Cpl Lee Coyle
journalist@military.ie

Photographer

Armn Sam Gibney
photo@military.ie

Subscriptions

Sgt Paul Kealy
+353 (0)45 44 5312
subs@military.ie

DF/PR Information

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

DF Webmaster

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

Magazine Archivist

Mr Sean Shinnors

Designer/Advertising

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

Printer

Turner's Printing Co., Ltd
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Front Cover

The Javelin weapon being fired in the Glen of Imaal. Photo by Armn Sam Gibney

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

Editorial

Hello and welcome to our May issue, where we honour the memory of our founder, Lt Gen MJ Costello by presenting awards in his name and by including a *Tac-Aide* on how to submit an article to continue his ethos of good communication to the troops since 1940.

Starting us off, *On Parade* feature 12 of the best photos of events taking place around the wider Defence Forces community, before our *In Focus* pages look at an event held in McKee Bks to support the Irish Kidney Association's Organ Donor Awareness Week while also remembering Sgt Pat Cassidy, whose family, complying with Pat's wishes, donated his organs to save others after he died suddenly at only 47 years of age. Comdt Ian Snee then has an interesting piece on the recent *1 Brigade Milathon - Collins Bks, Cork*, in which the brigade conducted a military hackathon, the first of its kind in the Defence Forces.

Our *Veterans News* looks at the heartfelt story of how London-based veteran Sean Tiernan, who served in the Congo at 17, received his UN Peacekeepers Medal and the Jadotville Medal from COS Vice Admiral Mark Mellett DSM and Irish Ambassador to the UK, Adrian O'Neill.

Next up, our front-cover article takes a close look at the formidable Javelin medium-range, anti-tank, guided weapon (MRATGW).

This is followed by CPO/ERA Rauiri de Barra's look at the amazing journey an Irishman and French Foreign Legion veteran is undertaking for his chosen charity in *Walk for the Dogs*. In *Lt Gen MJ Costello Awards 2018* I cover the inaugural awards presentation for 'Best Article' and 'Best Contributor' to *An Cosantóir*. These awards allow us to show a small sign of our appreciation of those contributors on whom the magazine depends, and has done so since its foundation almost 80 years ago. These awards are set to continue growing in stature with the introduction of two additional

categories for 2019, 'Best Female Author' and 'Best History Article', both sponsored by Kilmainham Tales Teo. This article also looks at the relaunch of www.military.ie; a great improvement on its predecessor, notwithstanding that the former was an award-winning site. In our *Strategic Review* article, *Protecting Cyberspace: A Hybrid Threat Requires a Hybrid Response*, Dinos Anthony Kerigan-Kyrou looks at the threat posed in this area and what we can do individually and together.

In the first of a series on the *DF Values Awards 2018*, Sgt Mick Burke sits down with the overall winner, RSM Johnny Murray, CIS Group, DFTC, to discuss the sergeant major's 41 years' of service and 15 overseas missions, which include the First Gulf War ('Desert Storm') in 1990, and Mogadishu, Somalia, just after the 'Black Hawk Down' incident in 1994, to mention just a couple. *The Winds of March*, by regular contributor CQMS Michael Barrett (AR), 7 Inf Bn, reports on a combined exercise with 7 Inf Bn PDF/RDF and the NCO Training Wing in the Glen of Imaal.

Our first *History* article, by Pat Poland, looks at *The Green Goddess: The Cold War Fire Engine*; a now infamous 1962 engine that was part of the Auxiliary Fire Service branch of Civil Defence. Then, Gnr Terrence O'Reilly (DF Library) begins a series of articles on DF units, starting with *An Céad Chathlán Coisithe (1 Infantry Battalion)*.

Our *Sports* section covers the latest news on the *DF Indoor Athletics Championships 2019* from Comdt Noel Conway, Chairman DF Athletics Committee, and an update from DF Soccer manager, Capt Richie Barber, on the team's progress towards the CISM World Games.

All this, plus our regular *Tac-Aide*, *Gear Review*, *Noticeboard*, *Book Review* and *What I Do* features.

Wayne Fitzgerald

Sgt Wayne Fitzgerald



ANZAC DAY

On Sunday 14th April 2019, the Newtown and Canterbury Hurlstone Park RSL Sub-Branches combined for a pre-ANZAC day service at Camperdown Park Memorial, Sydney. Michael Lyons, of the United Irish Ex Services Association Australia (UIESAA), was honoured to lay a wreath on behalf of the United Nations Peacekeepers. "My sincere appreciation to Sydney University Regiment, the Fire Brigade and the NSW Police for assisting in the service." Photo: Michael Lyons



▲ ONE ST. PATRICK'S DAY

Pictured are members of the Fr. James Gilmore Branch of ONE who marched in the St. Patrick's Day Parade in Swords, Co Dublin. They are l/r: Michael Keogh, Paddy Rooney, James Murphy, Brian Kenny, Sean Shinnors, John Whelan, and Ronnie Lewis. *Photo: John Whelan*



▲ IUNVA PIPE BAND VISIT SWEDEN

The IUNVA pipe band led by Anthony Byrne, took part in a St. Patrick's Day Parade and other activities in Stockholm, Sweden. They were invited as guests of the Irish Ambassador to Sweden, Orla O'Hanrahan. IUNVA president, Mr Jim Casey and IUNVA National Photographer, Mr Martin Rowe from Post 27 also travelled to Sweden as part of the group.

Photo: Martin Rowe



▲ NEW STAINED GLASS FOR MCKEE BKS

Sunday 24th March 2019, Fr Pat Mernagh blessed the new doors to the garrison church in McKee Bks after mass. In addition Engr and Tpt Corps Badges were unveiled and also blessed by Fr Pat - both these badges were made from stained glass, and are now on the front doors of the church. The stained glass panels were sponsored by 2nd/11th Fd Engr Association, Friends of 2nd Grn S&T, and the Tpt Club. Pictured l/r: Ronnie Daly, Fr Pat Mernagh CF, Noel Byrne (Ret'd Sgt Engr), Steve Rynn (Ret'd BQMS Tpt) and Comdt Emmet Keely (Dir Engr Office). *Photo: Steve Rynn*



▲ UNDOF ESSC TEAM

The 58 Inf Gp ESSC Team conducted clearance and area search of UN OP52 in the AoS. Supported by a security element and cordon from the FRC Mech Coy, the ESSC Team cleared and approved a new route to UN OP52. Prior to this operation the post had been inaccessible from the Bravo side and is now ready for reoccupation by UN personnel. DOK-ING ROV deployed in a mine clearance role during the route clearance of UN OP52. *Photo: Capt Anthony Duffy*



▲ NEW JUNIOR LEADERS IN 3 INF BN

On the 8th April 2019, Lt Col Murt Larkin OC 3 Inf Bn presented rank markings to two new junior leaders Cpl Farnan and Cpl O'Mahoney, both 3 Inf Bn. Congratulations to both on receiving their stripes.

Photo: Sgt Martina Cronin, 3 Inf Bn



▲ DESIGNATED CONTACT PERSONS COURSE

A Designated Contact Persons (DCP) Course was conducted in Stephens Bks, Kilkenny this week. Students from 1 Bde Units, 3 Inf Bn, 12 Inf Bn, 1 Inf Bn, 1 Cav Sqn, 1 BAR, 1 CIS and Bde HQ attended the course and were instructed by PSS Sgt Des Macauley, 3 Inf Bn and Sgt Jim Sweeney, MPC. The class is pictured with Comdt Roseanna White, 2 I/C 3 Inf Bn. Well done to all the students and instructors on a very successful course. *Photo: Sgt Martina Cronin, 3 Inf Bn*



▲ NATO MILITARY STRATEGIC PARTNERSHIP CONFERENCE

The 'NATO Military Strategic Partnership Conference 2019' was recently held in Jordan and hosted by the Jordanian Government. This conference enables J7 Staff to meet with foreign military and civilian staff from external agencies, NSO, COE's and PTEC's that offer NATO-accredited courses to DF Personnel. Also during the conference a bilateral meeting was held during which 2020 activities and beyond were discussed. Pictured below from left to right are Comdt Joseph Mullins (Oic Ext Ed), Major Ionel Boca ROM (Desk Officer IRL), Cpl Stephen Hardiman (Ext Ed) and Col Desmond Bergin (PNMR Ireland). *Photo: Cpl Stephen Hardiman*



▲ DIRECTOR OF INFANTRY

Pictured is the Director of Infantry Col McKenna briefing the students of the 6th Infantry Platoon Sergeants' Course and supporting soldiers on the importance of conventional, robust infantry training. It was taken on Old Mill Hill in between company attacks. *Photo: Comdt Gavin Egerton, OIC & Chief Instructor, NCO Training Wing*



▲ EQUITATION SCHOOL AWARD

Pictured recently is Pte Shauna Kinsella, the newest groom in the Equitation School on her first away trip to Valencia International Equine Show in Spain. She was rewarded with a creditable 5th place with rider Capt Geoff Curran and Kilrue in the 6-year-old class. *Photo: Coy Sgt John Hynes, Equit Sch*



▲ P62 VISIT TO LONDON

Pictured is the *LÉ James Joyce* on a visit to London for St. Patrick's weekend. *Photo: Raymond Molony*



▲ O'NEILL BRANCH GO NORTH

On Wednesday 10th April 2019, members of the O'Neill Branch of ONE visited Belfast to see the Titanic Centre and Ulster Aviation Society's museum in Long Kesh. They had a great day out. *Photo: Sgt John Doherty (Retd)*



▲ 47TH ANNIVERSARY OF THE 47TH CADET CLASS

A reunion of members of 47th Cadet Class took place in Blarney, Co Cork to mark the 47th Anniversary of joining the Defence Forces in April 1972. *Photo: Lt Col Gerard O'Halloran (Retd), and courtesy of Col George Kerton (Retd)*

SGT PAT CASSIDY REMEMBERED On Organ Donor Awareness Week

BY SGT WAYNE FITZGERALD WITH GWEN O'DONOGHUE, CONNECT COMMUNICATIONS, ON BEHALF OF THE IKA
PHOTOS BY ANDRES POVEDA, WWW.APPHOTO.IE



Sgt Pat Cassidy, RIP.



Pat and Yvonne Cassidy at their wedding in McKee Bks.



Yvonne Cassidy pictured with DF members Comdt Ciara Murray (CAOGA), Capt Andrew Fry (Air Corps), and Lt Colm Fox (Naval Service).



Sgt Pat Cassidy's wife Yvonne along their children Cian and Jessica supporting Organ Donor Awareness Week.

The Irish Kidney Association's (IKA) Organ Donor Awareness Week took place from 30th March – 6th April, with the aim being “to remind individuals to talk to their families about their organ donation wishes and keep the reminders of their decision available by carrying the organ donor card, permitting code ‘115’ to be included on their driver’s licence, and having the digital organ donor card app on their smartphone.” Organ Donor Awareness Week also serves as an annual fundraiser in support of kidney patients and their families.

On 1st April the IKA visited McKee Barracks to meet members of the Defence Forces who were supporting Organ Donor Awareness Week in conjunction with CAOGA. It was also an opportunity to honour the memory of Sgt Pat Cassidy who passed away five years ago aged only 47 after suffering a heart attack. Pat, who served in the Chief of Staff’s office for a long number of years before transferring to Stephens Barracks, Kilkenny, was a regular blood donor and carried an organ donor card. After his death, Pat’s wife Yvonne and their children Jessica, Rachel and Cian, honoured Pat’s wishes by donating his lungs, liver and kidneys, which saved three lives.

Speaking at the event in McKee Bks, Yvonne said: “It’s a very special day for myself and my family to be asked to help highlight Organ Donor Awareness Week alongside members of the Defence Forces and CAOGA here in McKee Bks where Pat and I were married. Pat would have been proud.

“Pat was seemingly very fit and healthy before he passed away at just 47 years of age. He ran 8km a day, didn’t smoke, and drank in moderation, although he did have high blood pressure. Following his heart attack he had stents inserted but he took a bad turn, thought to have been caused by an aneurysm, which left him on life support for three days before we said goodbye to him. The decision to donate his organs was a hard one to make but was made easier knowing that we were honouring his wishes...”

Representing CAOGA, Comdt Ciara Murray said: “We are delighted to be here today in recognition of a former colleague, Pat Cassidy, and the other deceased organ donors who have saved lives through transplantation, and to highlight Organ Donor Awareness Week.”

IKA CEO Mark Murphy expressed his organisation’s gratitude to CAOGA and the Cassidy family for their “hugely significant and motivational initiative” to help highlight the vital importance of organ donation.

CQMS Patrick ‘Doc’ Doherty, DFTC HQ spoke of his friend, “I worked with Pat for almost ten years in DFHQ. The day always began with a smiling Pat Cassidy walking down the landing coming in for a cup of tea and chin wag about life in general. He was a family man first and foremost, a man who had god in his life every day, a good soldier and a dear friend. His passing was devastating to his family and friends but even in death he saved the lives of people with his decision to be an organ donor.”

Sgt Rena Kennedy, DF Press Office said, “I had the pleasure of working alongside Pat in DFHQ for eight years. What I learned most from working alongside Pat was his devotion to his family. He advised me when my daughters came along to enjoy every day, even the hard days. He spoke about Yvonne, Jessica, Rachel and Cian every day and the joy they each brought to his life. I learned a lot about parenting from Pat and hope I have reached his standards along the way. He was just brilliant.”

The Chief of Staff Vice Admiral Mark Mellett DSM said, “Sgt Pat Cassidy was one of our finest servicemen, Yvonne and family will always be part of our community in Óglaigh na hÉireann. It is a privilege for the Defence Forces to be associated with Organ Donor Awareness Week 2019.”

Organ donor cards can be obtained by phoning the Irish Kidney Association on 01 6205306, or free text the word DONOR to 50050. You can also visit <http://ika.ie/get-a-donor-card/> or download a free digital organ donor card app to your phone. ■

1 BRIGADE MILATHON COLLINS BKS, CORK

REPORT & PHOTOS BY COMDT IAN SNEE, 1 BDE HQ

In the words of Apple co-founder Steve Jobs: “Innovation distinguishes between a leader and follower.” In today’s volatile working environment, an innovative and creative culture is a necessity of any learning organisation such as the Defence Forces. It has become commonplace to assert that we live in a period of unprecedented change. What is certainly clear is that the pace of scientific and technical change is almost exponential. A learning organisation such as the Defence Forces requires creativity and innovation at the heart of its DNA if it is to survive and thrive.

At the cultural level, the Defence Forces has encouraged and offered its personnel through the Chief of Staff’s Innovation Awards an opportunity to shape future capability development through bottom-up transformation. To be successful the Defence Forces continues to strive to attract talented people and provide its members with opportunities to grow and be challenged. To coincide with the Chief of Staff’s Innovation Awards 2019, under the auspices of GOC 1 Bde, Brig. Gen. Patrick Flynn, a 1 Bde Innovation Committee convened with the strategic objective to “build an environment that fosters innovation and creativity”. As part of the 1 Bde Annual Plan innovation and creativity cover two KPI’s. It is part of a strategic objective within the developing perspective in the Annual Plan. With that in mind, an initiative was introduced by the 1 Bde Innovation Committee, which involved the appointing of Unit Innovation Representatives. An innovation workshop was conducted for Unit Representatives with the purpose of generating awareness of the background of innovation within the military sphere and the requirements in generating an innovation ecosystem. Unit Innovation Committees subsequently convened across 1 Bde in order to further educate personnel on innovation.

Following this, a 1 Bde Milathon (military hackathon) was conducted in Collins Barracks, Cork, on 21st March 2019, the first of its kind within the Defence Forces. A hackathon is a design sprint-like event in which diverse teams collaborate intensively to provide solu-

tions to major issues. As part of the event a number of challenges that the Defence Forces is currently experiencing were presented to the participants. These challenges focused on the HR, operational, training and technical streams. Units across 1 Bde were well represented on

the day with a total of nine syndicates taking part. The event set out to allow the participants the opportunity to grow and be challenged and furthermore to promote diversity allowing for the participants to work with others demonstrating creative and innovative thinking. As the syndicates chose their respective challenge, they set about creating a problem statement thus leading to further in-depth analysis of the problem and finding potential solutions. Throughout the Milathon, the syndicates were exposed to an environment that provided the space and time to explore new ideas collectively. Following the identification of a problem within their respective challenges, the syndicates were tasked with producing a clear solution to the identified problem. This solution would form the basis of the final innovative product. All syndicates presented their final product before a judging panel consisting of EO, 1 Bde, Col Tim Daly, G3/5 1 Bde, Lt Col Gareth Prendergast and SO, Mil Finance, DFHQ, Comdt Neil Curran. The standard of all syndicates solutions was of an exceptionally high quality on the day. Prizes were awarded to the first, second and third placed syndicates whose ideas would subsequently be submitted for the Chief of Staff’s Innovation Awards, 2019. The winning syndicate’s submission focused on the challenge of retention of personnel within the Defence Forces. Their specific innovation centred on the creation of a DF smartphone application, which would afford all, ranks the opportunity to have a greater influence on their Continuous Professional Development (CPD). The concept of the application would streamline the availability of information regarding Defence Forces news, HR updates, CPD, Training and Fitness.

The Milathon provided a forum for “bottom-up” innovation and further demonstrated that the potential solutions to some of the Defence Forces challenges are not limited to the senior leadership in the organisation. Furthermore, the Milathon allowed all participants to demonstrate that innovative, creative leaders at all levels of the organisation are key. 1 Brigade will continue to drive the ethos of innovation and creativity into the future to ensure the sustained success of the Defence Forces. ■

Pictured are the participating syndicates as 1 Bde Milathon gets under way.



Cpl Kim Goulding presenting her syndicates innovative idea during the 1 Bde Milathon.



1 Bde Milathon winning syndicate photo (l/r): Sgt Alan O'Brien, Sgt Jonathon Hennessy, EO 1 Bde, Col Tim Daly and CS John Galvin.



2nd placed syndicate (l/r): Cpl Denis Fitzgerald, Cpl Jackie Sheehan, EO 1 Bde, Col Tim Daly and Cpl John Stone.



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

JADOTVILLE VETERAN HONoured IN LONDON

BY MICHAEL THOMPSON, IUNVA, POST 27 (PORTLAOISE)

On Thursday 28th February, at a ceremony at the Irish Embassy in London, Defence Forces Chief of Staff Vice Admiral Mark Mellett DSM, presented the UN Peacekeepers Medal and the Jadotville Medal to Sean Tiernan, a London based veteran who had served as a seventeen-and-a-half-year-old Cpl in the Congo.

The ceremony was attended by Sean's wife Margaret, His Excellency Adrian O'Neill, the Irish Ambassador to the UK, Ruaidhri Dowling First Secretary at the embassy, Sally Mulready and Margaret Geiger from the Irish Elderly Advice Network, three representatives from the Irish United Nations Veterans Association (IUNVA), and Sean's neighbours and friends from the Irish Centre in Camden.

Sean Tiernan comes from Co Roscommon and in 1959 he cycled to Renmore to enlist in 1 Inf Bn. He deployed to the Congo in May 1961 with A Coy 35 Inf Bn; his Coy Comd was Comdt Pat Quinlan and his Pl Comd was Lt Tom Quinlan. A Coy with two armoured cars from the Armd Car Gp distinguished themselves in fighting off attacks from a much larger, heavily armed force from 13th to 18th September 1961 at the Siege of Jadotville.

The attacking Katangese forces were supported by a Fouga Magister jet fighter and five of the Irish personnel were wounded during the fighting. A Coy was 120 kilometres from the rest of the battalion in Elisabethville and 200 kilometres from the other Irish unit, 1 Inf Gp at Kamina air base. As they were completely surrounded in a very isolated vulnerable position and the route to Elisabethville was in Katangese hands at Lufira Bridge, attempts to reinforce or extract the Coy were unsuccessful and a ceasefire was agreed. The Jadotville garrison were held prisoner until 24th October when they were released in a prisoner exchange.

The Chief of Staff said that Sean was a man of courage, a soldier who was dedicated to the service of his country and he was delighted to present the medals on behalf of Paul Kehoe TD Minister of State with Responsibility for Defence. He paid tribute to the heroism and fortitude of those who fought at Jadotville under unprecedented and most hazardous conditions.

Sean made a heartfelt address and he started by dedicating the

medals to his Coy Comd, the late Col Pat Quinlan, "I owe my life to Comdt Pat Quinlan, he saved all of our lives at Jadotville." He visited Col Quinlan in Athlone two years before he passed away in 1997. Sean spoke with immense pride about his comrades at Jadotville, the outstanding leadership of the officers and NCOs and how so many have now passed away. He concluded by thanking the Chief of Staff, the Ambassador and his staff, the Personnel Support Services, IUNVA and all involved in arranging the ceremony.

Over a cup of tea Sean recalled the great sadness of all personnel in the battalion at the deaths of their comrades Tpr Eddie Gaffney, Tpr Pat Mullins and Cpl Michael Nolan who were killed in two separate ambushes in Elisabethville. He said he still thinks of the anguish of the Mullins family, as the remains of the young soldier were never found. He said that he will cherish the medals and he will hold the memories of his comrades in his heart forever.

In September 2017 IUNVA organised a ceremony in Westport Co Mayo when personalised commemorative plaques were presented to the survivors of the action at Jadotville and Sean was one of the recipients. He has been in contact with IUNVA through the Irish Elderly Advice Network in the UK.

Michael Thompson served in the Cav Corps and the CIS Corps; he is a member of IUNVA Post 27 Portlaoise and the National Executive. ■



Comdt Pat Quinlan beside a Ford Armoured Car in Elisabethville. Photo: Military Archives



Personnel of A Coy, 35 Inf Bn on parade at Custume Bks, Athlone before deployment to the Congo. Photo: Military Archives



Congo Veteran Sean Tiernan with DF COS Vice Admiral Mark Mellett DSM



The Irish Ambassador to the UK, Adrian O'Neill congratulating Congo Veteran Sean Tiernan, along with Defence Forces COS Vice Admiral Mark Mellett DSM.



35 Inf Bn personnel in captivity, Comdt Pat Quinlan is in the front wearing his beret. Photo: Military Archives



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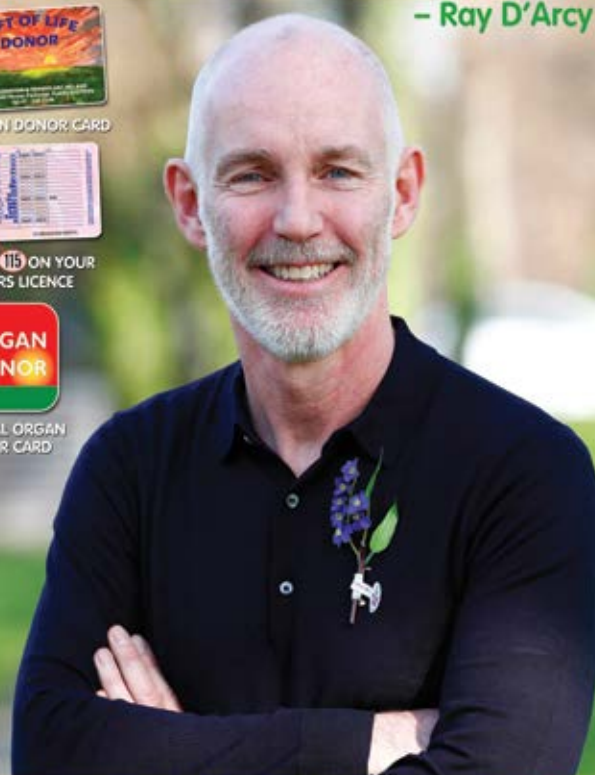
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<< ALL WELCOME >>

THE JAVELIN MRATGW

The 1st Javelin Instructor Course, conducted by the Infantry Weapons Wing (IWW), Military College commenced on the on the 25th of March 2019. The Javelin MRATGW (Medium Range Anti-Tank Guided Weapon) is a man portable missile system comprising of a command launch unit (CLU) and a dual directional-charge missile with the capability to defeat almost all modern armour.



BY LT EDWARD CAMPION, IWW, MIL COL
PHOTOS BY SGT KARL BYRNE & ARMN
SAM GIBNEY

UNIFIL maintains a Platoon strength Javelin asset and the aim of the course was to qualify a new batch of officer instructors in the weapon system in order to ensure that this capability continues. Starting two weeks after the end of their Javelin Young Entry courses, 14 students were immediately put through their paces with the Javelin simulation equipment housed in the IWW. Concurrent to refresher Gunner Skills Training were lectures on the deployment of the Javelin, classroom lessons on Intelligence Preparation of the Battlespace (IPB) and qualification tests for Armoured Fighting Vehicle (AFV) recognition.

The first significant milestone of the course was the firing of the Javelin itself. The shoot was conducted in the Glen of Imaal, Co Wicklow, alongside the 114th Inf Bn with a competition being held on the Basic Skills Trainer simulation equipment to choose the firer. The runners up in the competition were to be the loader and detachment commander. 2/Lt Michael Murphy came out on top with 2/Lt Andrew Flynn and Lt Edward Campion coming second and third respectively. The shoot itself gave all involved a more hands on appreciation for the practicalities of transportation, deployment, target acquisition and engagement with the Javelin system. The students also had the added benefit of learning about the planning and running of a Javelin range while simultaneously being involved in one.

For most of the students the instructor course was their first serious introduction to IPB and the guidance of the staff of the IWW

was invaluable in giving them an appreciation of the skill.

The course emphasised not only the anti-armour capability of the Javelin system but also its employment as an Intelligence, Surveillance, Target Acquisition, and Reconnaissance (ISTAR) asset. The updated CLU has a X24 zoom thermal imaging capability and is a truly impressive piece of equipment. This was put to good use during the ground exercise run in the Kilbride area. An OP was set up on the side of Seefin Hill overlooking Kilbride Camp, and the exercise culminated in a simulated anti-armour ambush and stalk of enemy positions the following day. The variety of these manoeuvres and the inclemency of the weather were invaluable learning points for the students on the course as they drove home not only the capabilities of the CLU and Javelin, but also its limitations and vulnerabilities.

These were particularly obvious when fog rolled in between the OP and Kilbride Camp and the thermal imaging was unable to penetrate it and, in the realisation, that the hedgerows and treelined winding roads of rural Ireland make it extremely difficult to find a position from which to fire a Javelin or take advantage of its full 2.5km range.

Throughout the course both the staff of the IWW and the attached NCO instructors displayed and emphasised the importance of expert knowledge, reading around the subject and understanding the development of the weapon system. Undoubtedly, the Defence Forces will reap the benefits of the positive working relationship developed between the staff and students in years to come. ■



Javelin Statistics

Manufacturer	Raytheon/Lockheed Martin
Weapon Type	Portable Anti-Armour Weapon
Country of Manufacture	USA
Entered Service	2003
Missile Diameter	126mm
Ammunition Feed	Preloaded Single Shot
Weight	22.3kg
Mode of Fire	Single Shot
Planning Range	2200m
Rate of Fire	Single Use (Missile Component)
Length	1260mm
Guidance	Lock-on Automatic Self-Guidance
Crew	3

Walk for the Dogs

Military Veteran walks the Arctic Circle Trail for charity

BY CPO/ERA RAUIRÍ DE BARRA



Dermot with Cookie and Sally.

At the age of 19, Dermot Cosgrove had a taste for adventure, and the call of la Légion Étrangère brought him to France, over the next six years he served with great pride and distinction across the globe; including service in the First Gulf War. He even served twice in Somalia with UNTAF and UNOSOM, while there he met his fellow countrymen deployed with the Irish Defence Forces. Although he has long hung up his kepi blanc, this native of Ennis has continued to work as a security consultant for over twenty years mainly in Africa, the Middle East and South Asia; he has also combined his two lifelong loves of hiking and birdwatching into a guided tour business, where clients can avail of his expert ornithology knowledge and his vast walking wisdom by joining him on tours in Ireland and across Europe.

Dermot is also a man with a seriously big heart, who has, since 2016 been raising money for Dogs for the Disabled (charity #17821), and to date he has raised over €13,000 to assist this charity in their incredible work. Dermot is currently planning and training for his next fund-raising effort - a 600km trek across Iceland in July 2019. Dermot explains, "I first heard about 'Irish Dogs for the Disabled' via my sister - who fosters dogs during the socialisation phase of their training - but it was really after I decided to raise funds for them, that I learnt the real extent of the fantastic work they do".

Charitable events such as his are a really important part of helping the charity achieve their mission: "They don't receive any supplementary funding from the Irish government, so they rely on fundraising and donations. Each dog, which from the time it's born, to the time it is assigned to a person, costs about €15,000 - it's a massive investment." His long-distance hiking efforts are worth it, as he says that, "Roughly 9 out of 10 recipients of a dog are children, and they receive their assistance dog completely free of charge. So, when you hear a 6 or 7-year-old say that they can't wait to get a dog because then they can get rid of their wheelchair and walk, things hit a whole new level of importance."

Marche ou Crève: Dermot gained the walking bug from long days under a military pack, he explains that, "I suppose my experience of long-distance walking started while I was in the French Foreign Legion. The Legion loves to walk, and walk far, and I spent quite a bit of time in both the Pyrenees and the Alps. After leaving the Legion I became more of a day hiker and bird watcher, and living in the west of Ireland you have endless opportunities."

The slightly more sedate short hikes kept him ticking over for a while, and it was his love of birdwatching that led to his thoughts turning to ever greater distances again, "My interest in long-distance walking was rekindled in 2016 during a conversation online about geese with Huw Thomas, who is part of the Greenland White-fronted Goose Study and is an avid long-distance walker, having walked the Arctic Circle Trail [ACT] and around Greenland 8 or 9 times. Huw agreed to mentor me for a solo walk of the ACT as long as I was serious."

Dermot also decided that if he was going to be there for himself, that he might be able use the opportunity to help others, "while the trek was something of interest to me, and I want to try and photograph the wildlife there, I felt that I could combine that by raising funds for a good cause."

Dermot's first 'Walk for the Dogs' campaign in 2016/2017 raised nearly €11,000, "The charity honoured me by naming a pup after me (Kossie), so my hope is to go one better this year and raise the full €15,000 to cover the cost of one assistance dog."

So this intrepid adventurer has been training very hard as he intends to go further than ever before with his 'Walk for the Dogs 2'. This is no light undertaking, this is an expedition which must be planned with military precision to ensure its success. "The planned departure date is



Dermot in Greenland.

now the 5th July of 2019 and with the aim of walking from the Northern most point on mainland Iceland at Rifstangi, 3kms below the Arctic Circle, to the Southern most point at Dyrholaey, near the town of Vik."

The route is now close to 600kms and will make use of the F Road network for the most part, with the final section using two of Iceland's most famous hiking trails the Laugavegur and Fimmvorduhals trails. Although Iceland during the summer is often called 'the land of the midnight sun' due to the extremely long hours of daylight, with full

in rehabilitation of prisoners. Their goal is powerful yet simple, to continue serving and helping the most vulnerable in society.

Broadcaster Deirdre O'Shaughnessy is volunteer Charity Director who is passionate about the services provided by 'Dogs for the Disabled' and she feels strongly that people like Dermot who undertake these events to support the charity are: "Fantastic, they are seriously committed people." She also states that charities have had a hard time in the recent past when it comes to funding, so, "we take our responsibilities as directors very seriously."

Chairman of the Charities Board, overseeing all this important work is Dr Tom Clonan, journalist, author and noted security analyst. The former Defence Forces Captain and United Nations Peacekeeper has a deep personal connection with this charities work, his son Eoghan, suffers from a rare neuromuscular disease. "He is a bright happy boy, an inquisitive teenager and a great big brother – who happens to use a

wheelchair and be legally blind." Eoghan has an assistance dog called 'Duke' and Dr Clonan describes the impact of Duke on Eoghan's life, "as simply transformative, for the entire family really." It was a chance passing of one of the charities vans which lead to Dr Clonan applying for an assistance dog for Eoghan, and he has been involved now for many years trying to help those who have helped his family so much. Dr Clonan says that, "without people like Dermot, it would not be possible to help so many families. They are real life heroes".

You can follow Dermot's adventure on Twitter @dermotcosgrove and #Walk4TheDogs2 or check out his Facebook page www.facebook.com/walk4thedogs; he hopes to post regular updates. If you can, please support: <https://give.everydayhero.com/ie/walk-for-the-dogs-2> or to learn more about Dogs for the Disabled please visit: <https://dogsfordisabled.ie> ■

darkness not present for some months, it is still a wild place, and because it's so close to the Arctic circle, you can experience extreme weather at short notice, which can challenge even the most prepared and experienced hikers. Dermot explains that, "Because these trails can sometimes be shut due to bad weather (blizzards can happen even in July) a backup route has been mapped out and plans are in place to meet the unexpected. The current plan is to complete the route in three weeks or slightly more including rest days."

A Helping Paw: All the funds raised from completing this Herculean effort across the remote Icelandic landscape will go directly to 'Dogs for the Disabled', this a unique charity founded in Cork in 2007 to improve the lives of children and adults living with physical disabilities in Ireland. CEO Jennifer Dowler outlines that, "they deliver approximately 25 fully trained assistance dogs each year to their profoundly disabled partners." They do this incredible work while operating on a budget of circa €300,000 per year. They have five core staff and the rest of their team is made up of dedicated and selfless volunteers. This charitable body has developed a unique Assistance Dog Stability Programme for children, while their long-term vision is to have a global reach by replicating our Assistance Dog Stability Programme around the world. Jennifer continues, "The charity supports each of these wonder dogs for their entire life – from birth through to retirement, and while they ensure the highest standards possible in running an ethical breeding and training programme – breeding and training all their own dogs in-house."

They also work with the Irish Prison Service whereby inmates are actively involved in taking care and training of our pups, which has given great results



Pictured l/r: Mayor of Ennis Clare Colleran with assistance dog Leon, Aisling Glynn and her assistance dog Gina along with Dogs for the Disabled CEO Jennifer Dowler and Dermot Cosgrove who were out raising awareness and funds for Dogs for the Disabled.



Dermot training in Ireland.



The route.

LT GENERAL MJ COSTELLO AWARDS 2018

& relaunch of Military.ie

BY SGT WAYNE FITZGERALD PHOTOS BY ARMN SAM GIBNEY

"It was necessary to find a means whereby the words of the Command OCs and staffs could reach men at a distance and whereby the spoken word could be recorded and made available for study and reflection."

- Lt Gen M. J. Costello, *An Cosantóir*, August 1968

On 16th April 2019, OC Public Relations Branch, Lt Col Johnny Whittaker, hosted a double launch of the new military.ie website and the Lt General MJ Costello/*An Cosantóir* annual awards for Best Article and Best Contributor 2018.

After Lt Col Whittaker spoke to those in attendance about military.ie, Sgt Mick 'Tiny' Burke, the Defence Forces Webmaster, gave a demonstration and explanation of the website. Then, Mr Tom Skinner, MD of PTools, our partners in building the new site, explained some of its technical aspects, before saying: *"It was an absolute pleasure to work with the Defence Forces. You have provided us with excellent content to use, from quality photographs, videos and information."*

Assistant Chief of Staff, Brig Gen Peter O'Halloran, then took to the podium to thank Sgt Burke, PTools, and the staff of PR Branch for producing an excellent website and for providing and creating the content.

Lt Col Whittaker also thanked Director J6, Col Maureen O'Brien, and her staff for their assistance during the project; He also thanked Lt Col Oliver Dwyer, OC 6 Inf Bn, who was OC PR Branch during the tender and building process; and Comdts Pat O'Connor, Colin Lawlor and James O'Hara, who were all involved over the period of the project.

The website, which contains fewer main sections than its predecessor, mainly focuses on recruitment and careers, along with 'Who We Are', 'What We Do', public informa-

tion and news and events. It also includes a new family section, which has been designed in conjunction with the Personnel Support Services (PSS) to provide support to spouses, partners and parents of personnel serving at home or overseas.

Then it was on to the MJ Costello awards, named in honour of the founder of *An Cosantóir*, which give recognition to excellent contributions to the magazine over the year.

Michael Joseph Costello, who was born in Cloughjordan, Co Tipperary, in 1904, joined the IRA after his father was arrested by the authorities, and served as an intelligence officer with 1 Brigade, Tipperary, during the War of Independence.

When the Civil War broke out, Costello took the pro-Treaty side, serving as a second lieutenant



Lt Gen MJ Costello



Paul O'Brien's *The League of Nations* article from the June 2018 special.



One of Joe Price's Survival Tac-Aides from November 2018.

in the new National Army.

He went on to have a long and extinguished career in the Defence Forces, and was a key military figure during the Emergency, before retiring as a lieutenant general in 1946.

An Cosantóir was first published in December 1940 as a newsletter for the troops of then Col MJ Costello's Southern Command with the purpose of disseminating official views and providing instruction to personnel.

After the Emergency, *An Cosantóir* was adopted as the single official publication for the Defence Forces, developing over the decades from a weekly to a monthly A5 pamphlet, and then on to today's 40-page, full-colour, A4 magazine, which has 10 issues per year and a readership estimated at 25,000.

The new awards were kindly sponsored and made possible by the continued support of Mr Joseph Nazari, MD of our current design and publication company, JM Publishing & Media, who have been working with us since May 2011.

The 2018 recipients were Paul O'Brien for Best Article, and Joe Price for Best Contributor.

Paul O'Brien is an accomplished author and historian, with over 15

uct with his continued contributions over the last nine years.

Joe Price is a 'living to learn' survival enthusiast, a member of the Irish Bushcraft Club and an Irish ambassador for Mora Knives. In 2018 Joe wrote eight survival tactical aides (Tac-Aides) for *An Cosantóir*, aimed at assisting soldiers, scouts and mountain adventure enthusiasts. The series, which ran from February to November, comprised: *The 5 C's of Survival*; *Duct Tape and its Emergency Usage*; *Adjustable Pot Hanger*; *Spanish Windlass*; *Core Temperature Management*; *The Plough Point*; *Israeli Sutures*; and *Windlass Tripod*.

What was exceptional about these short but knowledgeable pieces was that Joe physically took to the hills to carry out each of the skills and document them with photographs.

For *An Cosantóir's* War of Independence special edition Joe provided a great article, *Sphagnum Moss for Survival*, which looked at the shortage of cotton for field dressings during the Great War and its replacement with sphagnum moss harvested mainly in Ireland and Canada.

Hopefully Joe is working on more of these highly sought after Tac-Aides, and will continue to share them with our readership.

ACOS Brig Gen Peter O'Halloran and Brian Costello, a grandson of MJ



ACOS Brig Gen Peter O'Halloran presenting Best Contributor award to Joe Price along with Brian Costello.



Both award winners Joe and Paul with Brian Costello and OC PR Branch Lt Col Whittaker.



Best Article winner: Paul O'Brien with his wife Marianne and daughter Bláthnaid, with An Cosantóir Editor Sgt Wayne Fitzgerald.

books published on Irish military history. He has been a regular contributor to *An Cosantóir* since July 2011, when the first of his 56 articles was published, which looked at the significance of the places visited by Queen Elizabeth II during her trip to Ireland, such as the Garden of Remembrance and the Irish National War Memorial Gardens.

Since then Paul has covered many subjects for *An Cosantóir*; from historical topics, such as the 1916 Rising, World Wars I & II, the Vietnam and Falklands wars, to name a few, to current hotspots like Somalia, Mali, Nigeria, Ukraine, Yemen, Mozambique and Kenya.

His article *Mali – At the Gates of Hell*, published in April 2013, won the coveted European Military Press Association (EMPA) Best Article Award that year.

His five articles published in *An Cosantóir* in 2018 included: *Shadow of the Sun: Democratic Republic of the Congo*, *Taken: Human Trafficking*, *The League of Nations*, *Bloodbath in Yemen* and *Mayhem & Murder in Mozambique*. Of those it was his League of Nations article that won the award for Best Article. However, we think it is fair to say all his articles are of a very high standard and *An Cosantóir* has become a better prod-

Costello, presented the awards. Also attending the ceremony were other contributors to the War of Independence special, including Liz Gillis, Las Fallon, Micheál Ó Doibhilin and John McGuiggan. After some light refreshments the guests were invited on a tour of McKee Bks by Cpl Ronnie Daly (retired) who co-authored *A Concise History of McKee Barracks* with Paul O'Brien. Ronnie is an admirable local historian and a great guide and his guests found the tour very pleasurable and highly interesting.

Given Lt Gen MJ Costello's belief in the importance of sharing information, the day ended fittingly with news of our award winners and the new website being shared across a wide spectrum of platforms such as Twitter, Instagram, Facebook and LinkedIn.

It is good to be able to show our appreciation to some of our contributors and to provide other potential contributors with a little extra motivation. These awards are set to continue growing in stature with the introduction of two additional categories for 2019, 'Best Female Author' and 'Best History Article', both sponsored by Kilmainham Tales Teo. The chances are that someone now reading this article will go on to receive one of the 2019 Lt Gen MJ Costello awards, so get writing! ■



The new Military.ie

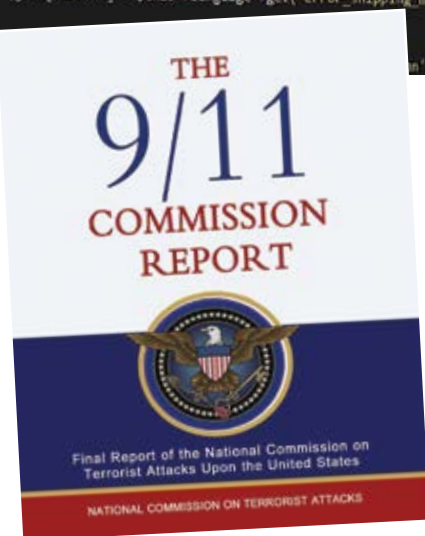


Website collaboration: Sgt Mick Burke, from PTools Cindy O'Keeffe, Des Murphy, Tom Skinner, ACOS Brig Gen Peter O'Halloran, Lt Col CJ Cullen, Lt Col Whittaker and Lt Col Oliver Dwyer.

PROTECTING CYBERSPACE

A Hybrid Threat Requires a Hybrid Response

BY DINOS ANTHONY KERIGAN-KYROU



As the 2015 Defence White Paper makes clear, the traditional concept of national security has broadened considerably over the past 20 years. Threats are more diverse, less visible and much less predictable. Examples include regional conflicts, organised crime, terrorism, state failure and state collapse.

These 'emerging' security challenges - sometimes called asymmetric challenges - are becoming increasingly diverse. Energy security, climate change, health pandemics, forced migration and human trafficking, the displacement of large numbers of people due to internal conflicts within their own countries - are just some of examples. They have a direct effect on the Defence Forces and the security of the State, both here in Ireland and in the many regions of the world in which the Defence Forces operate. As Madeleine Albright former US Secretary of State said in her report 'NATO 2020 New Strategic Concept', the boundary between military and non-military threats is becoming blurred. Issues that were once considered matters which had nothing to do with the military are becoming central to the threats we face here and abroad.

Indeed cyber security was identified by Secretary Albright as one of the issues which transcends these boundaries between military and civilian. And it is Cyberspace - the online environment in which we conduct such important parts of our lives and business - that is

used by those who may wish to cause harm to the State and to the Defence Forces.

So what is the difference between cyber security and cyberspace? This question is integral to the security of the Defence Forces.

Cyber security is ensuring that cyberspace is not used for nefarious purposes. Many of us may think that cyber security is about security of computers and networks. While this is indeed a small part of cyber security, by missing the rest of the equation we actually place ourselves in particular danger. Because this failure to understand what cyber security enables cyberspace to be used by those that wish to cause harm - without detection, prevention, or consequence.

For example cyberspace, especially, the use of encrypted messaging, is used by particularly evil people involved in human trafficking across borders, or for the trade in people for forced prostitution. Cyber security in this context is about ensuring that cyberspace is not used by these criminals to facilitate human trafficking, and prevent the horrendous consequences for its victims. Cyber security here is also about helping identify victims in cyberspace of trafficking and exploitation, so that they can be assisted and that the perpetrators of the crimes against them can be brought to justice.

Cyberspace is used by terrorists to indoctrinate and recruit new members, as well as to organise their activities and conduct their atrocities. This includes highly effective 'public relations'; media, videos, and using cyberspace to persuade people of the 'validity' of their actions. Dr Jamie Shea, formerly of NATO's Emerging Security Challenges Division, calls such terrorist groups 'parasitic organisations'; they will take an issue they have no care about whatsoever - poverty in Africa, or corruption in Afghanistan, for example - and 'own' that issue, using cyberspace to 'justify' their terrorist atrocities. A key part of cyber security is using cyberspace to prevent people from being taken in by the propaganda being used by terrorist networks.

Hostile states will use cyberspace to influence referendums or elections for their own advantage against other states. They will even use cyberspace to persecute and harm their own people. The



Satellite image of Burma after a community has been burnt down.

government of Burma has used cyberspace via social media to both 'justify' and facilitate its vast levels of harm against the Rohingya population. These ongoing war crimes perpetrated directly by the Manamar government and its leaders have been labelled 'genocide' by the UN and the International Criminal Court. Cyber security here is about ensuring that social media platforms are not used for 'fake news' and the facilitation of information which can be used either to influence an election, or, far worse, facilitate the 'ethnic cleansing' of entire communities. Both the US and the EU are stepping up their efforts to ensure that cyberspace is not used to these ends. Although progress is slow, they are making some headway with the social media platforms. They increasingly appear to recognise their responsibilities to prevent fake news and propaganda from harming the democratic process, or, in the case of Burma, from directly facilitating the brutalisation of innocent civil-

ians who have no ability to defend themselves.

As we saw in February's *An Cosantóir* social engineering is used for a vast number of cyber security breaches. It can be used by hostile actors to create false profiles luring anyone to give up highly

personal information with which they can be blackmailed. What we post online - photos of our families, our address, children's schools, partner's work location, our house, where we're going on deployment - can be used by hostile actors to create a complete picture. This background can then be used to threaten us into doing something that facilitates the hostile's intentions. Moreover, emails and texts are easy to fake. Simply clicking on a link in a text or email can cause our phones or smart-watches to be used as a micro-phone, camera, or location tracking device when we are at home or deployed overseas. Such 'phishing' messages are highly convincing, appearing to be from someone you know and trust, but actually sent by someone else. Preventing this manipulation of cyberspace via social engineering is one of the most important parts of cyber security for the Defence Forces.

Cyberspace can be used by those within an organisation who might have a vendetta. It is very easy for just one person to cause disaster with long-lasting consequences, as we saw with the US contractor Edward Snowden. So cyber security needs to become an organisational matter, making sure we have the structures to prevent the misuse of cyberspace within our own organisations, via the early detection of problems in a 'no blame' environment.

Hostile states, terrorists, and criminals are far more effective at using cyberspace to pursue their objectives than any of us in NATO or the EU. Terrorists are well able to use cyberspace to communicate securely with one another. The 9/11 terrorist attacks were one of the first examples of cyberspace being used by terrorists. Cyberspace was used in the recruitment, planning, and execution of the atrocities. The subsequent 9/11 Commission Report identified that we need to completely change the way we prevent and respond to these new emerging, asymmetric threats. The previous system of intelligence sharing was simply not fit for purpose. Worse, it was actually dangerous as it created a false sense of security in which nefarious actors could plan their outrages while we assured ourselves we were doing everything possible to prevent terrorist attacks of any size, let alone like those that occurred on 9/11.

Prior to 9/11 we were living in a bubble of self assured (but unjustified), security in regard to terrorism. It is the same today in our relation to cyber security and the security of cyberspace. The 9/11 Commission's response to preventing terrorism is very relevant to securing cyberspace for the Defence Forces, the State and across the EU. Cyber security is a hybrid, multifaceted challenge, and it requires a hybrid response.

It is about how we structure our organisations and how we share information. If criminals, terrorists, hostile states, or even someone within our organisation wants to cause harm they presently have a near infinite number of ways to do so in cyberspace; they will find someone or some way to breach the Defence Forces, as they only need one route in. Moreover, the EU has at least 188 national intelligence agencies and vastly more regional agencies. This is many times more than the US and information sharing between them all is not particularly good. So the battle is lost? Not at all. Let's flip the advantage from attacker to attacked. If every member of the Defence Forces - from new Recruit to the Chief of Staff - becomes part of a system that can alert possible breaches and misuses of cyberspace as early as possible, then we flip the advantage from them to us. By enabling cyber security to become everyone's responsibility - in Ireland and across the EU - we help secure cyberspace, and thereby our own security, the security of the Defence Forces, and the security of the State.

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

The Defence Forces Value Awards Champion 2018 **RSM JOHNNY MURRAY, CIS GROUP, DFTC**

BY SGT MICK BURKE WITH RSM MURRAY



RSM Johnny Murray grew up in Newbridge and was educated by the Patrician Brothers and thereafter went to the Technical School where he completed his intermediate certificate. Being one of 11 children and living in a council house, he left school in 1976, to contribute to the household, and got a job as a storeman in the then new Dunnes Stores supermarket. In December 1977 three of his workmates decided to join the Defence Forces: RSM Joe McGann RIP, Sgmn Stephen Fogarty RIP and Sgt Willie Smith recently retired, and RSM Murray followed them a few months later.

RSM Murray says, "I cycled to the Curragh and got sworn in, I was issued with fatigue's on the same day. I worked in the dining hall/kitchen doing dixie washer until the platoon was filled. In those days there were three platoons in training at any one time, a busy place for a shy 18 year old." January 1978 recruit Murray started training with No 1 Platoon along with 39 others, 13 from Dublin and the remainder from Kildare, Cork, Tipperary, Wexford, Waterford, Clare and Meath. "In those days we were 16 to a billet - we survived the other platoon raiding our kit, room inspections and keeping a glass like polished floor by doing regular shifts on the lead swinger. As it was winter the pot belly in the centre of the billet was kept lighting 24/7. Fuel was acquired at all costs with regular raids on the turf shed. Friday's were payday, we paraded in McDonagh drill shed, and were paid £23.00 (approx.) in cash."

Pte Murray passed out on 11th May 1978 and was assigned to the newly formed 6 Fd Sig Coy, Curragh Camp.

During his 41 years service to date RSM Murray completed numerous courses in the Defence Forces. He started out on a wireless operators course followed by the linesman course. He then completed a commop conversion course, but he mainly followed the telecoms route. He then completed an exchange manager's course, and a City & Guilds certificate in fibre optic cable and Cat5e/6 infrastructure installation course. Outside of those courses he completed a riggers and an advance riggers, a Mowag commanders, an ECDL, a military first responders, gymnastics, PTI and a PTI refreshers course.

RSM Murray has served overseas on 15 tours and one tour with a Battlegroup.

His first tour to Lebanon was in 1980 with HQ Coy's Signal Platoon of the 47 Inf Bn and his last tour to UNIFIL was in 2000. "I completed nine tours to UNIFIL, seven with the Battalions and two in UNIFIL HQ, Naqoura."

His other overseas missions included: "In 1990 during the First Gulf war 'Desert Storm' I was part of a convoy of 168 vehicles and 328 personnel that travelled to Kuwait by road. There were six Irish personnel who were there to provide communications for the move. We left Naqoura crossed into Israel and drove across Israel to the Allenby bridge and into Jordan. Onward we drove across Jordan, staying in a refugee camp in Amman, crossing into Saudi Arabia and hooking up with the pipeline then driving for two days making camp in the desert. We arrived six days later when we drove into Doha, Kuwait. The mission UNIKOM was established. As we drove into Kuwait the oil fields were still burning with plumes of black smoke making night of day. We witnessed the carnage of the war, lines and lines of burned out Iraqi tanks and other military vehicles."

In 1994 the then A/Sgt Murray served in Somalia with No 2 Tpt Gp, "We arrived as the US Military were pulling out after the 'Black Hawk Down' incident. Our task was transporting food for the Indian contingent, which was a two-day convoy from Baidoa to Mogadishu."

In 1996 Sgt Murray was seconded to the Dept. of Foreign Affairs during Ireland's presidency of the European Commission. "I was the Operations Manager of the European Commission Monitoring Mission (ECMM) in Sarajevo."

In 2004 Sgt Murray completed his first trip to Kosovo. "I served in KFOR HQ's Psyops Branch as the printed media editor. Psyops ran campaigns like 'support the local police force' or 'crime does not pay'. During this mission we had the Kosovo riots, where 19 people lost their lives in a 48hr period - this was a testing time for KFOR."

In 2007 Sgt Murray was part of the first EU Nordic Battlegroup. "We got to deploy in Northern Sweden and took part in a live logisti-

cal exercise up in the Arctic Circle, which was a great experience. We outperformed the other nations in the snow and ice. We had the backbone of communications back to Dublin while operating with in the Nordic Battle group. Our equipment stood up to -40 temperatures and our procedures and uniforms held up



A/Sgt Murray in Somalia with No 2 Tpt Gp in 1994.



Sgt Murray with former COS Lt Gen Dermot Early (RIP) visiting the first EU Nordic Battlegroup in Sweden, in 2007.



Coy Sgt Murray deployed to ISAF, Afghanistan in 2011.



RSM Murray serving in Kosovo for the second time in 2014.

along with our training and our expertise got us through the 14 day exercise."

2011 Coy Sgt Murray deployed to ISAF in Kabul, Afghanistan. "I was the senior watch-keeper in the Situation Awareness Room (SAR), where all the incident traffic was received.

My task as the senior OR-9 was to support the Operations Colonel to make sure all data traffic reports were checked and compiled with a storyboard before they were displayed on the Digital Notice board in the Situation Awareness Room (SAR) for Com ISAF, Four Star General John Allen. This posting was a very busy one and you learned to adapt and perform swiftly in a NATO ran world."

In 2014 the now RSM Murray deployed to Kosovo for the second time. "As the Site Manager I was responsible for all the services in a camp that housed over 900 soldiers and civilians. This was a busy job, very seasonal, keeping all services going while trying to improve life for all. During this mission I was privileged to be nominated for the NATO Meritorious medal, and on my return DoD informed me the award was granted and that Dept. of Foreign Affairs approved the medal. I was presented the medal by GOC of the DFTC."

In 2017 RSM Murray served with 55 Inf Gp in UNDOF. "This was a great trip to finish my overseas service with. It gave me a snapshot of the young soldier of today; to spend six months with the future leaders was a great privilege. When we work, eat and play together you see the full person and it gave me great hope for the future to see such attitude, skillsets, confidence and pride. I know we have the right people and with that the rest will come right."

Speaking about the DF Value awards that he was named as the overall champion, "To be nominated for the values award was a big surprise, you do your job to the best of your ability, knowing the people you work with and allowing them to blossom within the CIS working environment. The CIS Corps operates as a team and we need everyone on the pitch and we all have a part to play in getting the result. You don't have to be the best player on the pitch, but you do have to always give your best. It is indeed a great honour to be

the holder of the DF Value Awards Champion 2018. I feel it is for the people I represent both CIS Corp and DFTC. I am a product of my environment. I live by the rule 'lead and they will follow'."

RSM Murray is one of two remaining members of his recruit platoon still in service, the other is BQMS Andrew

Behan, who is retiring later this year and RSM Murray will be last man out when he retires in January 2020.

Speaking about his future RSM Murray said, "I am not too concerned with jumping into another 9 to 5 job. I have a couple of projects to complete at home before I look at an-

other career. I have joined IUNVA and I'm looking forward at getting involved with them as they do great work for our comrades and their families that may need help. My wife Mary and daughter Elaine have been on this journey with me through thick and thin. They always have given their blessings and have supported me always, so this reward is for the three of us, and for our service to the Defence Forces." ■





THE WINDS OF MARCH

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



The month of March is usually a wet and windy period, and it was between March 11th to 14th - when the Dublin based 7 Inf Bn held a 3-day long battalion exercise in the Glen of Imaal area, of Co. Wicklow.

The exercise involved up to 130 personnel from the battalion, this troop list included 17 members from the battalion's Reserve Defence Forces (RDF) C and D Companies.

The exercise was held in conjunction with the Military College's NCO Training Wing (NCOTW), who were themselves running the Infantry Platoons Sergeants Course.

The 7 Inf Bn now has a history dating back several years of holding joint exercises with the Curragh based NCOTW, in locations such as Kilworth and Fort Davis in Cork harbour.

This latest joint venture in the Glen was to include a company level dig-in, a task which requires considerable logistical support, in this case including JCB diggers and a Gator All-Terrain Vehicle (ATV) for moving defensive stores expansive dig-in site.

Although there were many other taskings on the exercise, including maintaining a battalion tactical HQ and the deployment of sniper teams, the main event was most certainly the company level dig-in itself. Then the following defensive measures exercised by the Bn/NCOTW troops once they were in place.

The exercise troops, who were self-sufficient living on issued ration packs, were to spend a total of 3-nights on the ground, not an easy task this time of year, with the persistent rain which is all too familiar to DF personnel who know the Glen of Imaal area.

The exercise had all the standard infantry tasks such as sentry duties, patrols and calls to stand-too.

The trenches dug by and lived in by the company were a reminder that even 100 years on from the First World War, some things have not changed for the 'Poor Bloody Infantry'.

While there was a tasked 7 Inf Bn enemy party deployed to counter the dug-in company troops, the primary adversary to everybody involved was the weather. The sometimes-heavy rain was sporadic and even expected, but there was constant freezing high winds all the time over the 72 hours on the ground, these winds never seemed to stop, either day or night and at times seemed to reach gale force strength.

The company on the hilltop dig-in site had little natural protection from the wind, which seemed to cut through any and all protective clothing worn by the troops.

For the NCOTW students on the exercise, it was a practical opportunity to display that it's not just enough for an infantry leader to survive in a challenging environment, but to survive and to go on to motivate, manage and lead troops in that same challenging environment.

During the exercise GOC 2 Bde, Brig Gen Howard Berney visited the 7 Inf Bn tactical HQ for an exercise briefing by Bn OC Lt Col Seán Ó Fátharta. The general then went on to visit the infantry company still in the process of digging their trenches up on the hill site. While there he spoke to many Ptes, NCOs and Officers involved, asking them for their insights on the exercise.

On 'ENDEX', the 7 Inf Bn departed the Glen of Imaal to return to Cathal Brugha Bks while the NCOTW students returned to their home station in the DFTC, another joint exercise concluded, and a lot of well-earned lessons marked down in waterproof notebooks. ■

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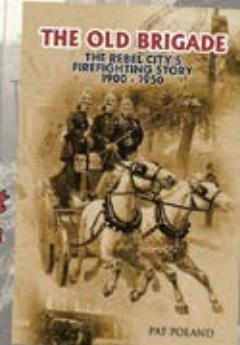
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Writing and submitting articles to An Cosantóir

BY SGT WAYNE FITZGERALD

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

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

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

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

Short articles are from 300 to 700 words max per A4 page, this allows for four to five small photos. Regular articles are two page articles with 700 to 1400 words max. This max word count must include the captions of photos, as this takes up space too. Ideally we need 7-10 photos to allow a suitable selection process.

Larger articles are considered, though they may be spread over two issues or submitted to the 'Defence Forces Review' publication with the author's approval.

It is vital to have a structure to your article; you need to present the facts in a logical and orderly fashion and to give the reader an understandable sequence of events. We use the Five Ws - Who, What, Where, When, Why and in addition, How? These should be dealt with as early as possible in the story, but it's not essential to include them all in the lead paragraph - let the story flow.



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

The following are the key elements in a story:

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

Sending in a photograph especially by email, please consider the following:

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

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

THE GREEN GODDESS: THE COLD WAR FIRE ENGINE

BY PAT POLAND

Sixty-five years ago, at the height of the 'Cold War,' the British government commissioned hundreds of emergency fire engines in the event of the international situation escalating into a 'hot war'. Here, beginning in June 1962, a significant number was acquired to equip the Auxiliary Fire Service (AFS) branch of Civil Defence. They were an inspired choice. The Green Goddess: The Cold War fire engine and its link to a famous Irish motor race.

"From Stettin in the Baltic to Trieste in the Adriatic", declared the former British Prime Minister and war leader, Winston Churchill, "an iron curtain has descended across the Continent. Behind that line lie all the capitals of the ancient states of Central and Eastern Europe". Churchill, delivering a speech at Westminster College, Fulton, Missouri, on 5 March 1946, knew full well that he was bound to stoke controversy with his lengthy address directed at the Soviet Union. To this day, historians are divided as to his motives. Many accept that he detested communism and thus relished the notion

the former allies was becoming increasingly toxic.

In Britain, following the end of World War II, the stand-down of the Civil Defence organisation had been short-lived. Perceived threats from the Soviet Bloc resulted in the re-formation of the Civil Defence Corps, the purpose of which was to recruit a large-scale, all-volunteer, civilian organisation to afford some modicum of protection against a hostile attack. In Ireland, in December 1950, the Minister for Defence Dr T. F. O'Higgins, TD, called a meeting of all local authority Managers for briefing on the proposed Civil Defence organisation (called 'Air Raid Precautions', or ARP, during the Emergency). The new Civil Defence Training School at Ratra House, Phoenix Park, Dublin, accepted its first students in



A Green Goddess of Dublin AFS. Its main pump is capable of delivering four tons of water per minute.



Cork City AFS party receive their Green Goddess at the official handing-over ceremony at Ratra House, Dublin, 28th June 1962. From left: Section Leader Robert O'Brien; Volunteers: Pat Poland, Phil Doherty, Tony Kennedy and John O'Brien.

of provoking Josef Stalin, the Soviet leader. Others regard him as still smarting from the result of the 1945 General Election in which he lost out to Labour leader, Clement Attlee, and was anxious to underscore the notion that he remained an international statesman whose views still carried weight.

One thing most historians agree on: Churchill's address at Fulton marked the beginning of the so-called 'Cold War'. The Grand Alliance of the Second World War, when Britain, the USA and the Soviet Union had fought together to defeat the Axis powers of Germany, Italy and Japan, was a memory. Relationships between

June 1951.

The British authorities considered that a nuclear attack would quickly overwhelm the regular fire service, so a supplementary force known as the Auxiliary Fire Service (AFS) comprising some 55,000 volunteers would be required. It was envisaged that a large number of mobile fire columns (MFCs) comprising emergency pumps and specialist appliances would be needed to cover the length and breadth of Britain.

All AFS vehicles were finished in 'British Racing Green' livery; thus, the pumps were soon singled out for a quirky nickname that

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The major fire at Sutton's Hardware, South Mall, Cork, on 29th November 1963. The Cork AFS Green Goddess played a significant part in subduing the fire.



Coventry Climax portable pump stowed in a side-locker. It can deliver 350 gallons of water per minute.

would stick: Green Goddess. Ironically, the shade had first been introduced, in Ireland, in 1903. At that time, motor racing was illegal in Britain so the renowned Gordon Bennett Cup was held on the 'Athly Circuit' in July of that year. Centred on Athly, the circuit passed through counties Kildare, Laois, and Carlow. The first international motor race run on a closed circuit, it was the first time that regulations allocated national colours to the competing cars. As a

tribute to their hosts, the British team painted their cars in what they perceived to be the colour of the 'Emerald Isle'. Henceforth, the shade was known as 'British Racing Green'.

The Emergency Self-Propelled Pump to give it its official designation - the Green Goddess - went into production in 1953 and continued until 1956. Based on the Bedford military truck, it came in two marques: two-wheel drive (4x2) known as the Bedford SHZ, and four-wheel drive (4x4) (Bedford RLHZ). The type favoured by the Irish authorities was the latter. With a degree of cross-country mobility, tests indicated it could climb a 45° slope. The prime mover was the standard Bedford six-cylinder 110 horsepower petrol engine.

Weighing in at almost 8 ½ tons, it was fitted with a Sigmund single-stage, rear-mounted main pump capable of delivering some 4,100 litres of water (900 gpm) per minute. In addition, each appliance carried a supplementary Coventry Climax portable pump stowed in a side locker, capable of an extra 1,600 litres per minute (350 gpm). A 300-gallon water tank fed small diameter hoses on either side of the appliance to allow an immediate attack on incipient fires. The appliance carried 1,600 feet of delivery hose and suction hoses for the two pumps. An array of basic gear and tools was provided, while 35ft and 15ft aluminium ladders were stowed on the roof. A large number of coach builders was engaged in producing the bodies of the vehicles including Commer, Harrington, Hoskins, Papworth, Paxton, etc. All worked from a standard design

incorporating steel over an ash frame.

The Green Goddess was a product of its time, designed with a very specific task in mind. Devoid of all creature-comforts, it had no power-steering, no radio, no cutting equipment, no breathing apparatus, and, on the Irish appliances, no foam-making equipment. Relatively slow, with a maximum speed of some 105 km/h (65 mph), a comfortable cruising speed was indicated at 72 km/h (45 mph). And it was a notorious gas-guzzler: fuel consumption was between 8 and 10 miles per gallon depending on driving style. The lack of baffles in the hose reel water tank led to compromised road stability. Mechanically, however, it was robust

In all, thirty-seven Green Goddesses were purchased from Britain at a starting cost of some £4,500 each. The first batch of ten (AZC 754 – AZC 763) arrived in Ireland in the summer of 1962 and were handed over to local authorities by the Minister for Defence, Mr Gerald Bartley, TD, at a ceremony at Ratra House on 28 June. The large parade of AFS members was under the command of Capt. T. P. O'Brien, BE, Chief Officer, Dublin Fire Brigade. While, thankfully, never put to the ultimate test for which they had been conceived, in the coming years they would prove their worth, time and again, at emergencies in support of the regular fire and emergency services. The arrival of a Green Goddess with its powerful pump, capable of delivering four tons of water per minute, was often a welcome sight on a fire ground at a time when many Irish brigades were equipped with fire appliances that had about half its pumping capacity. Deployment at such diverse duties as flood relief (their high ground clearance proved an exceptional asset) and supplying water to communities in time of need, were other missions assigned as the need arose.

Incidents attended by Green Goddesses include major fires in Cork in 1963 and 1965 (Sutton's, South Mall, and Scott's, MacCurtain St) also, in 1965, Dublin's CIÉ Goods Depot, at North Wall, and at the Monaghan bombing outrage in 1974 in which seven people lost their lives (a further twenty-seven were killed in Dublin).

Following the decision of the British Government in 1968 to abolish the Civil Defence Corps and AFS, over 1,000 Green Goddesses were 'mothballed' and held in reserve in huge temperature and humidity-controlled warehouses, being eventually sold off, seeing service with fire brigades in places as diverse as Africa, Australia, Cyprus, New Zealand, Iceland, and the Caribbean.

In the interim, Civil Defence in Ireland has gone from strength to strength, albeit with a new focus and mission statement far removed from its old 'Cold War' mandate. The Green Goddesses were superseded by Dodge, Bedford and Dennis fire appliances for AFS training. Dublin AFS volunteers must be commended for the Goddess examples they maintain in pristine order for ceremonial purposes.

One of the more unusual aspects of the period was the rather inspired decision of Comdt. J. G. O'Kelly, BE (Chief Officer, Cork Fire Brigade) to name the city's two Goddesses after the legendary queens of Celtic mythology, Ana (AZC 756) and Morrighu (NZH 6), the latter regarded as the 'Great Goddess' by the ancients. The names, which are associated in Irish folklore with water and deluge, were emblazoned in Gaelic script along the sides of the appliances – in flagrant breach, it has to be acknowledged, of strict Department of Defence protocols against such customisation! ■

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

AN CÉAD CHATHLÁN COISITHE 1 Infantry Battalion

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

An Céad Chathlán Coisithe was originally founded in June 1924 when a hundred Irish speakers of all ranks were mustered in Gough Barracks in the Curragh under the command of Captain Michael Fogarty as the 'No 1 (Irish-speaking) Battalion' and then transferred to the Hibernian Schools in the Phoenix Park.

In April 1925, they were transferred west to Athlone and arrived in Renmore Barracks (still bearing Civil War damage) in Galway the following month. Personnel were recruited predominately from Connemara and the Arans, with some from Gaeltacht areas in Munster and Donegal, with battalion strength fluctuating at about 200. All training and administration were carried out as Gaeilge and unsuccessful attempts were made to spread the medium through the Army.

The battalion involved itself in the city's social and cultural life and in particular with the Taibhdhearc theatre following its foundation in 1928. A great friend of the battalion at this time was famous writer Padraic Ó Conaire who published over forty relevant articles in army newspaper *An t-Óglach*. The battalion's rowing teams and tug of war team soon established impressive reputations and in 1930, the unit formed its pipe band under Sgt Bishop.

During the thirties, the battalion's footballers came to the fore, winning several army championships and helping the Galway team to All-Ireland victories. In particular, a generation of outstanding boxers arose in Renmore.

An Céad Chathlán Coisithe c1926.



Following the start of The Emergency in 1939, the battalion was involved in search operations after the IRA raid on the Magazine Fort and was assigned an area from Athlone to Longford, operating during a particularly severe winter.

In June 1940, the battalion vacated Renmore for the duration of The Emergency and took up positions in Dunsandle House, Pallas House in Tynagh, Lough Cutra Castle, Kilcornan House and Castlehackett House. Their primary responsibility was Rineanna Airfield (later Shannon Airport) and the battalion was trained to a high state of readiness for this.

In January 1943, a US Flying Fortress crash landed near Athenry. Its passengers included US Lt Gen Jacob Devers and three other generals who were carrying vital intelligence from North Africa to Washington. A detachment commanded by Battalion OC Major James Timoney was quickly on the scene and secured the area before escorting the American officers to the Northern Irish border. General Devers (who later commanded the Sixth US Army Group) complimented Major Timoney on the turnout and bearing of the Irish troops and asked "to convey his favourable impression to all ranks of the battalion."

In 1945, the now thousand-strong 'No 1 (Irish-speaking) Battalion' (as it was still officially designated) returned to Renmore. Saighdiúir Singil Dónall Mac Amhlaigh (Saol Saighdura) and Kevin Brophy (Walking The Line), both later wrote vivid accounts of life in Renmore at this time. Mac Amhlaigh relates sharing his billets with men from the Blaskets and Inishark, island communities abandoned the following decade and was involved in the recovery of the bodies of eight RAF men killed in an air crash near Achill Island in June 1950.

A correspondent from *An Cosantóir* who visited Renmore in 1950 ("Ní móide go bhfuil bearic in Éirinn is deise suíomh ná é") described an efficient and highly trained unit where even the MO and PAs spoke as Gaeilge. However, the unit strength would soon decrease dramatically due to heavy emigration from the Gaeltacht areas.



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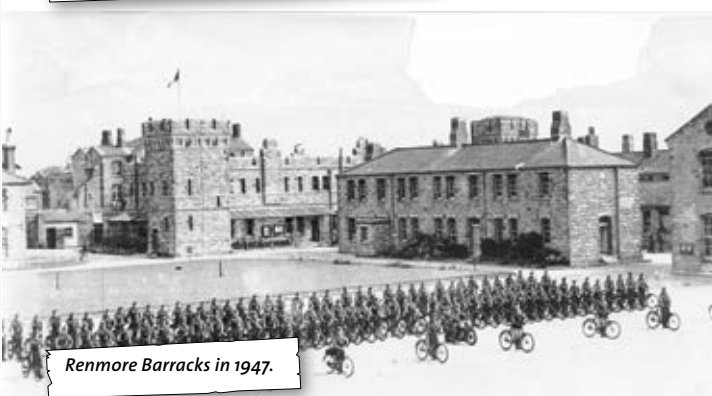
Lebanon-bound 113 Infantry Battalion marched through Galway City Centre on 26th October 2018.



A monument unveiled in May, 2015 to SS Caomhán Seoighe who was kidnapped in Lebanon in April 1981.



The fantastic museum in Dún Uí Mhaolíosa.



Renmore Barracks in 1947.

In 1952, the barracks was named Dún Uí Mhaolíosa after 1916 leader Liam Mellows. In this decade the battalion's football team won county finals and dominated Army Championships and in 1956 An Cath won the All-Army shooting championships.

During the sixties, men from Renmore deployed to the Congo and to Cyprus, happily without loss of life.

In 1971 An Cath was presented with its unit colours. By this time recruitment was effectively confined to Connemara and the Arans, other native speakers joining more local units. All battalions were heavily involved in internal security operations by now and An Cath was more understrength than most.

From the start of the deployment to UNIFIL, An Céad Cath was well represented mostly serving with C Company, who were noted as having particularly well-built stone gabions. Its first overseas casualty occurred on 27th April 1981, when S/S Caomhán Seoighe was kidnapped near Dyar Ntar and was never returned. More tragedy followed on 21st March 1989 when Cpl Fintan Heneghan was killed along with two comrades in a mine explosion near Bra'Shit.

An Céad Cath continued to soldier on through the eighties although by this time, safety considerations had necessitated undertaking some aspects of training in English.

As An Cath prepared to celebrate its 75th anniversary in June 1999 came the tragic news that Pte Billy Kedian had been killed by DFF mortar fire in post 6-42 in South Lebanon.

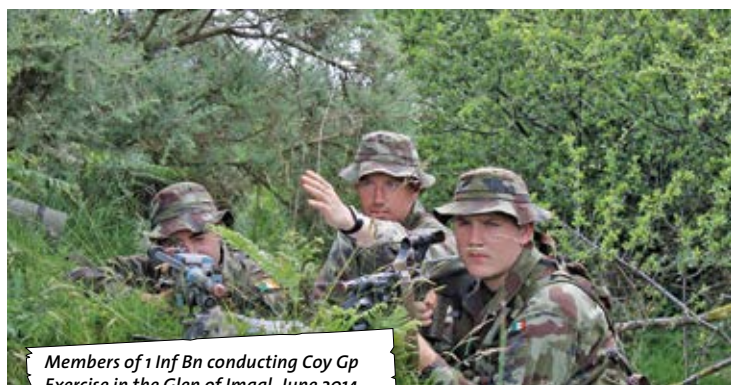
An Céad Cath continued to fulfil its commitment to Western Command as for example in July 1999 when C Company was transported by *LÉ Eithne* from Galway to Lough Swilly as part of Exercise Lough Gartain. They also continued to serve on UN missions and suffered another tragedy in April 2002 when S/S Peadar Ó Flaithearta was tragically killed while on service with UNTAET in East Timor.

In October 2009, Exercise Lough Gartain C Company again transported by *LÉ Eithne* from Galway to Donegal.

1 Cn Cois theoretically benefitted from the 2012 reorganisation, its PDF strength increasing from under 300 to 450, while RDF units in Clifden, Galway and Ennis became C, D and E Companies of the reorganised battalion.

Although the number of fluent Irish speakers has declined to double figures, the battalion retains its commitment to the Irish language, for example hosting the annual Campa Gaeilge.

Few units of the Defence Forces are in a position to contemplate celebrating their centenary and no other unit has remained in its home barracks for so long. "*An áit na bhfuil a réim go nuige seo,*" as they might say themselves. ■



Members of 1 Inf Bn conducting Coy Gp Exercise in the Glen of Imaal, June 2014.

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

DF Indoor Athletics Championships 2019

BY COMDT NOEL CONWAY, CHAIRMAN DF ATHLETICS COMMITTEE
PHOTOS BY SGT KARL BYRNE

On 27th February last, the Defence Forces Indoor Track & Field championships (and new entrants Grand Prix) were again held at the state-of-the-art indoor athletics facility in Athlone Institute of Technology.

Competitors came from units across the DF including two recruit platoons, from 27 and 3 Inf Bns, with close to 160 personnel competing in 17 track and three field events across four competitor categories. Included, as always in the day's events was a special grand prix for new entrants to the DF, designed to encourage interest in the sport across the talent pool of recruits, cadets and apprentices.

The atmosphere in the compact stadium was electric, particularly during the 4 x 200m unit relay - the relays are always an exciting event at the close of any track and field meet.

Notable performances included superb running by Pte Stephen Campbell of 6 Inf Bn in winning a close-run race with Comdt Mark Conway in the Defence Forces Senior Men's 800m. The DF Senior Men's 3,000m was also a close-run event with Cpl Conor Tierney from the Air Corps beating Cpl Gavin Sweeney from 1 Engr Group to take 1st place. Cpl Leanne Butler of 3 Inf Bn, fresh from her CISM Cross-Country debut in Belgium in December, comfortably won the ladies 3,000m.

The Masters (over 40) Men's 3,000m was very competitive in all age categories - PO Darren Molloy, Naval Service took the over 40s title, Sgt Pat Byrne, DFTC Tpt Gp won the over 45s and CS John Devlin, 1 Inf Bn won the over 55 event. The sprint events also saw tight finishes in the Men's 60m and 200m won by Pte Cullen 3 Inf Bn and Comdt Kedney respectively.

The Men's Field Competitions included the 35lb weight for distance event - the second year this event has been included in the DF Championships. Comdt Tom Bouchier, MTS Air Corps won this specialised event (which is unique to Ireland and Scotland). The other field events in both mens' and ladies' categories were the long jump and shot putt.

The event was hosted by 2 Bde, and supported/organised by the DF Athletics Committee. ■



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DF INDOOR TRACK & FIELD 2019

SENIOR MENS COMPETITION

EVENT

60m
200m
800m
3,000m
4 x 200m Relay
Shot Putt
Long Jump
35lb weight for distance

1ST PLACE

Pte Cullen, 3 Inf Bn
Comdt Kedney, 7 Inf Bn
Pte Campbell, 6 Inf Bn
Cpl Tierney, AC
Cpl Tiernan, LS Carroll,
Pte Skatikis, 6 Inf Bn
Pte Cullen, 3 Inf Bn
Comdt Bouchier, AC

2ND PLACE

Pte Kelly, 7 Inf Bn
Pte Cullen, 3 Inf Bn
Comdt M. Conway, 2 Bde CIS
Cpl Sweeney, 1 Bde Engrs
Cpl Sweeney & Cpl Kelly, PTI Course
Comdt Moody, 6 Inf Bn
Cpl Carberry, 2 Bde Trg Ctr
Comdt Moody, 6 Inf Bn

LADIES COMPETITION

60m
3,000m
Long Jump
Shot Putt

Pte Cusack, 12 Inf Bn
Cpl Bulter, 3 Inf Bn
Pte Cusack, 12 Inf Bn
Pte Cusack, 12 Inf Bn

MASTERS COMPETITION

60m
3,000m 0/40s
0/45s
0/55s

Cpl Carberry, 2 BTC
PO Molloy, NS
Sgt Byrne, DFTC
CS Devlin, 1 Inf Bn

Pte Murray, Tpt Gp DFTC
LS Meyler, NS

CADET/RECRUIT/APPRENTICE COMPETITION

60m
200m
1500m
4 x 200m Relay
Shot Putt
Long Jump

Pte Hughes, 3 Inf Bn
Pte Doherty, 27 Inf Bn
Pte English, 27 Inf Bn
Pte Kelly, Pte O'Dwyer, Pte Dermody & Pte Huges, 3 Inf Bn
Pte Uzell, 27 Inf Bn
Pte O'Dwyer, 3 Inf Bn

Pte Power, 3 Inf Bn
B/M Scarlett, DFSM
Pte Utevas, 27 Inf Bn
Pte Rowan, 3 Inf Bn



DEFENCE FORCES SOCCER

“We’ll give it more than just a lash Jack”



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BY GNR PAURIC O’SULLIVAN,
PR BRANCH

The DF Soccer team playing against a Shamrock Rovers recently. Photo: Armn Sam Gibney

Sometimes there are landmarks in time and history which command our full attention - and then you hop back to the realities of today. Captain Richie Barber grew up in an era where Jack Charlton led our famous team to a World Cup quarter final in Italy. Those unforgettable moments live firm in his mind and it is how he models his style on this Irish team.

Having played with the Defence Forces team since 2011 and then earning the role as captain in the European Championships, they took big scalps by defeating Germany and the UK Armed Forces. Capt Barber describes his development from player to manager as *“a right of passage”* and something that fills him with pride and he feels privileged to hold this position.

We think of managers as individuals who have accumulated years of experience on the side-lines, however Capt Barber has barely hung up his boots, to call time on his playing career and he is propelled into the bosses role. Taking over from Comdt Deccie Sheridan and Comdt Ian Snee, the new man in charge states he is taking over a well oiled machine, *“They brought a lot of professionalism to it and it made my job easier.”*

Not happy to just continue steering someone else’s ship, Capt Barber has decided to continue layering each element of professionalism by adding new chinks to his armour. Scouring the army and recruiting the best in each of the perspective fields, the team is now armed with an audio/visual element for match analysis, strength and conditioning coaches and a top class physio in the hands of Bty Sgt Lloyd Murphy.

With the CISM World Military games approaching in October of this year, the team stand to compete and match the world’s elite with new purchases such as GPS trackers, which give extensive data on player performances. This team, given the numbers they pick from within the DF, are superseding all expectations, but Capt Barber asks for more, even though they face huge challenges, *“Of the 18 players who helped us get to the games, we have lost 9 through overseas service or others who have terminated their service.”*

While most other countries can work with the same squad for prolonged periods, this team goes through an annual transition of players. Many managers would feel like they are banging their head against a wall, but a youthful Capt Barber embraces the challenges ahead. Taking all into

account, to reach the last twelve nations in the world, is a truly remarkable achievement but not the pinnacle of the journey according to the manager, *"We peaked in the qualifiers, we need to get back to that level, we need a few things to go our way, but I'm in no doubt we can go further than ever before."*

If you close your eyes and say the words *"put 'em under pressure,"* I've no doubt you'll see an image of a lanky Eng-

the moment, the other two need work."

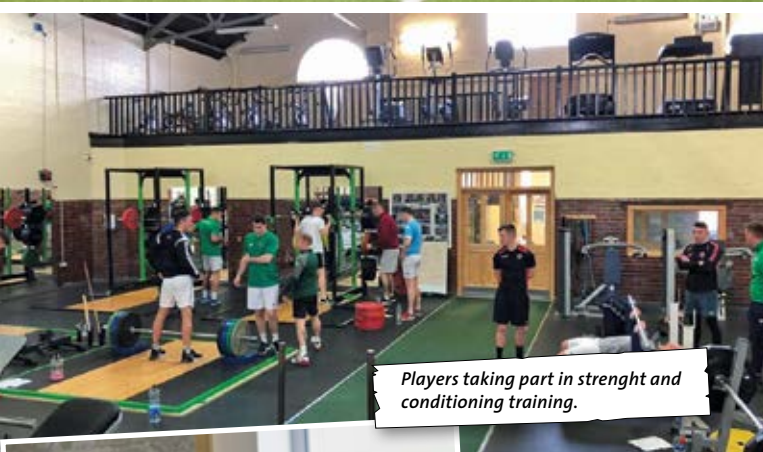
A managers role goes beyond just handing out jerseys on match day. With the tournament being held in China, that poses some issues to this team, they would not be used to playing in that heat. In true military fashion, Capt Barber and a logistics team hope to head to China prior to the event and accumulate all the relevant information from accommoda-



The DF Soccer team that played against the Netherlands recently.



DF Soccer team celebrate with ACOS Brig Gen Peter O'Halloran, who is the head of soccer in the Defence Forces.



Players taking part in strenght and conditioning training.



DF Soccer Manager Capt Richie Barber.

lish man reverberating that famous line over and over. Amazingly, almost thirty years later, Capt Barber has adopted that policy of choking teams in possession, but he has added his own touch, *"Our lads will fight and die for the jersey and they will be up in your face for 90 minutes, but when the ball is on the floor, we can play. We want to have three styles of play in our locker for China, I'm happy with one at*

tion to pitches and from food to water in order to cater to every single element of the teams needs.

With three group games in five days once they land, fatigue and soreness will come into play. However, the management team have had the foresight to bring in Cpl Frank Carolan in a strength and conditioning role. Cpl Carolan has the players in tip top shape with individual training programmes and they are tested every camp to the standard of the German national side. Following this level of work, the team has now six players at the elite level which is a testament to the incredible work being done behind the scenes.

It is impossible not to feel the level of pride Capt Barber has for this role and for his team, *"Its all about the players"*. Someone who has joined his country's army, served in an overseas position, played for the team and now, he leads them to China to take on the best of the best. All roads lead to the CISM games and the green army will no doubt give it more than just a lash. ■



DEFENCE FORCES ORIENTEERING



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DF Orienteering Champs 15th May 2019 Carrigmeal Forest Dysart

FORMAT OF THE COMPETITION

The DF Orienteering Championship 2018 will have the following six (6) competition categories:

- **Men's Junior:** 3.2km, 12 Controls, Climb 200m, word control descriptions
- **Women's Junior:** 3.2km, 12 Controls, Climb 200m, word control descriptions
- **Men's Intermediate:** 4.8km, 16 Controls, Climb 280m, control symbols
- **Women's Senior:** 4.8km, 16 Controls, Climb 280m, control symbols
- **Men Over 50:** 4.8km, 16 Controls, Climb 280m, control symbols
- **Senior:** 6km, 18 Controls, Climb 340m, control symbols

See Orienteering Page on IKON for further information.

Entries / Enquiries to Lt Col Oliver Clear 5227



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Cathal Brugha Barracks**

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Entries to be sent by email to: adrian.watson@defenceforces.ie



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Óglaigh na hÉireann 10 Mile Road Race 2019

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- 1ST, 2ND SENIOR FEMALE
- 1ST FEMALE OVER 35
- 1ST, 2ND, 3RD MEN OVER 40
- 1ST, 2ND MEN OVER 45
- 1ST, 2ND MEN OVER 50
- 1ST MEN OVER 55
- 1ST, 2ND TEAM (3 TO SCORE)

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ENTRY €10



For More Info Contact: CPO Cian McParland
021-4335678 or cian.mcparland@defenceforces.ie



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STRENGTHEN
THE NATION

GEAR REVIEW

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NOTICEBOARD

MILITARY HISTORY LECTURES MAY & JUNE 2019

SATURDAY 4TH MAY, 10AM TO 4.30PM

The Medal Society of Ireland will hold a 'Medal & Militaria Fair' + Auction at 3 pm in the Knox Hall, Monkstown Village, Co. Dublin. All welcome.

WEDNESDAY 8TH MAY, AT 7.45PM

Gerry Lovett will present his lecture 'The Royal Irish Constabulary and the War of Independence to the Knocklyon History Society in the Iona Centre, beside St. Colmcille's Church, Knocklyon, Templeogue, Dublin 16. All welcome - admission charge.

THURSDAY 9TH MAY AT 6.30PM

Dr. Stephanie Linden will present her lecture 'Shell Shock during WWI and After' to the Antrim and Down Branch Western Front Association in the Public Records Office Northern Ireland (PRONI), 2 Titanic Boulevard, Titanic Quarter, Belfast. All welcome.

13TH - 15TH JUNE

3rd Irish Military Seminar - Co. Kildare and the War of Independence will feature as part of the 3rd Irish Military Seminar to be held in Riverbank Arts Centre, Main Street, Newbridge. Talks include: Jadotville with Leo Quinlan; The Battle of At Tiri, a panel discussion hosted by Sgt Wayne Fitzgerald and Irish UN veterans; Irish Neutrality in WWII; IRA Border Campaign 1956; Margaret Skinnider and the Easter Rising; The Irish at the Battle of Little Big Horn. - See advert on page 24.

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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.

3rd Irish Military Seminar

W	Q	C	N	T	E	R	A	G	R	A	M	Z	M	X
N	Y	E	Y	A	I	W	B	J	U	G	A	I	T	F
M	U	X	P	J	O	I	W	S	E	C	L	K	R	U
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I	G	B	S	I	Y	W	F	I	R	M	L	G	E	N
G	W	O	A	R	A	L	J	E	Q	A	I	D	A	D
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L	E	D	W	I	O	S	M	T	U	N	H	O	R	N
T	L	E	N	A	A	X	U	A	N	D	C	R	O	L
T	I	R	N	E	V	E	Q	I	C	K	J	Z	Z	R
I	K	C	Q	F	N	F	K	T	M	P	J	K	L	S
L	V	C	Z	G	V	S	I	Y	Q	Q	Y	U	R	F
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Last month's winner of the PROTAC €50 Voucher was Stephen Rynn, Dublin 15. Closing date is 19th May 2019.

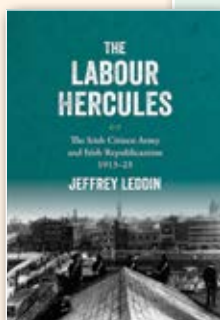
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BOOKSBOOKS

THE LABOUR HERCULES THE IRISH CITIZEN ARMY AND IRISH REPUBLICANISM, 1913–23

Author: Jeffrey Leddin
Publisher: Irish Academic Press (March 2019) www.irishacademicpress.ie
ISBN: 9781788550741
Pages: 304
Price: €24.95 PB



Jeffrey Leddin's latest book looks at the formation of the Irish Citizen Army, which was born from the Dublin Lockout of 1913, and straight into the 1916 Easter Rising. The author looks at the established of the Irish Citizen Army in the latter end of 1913, where famous names like James Connolly, James Larkin and Jack White are leading the way.

This is an extensive survey of this troubled decade in Irish history, where the Irish Citizen Army, along with the Irish Volunteers raised up against our English masters to establish a new nation of proud revolutionaries and republicans through the War of Independence and into a Civil War – which split families and communities. The Labour Hercules also dissects the Irish Citizen Army's association with the Anti-Treaty republicans in the Irish Civil War.

This is highly recommended reading for anyone interested in the birth of this nation or in revolutionary warfare in Ireland.

Jeffrey Leddin was awarded a PhD by the University of Limerick in 2017, where he is currently a Graduate Teaching Assistant. He was the editor of volume 15 of History Studies, Ireland's oldest post-graduate history journal. **WF**

INFANTRY MORTARS 1915 - 1945: THE DEVELOPMENT OF THE INFANTRY MORTAR

Author: Padraic Kennedy
Publisher: CreateSpace Independent Publishing Platform (August 2018)
ISBN: 978-1724668479
Pages: 119
Price: €18.50 PB

Former gunner Padraic Kennedy produces a detailed study of the Infantry Mortar from the start of the First World War 1915 to the end of the Second World War 1945.

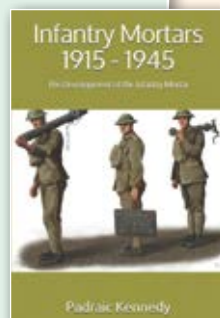
As the book states *"from the mud and trenches of the Western Front"* to the up-close and more personal war that took place from 1939-45, which saw the mortar develop and be mass produced.

I found the book to be clearly laid out, bright pages with clean text and colourful illustrations, although the book is of an academic nature it looks modern and is easy to pick up and read through.

Having served in the infantry and in the Defence Forces for nearly 30-years I had never trained or used the infantry mortar – so I only have the book as my guide to the development and use of the infantry mortar.

The book starts by explaining the Stokes Mortar 1915-18, designed by an Englishman to provide a lightweight, simple and effective support weapon – the 3-inch Stokes Mortar was revolutionary and simple to manufacture, it was easily manhandled by a three-man crew. The book finishes on the Brandt Clones, which were an 81mm mortar which was copied under license to produce their own or used the main tech aspects. Frenchman Edgar Brandt designed his pneumatic mortar in 1915.

There is a wealth of knowledge for the military historian or weapons enthusiast in this concise history of the Infantry Mortar. Well done to the author for getting this personal project to print. **WF**



GHOST FLIGHT

Author: Bear Grylls
Publisher: Orion (June 2015)
ISBN: 978-1409156833
Pages: 464
Price: €4.60 eBook / €9.80 PB

Bear Grylls has become known around the world as one of the most recognised faces of survival and outdoor adventure. Born in Donaghadee, Co Down in Northern Ireland, before moving to the UK at an early age Bear went on to serve in the BA and most notable in 21 SAS. He has written numerous books on survival and his adventures around the world. He ventured into fiction a few short years ago with his Adventures series aimed at young children and teenagers, now with his Will Jaeger series, he's hitting a serious adventurer to adults.

Like the author, Will Jaeger is a former soldier and was a member of the SAS.

The series starts with Will working in an African island called Bioko as an English teacher, he's been there for three years following the disappearance of his wife and son. Will is imprisoned on the Island because of being suspected of involvement in a coup d'état but is rescued by an old friend and brought back to the UK. Here Will is propositioned to lead an expedition team deep into the Amazon jungle to find and retrieve a lost Nazi World War II secret warplane.

The expedition is to be filmed for a documentary and has their full financial backing. The team is made up of international persons male and female who have military service experience as well as the film crew. What awaits them on the ground from the jungle wildlife to rainforest tribes with poisonous darts and the mysterious mercenaries on their tale – they won't all get out of this alive!

So far Bear has three books in this series, Burning Angels (June 2016) and The Hunt (May 2018) follow the excellent Ghost Flight. **WF**



WHAT WE DO

BY SGT WAYNE FITZGERALD PHOTOS BY ARMN SAM GIBNEY

On Tuesday 16th April 2019, the Minister with Responsibility for Defence Mr Paul Kehoe TD and the Defence Forces Chief of Staff Vice Admiral Mark Mellett DSM attended the commemoration of the 90th Anniversary of the foundation of the Reserve Defence Forces (RDF) in the National Museum of Ireland, Collins Bks, Dublin. The minister also launched an employer engagement guide called the 'Reserve Defence Forces - Employer's Information Handbook' outlining the benefits of joining the Reserve Defence Forces for employers.

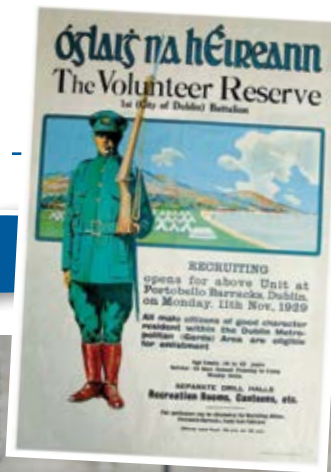
Recruiting began in 1929 when the 1st City of Dublin Volunteer Reserve Battalion started up in Cathal Brugha Bks and Collins Bks, both in Dublin. Later a Volunteer Reserve Field Artillery Battery was created in Cork, while an Officer Training Corp was created in six universities. These reservists have played an essential role in assisting the Permanent Defence Forces over these nine decades in defending the State from the Emergency, up through the Troubles and in to the latest transitioning period of national security.

Speaking at the event Minister Kehoe acknowledged the men and women who *"selflessly give their spare time in the service of the State and are an integral part of Ireland's Defence capability."*

The Minister also referred to, *"the changing Defence and Security environment and how the Reserve Defence Force continues to evolve in this context."*

The Minister continued, *"the development path for the Reserve Defence Force is laid out in the White Paper on Defence (2015) and is recognised ... that there are opportunities to harness specialist skills within the Reserve Defence Force in order to better effect the delivery of Ireland's defence capability."*

Since 1929 over 200,000 men and women have volunteered to serve in the RDF, they have come from all walks of life and from many different backgrounds. These reservists could be students, labourers, work in the pharmaceutical sector, they may be experts in cyber security in the IT sector, or academics with many a book



published under their name – they have one thing in common – they all provide a wealth of knowledge, experience and skills which they bring to the Defence Forces. While also serving in the Reserve, they would have developed their own leadership, team-working and strategic planning skills that they have utilised in their own full-time employment or academic studies.

The Employer Engagement Handbook, which outlines the benefits of joining the Reserve, is part of a Defence Forces campaign to develop a partnership with companies and institutions. Employers are being advised that by employing members of the Reserve they will be able to bring their skill-sets and training from their military service to their civilian work place.

Minister Keogh spoke of the Employer Engagement Handbook, *"I would encourage all employers of Reservists to support their employees by facilitating them where possible in terms of training obligations. I would also like to thank those employers who already facilitate their employees by granting them leave of absence in order for them to meet their Reserve training requirements."*

The Defence Forces Chief of Staff, Vice Admiral Mark Mellett DSM said in the introduction to the book, *"One of the key components in the success of the Reserve Defence Force has always been the goodwill, support and encouragement of the nation's employers. I would like to take this opportunity to thank you for your support to date; without which, it would not be possible for Reserve members to attain the high standards of training required to deliver an appropriate level of service to the State and its citizens."*

Reserve Defence Forces - Employer's Information Handbook can be downloaded here: www.military.ie/en/who-we-are/reserve-defence-forces/rdf-employers-information-handbook.pdf

The 2019 Reserve Defence Forces Recruitment campaign is currently underway. Further details can be found here: www.military.ie/en/careers/current-competitions/ ■



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