



THE DEFENCE FORCES MAGAZINE

# AN COSANTÓIR

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July 2011



**EX CAPSTONE**

**IN ENKÖPING  
WITH THE VIKINGS**

# BATTLE TAXI

**UNIFIL  
AN IRISH LEBANESE EXPERIENCE**

ISSN 0010-9460



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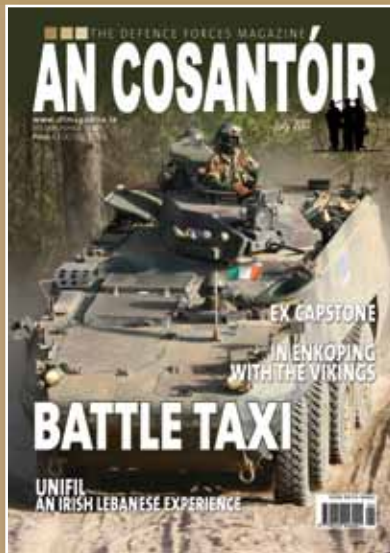
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Mowag seen in Chad.  
Photo by: Armn Billy Galligan (Retd)  
www.amanwithhiscamera.com

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## An Cosantóir Online

To access past issues of An Cosantóir,  
log onto: dfmagazine.ie.  
This month's username is: july and the  
password is: july (lower case).



**H**ello and thank you for all the great comments on the new look. Our new on-line magazine was a very welcome addition to our production, it's still available free for a limited time and it will only get better from here on...

Our On Parade pages feature Mr Alan Shatter TD, the Minister for Defence reviewing the 104th Inf Bn in Athlone, they left for Lebanon on the 23 and 27 May. Our lead article and main focus this month is a look at the Mowag APC, in its 10th year of excellent service, Sgt David Nagle got the chance to go out for 3 days (and nights) on 'Exercise Capstone' with B Coy, 3 Inf Bn. In our Strategic Review section, we have an article from Comdt Paddy Maher of the Nordic Battle Group's Force HQ based in Sweden.

In our centrespread we have a photo montage of the recent All Army Shooting Competition with both PDF and RDF results.

In our History section we have a great article on the Queen's visit to the Garden of Remembrance, by author Paul O'Brien MA.

Also, in Sport we have a roundup of the Defence Forces Sports awards, in Gadgets we have another excellent prize to give away valued at €200 sponsored by the Great Outdoors Store and finally, we have our other regulars - Tac Aide, Reviews and "Cha" And All That!

*Please support ONE's Fuchsia campaign this month, €2 is a reasonable charitable donation to our Ex-Service Personnel who have fallen on hard times.*

The Defence Forces were recently presented with a Public Service Excellence award by An Taoiseach, Mr Enda Kenny TD. The award, "GRADAM an TAOISIGH" which was accepted by Defence Forces Chief of Staff Lieutenant General Sean McCann, was presented "For exceptional Service in May 2011 during the visits of Queen Elizabeth II and President Obama." Congratulations to all involved. *Photo courtesy of: Mr. Tony Maxwell of maxwellphotography.ie*

*Wayne Fitzgerald*

**Sgt Wayne Fitzgerald**  
Editor



## Writing articles

## and letters

**Ideally we would like articles and letters submitted in by email or disc (CD/DVD). Hard-copy articles are also accepted.**

As a general rule, we look for 2-3 page articles with 600 to 700 words per A4 page. 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.

All material submitted should have a military related topic or be interesting to our readers.

### **Sending in a photograph**

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

- Save as jpeg format
- File size: No less than 1.5Mb and no bigger

than 3Mb (as jpegs)

- Resolution: 300 DPI
  - Dimension: 150x100mm (6x4in) minimum
- Naturally, if you are sending in a number of digital photographs, burn them to disc and post in! Clearly mark envelope 'CD with Photographs'. Also submit a short note with details like:

- Who took the photograph
- What was the occasion
- Where did it happen
- Who is in the photograph (left to right, back to front, rank, first and surnames)

If sending in photographic prints, avoid writing on the back of them.

**If you can't do this, please send them in as big (size) as you can, unchanged or unedited.**



# ON PARADE



## BAND OF BROTHERS

Pictured at the recent La Na bhFiann event in Limerick (l-r) are: CPO John O'Mahony, Capt Joe O'Mahony (Retd and Pres Patrick Sarsfield Br ONE) and CPO Christy O'Mahony (Retd and Hon Sec Cdr George Crosbie Br ONE). *Photo courtesy of Joe O'Mahony.*



## SUPER TROOPERS

Comdt Ging (OC 4 Cav Sqn) and Sqn Sgt Enright are seen here congratulating a group of potential two-star troopers, who completed their initial military training in May with the 25th Recruit Platoon in Custume Bks, Athlone. *Photo courtesy of Comdt Kevin McDonald (PO 4 W Bde).*



## DEBENHAMS PHOTOGRAPHIC COMPETITION WINNER - JULY

Congratulations to this month's photographic competition, kindly sponsored by Debenhams, to the 4th Cavalry Squadron who are based in Custume Bks, Athlone and ran a Dispatch Riders course but before the students headed back to their units, they posed for a class photograph. They are back row (l-r): Sgts Forde, Bowes (both nstrs) Cpls Carberry, Thornton, Pte Hartigan, Tprs Mooney, Ganley and Cpl Lee (Instr). Front row (l-r): Lt Muckian, Tprs Delaheras, Rhatigan and Sqn Sgt Enright. *Photo courtesy of Sgt Martin Gilligan.*



## WITH THANKS

On June 6, BQMS Ray Duke and CQMS Tom Troy (both 13 Ircon EUFOR, in Bosnia) were presented with certificates of appreciation from US Army Brig Gen David Enyeart for their work with NATO during their tour. A certificate was also presented to Coy Sgt Tom Hand. *Photo by SSgt Erica J Knight (USAF).*

## THAT'S MY SON (& GRANDSON)

Pte Ian Dooley is pictured here in DFTC gym with his father, Sgt John Dooley and grandfathers Joe Boland (left) and Michael Dooley (right) on the occasion of his passing out parade with the 3rd Infantry Battalion on 26th May. *Photo by Cpl Greg Dorney.*

## BOOKS AND BALLS

In late May, Capt Barry Hannon who is serving in Uganda as a CIMIC officer with the European Union Training Mission Somalia is seen here presenting schoolbooks and footballs to a teacher training college in the village of Buttiti. A teacher from Ireland, Eilis and the college's vice principal, Jolly were delighted to accept the donation, which was funded from monies raised by the EU troops serving with the EU training mission. *Photo courtesy of Capt Hannon.*





## What the Papers Say...



### FAREWELL TERRY ▲

On June 10th, McKee Bks said goodbye to one of its longest serving soldiers, when Gnr Terry 'The Sniper' Corrigan retired after 35 years of dedicated service. BQMS Noel O'Neill (McKee Bks Coy) and CQMS Malachy McCaul (2 LSB) are seen here making a presentation to Terry on behalf of all his colleagues and friends in McKee. Photo courtesy of CQMS McCaul.



### BRUSSELS CALLING

On a recent family holiday to Brussels, Col Joe O'Sullivan (Retd and Pres McKee Offrs Club) called into Ireland's mission to the EU in Brussels and presented a copy of the Chiefs of Staff Portrait book to Brig Gen Tom Behan (Mil Rep to the EU). Photo courtesy of Col Joe O'Sullivan (Retd).



### AIR CORPS SAVE ILL CHILD

The Air Corps was called into action yesterday to fly a sick child for vital treatment. The young patient, and a HSE team were transferred from Crumlin Childrens' Hospital to Casement Aerodrome, Baldonnell and flown to Northholt Airbase in London on the Air Corps Learjet. This is the 32nd Air Ambulance mission carried out by the Air Corps so far this year.

*The Irish Daily Mirror, May 26th*

### IRISH HEROES TO SOLDIER ON

Defence Minister Alan Shatter yesterday reviewed the members of the 104th Infantry Battalion who will leave for Lebanon this month. After the parade at Custume barracks, Athlone, Co Westmeath, the minister paid tribute to the 47 Irish soldiers who have lost their lives in the cause of peace in the troubled state.

*The Irish Daily Mirror, June 3rd*

### €3M SPENT ON DEPLOYING IRISH TROOPS TO AFGHANISTAN

The Defence Forces have spent €3 million on deploying personnel to the Nato-led force in Afghanistan, the Department of Defence has revealed. The expenditure does not include the salaries of the 130 personnel deployed to date, which when included would bring total expenditure to at least €6 million. Richard Boyd Barrett TD,

who is opposed to the war in Afghanistan and has raised the issue in the Dáil, said it was unacceptable that the Government was spending millions deploying troops to Afghanistan at a time of 'savage cuts' on vulnerable sectors of Irish society.

*The Irish Times, June 8th*

### OUR NAVY TESTS DEVICE TO BLOW UP OLD MINES

The Navy as tested out a revolutionary underwater anti-ordnance device for blowing up old sea mines, which fishermen frequently dredge up in their nets. During the Second World War, tens of thousands of sea mines were dropped near shipping lanes in the Atlantic, Celtic Sea and Irish Sea by the Germans and Allies. The Kracatoa device consists of a tiny waterproof tin-can-type canister filled with high explosives, and is even safe for divers to handle.

*The Irish Daily Mail, June 13th*

### FORCE 'DEADBEAT DADS' TO JOIN THE ARMY, SAYS FINE GAEL TD

Jobless 'deadbeat dads' who expect the State to support their children should be forced to spend a year in the Army, a Fine Gael TD has claimed. Mayo TD Michelle Mulherin said that the radical approach would end the 'culture of entitlement' whereby men fathered children and then expected the social welfare to support.

*The Irish Daily Mail, June 13th*



# ON PARADE

## Ministerial Review

On June 2nd, the Minister for Defence Mr Alan Shatter TD reviewed the 440-strong 104th Infantry Battalion bound for overseas service with UNIFIL in South Lebanon.

PHOTOS BY 105 SQN, SGT BARRY MCCARTHY, AB DAVY JONES AND CPL GREG DORNEY



Transport leaving the Curragh Camp on the way to Ringaskiddy.



Transport lined up in Ringaskiddy.



Security is tight in Ringaskiddy.



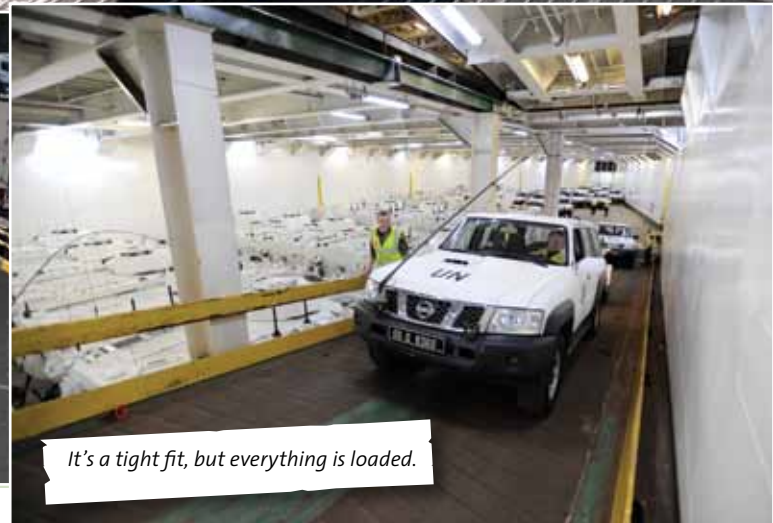
Transport reverses onto the Ark Futura.



LTAVs are driven on in style.



The Beast recovery vehicle will be of great use in Lebanon.



It's a tight fit, but everything is loaded.



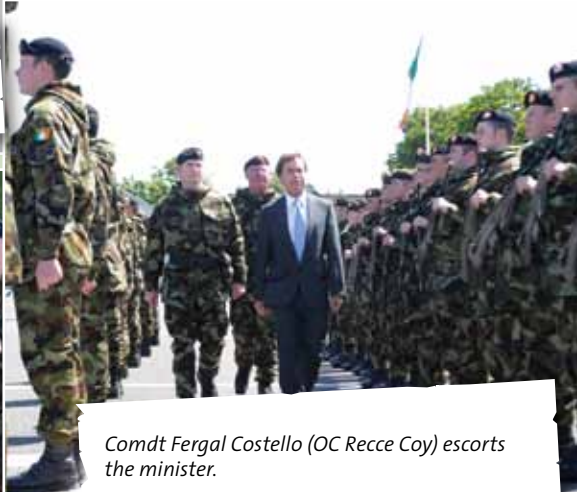
Speaking at the review, the minister said it is at occasions such as this that remind us of the important part our Defence Forces play as peacekeepers throughout the world. Minister Shatter also noted that not underestimating the dangers that our troops may face and the recent attack on the Italian UNIFIL troops in May, the general staff he said has assured him that the appropriate force protection assets and capabilities are being deployed to operate in the current and future environment in Lebanon.

The battalion under the command of Lt Col Frank Bolger deployed to Lebanon in two rotations (June 22nd and 29th) and is currently bedding into its new posts and area of operation, which measures some 140sq km, extending from Tibnine to the Blue Line along the border with Israel. The battalion is primarily drawn from 4th Western Brigade units bolstered by troops also drawn from DFHQ, DFTC, Air Corps and Naval Service. Once established, the battalion will deploy two mechanised infantry and one recce companies with armour, anti-armour, fire support assets and an extraction capability. They will operate from one main and two platoon-size posts and will be tasked primarily with patrolling, reconnaissance, and occupying static posts, while operating in close co-ordination and cooperation with the Lebanese Armed Forces in UNIFIL's Sector West. The day after the review (June 3rd), Defence Forces logistical and Naval Service personnel loaded over 122 wheeled vehicles on the Ark Futura of Poland in Ringaskiddy, Cork for the voyage to Lebanon. The fleet included Mowag APCs, LTAVs, engineering plants, fuel bowzers, recovery vehicles, trucks, pajero jeeps and an assortment of trailers. ■



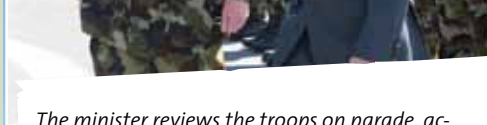
*Brig Gen Conor O'Boyle (GOC DFTC) reviews his troops from his command heading overseas with the battalion.*

*Comdt Tom Fox (OC B Coy) salutes Mr Shatter before he reviews the soldiers of his Company.*



*Comdt Fergal Costello (OC Recce Coy) escorts the minister.*

*The minister reviews the troops on parade, accompanied by Lt Col Frank Bolger (OC 104 Inf Bn).*



*The minister takes the salute.*



# BATTLE TAXI..... MOWAG

10 years  
in service

BY SGT DAVID NAGLE



In June, as over 32 Mowag Piranha IIIH APCs, plus LTAVs and other soft-skinned vehicles were loaded onto a cargo ship in Cork, bound for overseas service with UNIFIL in South Lebanon, a lesser

known milestone was marked, when the Swiss built armoured personnel carrier (plus variants) reached its tenth year in operation. The Defence Forces now operates 80 Mowags in six versions.







This versatile and proven vehicle has given our troops mobility, speed and added protection as they went about their day-to-day duties in Ireland and more importantly, overseas in Eritrea (2001-2 UNMEE); Kosovo (2004-10 KFOR); Liberia (2003-7 UNMIL); Lebanon (2006-7 UNIFIL); NBG (2007 Ireland and Sweden);

Chad (2009-10 EUFOR/MINURCAT); NBG (2011 Ireland and Sweden) and now back to Lebanon again.

It was back in 1996, when a Chief of Staff's report highlighted the need for a new armoured vehicle to replace the ageing Panhard APC, in service since 1972. The report outlined that any new APC would need sufficient firepower, protection, mobility and interoperability in the context of conventional operations at home and peace support operations overseas. It also required each vehicle to be armed with a 12.7mm Heavy Machine Gun and a 7.62mm Medium Machine Gun incorporating a laser rangefinder and a night firing capability.

In 1999, a selection board commenced a series of trials in the Curragh with a Mowag 8x8 and the Austrian Pandur 6x6 APCs short-listed. That December, based on their recommendations, the then Minister for Defence, Mr Michael Smith TD awarded the contract to Mowag for the construction and delivery of 40 APCs: Command (4); Infantry (34); one Ambulance and one Recovery at the cost of £40m.

Throughout the production schedule, which commenced in 2000, an expert military team travelled to Switzerland regularly to oversee the build and to commence the initial operating,

maintenance and driving courses prior to the Defence Forces taking charge of its first two Mowags in January 2001 with the remainder delivered in batches of four per month up to January 2002. The Mowag fleet was added to in 2004 and 2005, bringing it to 65 Mowags with more Command (4), Infantry (20) and Ambulance (1) added.

When the Mowag entered service, all the vehicles were located in one unit, B Company, 3<sup>rd</sup> Infantry Company (Detached) in the Curragh Camp. They took charge of the fleet and all the command, driving and gunnery training for the entire Defence Forces. Also, the fact that the main vehicle workshops are in the Curragh was another factor for locating all the APCs there.

Following the purchase and rolling delivery through 2007 and 2008 of 15 Mowag (nine close and six medium) reconnaissance variants, the 1<sup>st</sup> Armoured Car Squadron is now responsible for all Cavalry Corps training.

Though all the Mowags are the same with regards to their armour, communications, night vision and optics, engine type, endurance and vehicle operations - the various types in service have some distinct features.

**Infantry:** Its two-man crew (driver and gunner/commander) can bring their dismountable nine-man infantry section right up to the battlefield. The gunner/commander is positioned in a turret and can operate a 12.7mm Heavy Machine Gun and a co-axial 7.62mm Medium Machine Gun. He has a built-in night sight incorporating a laser range finder to assist him locating targets. The dismountable platoon or section commander sits at the rear right of the

Mowag, next to the ramp and he has a copula to view from.

**Command:** This vehicle is similar to the infantry Mowag with a two-man crew, turret and armament. It is fitted with extra telecommunications equipment (HF, VHF and satellite) so that its five-man headquarter staff can act as an armoured command vehicle.

**Medium Reconnaissance Vehicle:** Has a crew of three (driver, gunner and commander).

It has an OTO Melara turret with a 30mm cannon and two 7.62mm Medium Machine Guns (one co-axial and one pintle-mounted). The crew using a fire control unit with built-in thermal imager and day camera to locate and aim the cannon. The vehicle can carry a dismountable four-man close target reconnaissance team.

**Close Reconnaissance Vehicle:** Similar to the Medium Reconnaissance Vehicle, regarding crew, dismountable team and fire control unit. However, it has no turret but a remote weapons station, which can be fitted with either a 40mm Grenade Machine Gun or a 12.7mm Heavy Machine Gun.

**Ambulance:** With a driver, doctor and medical technician onboard, this turret-less armoured vehicle has no armament and can carry wounded in either four stretchers or two stretchers and six seated. This Mowag is fitted with racks of medical stores and lifesaving equipment.

**Recovery:** This vehicle and its crew of one driver and two mechanics is designed to repair and remove damaged, unserviceable Mowags from the battlefield. The vehicle is fitted with an eight-ton self-recovery capstan, and inside the mechanics have an array of tools, spare parts, generator, air compressor, air jacks, tow bars and welders.

With ten years of dedicated service and thousands of miles clocked up already, the Mowag APC will for the foreseeable future, continue to be the backbone of our mechanised infantry operations as a battle taxi, both at home and especially abroad.

# MOWAG

## VISIT TO IRELAND

**In May, representatives from General Dynamics European Land Systems - Mowag GmbH, Lars Brühlmann (Director Business Development Europe), Arnaud de Péchy (Regional Sales Director) and Urs Koller (Director Customer Services) visited the Curragh. Terry McLaughlin caught up with them to ask them about their visit...**

**What is the purpose of your visit to Ireland?**

Mr Brühlmann: This is the second day of our three-day visit before we return to Switzerland. We had several reasons for the visit. Firstly, Arnaud and I have recently taken up new positions in Mowag and we wanted to meet all the relevant people in the Defence Forces and the Department of Defence as we see Ireland as one of our key European customers. Our new positions came about as a result of a restructuring of our company, which has seen us change from a product-orientated business development approach to a geographically based model. Our marketing and business development function is now divided to cover four regions: Europe, Asia, the Middle East and Africa, and Latin America. I am responsible for business development in Europe and Arnaud is my sales director for several countries, including Ireland. Consequently, we were anxious to meet with representatives of the Mowag user community, and particularly those people responsible for acquisitions, planning and operational strategy. I have been with Mowag since 1992 and have held a range of positions including Deputy Director of Engineering, and Director Advanced Wheeled-Vehicle Programmes. Spending this length of time with the company means that I have a deep understanding of the business strategy, culture and leadership within Mowag and I am really keen to work in this new area.

I also wanted to give a presentation on our company's current status and

product portfolio. This was partly in response to a request from the Defence Forces for information about the provision of support for the delivery of specific capabilities. Therefore, in addition to presenting information on the Piranha wheeled armoured vehicle, we also covered our light tactical vehicles, the Eagle and, particularly, the Duro.

**Can you tell us something about these vehicles?**

We think that our 10-tonne Eagle is an outstanding vehicle and there are currently 700 Eagle operating around the world. Similarly, we feel that the DURO IIP, which is built on the same chassis, but slightly heavier, also provides a high standard of protective mobility for its 2+8 crew and passengers. Three versions of the Duro are currently deployed with many countries around the world, including Ireland, and it is being used in many operational areas including Afghanistan. Of course our main product is still the Piranha, of which over 13,000 are in operation worldwide.

**Where are your vehicles produced?**

Manufacturing for Europe, Latin America and the Middle East is carried out in Switzerland. The vehicles used by the US (Stryker) and Canada (LAV) are produced in North America under licence, but we still keep our centre of excellence in Mowag. All the know-how regarding suspension, drive lines, etc is still kept in-house and we evolve new versions via our design and research and development departments.

**How are you finding business in the current climate?**

The European market is facing difficulties from the international financial crisis and reduced defence budgets, but we are still identifying growth areas, particularly for protected mobility in the 4x4 class. We see the further evolution of the design of the Eagle as one of the ways to realise this growth potential. Furthermore, in the wheeled armoured vehicle class we also

see growth potential in through-life support, by means of maintenance repair and overhaul as well as mid-life upgrades.

Another area of potential growth for the wheeled armoured vehicle market is in Eastern Europe, where former Soviet bloc countries have need for additional vehicles in this kind of class as old equipment reaches the end of its life.

**How important is your relationship with the Defence Forces?**

Piranha Group Europe provides the platform for all the European users of the Piranha to meet on a regular basis to exchange their experiences, know-how and needs, and the Defence Forces is an important member of this group. We have a very good relationship with you and the feedback we get is of great benefit to us - how you are using the vehicles; how you are satisfied with their performance; and how we can improve our support to the Defence Forces. This is particularly helpful as the Defence Forces deploys our vehicles in very different environments such as Lebanon, Liberia, Chad and the Arctic Circle while operating with the Nordic Battle Group.

In addition, the Defence Forces is one of our most sophisticated users in terms of how you use the system, how you train your personnel, and how you operate the system. Your techniques and procedures are well developed and what I have seen has really impressed me in terms of how you support and maintain the vehicles, and how dedicated the people who use them are. ■





# EX CAPSTONE

BY SGT DAVID NAGLE

CAPSTONE

13

I can categorically state that as an observer on Ex Capstone, that this was one of the toughest An Cosantóir assignments I have ever undertaken. I completely lost track of time, and sleep as the five days of this tactical exercise 'on wheels' seemed to merge together as each scenario came and went. Capstone is based on real life, hi-tempo operational missions and our experiences in Liberia, Kosovo and Chad and it is deliberately designed to give officers a taste of what is required by them to lead a mechanised company on the ground.



The exercise is the final phase of a three-week APC Commander's Course, coming at the end of the student's Peace Support Operations Platoon Commander's Course. In the subsequent two-weeks, the officers and NCOs of B Company, 3<sup>rd</sup> Infantry Battalion (Detached) in the Curragh have taught the students all they know on how to run an APC unit properly and more importantly the challenges they will face in conducting company-sized offensive operations with the supporting combat support, combat service support and air assets over vast distances.

The general exercise scenario involved the company, as part of a bigger multi-national mechanised battalion deployed overseas to a war torn country and having to deal with varying types of defensive and offensive operations.

B Company has been running Capstone for a number of years now and they are expert in mechanised infantry manoeuvres. The planning for this exercise commenced month's ago and it is a testament to all involved. Remember, B Company were hard pressed in the lead up, as were the rest of the Army on standby in May for Queen Elizabeth II and President Obama's visits. On top of that, the company had lost a large contingent to the 104<sup>th</sup> Infantry Battalion UNIFIL, so they had to augment their numbers with exercising troops, APC crews, special forces, artillery, CIS, engineering, medical, MP, Air Corps and logistical specialists - who all helped to make Capstone run smoothly. In all, some 200 troops in 60 vehicles and three helicopters were involved covering 19 counties. The following is just a short outline of the exercise.



**Day one (May 30<sup>th</sup>):** After a day of orders and preparation in the Curragh, the company moves at 1800hrs in convoy to Knock Airport, Co Mayo to secure the installation's perimeter prior to the arrival of a diplomatic team in the early hours of the next morning for peace talks. Company in place before midnight. Distance covered: 210k.

**Day two (May 31<sup>st</sup>):** As the diplomats arrive by helicopter around 0200hrs, the company deploys a riot squad to stop protesters from gaining access to the airport and from impeding a convoy with officials going to the peace talks from leaving. Following scuffles, the protesters are pushed back and the convoy departs safely. Protesters disperse and the company resumes its perimeter in defence by 0400hrs. The rest of the day is spent preparing for a company night attack on a suspect enemy camp in the Ox Mountains, Co Sligo, again in the early hours of the next morning. An Army Ranger Wing OP observes the camp, while an engineering team checked roads and bridges en route to the target. Using helicopters, a three-man team is parachuted close to the camp to mark a detailed route in for the company, while a forward artillery observer team is dropped close-by. By 1900hrs, the main body of the company departs for the attack, while the combat service support elements follow on later. Under complete darkness using night vision goggles, the company is driven as close as possible to the enemy camp before the company dismounts from its Mowags for a short march to a forming up point. Distance covered: 40k.

**Day three (June 1<sup>st</sup>):** At 0200hrs, following a pre-arranged artillery strike, the company successfully attacks the enemy camp. As dawn breaks, the company rendezvous with its Mowags and goes through a rolling replenishment taking on ammunition, food, water and fuel on the way to Carnagh Camp, Co Roscommon, where they undergo a full replenishment. Distance covered: 130k.

Arrive in Carnagh by 1000hrs and the company takes on fuel and troops rest, prior to a move to take part in a cordon and snatch operation to capture a key enemy leader in the foothills of the Galty Mountains, Co Tipperary. Recce teams are deployed by helicopter to locate the enemy's camp and the company leaves Carnagh at 1900hrs and arrives at a hide close to Mitchelstown, Co Cork just before midnight. Distance covered: 180k.

**Day four (June 2<sup>nd</sup>):** From the hide, the Company at 0200hrs moves to positions close to the enemy camp and cordon it off, while a snatch platoon moves in. Just before dawn, the enemy position is stormed and their leader is captured and moved under guard to Kilworth Camp, where he is handed over to the civil authorities. Following breakfast, the company heads back to the Curragh Camp, Co Kildare to hand in weapons, stores and to clean vehicles. Distance covered: 200k.

**Day five (June 3<sup>rd</sup>):** B Company crews assisted by the students continue to clean and ready the Mowags, before they are garaged. ■





# Vox Pops

Here, students give their views on the APC commander's course, exercise Capstone and what they learnt.

## LT NEIL LEDWITH (28 INF BN)



'Overall, I found the three week course very interesting. It gave us an appreciation for both the capabilities and the limitations that a commander has when dealing with a fleet of armoured vehicles. During Capstone, I was a

section commander, section two i/c and I was a platoon commander responsible for the transfer of captives from the snatch site to Kilworth Camp. From the start, Capstone was very challenging. I found having good communications was vital, especially with a mechanised formation moving at speed and compounding that is the issues around navigation. Also, the lack of sleep was a challenge, but we got over that by rotating the commanders. If in the future, I get a chance to command a platoon or mechanised company unit, I would ensure that everyone is briefed on the route we are taking and that everyone knows the drills to do if someone goes off route. Having those procedures in place is important and something we learnt on this course.'

## 2/LT ALAN MOLLEN (5 INF BN)



'I taught the course gave us a good insight on how the Defence Forces actually operates. Obviously during the cadetship we train in the

light infantry role, but this was basically a conversion course and we travelled through 19 different counties, and overall it was an excellent experience. On the first day, I was the company two i/c and that was a real eye opener. The company commander would give me tasks and I would delegate them to the company sergeant, company quarter master sergeant and platoon commanders, and I would make sure they carried out their duties. On Capstone, sleep was a premium and I found that challenging at times. Also, you have to plan and make time to maintain the cars. Remember, they are not soldiers and they can breakdown and Capstone gave me an appreciation of what the crews need to do and what I could do as a commander to support them. I will definitely improve my navigation skills as it is not like walking with a map and compass. When you are driving in a Mowag, you can cover two kilometres very quickly and you can easily miss a turn.'

## 2/LT SARAH CONLON (2 INF BN)



'I found it a good course as they started from the basics and worked it up with lectures and we got to do a bit of navigating with the Mowags through the Wicklow mountains before Capstone. During the exercise, I was the platoon sergeant for the perimeter security around Knock Airport. I would say that Capstone was more challenging than tough. We had to use the stuff we had learned in the cadet school with

what we learnt here and marry it together. We never did any company tactics before, so the company in attack at night using the Nato-T formation was a new experience. If I get to operate as an APC commander in the future, I will make sure to look after the car crews. You can easily forget the two crew, so it is vital to make sure they get their rations and enough rest, were possible.'

## CDT PHILIPP KIEDL (AUSTRIAN ARMED FORCES)



'I learnt a lot on the course, especially in the command appointments while working a whole APC company on the ground. We in Austrian drive the Pandur six-wheeled armour personnel car. The Mowag has more space for the dismountable troops to live in. The Pandur is also armed with a 12.7mm main weapon like the Mowag, though in our Austrian APCs, the dismountable commander sits in the front, while in the Mowag, you sit at the rear. During Capstone, I was section commander and found the lack of sleep difficult as you really only had time to eat and change your socks between each of the exercise scenarios. The toughest thing for me was the night attack as it was cold and wet, and it was important to look after your troops and keep them motivated. Equally, as a commander, you have to look after yourself and be mentally fit. It was great to see how the replen worked and how smoothly it went.'

*Cdt Kiedl is an Austrian officer cadet from the Student Battalion, Military Academy in Wiener Neustadt, 50k south of Vienna. He will be commissioned in October 2011. ■*

# The Hidden History of the Glen

BY GNR TERENCE O'REILLY

Many members of the Defence Forces have trekked over Table mountain from the Glen of Imaal into Glenmalure on countless exercises over the years. Not many of them, however, may be aware that they are following in the footsteps of an ill-fated Tudor expedition sent to crush a rebellion, nor that the car park at Barravore ford is probably the site of a mass grave.

In early 1580 Viscount Baltinglass rebelled against Queen Elizabeth and allied himself with Gaelic warlord Fiach MacHugh O'Byrne. The rebellion spread throughout Leinster and soon threatened Dublin. In response, newly appointed viceroy Lord Grey de Wilton arrived in Dublin in August at the head of 3,000 English troops. The force marched to Naas and from there to the Glen of Imaal with the intent of crushing Fiach in his Glenmalure stronghold.

Rebel scouts observed the English-led force (which included some mercenaries from Connaught) from every hilltop as it advanced, costing Grey any element of surprise. On the morning of August 25th, Grey led his force over the mountains into the then densely forested Glenmalure, against the entreaties of his more experienced officers. In a twist of fate Grey was following in the footsteps of another ill-fated English expedition, that of Richard II who led a force through the same area in 1399 and was obliged to fight a series of running battles before reaching safety at Arklow.

While the young English troops were inexperienced and conspicuous in red and blue livery, Fiach's force of 700 remained invisible in the forest, with the exception of a small force of lightly armed kerns who were to skirmish with Grey's force and then withdraw into the valley, luring them into the main ambush. This consisted of companies of

harquebusiers (muskets) deployed along the cliffs between Ballingoneen and Cullentragh Park, with the main force of heavily armed Galloglass warriors further down the valley at Ballinafunshoge. Viscount Baltinglass commanded another force held in reserve.

Grey's army advanced into Glenmalure with their hired Connaughtmen leading the way, followed by the Berwick regiment under Colonel George Moore. The going was hard underfoot and the cavalry did not advance into the densest forest. The battle began when Moore's troops came under heavy musket fire. At the first shots the Connaughtmen dramatically changed sides (evidently by prior arrangement) and then waves of axe-wielding Galloglass smashed into the English column. The close-quarter fighting was ferocious and most of the estimated 800 English fatalities occurred within 30 minutes; accounts speak of the Avonbeg river running red with blood.

As the English force began to retreat, Baltinglass's reserve was also thrown into the attack and Grey's force was all but routed. For all his faults, Grey proved to be courageous in battle and his cavalry stood its ground, facilitating the escape of hundreds of English troops from the slaughter. (Among the survivors were Captain Walter Raleigh and the poet Edmund Spenser.) Local tradition has it that the Eng-



lish dead were buried in pits at the ford at Barravore, with the exception of some officers who were buried near the Giant's Grave to the east.

Near Drumgoff, a boulder known as Cullen's Rock is engraved to commemorate the battle. This rock was used as a gallows by British forces in 1798, victims being dropped from a framework rigged over it.

About two kilometres to the southeast of Coolmooney camp is the Dwyer-McAllister cottage, reconstructed in the 1940s as a memorial to commemorate the events of the night of February 15th 1799. For some years after the 1798 rebellion, rebels conducted a guerrilla campaign in the Wicklow Mountains, the most famous of whom was Michael Dwyer, based in the Glen of Imaal. Dwyer's main sanctuary was a dugout high on the slopes of Keadeen mountain, large enough for a dozen men and lined with moss to counter dampness. However, on harsh winter nights the rebels were obliged to shelter in farmhouses at the mountain's base. On that February night, an informant tipped off the small British garrison at Humewood and

about 100 troops from a locally-based Highland regiment quickly surrounded three cottages at Derrynamuck. The rebels in two of the houses surrendered to protect the families sheltering them. (All but one were subsequently executed.) In the third cottage, Dwyer and three comrades put up a fight. Heavily outnumbered, their situation became desperate when the thatch was set on fire. Dwyer's wounded comrade, Sam McAllister from Antrim, sacrificed himself by exposing himself to a volley from the Highlanders, allowing Dwyer to make a break for freedom. Barefoot and lightly dressed, he slipped on ice and fell, causing another volley to miss him. Felling a Highlander who gave chase, Dwyer was soon pursued by another British detachment based at Davidstown who had observed him running through the snow towards Seskin. Freezing and feet bleeding, Dwyer eventually escaped into the mountains where he continued his guerrilla campaign until December 1803 when he surrendered and was transported to Australia. ■

*To be continued...*



Michael Dwyer



Memorial stone in Glenmalur



# Taking Aim

PHOTOGRAPHS BY  
105 SQN AND THE 4  
W BDE PRESS OFFICE

Over four days (May 28th-31st), the best military marksmen gathered in Finner Camp, Co Donegal to do battle for the coveted title of best shot at this year's All-Army shooting competition. Both RDF and PDF competitors took advantage of the fine weather as individuals and unit teams pitted against each other during the pistol, rifle, GPMG and falling plates events. As always, the shooting competition is an important event in the Defence Forces training calendar with units spending hours on the rifle range and having previously won their respective brigade competitions to secure a place on the firing line. In the PDF competition, some fine scores were achieved and in the individual pistol, rifle and GPMG events, the 2010 winners retained the silverware for another year. In the combined weapon's event, the 5th Infantry Battalion team representing the 2nd Eastern Brigade took the trophy (including the Marksman's Cup) back to Dublin after years of trying. Finally, congratulations to everyone who took part and a special mention to the staff of the Dir DFT, the competition umpires, catering, CIS, medical, MP personnel and the OC 28th Infantry Battalion and his troops for making the 2011 All-Army shooting competition a great day on the ranges.





**Pistol Individual**

Winner  
Runner-up  
Third Place

**PDF**

ARW  
ARW  
ARW

**RDF**

Cpl Smyth (62 Res Tpt Coy  
Lt Clynn (54 Res Arty Regt)  
Sgt Ward (54 Res Arty Regt)

**Pistol Team**

Winners  
Runners-up

ARW  
5 Inf Bn

54 Res Arty Regt  
2 AD Bty

**Rifle Individual**

Winner  
Runner-up  
Third Place

Sgt Walsh (4 Inf Bn)  
Pte Taylor (5 Inf Bn)  
Cpl O'Sullivan

Pte Sheehan (33 Res Inf Bn)  
Lt McGee (58 Res Inf Bn)  
Pte Murphy (33 Res Inf Bn)

**Rifle Team**

Winners  
Runners-up

5 Inf Bn  
4 Inf Bn

34 Res Inf Bn  
33 Res Inf Bn

**GPMG Individual**

Winner  
Runner-up  
Third Place

Cpl Byrne (5 Inf Bn)  
Pte Edwards (28 Inf Bn)  
Cpl O'Shea (4 Inf Bn)

Cpl Maxwell (58 Res Inf Bn)  
Cpl Plante (34 Res Inf Bn)  
Cpl McNamara (56 Res Inf Bn)

**GPMG Team**

Winners  
Runners-up

5 Inf Bn  
4 Inf Bn

58 Res Inf Bn  
34 Res Inf Bn

**Falling Plates**

Winners  
Runners-up

1 Cav Sqn  
2 Fd Arty Regt)

34 Res Inf Bn  
32 Res Inf Bn

**Combined Weapons Trophy**

Winners

2 E Bde

1 S Bde

**Marksman's Cup**

2 E Bde





# STRATEGIC REVIEW

## In Enköping with the Vikings

BY COMDT PADDY MAHER



**O**n June 30th 2011 the 2,200-strong, Swedish-led Nordic Battle Group (NBG) comprising of Swedish, Finnish, Norwegian, Irish and Estonian troops, completed its six-month standby period as the EU Battle Group. This article outlines the experiences of Irish personnel working in the NBG Force Headquarters (FHQ) based in the home of the Swedish Vikings.

The EU Battle Group is a key component of the EU's Common Defence and Security Policy (CDSP) and, specifically, its crisis management capability.

The battle group is the minimum, militarily effective, rapidly deployable, coherent force, capable of stand-alone operations, or for deployment during the initial phase of larger operations. It is based on a combined arms, battalion-sized force, reinforced with combat support and combat service support elements. These elements include an intelligence surveillance target acquisition and reconnaissance task force (ISTAR TF), and expeditionary air wing (EAW) and Special Forces (SF). The battle group must be capable of beginning a deployment within 10 days of a decision to launch an operation and be self-sustainable for 30 days (this is extendable up to 120 days). It must be deployable up to 6,000kms from Brussels (this is not a physical limitation but the planning target).

The EU has two battle groups constantly on standby, ready to be deployed to crisis areas. For the period from January 1st to Jun 30th, 2011, the Swedish-led Nordic Battle Group and Netherlands Battle Group 107 were the standby units. This was the second time that Sweden had acted as Framework Nation, the first occasion being 2008.

The NBG's 2,200 troops from Sweden, Finland, Norway, Ireland and Estonia, were augmented by Croatian personnel who supplied additional heli-airlift and medical evacuation capability.

Ireland contributed 153 personnel to the NBG 2011, with 13 full-time staff deployed to the FHQ in Sweden and a 140-strong ISTAR unit and related elements based in 1 S Bde, in Ireland.

Due to a 16-month preparation phase, four officers, Lt Col's Tim Donovan, Gerry Brennan, Mick Carroll and Comdt Paddy Ryan, completed almost two years as part of the NBG 11 FHQ. The remaining nine Irish FHQ personnel joined in April 2010 and June 2010. The total strength of the FHQ was 115, made up of personnel from the five troop-contributing nations, and the Irish personnel served in a wide variety of functional areas, including planning, operations, training, logistics, finance and CIMIC.

Lt Col Donovan was the SIO for the Irish contingent as well as Assistant Chief of Staff (ACOS) for the CIMIC branch.

The initial phase of the FHQ deployment, which began in September 2009, concentrated on developing procedures and staff education as well as planning for the training of the entire battle group.

The main focus of the FHQ during the preparation phase was to prepare for and complete a series of two-week intensive exercises throughout 2010 to ensure that the FHQ staffs were validated and ready for the standby period commencing on January 1st 2011. The main exercises included Combined Joint Staff Exercise 10, Illuminated Summer 10, Initial Effort and Joint Action 10. In April 2011, during the standby period, the FHQ also took part in Exercise Viking, a week-long, multinational staff exercise, to ensure that skills and capabilities were being maintained to the required level.

All these exercises were designed to ensure that staff procedures, including the use of air assets, were developed and practiced to the highest standard, while developing very important relationships and common understanding with subordinate units and higher command. They also acted as key NBG valida-



*Irish members of NBG FHQ 2011. Back row (l-r): Lt Alan Fennell, Comdt Paddy Maher, Capt Dom Timpson, Lt Aoife Herbert, Coy Sgt Chris Smith, CQMS Christy Guilfoyle, Capt Cathal Keohane, Comdt Caimin Keogh. Front row (l-r): Comdt Tom McGuinness, Lt Col Mick Carroll, Col Mikael Frisell (Chief of Staff, FHQ), Lt Col Tim Donovan (Senior Irish Officer), Lt Col Gerry Brennan, Comdt Paddy Ryan. Photo: Capt Anders Karlson, Swedish Armed Forces.*

*Lt Col Tim Donovan (SIO and CIMIC commander) on board a C130 aircraft during FHQ deployment on Exercise 'Joint Action' in November 2010.*





tion and evaluation tools, as well as providing opportunities to test standard operational procedures (SOPs) and communication and information Management systems (CIS).

Irish personnel with the NBG also undertook basic military training in preparation for possible deployment. This included survival, evasion, resistance and escape (SERE) training; range practices; medical and CBRN training; self-defence; and mine-awareness training.

Throughout the NBG 11 period Irish personnel have been involved in advanced operational planning on case study countries. This included development of comprehensive concept-of-operations and operations plans on possible NBG deployment. All planning was conducted using the 'comprehensive approach' that takes into account all aspects of security and defence, including humanitarian issues, rule of law, policing, governmental reform and military matters. (For a detailed description of the 'comprehensive approach', see An Cosantóir, May 2011).

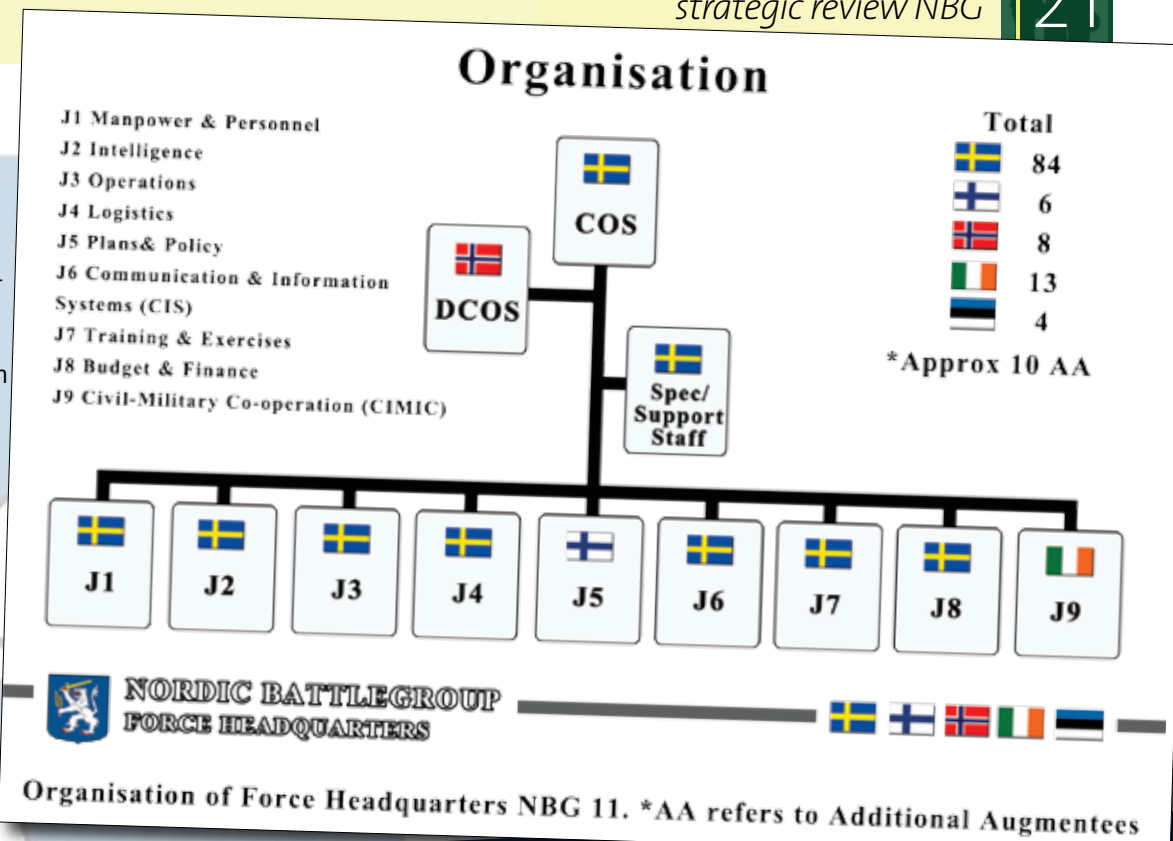
All parts of the NBG reached full operational capability on December 1st, 2010, one month before the stand-by period began.

The opportunity to work in Sweden has been a very professionally rewarding experience for all members of the Irish contingent. In particular, being involved with in-depth training in advanced operational planning and international staff work, undergoing intensive, realistic and well-resourced exercises, and having opportunities to work closely with different nationalities, was very worthwhile.

A range of training courses were also available to Irish personnel. For example, Lt Alan Fennell had the opportunity to undergo a comprehensive three-week OLRT (operational liaison and reconnaissance team) training course. (The OLRT is a small military team drawn from FHQ, trained to operate in a possibly hostile environment.) All FHQ staff underwent a week-long EU Staff Officers course and Comdt Caimin Keogh underwent the Comprehensive Operational Planning course hosted by the NATO School, in Obberammergau, Germany. This course complemented the significant experience that Comdt Keogh gained as a member of the J5 Planning Branch.

All Irish personnel gained valuable experience operating as part of a multi-national unit and the intensive and comprehensive training has been a big contributor to increased professional knowledge and skills. The experiences of each staff officer should prove of great benefit in future overseas operations.

While the Irish personnel gained a lot from the experience



## Enköpings - A Viking City

The Swedish 'Viking' city of Enköping has 38,000 inhabitants. Located 80kms west of Stockholm, Enköping is famous for its central location (1/3 of Sweden's 9,000,000 inhabitants live within one hour of the city) and its award winning gardens located throughout the city. Another of Enköping's claims to fame is that the adjustable wrench was invented there.

The city has several manufacturing industries and a major hospital. As well as being home to the NBG FHQ, Enköping is also home to the Swedish Armed Forces' Command & Control Centre and the Army Electronic Warfare Centre (Ledningsregementet), which is one of the largest employers in the area.

Enköping's connection to Sweden's Viking past is evidenced throughout the city and one of its most noticeable symbols is the Brandskoskeppet or 'Fire Forest Ship', which welcomes people to the city.

Enköping's Brandskoskeppet





it is recognised that the Irish brought considerable previous overseas experience to the FHQ from the variety of missions the personnel have been involved with over the years as well as the significant professional military skills and knowledge they have gained across a variety of areas. The variety and volume of formal military training and education received by Irish personnel on training courses such as the Defence Forces Command and Staff course and the Logistics Management course provided a significant advantage in an environment requiring flexibility and a broad understanding of a wide range of complex military issues.

From a social and general life point of view Irish families who deployed as part of the mission have had a very fruitful experience in Sweden. They got the chance to get involved in local communities, picking up some Swedish along the way, and the children had the opportunity to attend Swed-

## Sweden Ends Conscription

The Swedish Armed Forces is currently undertaking its greatest change to date in terms of its manpower policies. This is as a result of compulsory military service, which had been in place since 1909, ceasing in July 2010. The Armed Forces has now become the largest recruiter in Sweden as they plan to take on over 6,000 professional, full-time soldiers. New recruits undergo three months training.

The change from conscripts to professional soldiers has significant implications for the Swedish Armed Forces who now have to train and develop an entire cadre of professional non-commissioned officers. More information on the Swedish Armed Forces is available in English on their website: [www.forsvarsmakten.se](http://www.forsvarsmakten.se).

*Members of the Swedish Armed Force conducting heli-landing training. Photo: Jesper Tengroth, Swedish Armed Forces*



*Lt Aoife Herbert and CQMS Christy Guilfoyle undergoing security training in mines, OXOs, and IEDs with the Lifeguards Regiment in Kungsängen, Stockholm. Photo: Jesper Tengroth, Swedish Armed Forces.*

*Major Joakim Westberg (Sweden) duty officer and staff officer Lt Aoife Herbert during a staff exercise at the Joint Operations Centre (JOC). Photo: Jesper Tengroth, Swedish Armed Forces.*



ish schools. Sweden is a very child friendly country and this was a very positive benefit for those families that moved there for the duration of the mission.

Irish personnel also got involved in many sporting activities (in temperatures ranging from -24°C to +35 °C), including the entering of a six-man cross-country Irish ski team in the Enköping Garrison championship. Members of the contingent were also involved in many other challenging sporting events. Capt Cathal Keohane successfully completed the 90 Km Vasaloppet cross-country ski race, which is the longest ski race in the world, while he and Capt Dom Timpson complete the Lindigo Ultra 50K run in less than five-and-a-half hours. While the Nordic Battle Group 2011 was not called upon to deploy during its standby period the overall training and educational experience has been exceptional for the Irish personnel involved, particularly at the FHQ level. This training and education is likely to be of great benefit to individual staff officers, their units, and the Defence Forces, especially in the context of future overseas missions. The overall mission of the NBG was achieved in that the unit reached full operational capability and maintained it throughout the standby period. The lessons learned during the process will be of great benefit for future NBGs or any Irish involvement in other EU battle groups.

While the Swedes have not made a decision regarding their involvement with another EU battle group in 2014, it is clear that when Irish personnel are given the opportunity to participate it is a very worthwhile experience, not only for the individuals concerned but for the Defence Forces in general. ■





# UNIFIL



UNIFIL

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## An Irish/Lebanese Experience

PHOTOGRAPHS COURTESY OF [www.unmultimedia.org](http://www.unmultimedia.org)

On the eve of the return of an Irish battalion to serve with UNIFIL, Sgt Wayne Fitzgerald met with Mr Guy Jonas of the Irish-Lebanese Cultural Foundation to find out about his organisation and his views on the return of Irish troops to South Lebanon.

### Can you tell us something about yourself?

I am from an emigrant family; my grandfather was born in Buenos Aires, and I was born and raised in Lebanon. My mother still lives in Jounieh, just outside Beirut. I left Lebanon in 1976. I am an engineer by profession and I met my wife, who is from Thurles, while working in Abu Dhabi in the UAE. We married and lived for several years in Abu Dhabi but when we decided to start a family we felt we wanted to raise our children in Ireland so we moved over here 12 years ago. I had always enjoyed my trips to Ireland.

### How did the idea for the Irish-Lebanese Cultural Foundation come about?

It's funny really. I saw the parade through O'Connell Street of the last Irish battalion to serve in Lebanon in 2001 and that was







the first time I knew that Irish troops had been serving in my country. I was amazed then when I found out that they had been there since 1978! I became very interested in the Defence Forces' time in Lebanon and the more I found out about it the more I felt that there was a lack of a concrete link between our two countries to continue and develop the ties that had grown over all those years. That was when I decided to establish a cultural foundation. Since then it has grown all the time and we are strongly involved with Irish UNIFIL veterans. I have been organising and accompanying groups of veterans to Lebanon for several years now.

#### **How much contact do you have with your homeland?**

A lot. I go to Lebanon at least four times a year and keep in touch with family by phone. I also read the Lebanese papers on-line every day and listen to the Lebanese news. Although I left Lebanon in 1976 I returned for a few years from 1984 to 1988, during which time I worked very closely with the Lebanese Armed Forces. The guys I knew at that time who were all captains and majors are now generals, so I still have very good links with the LAF.

#### **What is the Lebanese view of UNIFIL at the current time?**

Awareness of UNIFIL has never been as good in the north of Lebanon. When I lived in Lebanon there was strict control of information which meant that we knew almost nothing of what was going on in South Lebanon. A number of years ago President Gemayel had instituted a medal for UN peacekeepers who served in Lebanon but the parliament voted to discontinue it quite soon after and very few were awarded. I was approached about this matter by some Irish veterans and I said I would do what I could. So, when I met the chief of staff of the LAF I brought this subject up with him and told him that I felt Irish UNIFIL veterans would be delighted with a special Lebanon service medal. He was very much in favour and although he said it would be very difficult to reinstitute the same medal he would have no problem instituting a new medal of appreciation and asked me how many I wanted! Subsequently we received 500 medals, which were distributed to veterans. They are in huge demand and I could do with many more.

#### **What do people think about the impending return of the Irish to South Lebanon and how do you think things will work out?**

The minute the people of Tibnine heard that the Irish might be coming back to Lebanon, they organised a petition that was signed by many people, including Mr Fawaz, the deputy mayor, requesting that they should be based back in Tibnine. This petition was sent to UNIFIL HQ in Naqoura and then forwarded to UN HQ in New York. This shows the extent of the goodwill that is there and the connection that exists between our people.

This view is shared by the Lebanese government. In a letter to the Irish-Lebanese Cultural Foundation in March the Lebanese Ambassador to the UK and Ireland, HE Ms Inaam

Osseiran said, *'...the Irish battalion is preparing to be re-deployed in South Lebanon in the next couple of months and I can assure you that the government and people of Lebanon are looking forward to receiving those Irish men and women with open arms.'*

After 2000, when the south was liberated, it was natural for Ireland to pull its troops out as there was nothing really for them to do. Since then we had the war of 2006 followed by UN Security Resolution 1701 which gave UNIFIL a renewed, stronger, more efficient mandate to create a buffer zone and to protect the border. This has brought new rules of engagement that are very different to those that were in place previously. The rise of planned protest along the border by people demanding the right to return to their homes, a legitimate demand in my opinion, but one that is not being carried out in a proper fashion, is leading to a very different situation. Your presence is needed and will be welcomed by a lot of people but it won't be the same as it used to be. You won't be mingling with the public to the same extent. Lots of things have changed.

Another big change is in relation to the LAF. In the past the Irish only had people like the local mukhtar to turn to for information and support whereas now the Lebanese army is deployed all the way to the border and is working hand-in-hand with UNIFIL. Also, several LAF officers have attended courses in the UN school in the Curragh and have established very good relations with their Irish counterparts.

#### **Finally, what are your hopes for the future of your country?**

We have a wonderful opportunity in Lebanon at this time. We have a president in Michel Sleiman, a former commander-in-chief of the LAF, who is extremely scrupulous in the application of the law and who is intent on helping Lebanon to become a better place. Also the events that are taking place all around the Middle East and North Africa are taking the spotlight off Lebanon for once. For too long we were seen as the 'black sheep' of the region, even though we generally enjoyed more freedoms and human rights protection than most other countries in the region.

Of course, we are also facing a lot of serious challenges, like emigration, but the country had been doing very well economically. At a time when most of the world's economies almost collapsed, Lebanon was still achieving growth rates of 6% or 7% a year. Indeed, Irish troops returning to Lebanon who may have served there in the past will be amazed by the development that has taken place in South Lebanon, as seen in the new roads and fine villas that have grown up all around places like Haris. Given the chance that a permanent peace would provide, I believe Lebanon has much to give to the world. We are a talented, resourceful, multi-lingual people and with the help and goodwill of the international community I truly believe that we are going to pick up from here and do very well. ■



# New Season STYLE

You'll find a huge selection of the latest fashions for all occasions by our exclusive Designers at Debenhams. Whether it's the bold and punchy prints of H! by Henry Holland or J by Jasper Conran's chic sophisticated classics. Principles by Ben de Lisi have a collection to style your day and glam up your night while Star by Julien Macdonald will truly leave you sparkling like a celebrity. There's every accessory a girl could want, from gorgeous jewellery to designer handbags and stunning shoe collections. All affordable and all designed to make your outfit really come together.

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*Pay attention to the brief.*



*When using the hatches, remember to wear your goggles.*



*Get familiar with the Mowag's layout. Know where to stow your kit and how to use the seats and safety harnesses properly.*



**T**he Mowag armoured vehicle in all its variants is widely used throughout the Defence Forces, both at home and overseas. As a battle taxi, the primary aim of its two-man crew is to get the dismountable troops as close as possible to the frontline. Whether on an operation or during an exercise, soldiers must always be mindful that safety is paramount when operating with the Mowag and they must adhere to the safety briefs and guidelines issued by the senior officer, NCO or crewman in charge of the vehicle. Failure to comply may result in death, injury and disciplinary action.

## BEFORE GETTING INTO A MOWAG

The Senior APC rank present will ensure that:  
Everyone, including the crew is wearing helmets, ear protection and goggles correctly  
All internal and external vehicle equipment is secured and stowed away  
All the combat locks are disengaged  
All the hatches are correctly locked into position  
Access panel of turret security cage is closed

## SAFETY BRIEF

The Senior APC rank will brief the crew and dismountable troops and highlight:  
The correct use of seats, harnesses and seating positions  
Ensure that the dismountable troops are wearing their CEFO correctly, if worn  
Everyone knows how to operate the infantry briefing system, if used  
Where to stow their equipment, carry their personal weapons and where support weapons and ammunition are stored  
How the Mowag's rear ramp operates and how to use the emergency stop button  
How the emergency hatch operates  
How the turret basket moves and operates  
Location of fire extinguisher and its operation  
Location of the first aid kit  
What to do on the order 'Stand fast' (All movement within the vehicle will cease)

## WHEN IN THE MOWAG, THE DISMOUNTABLE TROOPS MUST:

Remain seated and belted in at all times  
They will ONLY stand up in the hatches, when the senior APC rank tells them it is safe to do so. In these situations, goggles must be worn  
Wear ear defenders and helmets at all times



# HONOURING THE DEAD

BY PAUL O'BRIEN  
PHOTOGRAPHS BY  
CPL GREG DORNEY

During her state visit to Ireland in May, Queen Elizabeth II accompanied by our President, Mary McAleese laid wreaths at the Garden of Remembrance and the Irish National War Memorial on Islandbridge. Many people who watched these moving ceremonies on television are probably not familiar with the history surrounding these locations and the significances they have to certain groups of Irish people. Located in Parnell Square, at the northern end of O'Connell Street, the Garden of Remembrance is dedicated to the memory of all those who gave their lives in the cause of Irish freedom.





# HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

Way back in 1935 the government acquiesced to a request from the Dublin Brigade Veterans Association that a remembrance memorial should be constructed in Dublin City. Part of the Rotunda Gardens in Parnell Square was chosen as a site due to its historical significance - The Irish Volunteer movement was founded in the nearby Rotunda in 1913 and it was within these gardens that many of those taken prisoner after the 1916 Rising were kept overnight before being moved to Richmond Barracks and Kilmainham Gaol.

Although Daithí P Hanlon designed the garden in 1946, its construction only commenced in 1961. It is cruciform in shape and has a curving twelve-foot high, marble wall enclosing it from the rear. Access to the central pedestrian area is via a descending flight of steps that

lead to a tranquil pool. The bed of the pool is decorated in a mosaic pattern of blue-green waves interspersed with weapons from Ireland's Heroic Age. The weapons are depicted as broken because according to Celtic custom weapons were broken and cast in to the river at the end of a battle. As well as signifying the end of hostilities, many believe this was a votive offering to the gods for victory.

The railings surrounding the lawns are decorated with cast designs of the Loughnashade Trumpet and the Ballinderry Sword, all of which are pointing downwards to indicate peace.

The centrepiece by Oisín Kelly is an eight-ton, 25-foot high, bronze sculpture of the Children of Lir. It was cast at the Marinelli foundry in Florence, Italy and was inspired by Irish poet, WB Yeats' poem 1916.

The concept was that at certain points in history people are transformed

and the artist used the depiction of human figures transforming into swans, symbolising rebirth, victory and resurrection, as in the mythological tale of the Children of Lir.

Inscribed on wall adjacent to the sculpture is a poem entitled We saw a Vision by poet Liam MacUistin. It reads:

*In the darkness we saw a vision.  
We lit the light of hope and it  
was not extinguished.*

*In the desert of discouragement  
we saw a vision.*

*We planted the tree of valour  
and it blossomed*

*In the winter of bondage we saw a vision.  
We melted the snow of lethargy and the  
river of resurrection flowed from it.*

*We sent our vision aswim like a swan on  
the river. The vision became a reality.*

*Winter became summer. Bondage  
became freedom and this we left to you  
as your inheritance.*

*O generations of freedom remember  
us, the generations of the vision.*



The Garden of Remembrance was officially opened on Easter Monday 1966, the golden jubilee of the 1916 Rising by President and 1916 veteran, Mr Eamon De Valera. The Office of Public Works are responsible for maintaining the garden and for more on it, you can checkout [heritageireland.ie](http://heritageireland.ie). In the next issue, I will look at the National War Memorial, Islandbridge, Dublin 8.

Paul O'Brien is an Irish historian and author. He has published two books: *Blood on the Streets*, 1916 and the battle for Mount Street Bridge and *Uncommon Valour*, 1916 and the battle for South Dublin Union. Paul also holds an MA in History and you can contact him at [paulobrienauthor.ie](http://paulobrienauthor.ie) ■

# HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

# CLUB, COUNTY & Country

## Defence Forces Sports Awards

BY SGT DAVID NAGLE

PHOTOGRAPHS BY FLT SGT WILLY BARR  
AND CPL GREG DORNEY



*Lt Gen McCann with Sgt Maj Hickey.*



*Sgt Maj Hickey with his family at the sports awards.*

On June 17<sup>th</sup> the Chief of Staff, Lt Gen Sean McCann presented awards to our top military sports stars, who have excelled in their chosen sporting disciplines.

**I**n his opening address for the 2011 Defence Forces Sports Awards, held in McKee Bks, Dublin, Col Michael Beary (Dir DFT) stated that the purpose of the awards is to acknowledge the sporting achievements of Defence Forces personnel at a local, national and international level. The main categories in this year's awards are military sports, Defence Forces representative team sport and also participants for other sporting disciplines who have achieved national and international honours or recognition during 2009 and 2010.

Equally, the awards pay tribute to those soldiers who work tirelessly behind the scenes encouraging, developing and co-ordinating sporting activities throughout the Defence Forces, and to those who are now retired, have paved the way for future generations of military sports men and women.

Participation in sports and adventure sports goes hand in hand with military life. The necessary attributes our personnel require to succeed in their military careers (Teamwork, leadership, courage and the drive to win and excel) are mirrored in sports.

Before each recipient was called up to accept their award, Comdt Rod McAuliffe (Sec DFAA) gave a brief outline of their exploits on the pitch, court, track, in the water or in the air.

Last but not least were the awards for the hall of fame to Sgt Maj Steve Hickey (Retd), a renowned show jumping

course designer and Comdt Ciaran Fitzgerald (Retd), an international rugby player.

In his acceptance speech, Sgt Maj Steve Hickey said he was delighted and honoured to receive the award. He recalled that when he joined the Equitation School, he knew nothing about show jumping. He reminded everyone present that if you put your mind to it, you could achieve anything you want. Go ahead and follow your dreams.

Likewise, following a short video presentation of his achievements as the captain of the Irish national rugby team in the 80s, Ciaran Fitzgerald spoke fondly of his time in the Defence Forces and how his training as an officer and his participation in sport within the Defence Forces all contributed to his success as a rugby player. He said he was amazed at the wide participation by Defence Forces personnel in sport for club, for county and for country. He said he would love to see these achievements getting some wider recognition.

In summing up, Lt Gen McCann congratulated all the recipients for their achievements and continued success. He also said that though we (the Defence Forces) and as a country are relatively small, we have always been able to punch above our own weight. We can and should be all proud of our sportsmen and women who don the green jersey to represent the Defence Forces and Ireland at a local, national and international level. ■





Lt Gen McCann presenting Sgt Kennedy with his golf award.



Capt Hickey (Retd), Ptes O'Meara and Collins accepting the award on behalf of the 1 S Bde Basketball team.

Comdt Ciaran Fitzgerald (Retd) accepting his hall of fame award from Lt Gen McCann.



Comdt O'Keeffe accepting his special administrative award from the Chief of Staff.



Boxers, Ptes Hickey and O'Shea at the awards ceremony.



The Chief of Staff presenting the parachuting award to Capt O'Sullivan.

## SPORTS AWARD

- Hurling** - Lt Stephen Molumphy (Cdt Sch)
- Boxing** - Pte Ross Hickey (3 Inf Bn)
- Orienteering** - Pte Colm Hill (33 Res Inf Bn)
- Gaelic Football** - Capt Alan Quirke (1 LSB)
- Shooting** - Capt Ray Kane (DFHQ)
- Judo** - Pte Lloyd Manning (31 Res Arty Regt)
- Hurling** - Pte Eoin Whelan (CSSC)
- Camogie** - Pte Una Lacey (33 Res Inf Bn Res)
- Soccer** - Pte Stephen O'Donnell (28 Inf Bn)
- Golf** - Sgt Kieran Kennedy (1 S Bde)
- Athletics** - Gnr Alan O'Brien (HQ DFTC)

## SPECIAL MERIT AWARD

- Basketball** - 1 S Bde Basketball Team
- Parachuting** - Defence Forces Parachute Team
- Hurling** - Ptes Paul Murphy and Ray Cody (both 3 Inf Bn)
- Cycling** - Cpl Colin Robinson (5 Inf Bn)
- Sailing** - Capt, Michael Liddy (Air Corps)
- Boxing** - Pte Pat O'Shea (4 Inf Bn)
- Lifesaving** - Capt Oisin McGrath (Air Corps)
- Soccer, Gaelic Football and Hurling** - Pte Thomas Fitzgibbon (4 MP Coy)

## SPECIAL ADMINISTRATIVE AWARD

- Diving** - Comdt Mark Browne
- Soccer** - Comdt G McEnaney (1 S Bde RDF)
- Athletics** - Comdt Tom O'Keeffe (HQ DFTC)

## HALL OF FAME AWARD

- Show Jumping** - Sgt Maj Steve Hickey (Retd)
- Rugby** - Comdt Ciaran Fitzgerald (Retd)



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*Do you fancy a different type of O challenge?*

The 5th Two Day Team Challenge will take place in Galway on 4th & 5th August 2011.  
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Over the two days you will compete in the following events:  
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To enter and receive an information pack about this event,  
Interested Personnel should contact Cpl Eric O'Brien, USAC (Ext 091 751 156)



**THIS IS A PRE-ENTRY ONLY EVENT (entries NLT 28th July 2011)**



# GADGETS

**C**ascade Designs is one of the big hitters in the world of adventure sports and equipment. Their brands, MSR, Therm-a-Rest, Platypus, SealLine and the newly launched Hummingbird, are responsible for some of the most advanced, rugged, ingenious and downright desirable adventure gear out there. Back in 1985 when the Cascade 'head honchos' were scoping Europe for a HQ, where do you think they set up their European manufacturing, sales and service head quarters? Take a bow Midleton, Co Cork.

For over 25 years the majority of Therm-a-Rest mattresses, MSR Snowshoes, Platypus hydration bladders and bottles, and SealLine and Hummingbird bags, have been manufactured in a quiet corner of the Rebel County. In this feature Robbie Lawless takes us through some of the latest gear from the Cascade Designs 2011 ranges.

## JULY COMPETITION

**This month we have a Cascade Design prize pack worth 200 euro for the winner, kindly sponsored by the Great Outdoors Store. To be in with a chance to win this great prize answer the following questions which relate to this month's magazine.**

1. Where is the NBG Force HQ based?
2. Where is the 104th Inf Bn heading for?
3. Where are Cascade Designs based in Ireland?

**Competition closing date is the 20th July**  
**Send all entries with your name and address:**

July Competition  
An Cosantóir  
DFHQ, Block 5,  
Ceannt Bks, DFTC,  
Curragh Camp, Co Kildare, Ireland

**Or email to:** subs@military.ie  
**June's winners of 2 Sets of Bodyfit are:**  
Charlie Chapman, SSU, DFTC and  
Brendan Conway, Co. Clare

### MSR Hubba-Hubba Tent

MSR are lauded in the backpacking world for producing exceptional tents. The Hubba-Hubba is their flagship two-person, three-season shelter, tipping the scales at a measly 1.8kg. But don't let the ultra-light weight fool you, this is a serious tent, capable of handling almost all conditions while allowing its two dwellers a light and spacious interior for themselves and their gear.



### Therm-a-Rest Prolite Plus

I can clearly remember the first night I slept on a Therm-a-Rest. I was 15 years old and on my first solo surf trip to Lahinch. I had heard mythical stories of self inflatable technology and bed-like comfort from these Irish-made camp mattresses, so when a friend offered to loan me his I grabbed the chance... slept like a log, came home and bought my own. Now, 20 years later, the Prolite Plus is lighter, warmer and more compact. The technology evolves but the promise of a great night's sleep stays true.



### MSR XGK-EX Stove

Think of the most extreme places on Earth. If anyone has ventured there then the chances are extremely high that this MSR stove has also been there. Recognised as the stove for expeditions worldwide, the XGK-EX is a true workhorse. The ability to burn a huge range of fuel, to be dependable when things get tough, and to burn like a blowtorch, makes it the 'go-to' stove for adventurers everywhere.



### Hummingbird Carry-On Zip 40L and Carousel Zip 75L

Sometimes a product comes along that just gets everything absolutely perfect, nothing unwanted and nothing extra needed. These Hummingbird bags are two such products. The 40L is, I believe, the best airline carry-on bag I have ever used. The amount of gear it swallows makes me feel I'm cheating bringing it onboard but it has passed all the size limitation tests so far without a hitch. It's also 100% waterproof, tough and really comfortable to wear like a backpack. The 75L, meanwhile, is a gear-hauling champ that is expedition-ready and packs the same great features of the smaller version, with the addition of a couple of grab handles on the ends. With the Carry-On weighing in at 716g and the Carousel at 996g these bags really live up to the less-is-more ethos.



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## Important Contacts

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[www.citizeninformation.ie](http://www.citizeninformation.ie)  
[www.teenline.ie](http://www.teenline.ie) 1800 833 634  
[www.aware.ie](http://www.aware.ie) 1890 303 302  
DF Benevolent Fund 01 8046185  
[www.cafnbo.com](http://www.cafnbo.com) 01 6711841  
[www.caoga-defenceforces.com](http://www.caoga-defenceforces.com) 01 8042785  
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[www.raco.ie](http://www.raco.ie) 01 8042884  
[www.pdforra.ie](http://www.pdforra.ie) 1800 200 250  
[www.rdfra.ie](http://www.rdfra.ie) 045 445204

**1Life** is a dedicated 24 hour freephone national suicide prevention helpline. 1life provides a confidential 24/7 Free National Phone and Text Helplines Professional counselling service Network of support services. 24/7 Nationwide. It's normal to feel bad sometimes or to feel overwhelmed by problems. We're here to help you. Call 1800 247 100 or text HELP to 51444 for 1 to 1 text support. Standard message rates apply. Powered by zamano 0818300048.

**Pieta House** is a suicide crisis centre. We help those who are thinking about taking their life, those who have already tried to, and those with self harming behaviours. We offer one-to-one counselling with highly specialised therapists, who help the person in crisis, move out of crisis. Our service is completely free of charge. The first Pieta House opened in early 2006 in Lucan, Co. Dublin, and since then has gone on to open two more Centres of Excellence - Ballyfermot, Dublin and Limerick. We also operate two Outreach Centres in Tallaght and Finglas. Tel: 01-6010000 Email: [mary@pieta.ie](mailto:mary@pieta.ie) Web: [www.pieta.ie](http://www.pieta.ie)

## Change of Address:

**The Office of the Head Chaplain to the Forces (HCF) has moved office to:** HCF, DFHQ, Infirmary Road, Dublin 7  
Mons Eoin Thynne 01 804 2637 [eoin.thynne@defenceforces.ie](mailto:eoin.thynne@defenceforces.ie)  
Sgt John Kellett 01 804 2638 [john.kellett@defenceforces.ie](mailto:john.kellett@defenceforces.ie)

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## Defence Forces Triathlon:

- The date - 12th August
- Location - Lilliput Centre at Lough Ennel in Mullingar
- Closing date for entry - 5th August
- Registration only online: [www.military.ie](http://www.military.ie)
- Cost - €15 per individual; €30 per team of three
- Ration Indents to - QM 4FAR, Mullingar

## ANSAC Credit Union Draw

**Apologies for the wrong results published in June:**

The €500 Winners were:

Mark Ward, Chapelizod, Dublin 20  
Louise Nolan, Prumplestown, Carlow  
Michael Carson, Mullingar, Co. Westmeath  
Declan Allen, Youghal, Co Waterford  
All the rest were €100 Winners.

*The next draw will take place on the 30th June.*

## DF Contacts

Defence Forces Headquarters  
DFHQ/DoD 01 8042000 or 045 492000  
[www.military.ie](http://www.military.ie) or [www.defence.ie](http://www.defence.ie)  
Finance Branch DoD 091 743700

## 2 Eastern Brigade

Cathal Brugha Bks 01 8046000  
Aiken Bks 042 9332295  
Gormanston Camp 01 8412102  
Kilbride Camp 01 4582169  
McKee Bks 01 8046000  
Military Archives 01 8046457  
St Bricin's Hospital 01 8042000

## 1 Southern Brigade

Ballymullen Bks 066 7121871  
Collins Bks 021 4514000  
Kickham Bks 052 6121222  
Kilworth Camp 025 24011  
McCann Bks 0504 31503  
Sarsfield Bks 061 314233  
Stephens Bks 056 21174

## 4 Western Brigade

Custume Bks 09064 21000  
Carna Camp 09064 89133  
Castlebar Bks 094 21275  
Columb Bks 044 48391  
Finner Camp 072 41488  
USAC 091 751001

## Defence Forces Training Centre

Curragh Camp 045 445000  
Coolmoney Camp 045 404626  
Range Service 045 404653  
Waterford Bks 051 374425  
Wexford Bks 053 22573

## Air Corps

Casement Aerodrome 01 4037689

## Naval Service

Naval Base 021 4864700

## Curragh Military Museum

Opening Times: Monday to Wednesday 10am to 1pm and 3 to 5pm; Thursday 2 to 8pm; Sundays 12.30 to 3.30pm; Closed Friday and Saturday. For all queries, contact: 045-445342 or email: [curraghmilitarymuseum@defenceforces.ie](mailto:curraghmilitarymuseum@defenceforces.ie).

## ONEt Information:

National Day of Commemoration, Royal Hospital Kilmainham is on July 10th.

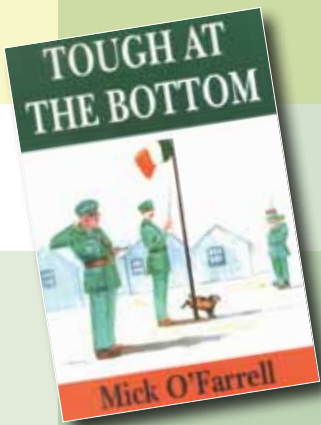
ONE National Day of Commemoration, Arbour Hill, provisional date is July 24th.

ONE National Golf Classic is on in the Curragh Golf Club on the August 22nd.

## Ex-Service Members Mass

The Fr James Gilmore Br of ONE is holding their annual mass on Sunday, July 24th at 12 noon in St Monica's Church, Edenmore, Raheny, Dublin 5. All Ex-servicemen are welcomed and medals should be worn.





# BOOK REVIEW

## ■ TOUGH AT THE BOTTOM

**Author:** Mick O'Farrell

**Paperback:** 226 pages

**Publisher:** Arriba Publications (4 Dec 1999)

**ISBN:** 978-0-953743-60-5

**Price:** €10.00

Capt Mick O'Farrell's (RIP) book brings us on a light-hearted journey from his cadetship in the 1950s to his experiences serving in the Congo.

The book gives the reader an insider's glimpse into the day-to-day routine of army life as seen through the eyes of a young officer. The book is humorous and sometimes cheeky but with enough straight talking to give the author's stories the authenticity you would expect. These stories range from his cadet training to his first posting as a 2/Lt to 13 Inf Bn, Clonmel, and on to his time with 'The Bloods' of 3 Inf Bn and a stint serving in Kilworth Camp. He then tries to bring a fresh approach to the Jadotville incident in the Congo in July of 1961.

*"Many in the army felt that 'C' Company that day had let the Irish army down by throwing in the towel and had failed to fight on. After interviewing some of the soldiers on duty in that incident I discovered that there was a different side to that story. The men had been exposed to the most appalling danger, had no water, no ammunition and no food and claimed to have been abandoned. The five day battle was the biggest ever fought by the Irish army but to date no campaign or bravery medals have been awarded. Many of these survivors I personally know to be brave and honourable men. Never once was I conscious of an attempt to put a new slant on events in the hope of being allowed to wriggle off the hook."*

'Tough at the Bottom' makes easy and very interesting reading, although the Jadotville content did cause a degree of controversy. The book breathes life not just into the officers but also the ordinary rank-and-file, non-commissioned officers and privates. The 226 pages are filled with all kinds of characters; cooks, barbers, batmen, drivers, medical orderlies, bakers and bottle-washers.

*This book was the first of three written by the former army officer from Dungarvan, Co Waterford, who died in 2003 aged 71. The other two books are 'Health And Fitness For The Couch Potato' (2000) and 'Skint, The Diary Of A Failed Punter' (2002).*

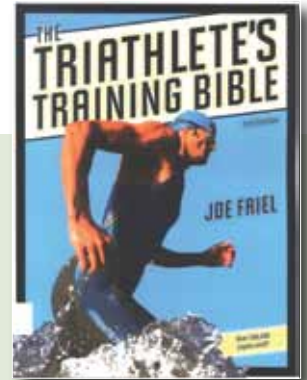
## ■ THE TRIATHLETE'S TRAINING BIBLE

**Author:** Joe Friel

**Publisher:** Velopress (velopress.com)

**ISBN:** 978-1-934030-19-6

**Price:** €23.70



In this book veteran coach Joe Friel dives into the science of sport to have you training 'smart' for a successful triathlon. Let's face it, we can't all afford the luxury of a coach planning out personalised weekly bike runs for that next big race, and building your own plan can be a daunting task. How many times a week? for how long? what intensity?...and why? It's a science, and not an easy one to tackle. That's where Joe Friel comes in. With nearly three decades of coaching experience, he explains the science of training in a language anyone can understand in the newly released, third edition of The Triathlete's Training Bible, effectively giving you the tools to become your own coach.

Anyone from the beginner to elite triathlete can gain something from Friel, as he maps out specialised training for races of all distances - Sprint, Olympic, Half-Ironman and Ironman - while addressing key points of how to maximize fitness, reduce fatigue, fuel correctly, plan a season, improve skills and more. At 386 pages, it's like an encyclopaedia on the sport and probably one of the most user-friendly books out there, complete with charts, drawings, graphs, interactive tools, cleanly divided sections and sensible organisation.

What makes this book stand out is its scientific and intuitive approach to training. Friel will have you understanding why you do something, rather than just telling you to go out and do X, Y or Z. It's no secret that some athletes simply take orders from a coach and never question why; robotically obeying the all-knowing coach. It's also no secret that some people over train in an almost self-destructive manner, just to stick to the plan. Friel attempts to reverse this teaching athletes to listen to, and respect, their bodies.

The third edition of "The Bible" presents the latest proven training methods, cutting-edge research, case studies, insights on new technology, and more. It takes the reader into the world of exercise science, physiology, fitness, sports psychology, and nutrition, but without reading like a college textbook or a medical journal. (I'm a kinesiology student and can say with confidence that Friel takes confusing topics and makes them clear and understandable). The triathlon community is expanding exponentially to include all levels of athletes, and chances are most of these athletes have obligations outside of triathlon. Friel takes this into consideration and lays the foundation to have you making the most of your training and non-training time so you nail that 'A'-race.

*Other books by this author, who is best known as an elite triathlon and cycling coach, include 'The Cyclist's Training Bible', 'The Mountain Biker's Training Bible', 'Going Long: Training for Ironman-Distance Triathlons', and 'Your First Triathlon'. He holds an MA degree in exercise science, is a certified USA triathlon and cycling elite-level coach, and is a founder and past chairman of the USA Triathlon National Coaching Commission.*

# "Cha" And All That!

BY AN OFFICER

When I laid aside my pen and took up the old sword (actually it was a bayonet) in the autumn of '39 I swore a mighty oath that I would write no more until I was back on Reserve - if I ever did.

However, a fair columnist, writing in the popular press to the effect that the Army was too young to have yet evolved a distinctive slang of its own, and a soldier of the "Corps" writing in *An Cosantóir* to the effect that the Army was too youthful to have any traditions and as a consequence, had no words to its bugle calls, drove me to despair, drink and this article. Pride of place in our Military Vocabulary, must go to that one time dear friend, that strong robust friend, now so anaemic, of the private, NCO and officer "Cha." You may remember it as tea, Lady, but to us it will be forever "Cha," the oul' mug of "cha." Other less reminiscent examples are:

**Lifted out of it**

**Bawled off**

**Liver**

**Coming the hound**

**Proper order**

**All edge**

**Pig iron**

Verbal reproof (and how!) from superior officer

Ditto

Bad-temper

Excessive use of authority

Quite correct, as it should be

Very smart - consciously so

An annoyance, i.e. kit inspection at the end of a 30-mile march

Large quantities

The act of resting

An unfounded rumour

A comfortable appointment. Not liable for guard duty, etc

**Tucks**

**Hackle**

**Ball Hop**

**Dug in**

**How's the enemy**

**Right height**

**Mac**

What's the time

Appropriate for the task

Anybody in the Army (a form of address among equal ranks).

**D.P.**

**Snake Charmers**

**Digger**

**Kungee House**

**The Fix**

**Angel's Whisper**

**File**

In slang means a dud, useless

Pipers, A pipe band

Guard Room Detention cell

Detention Barracks

In slang, means handing around cigarette

The bugle call for Defaulters

Anybody in the Army (must be qualified by adjective: i.e., dry tile, a liverish file)

**Cushy**

**Jildi**

**Louse Trap**

**Scoff**

**Daisy Bell march**

**Blowing his coal**

**Main Switch**

Easy going

Severe, harsh (means 'double up' in the British Army)

A Fumigator. (In the Eastern Command it means a bed)

Food

A cycle march

Boasting

Quarter Guard



*This article first appeared in the July 4<sup>th</sup>, 1941 (Vol 1 No 28) issue of *An Cosantóir* and highlights the barrack room slang that might be familiar to some of you Old Sweats. The cartoons were also a regular feature in the original magazine.*





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