

THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR

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June 2011



EYES OVER THE SEA

MRE PHOTO
MONTAGE



COUNTER-IED SPECIAL REPORT

THE WORLD'S
TOUGHEST CYCLE
RACE

ISSN 0010-9460



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An Cosantóir

We Have Moved

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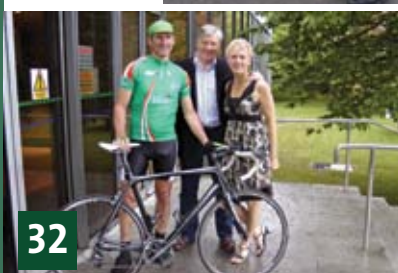
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Hike for Hospice

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CHALLENGE *yourself*



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Your Team. Your Challenge.



GETTING A TEAM TOGETHER

The event is open to all types of people – the past two TRAILTREKKER events have seen teams made up of family members, work colleagues, new friends and friends of old.

To take part, you will need a team of four walkers and a Support Crew, usually one or two people who will meet you at designated checkpoints. Their role is to provide you with essential provisions and motivation over the weekend.

HELPING OTHERS

By signing up to take part in TRAILTREKKER, your team will also commit to helping to change the lives of many poor families and communities for the better.

Your pledge to raise a minimum €2,000 or £2,000 in sponsorship will form a vital contribution to Oxfam Ireland's long-term work. You will be providing relief and opportunity to some of the world's poorest communities.



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Information Sessions - You are welcome to attend an Information Session to find out more about the event. Please check our website for dates and venues.

Workplace presentations - Motivation and teamwork are central to TRAILTREKKER, making it the ultimate team builder amongst work colleagues. Individual presentations can be facilitated at your place of work. Please get in touch to arrange your visit.

REGISTER YOUR TEAM AT
www.oxfamireland.org/trailtrekker

*Standard text rates apply.

SP: Púca, 00353 1 499 5939. TRAILTREKKER is being organised by Across the Divide Ltd, Company Registration Number 3279836, on behalf of Oxfam Ireland. All funds raised from the event will go to Oxfam Ireland.

Oxfam Northern Ireland Company Reg No. NI 33800
Oxfam Republic of Ireland Company Reg No. 284292

Photos with thanks to Kristian Frires and Stephen Wilson Photography.



MOURNE MOUNTAINS TO CARLINGFORD, CO. LOUTH.

TRAILTREKKER 2011 route notes:

Both routes begin in Donard Park, Co. Down and finish in Carlingford, Co. Louth.

100KM ROUTE. 50KM ROUTE.

The distance between each checkpoint stop is approximately 10km. Overall, the route is undulating rather than mountainous. Please note that the route is subject to change.

Teams will be transported across Carlingford Lough by boat. Each participant will be provided with detailed maps prior to TRAILTREKKER and the entire route is signed during event weekend.

With the right preparation and a good measure of enthusiasm and dedication, just about anyone can successfully complete the route. Your sense of achievement will be immense.

TRAILTREKKER WILL PROVIDE YOU WITH MEMORIES FOR LIFE!

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YOUR TEAM. YOUR CHALLENGE. 50KM OR 100KM ROUTE. SEPTEMBER 10-11.

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Mission Readiness Exercise
Soldiers practice their medevac drills
Photo by: Armn Greg Dorney

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

An Cosantóir Online

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

EDITORIAL

Hello and welcome to a new look An Cosantóir. Firstly, I would like to take this opportunity to say thank you to our outgoing editorial staff of Sgt David Nagle and Cpl Paul O'Neill. On behalf of all the staff here, we would like to wish them well and hope they find pastures greener (or maybe even Air Corps blue!). They will be a hard act to follow. We also welcome on board our new designers, JM Publishing. We look forward to working with and developing An Cosantóir, especially with our new online version.

Our lead article this month is a look at Maritime Patrolling on a CASA Aircraft with the Air Corps. In our Strategic Review section, we continue our EU articles from last month by our resident journalist Wesley Bourke.

In our centrespread we have a photo montage of the recent Mission Readiness Exercise, that was completed by the 104th Inf Bn who are heading to Lebanon later this month.

In our History section we have an interesting article on the New Visitor's Centre in Cathal Brugha Bks that was opened by Mr Alan Shatter TD, the Minister for Defence.

Also, in Sport we have a recently retired Cpl Donncha Cuttriss entering into his hardest challenge yet as he attempts to be the first Irishman to complete an ultra-cycling race across America.

As usual we have our other regulars - Tac Aide, Gadgets, Reviews and What I Do.

OUR APOLOGIES

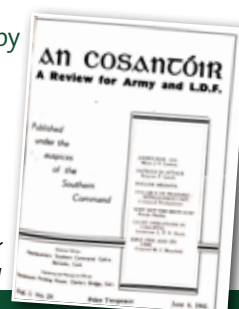
Unfortunately for reasons beyond our control, the April issue never made it to many newsagents. We sincerely apologise for this and we will make every effort to help anybody who would like to receive a complimentary copy by contacting the office. *Our Survey has also been extended to June 30th - We appreciate your opinion.*

Wayne Fitzgerald

Sgt Wayne Fitzgerald
Editor



Front cover
from June 1941



Writing articles

Ideally we would like articles and letters submitted in by email or disc (CD/DVD). Hardcopy 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)

and letters

- 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



DIVE DIVE DIVE

During a recent visit to Haulbowline, the Minister for Defence Mr Alan Shatter TD got the opportunity to meet members of the Naval Service Diving Section. The minister is seen here with two divers, Commodore Mark Mellett DSM (FOCNS) and Lt Gen Sean McCann (COS).
Photo by: AB Davy Jones.

BEST FOOT FORWARD

Prior to their departure to participate in the Lourdes Military Pilgrimage, senior Civil Defence personnel received some foot-drill tuition from a qualified Defence Forces drill instructor. They are pictured here with their instructor, Sgt Maj Noel O'Callaghan (4 Fd Arty Regt) in McKee Bks.
Photo courtesy of: Sgt Maj O'Callaghan.



FINNISH SALUTE

Minister for Defence Mr Alan Shatter TD is seen here inspecting an honour guard on the Finnish Minelayer ML Hämeenmaa. The vessel was on a courtesy call to Cork City, where the minister met with members of the ship's crew. *Photo by Sgt Barry McCarthy (HQ 1 S Bde).*



ANZAC DAY

On April 25th, veterans gathered at Grangegorman Military Cemetery, Dublin to remember those Irishmen who died during WWI, while serving with the Australian and New Zealand Army Corps (ANZAC). The picture shows (l-r) Charlie Ash, C Rogers, Noel Cloak, Bridget Quinn and Conor Swords who attended the dawn service. *Photo courtesy of: Noel Cloak.*



NEW DRUMS

Pictured at their first event with their new drums is the 33 Res Inf Bn Pipe Band. They are back row (l-r): Pipers Dicky O'Neill, Sgt Dave (Nobby) Thormey, Greg Warren, Pascal Bolger (Pipe Major), Billy Ronan and Paddy Murphy. Front row (l-r): Drummers Patrick (Soux) Furlong, Paul Connolly, Anthony Brennan, Jimmy Smith, Sgt Terry Brennan, Martin Boland and Cpl Anthony (Feekim) Murphy. *Photo courtesy of: Browne's Photography, New Ross.*



ON TARGET

Pictured here are (l-r): Bty QMS Davy Morris, Sgt Maj Noel O'Callaghan, Capt Ruaigh McDermott, Lt Col Ray Yorke (OC 4 Fd Arty Regt), Lt Eoin Scanlon, Sgt Eric Craig and Bty Sgt Eugene Reilly (all 4 Fd Arty Regt). They won the pistol event at the recent 4th Western Brigade Shooting Competition. *Photo courtesy of: Sgt Maj O'Callaghan.*





BROTHERS IN ARMS

The British Legion Branch based in Limerick City, is seen here handing over a donation to their fellow colleagues from the Patrick Sarsfield Branch of ONE in aid of the Ex-Servicemen's Home. Pictured (l-r) are: Cllr Maria Byrne (Mayor of Limerick), Dennis Carroll (British Legion), Leonard Hawkins and Joe O'Mahony (Both ONE). Photo courtesy of: Joe O'Mahony.

DEBENHAMS PHOTOGRAPHIC COMPETITION WINNER

- JUNE

Congratulations to David Brannigan who won this month's photographic competition, kindly sponsored by Debenhams. His photo shows Commodore Mark Mellett DSM (FOCNS) is seen here being presented with a commemorative vase from the Minister of State for Defence, Mr Paul Kehoe TD following a meeting of the Life Governors of Irish Water Safety at the Westbury Hotel, Dublin. Photograph by: David Brannigan (oceansport.ie).



FIGHTING FOR IRELAND...

The morning after Ross Hickey won the Irish Senior Light Welterweight National Championship, he was back at work - training to be an Irish Army Private. The 24-year-old was on parade at the Curragh in Co Kildare at 8am - and he was warmly welcomed by his comrades-in-arms. The Co Kildare man said, 'I was happy I got a good reception from the lads and the corporals.'

Irish Daily Star, May 7th

SECURITY FOR QUEEN AND OBAMA VISITS TO COST €30M

The cost of the massive security operation to protect Queen Elizabeth and US President Barack Obama when they visit later this month is estimated to reach almost €30m - the biggest policing operation ever mounted here.

Irish Independent, May 9th

LETTERS TO THE EDITOR - CATHAL BRUGHA

Madam, in your report on the opening of the visitor's centre of Cathal Brugha Barracks (Home News, May 6th), you describe Cathal Brugha as Chief of Staff and Minister for Defence. Brugha was never Chief of Staff nor was he in the Army at anytime. He was Minister for Defence in the two Sinn Féin Dáils from April 1919 to January 1922. Mulcahy was Chief of Staff from March 1918 until January 1922 and again from June 29th 1922 to late August 1922, when he succeeded Michael Collins as Commander in Chief. The roles of Brugha and Mulcahy are often misunderstood because of errors included in the Béaslaí biography of Collins published in 1926 and

What the Papers Say...

in subsequent works. Mulcahy succeeded Brugha as Minister for Defence from January 1922 to March 1924, when he resigned at the time of the Army Mutiny.

Yours,
Risteárd Mulcahy MD
Irish Times, May 10th

WE'RE UP TO SECURITY CHALLENGE

Though the US president is only coming for one day to visit us, his security footprint will dwarf that of the Queen. Flying into Baldonnell Aerodrome, home of the Irish Air Corps, on Tuesday, the Queen's visit will have huge implications for the Gardai and Defence Forces. She'll arrive on an RAF VIP transport aircraft into a ring of steel supplied by the Defence Forces, including armoured units from the 1st Tank Squadron and 2nd Cavalry Squadron.

The Irish Sun, May 12th

THREAT RUINS ROYAL VISIT

The latest bomb outrage in the capital highlights the huge task faced by the Garda and Defence Forces charged with providing security during the Queen's visit. It is now clear the pseudo republicans involved will do all they can to disrupt the Royal stay. The fact such incidents close down the country's biggest railway station causing misery and fear is of no concern to these terrorists.

Those behind the attacks are people who live in the past who cannot bear to witness progress and peace between two neighbouring countries. These people say they do not want the Queen in Ireland but the vast majority of Irish people do not want them or their twisted political views.

Irish Daily Mail, May 12th

ON PARADE

Queen Elizabeth II state visit to Ireland

Queen Elizabeth II accompanied by her husband, The Duke of Edinburgh undertook a historic four-day state visit to Ireland in May. As part of our country's protocol in marking the visit, the Defence Forces had over 500 military personnel participating in a variety of ceremonial parades. It has taken months of planning and weeks of rehearsals for all concerned and the following photographs capture the colour, pomp, music and fanfare of the first visit by a British monarch to Ireland for over one hundred years.

PHOTOGRAPHS BY ARMIN GREG
DORNEY AND 105 SQN

Capt Laura Keane (OIC Motorcycle Escort) salutes Queen Elizabeth on her arrival at Casement Aerodrome. Also pictured are An Tánaiste, Mr Eamon Glimoire TD, Maj Gen Dave Ashe (D COS Sp), Prince Philip, The Duke of Edinburgh and Brig Gen Paul Fry (GOC Air Corps). The Air Corps provided a Courtesy Guard of Honour.



The Chief of Staff, Lt Gen Sean McCann and Queen Elizabeth in Áras an Uachtaráin.



Capt Thomas Holmes (5 Inf Bn) escorts Queen Elizabeth as she inspects the tri-service (Army, Naval Service and Air Corps) Guard of Honour at Áras an Uachtaráin. Also pictured is Maj Dan Rex (Equerry in Waiting to Queen Elizabeth).



Queen Elizabeth and President McAleese, accompanied by Mr Alan Shatter TD and Lt Gen Sean McCann attend a wreath laying ceremony in the Garden of Remembrance, Parnell Sq, Dublin.



The Queen and the President lay wreaths in honour of the Irishmen and women who died in the struggle for Irish freedom at the Garden of Remembrance.



Cpl Derek Brunt (2 E Bde MP Coy) hands Queen Elizabeth a poppy wreath during a ceremony at the War Memorial Gardens, Islandbridge, to mark the 49,400 Irishmen who died while serving in the British Army during WWI.



The Queen and the President meet members of the Defence Forces who attended the commemorative service at the War Memorial Gardens. They are from (l-r): Col Brian Dowling, Capt Ed Hollingsworth, Rec Katie Berry, A/S Ben Murphy and Sgwmn Emma Kells.



Lt Col Mark Armstrong (Dir DFSM) leads the Defence Forces Band and the tri-service guard of honour into Áras an Uachtaráin. Throughout the visit, the band, including pipers who were instrumental in providing a military musical tribute during all the official ceremonies.

WORLD STRATEGIC PICTURE



EUROPE

In May, the biggest security operation ever seen in Ireland was put into place for the state visits of Queen Elizabeth II and US President Barak Obama. More than 6,000 Gardai and troops were deployed mainly around Dublin, Kildare, Tipperary, Offaly and Cork as the visiting dignitaries toured some of Ireland's historical sites. The Defence Forces deployed surface to air missile systems and armed aircraft to deter any attack from the air, while the Gardai detained a number of suspected Republican dissidents and Irish-based Islamic terrorist sympathisers. Ireland's special forces, the Army Ranger Wing were on high alert and the Army's bomb disposal experts dealt with a number of viable and hoax devices. The overall cost for the security is estimated at €30 million.

Eight people died and hundreds were injured in and around the southern Spanish city of Lorca. Following the 5.1-magnitude quake on May 11th, the Spanish emergency services including the army were immediately sent in to search for any survivors and to provide shelter to those left homeless. It was the worst earthquake the country has experienced in nearly 30 years.

ASIA

The Japanese authorities have admitted that one of the reactors at the Fukushima nuclear power plant did suffer a meltdown. Engineers from the Tokyo Electric Power Company entered the No1 reactor in May and were alarmed to find that the top few feet of the core's fuel rods had been exposed to the air and melted down. Company officials are worried that radioactive fuel may have burned a hole through the bottom of the containment vessel, causing water to leak. In response, Greenpeace confirmed that significant amounts of radioactive material was released and samples of seaweed taken from the surrounding sea was found to contain radiation levels well above legal limits.

Meanwhile in China, the government there has started rationing electricity to try and stave off an energy shortage. State-owned power generating companies are dealing with high global energy prices that have cut their profits and China has banned the export of diesel in an effort to meet domestic demand. The rising coal costs, coupled with a drop in hydropower output this year means that the shortage could be much worse than previous years. The China Electricity Council reported that the country's five biggest power producers in 2011 have already sustained losses of over \$1.62 billion.

In revenge for the killing of Osama bin Laden by US special forces, the Pakistani Taliban struck with two suicide bomb attacks on a military training centre that left over 80 recruits dead and countless more injured. The bombers struck in the early morning outside the training centre in Shabqadar, in the northwest of Pakistan. Meanwhile, one of Bin Laden's wives captured in the raid has told interrogators that the al-Qa'ida leader had lived in Pakistan for the last seven years. Her disclosure has deeply embarrassed the Pakistani government, which is under pressure to explain how no one in its country's security services knew Bin Laden was living in Abbottabad.

AMERICAS

The FBI in a series of arrests detained a number of Islamic terror suspects in May they believed to have conspired to kill, injure and kidnap people abroad and that they provided support to the Pakistani Taliban. In Florida, Hafiz Khan and his son, Izhar Khan were arrested, while another son of Hafiz Khan, Irfan was arrested in LA. In Pakistan, other family members, Amina Khan (Khan's daughter) and Zeb his grandson were also charged on similar crimes. All charges relate to alleged crimes committed between 2008 and 2010 but the arrests were not linked to the killing of Osama bin Laden.

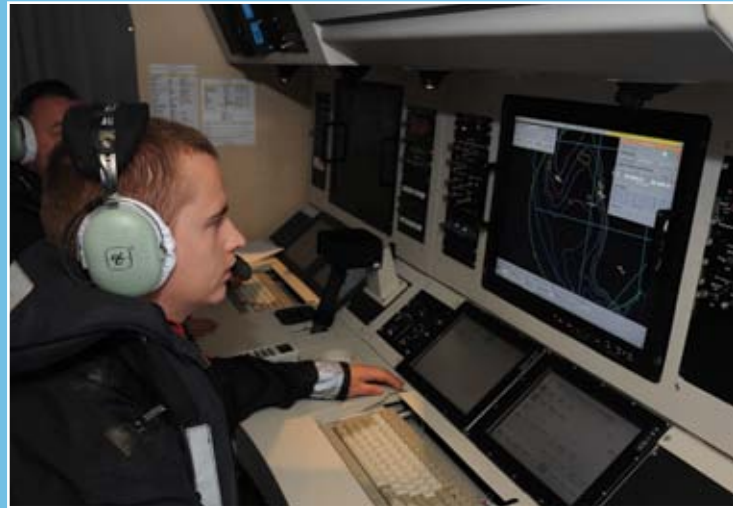
Also in the US, opinion polls show that US President Obama was given a boost in his ratings following Osama bin Laden's death. The president has commenced his 2012 re-election campaign, though he still faces considerable criticism because of his handling of the economy.

MIDDLE EAST

On May 15th, the state of Israel was for a short time invaded by Arab protesters along three of its borders on the 63rd anniversary of the foundation of the Israeli state. Protesters broke down boundary fences and crossed from the Palestinian territories, Syria and Lebanon waving flags and shouting slogans condemning Israel. The Israeli Army reaction was swift, as they contained the incursion by using tear gas and live ammunition to push back the protestors. Some 12 Arab protestors were reported killed and dozens injured. Later in Egypt, police, again using live fire and tear gas had to disperse a large protest outside the Israeli embassy in Cairo. In a televised address, Israeli Prime Minister Benjamin Netanyahu said he hoped 'calm and quiet would quickly return, but let nobody be mistaken, we are determined to defend our borders and sovereignty'.



There's many a time that the crew of an oilrig out at sea may have been going about their work blissfully unaware that they were under surveillance from an aircraft operating at least 10 miles away. The oil rigger of course has nothing to worry about, but if it were an illegal fisherman or smuggler, they wouldn't be happy to know that the crew of No1 Operations Wing's CASA CN 235 Maritime Patrol aircraft had them in their sights.



eyes over

THE SEA

BY WESLEY BOURKE

PHOTOGRAPHS BY ARMN GREG DORNEY
AND PADDY REILLY

The seas that Ireland is responsible for policing are vast, and oftentimes hostile, extending to 370km from our shores. The Air Corps patrols the skies over this vast area day and night, 365 days a year. To find out what life is like for our 'eyes over the sea' we went on patrol with the Air Corps.

Our crew for the day included Capt Conor Moore (aircraft commander), Capt Dónal Curran (co-pilot), Cpl Mark Keogh and Armn Keith Mooney (sensor and airborne radar operators - SAROs), Billy Doyle (photographer) and Garry Corcoran (radio operator), and our destination was 200kms west of the coast of Kerry.





In order to be airborne at 0800 the crew start their day at 0630 with a mission-specific briefing consisting of weather reports, details of the flight plan, what targets to expect, and information from other agencies such as the Naval Service

or Customs. Our mission that day was fisheries protection.

In maritime patrol terms all vessels operating in the patrol area are known as 'targets', and on any given day there could be hundreds of targets in the waters

the aircraft is covering, ranging from fishing boats to cargo vessels. Thankfully on our trip the weather was quite calm over the patrol area and looking out of the window we could see blue sea stretching in all directions. Small fishing boats

disappeared from view every time they rolled with the waves, while larger cargo vessels with Irish, Spanish, Russian and Japanese flags transited the area at a steady pace.

'On one of these patrols we normally climb to 16,000ft, which allows our search radar to scan the surface out to 370kms,' explained Capt Moore. 'Once we have scanned and located all our targets, we then descend to a lower level to visually identify each vessel. We note their registration, call sign, port of origin, heading, speed, position and activity. If the target is a fishing vessel, we can then check whether they are



permitted to fish in those waters.'

Every target in a patrol area has to be identified and to achieve this the crew must operate as a team. Firstly the SAROs identify a target from 14kms away using the aircraft's forward-looking infrared electro-optical camera. The pilots then descend to 1,000ft. Once the SAROs have a clear picture of the vessel, the pilots then drop down to 500ft and then to 200ft in order to perform an inspection pass. During this pass, the photographer takes a picture of the vessel, clearly recording its name, registration,

position (via data from the aircraft's navigation system), date and time. The radio operator relays situation updates back to the Communications Centre (Comcen) in Baldonnel.

A standard patrol lasts six to seven hours but the time passes quickly as the CASA ascends and descends from target to target. 'We are essentially a sensor,' says Capt Moore, 'gathering as much information as possible before relaying it to the Naval Service's Fisheries Monitoring Centre for analysis. If necessary, they can then

dispatch a ship to the area and board a particular vessel if needed.'

Some of the vessels out there are not the relatively small fishing boats you see leaving Killybegs but huge factory ships, registered from as far away as Japan. These huge ships literally swallow up thousands and thousands of fish, and then process and package them all onboard. 'These ships can linger along the border of EU Exclusive Economic Zone (EEZ) where they gather up any fish that come their way,' Capt Moore told us, 'and if ourselves and the Naval Service





weren't here they could be straight across that line. At the end of the day, fishing is money.'

The Spanish-built CASA CN 235 is excellently suited for this task and is used by several countries including the US, France and Spain, just to name a few. The turbo-propeller high-wing design allows it to operate at slow speeds and low altitudes, and its surveillance and sensor suite is the latest in 21st century technology.

The Squadron is required to complete a minimum of 300 fishery patrols a year, 10% of which have to be at night, and occasionally the CASAs operate at distances up to 600kms from the west coast. However, at this range, the aircraft's ability to operate for an extended period is considerably reduced.

The North East Atlantic Fisheries Commission is a quota agreement between the EU, the United States, Russia, Norway and Japan for waters beyond the EU's EEZ. 'Ireland is obliged to conduct 30 days of patrolling in these waters each year,' Capt Moore told us, 'and such operations are conducted in conjunction with the Naval Service. We also conduct joint deployment patrols, typically with the French, British and Spanish authorities, either in our waters or theirs.'

As the recent deployment to Libya proved, the CASA can be utilised for other tasks. Within three hours of the sanctioning of a Department of Foreign Affairs request to assist Irish citizens stranded in Libya, a CASA was modified to take passengers and was on its way to Malta. 'We also have an army support capability,' said Captain Curran, 'and we can modify the aircraft for high-altitude parachuting by the ARW and we assisted in transporting ordnance from Kosovo, when our involvement with the mission concluded last year.'

The CASA and its crew also assist other agencies: air ambulance missions within Ireland, to the UK and Europe. These are conducted throughout the year, and the aircraft also regularly work with the Coast Guard in search-and-rescue (SAR) operations. 'The SAR missions obviously aren't planned,' Capt Curran told us. 'Typically, we are on patrol when we get a call for assistance. We can provide top cover and help guide the Coast Guard helicopter onto a person or vessel in distress and we also have the ability to drop life rafts from the aircraft.'

Back on our patrol, the crew still had 15 more targets to identify and register. The next target was a small fishing vessel 20kms away. The two SAROs have an

array of high-tech sensors to assist them. Both of the Air Corps' CASAs recently underwent a mid-life refit and were re-equipped with a state-of-the-art surveillance and sensor package - the Fully Integrated Tactical System (FITS). The radar plots the target and the forward-looking infra-red (FLIR) camera then locates the target using the vessel's heat signature; switching to the spotter scope, which can zoom in sufficiently to read the registration number. The system also includes an automatic identification system, which picks up information transmitted by many vessels regarding their position, heading, speed, registration and other data, and displays it on a digital map. All the information gathered is recorded and sent back to the Fisheries Monitoring Centre in the Naval Base.

Because of the workload, there are two radar operators. One operates the radar sensors, FLIR and cameras; the other helps with fisheries information, accessed on a PC on the aircraft, and looks after the tactical side of the mission, filling in the sighting forms and any vessel information that is required. 'When you are on the sensors, you have to have your eyes constantly on the screens,' said Armn Mooney. 'You're not only monitoring the vessels on the surface but you have to keep an eye out for other aircraft that may be in the vicinity at the same altitude as us. Approximately half way through a flight we switch around to give our eyes a break.'

The SAROs' job is not just plotting and guiding the pilots onto each target. With the FLIR and cameras they can tell the pilots what to expect. 'We can see the vessel clearly way before the pilots can,' Cpl Keogh said. 'We can give the pilots any additional information that can help them. For instance, fishing vessels can often have flocks of seagulls around them, which are potentially hazardous to the aircraft, and we can relay that type of information to the pilots.'

'The FITS system makes our patrol much more efficient,' Cpl Keogh explained. 'For example, if we have a Customs officer onboard he may be looking for a cargo vessel from South America. With FITS we can stand off 20kms away and tell the pilot that all the vessels in this sector are fishing boats and he can then decide to go straight to the next sector, whereas before we would have had to check every target individually.'

If any vessel monitored by a patrol is later arrested by the Naval Service or Customs for illegal activities, the court will ask for evidence to be produced stating the vessel's position at a particular time and date. This is where the patrol's photographer comes in. 'We have to take pictures of each vessel in our patrol area,' explained Armn Doyle, 'recording the vessel's name, registration, date, time and position and whether or not they have lines in the water or if there is any

suspicious activity on deck. We have a GPS cable attached to the camera, which stamps the photograph with the co-ordinates of the vessel, the time and date. On return from a patrol I have to burn the photograph in a stand-alone CD writer. This is to preserve the chain of evidence as I could, if required, be called upon to present the evidence in court.'

The patrol also has a signal operator onboard who is responsible for the HF radios and the TX ARQ, which is similar to a SMS messaging system. On a regular patrol, Armn Corcoran relays the aircraft's position to the Communications Centre and the Mission Support Facility in Baldonnel. 'The main reason for this is that our operational area is so vast and our missions so diverse that Baldonnel needs to know where we are at all times,' Armn Corcoran told me. 'This really comes into play when we get a SAR call. While the pilots are talking to the ship or the rescue services, I would be relaying our position back to Baldonnel; in turn they may have to pass on our status to Air Corps or DFHQ Operations.'

After we landed I reflected on our day. For the crew, this is their daily job but for me it had been a whole new adventure. Maritime patrol operations are certainly a unique and specialist job. As the crew went to their debrief, they were handed their mission for the next day; officials from the Irish Whale and Dolphin Group needed to conduct a survey. The CASAs really are our eyes over the sea! ■





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Applications should be made online at www.pac.ie.

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GLEN OF IMAAL MOUNTAIN RESCUE



Irish Red Cross

MOON LIGHT CHALLENGE PLEASE HELP US REALISE OUR DREAM!

*A Full Moon Walk along the Wicklow Way has
been organised for Saturday the
12th of November 2011
Distance will be 26Km*

DO YOU FANCY A CHALLENGE? WANT TO TRY SOMETHING DIFFERENT?

Thanks to your support over the last number of years, we've finished the first phase and can now begin the final phase of the construction of the 'Glen Team' Mountain Rescue Base.

As promised, we are running the Moonlight Challenge in 2011. This will take place during the full moon in November, and will incorporate a 26Km hike mostly along the Wicklow Way. Participants take part as a team, although more experienced challengers may decide to run or go solo, or both!

For more information contact fog@wmr.ie
Once you've registered we'll send you detailed instructions explaining the challenge requirements and a fundraising pack.

There is a registration fee of €25.00 per person and a minimum fundraising target of €75.00 per person. All funds raised will go directly to building the Mountain Rescue Base.

Please Note: Only Teams registered before the night will be able to take part.

www.wicklowmountainrescue.ie



Our registered charity number is CHY. 3950

EXERCISE CONTAINED FREEDOM

BY WESLEY BOURKE

PHOTOGRAPHS BY ARMN GREG DORNEY



The use of improvised explosive devices (IEDs) is widespread around the world and their uses are not restricted to the front line. Terrorists, insurgents and dissidents all employ IEDs as major weapons in their arsenals. Consequently the Ordnance Corps, who are responsible for improvised explosive device disposal (IEDD) in Ireland, have to try to keep one step ahead of the innovators and manufacturers of these indiscriminate devices.





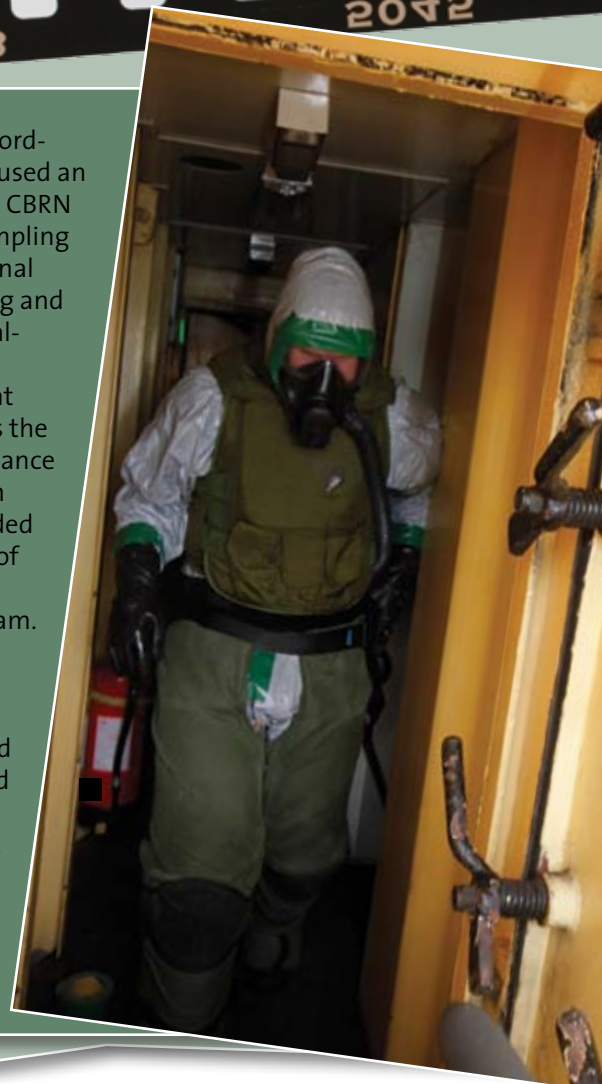
At an exercise in Dublin Port in February, the Ordnance Corps were faced with the unthinkable scenario; that a chemical, biological, radiological, nuclear (CBRN) IED was suspected of being brought into the country in a shipping container.

Exercise 'Contained Freedom' was the two-day tactical phase of an Ordnance Corps CBRN IEDD course. The 30 specialist students have to be trained for every eventuality as no two IED situations are the same and on this exercise they were being tested in scenarios that the country, hopefully will never face.

This type of exercise is designed to test the Defence Forces' response to incidents such as the sarin gas attack on the Tokyo subway in 1995 or the 'white powder' attacks that followed 9/11 in the US. These exercises, which simulate real-time scenarios to demonstrate what students are likely to face on the ground, are conducted annually in different locations around the country.

Any real CBRN incident would engender a multi-agency response involving the primary and secondary emergency services as well as the local authorities. Therefore, Dublin Fire Brigade's Chemical Incident Unit, An Garda Síochána, Civil Defence, the Dublin Port Authority and Met Éireann, all participated in Contained Freedom, conducting tasks assigned to them under the Major Emergency Framework document - a guidance document that outlines the assigned roles for each service during such an emergency.

Defence Forces ordnance specialists used an array of advanced CBRN detection and sampling equipment, personal protective clothing and area- and personal-decontamination equipment. Also at their disposal was the new RG32 Surveillance Target Acquisition LTAV, which provided real time images of the target to the bomb disposal team. To assist them in gaining access to the exercise 'targets', they used their two-wheeled Segways buggies and the M-GATOR all-terrain vehicle to transport their equipment about. ■



MISSION READINESS EXERCISES

In early May, the 440 troops from the 104th Infantry Battalion, bound for overseas service with UNIFIL in South Lebanon underwent its final Mission Readiness Exercise (MRE) in the Glen of Imaal following months of individual and collective unit training.

The exercise is planned and coordinated by a board convened by the Chief Instructor of the Infantry School. Its primary role is to ensure the unit meets the standards required to deploy overseas.

The MRE puts commanders at all levels and their soldiers through a demanding series of scenarios based on the current situation in Lebanon and potential threats that may be encountered.

The battalion is commanded by Lt Col Frank Bolger and an advance party will deploy to Lebanon in late May to prepare for the arrival of their unit, which will follow in late June.





STRATEGIC REVIEW

In these articles we continue on from last months subject on EU/NATO, from our visit to Brussels in February.

BY WESLEY BURKE

PHOTOS BY ARMN GREG DORNEY



DOD REPRESENTATIVE IN BRUSSELS

In this article Mr Leo Connolly, the Irish Defence Counsellor to the EU, briefs us on his role...

Everything we do here is triangulated between the military representative, the ambassador, and myself. Mirroring this, everything is triangulated back in Dublin

between the Strategic Planning Office in DFHQ, the Security Policy section in the Department of Foreign Affairs, and the International Security and Defence Policy branch in the Department of Defence.

It is my job to advise our ambassador on issues that may arise at the Political and Security Committee (PSC). For example, at the moment the committee is reviewing Operation Atalanta. While the operation has been very successful to date, the pirates are adapting their method of operation and our military personnel wish to address this situation. However, this entails going beyond currently agreed parameters so the PSC has to look at the policy and political implications. Many factors have to be considered: what is the desired outcome? what is the mandate and are we prepared to widen it? what happens if

something goes wrong? what implications does it have on our resources? It is simply prudent planning.

We also have a watching brief on a number of different areas, such as the Middle East, with a view to possible future operations, and we are kept up to date with developments in these areas by our situation centre (SitCen).

After every meeting all of the information goes back to Dublin and it's my job to highlight certain issues to help them as they go through the process of examining the risk assessment, political viability, achievability, suitability for our Defence Forces' makeup, cultural acceptability, etc, of any proposed decision. If they need any clarification they come back to me.

In relation to the funding of operations we favour what is known as 'costs lie where they fall', which basically



means that the costs of the elements contributed by any participating member state are borne by the contributor, whereas some member states prefer operations to be funded in common. While there are always certain infrastructural costs that must be funded in common, our stance is that if everything is funded in common it could easily lead into other common arrangements, which would be contrary to our stated policy position.

In addition, the main argument for common funding, that everyone will contribute their share, has not been borne out in experience in the NATO-led missions. We believe that the 'costs lie where they fall' approach is a more efficient use of resources as it allows each contributor to decide how much they want to commit and to know exactly where their money is going, whereas in common funding it's very easy to spend someone else's money.

While we have limited resources compared to many other member states we have a good record of contribution and participation. We had a significant role in EUFOR Tchad/RCA, and while we may not have had as much involvement with other missions we are still a party to all the discussions which shape them. Also, just because we haven't contributed resources to a particular mission to date that doesn't mean that we may not contribute in the future. For example we may at some point send a vessel to take part in Operation Atalanta, whereas currently we are only in a position to contribute two Naval Service officers to the OHQ in Northwood. We have to keep contributing when and where we can as that maintains our credibility. We are known on the PSC as a business-type nation: if we say we'll do it, we'll do it.

I am also a member of the boards for the European Defence Agency, the European Security and Defence College, and the European Satellite Centre, all of which agencies are funded by the EU's member states based on a percentage of GDP. These boards decide on budgets, policy and projects, and give general strategic direction.

The European Defence Agency, which is probably the one that most people have heard of, is very important in relation to making the most of our military budget. One of the agency's primary functions is to try to achieve commonality in terms of procurement within the EU. In practice this means that if one country is buying a quantity of, for example, APCs all the other member states know about it and any of them can 'piggyback' on the order, leading to economies of scale for the purchasers. In another example, if the French army was to purchase 10,000 flak jackets and if we added our requirement to this order we would save a lot of money. We have used this facility very effectively in the past to purchase items such as ammunition and the Sincgars radios. In times of decreased budgets every state is looking for ways of achieving a 'better bang for your buck'.

However, there is more involved than just the financial aspect. The Department of Defence has a duty of care to our military personnel which extends to providing them with the appropriate tools and training to allow them to work efficiently and effectively, in an interoperable fashion, in a multinational operational environment. If we can do this, we have gone quite a way to achieving one of our more important objectives. ■

INTELLIGENT PLANNING



Lt Col Kieran Dalton explains the role of the Intelligence Directorate of EUMS where he is currently stationed...

The EUMS is structured like many other strategic headquarters, with a director general overseeing a

number of directorates, in this case Logistics, CIS, Operations, and Intelligence. It is important for us that Irish personnel are represented throughout that chain.

The mission of the Intelligence Directorate is to provide intelligence input to early-warning and situation assessment; to contribute to EUMS planning through the provision of intelligence and intelligence planning expertise; and to provide the intelligence input to crisis-response planning and assessment for operations and exercises.

In addition, the EU, like the UN, has overseas missions and needs to ensure that it is aware of threats in the areas its personnel are deployed. This awareness is mainly achieved through intelligence gathering.

Intelligence production in the directorate is broken down to different regions around the world and I produce intelligence reports from papers, briefings and flash reports that come in from the area to which I'm assigned.

The directorate produces a six-monthly watch-list document, which, when it is approved by the Political and Security Committee (PSC), is used by all member states, the EUMS, and the director general to provide early warning on what is likely to happen over the next six months. This work reduces the possibility of strategic surprise for the EU. ■

EU AND NATO CO-OPERATION



Sgt Maj George Davis tells us about his work with the EU Cell at SHAPE (Supreme Headquarters Allied Powers Europe)...

NATO and the EU share common strategic interests and co-operate in a spirit of partnership to prevent and resolve crises and armed conflicts in Europe and beyond.

The EU cell are here in SHAPE, (Mons) as part of the Berlin Plus Agreement established to prevent the two organisations from overlapping. The level of co-operation between the

two organisations is still building and the continued improvement of EU/NATO relations is a stated priority of the new EU Higher Representative, Catherine Ashton.

Out of NATO's 28 countries 21 are also member states of the EU, so both are drawing from the same pool of resources in relation to troops, funding and equipment.

Our main role here is the gathering and sharing of information that is of use to both organisations. This is of particular relevance in the three areas that both organisations have forces deployed: Afghanistan, Kosovo, and the Horn of Africa. An EU police mission (EUPOL) and NATO's ISAF mission are both deployed in Afghanistan; an EU Rule of Law (EULEX) mission and KFOR are deployed in Kosovo; and the EU's Operation

Atalanta and NATO's Ocean Shield mission are both operating against pirates off the Horn of Africa.

To prevent unnecessary duplication and overlapping both organisations pool resources where possible. This cuts down on costs and makes the overall mission more efficient and effective. For example, NATO allows the EU access to its operational HQ facilities such as here in SHAPE.

Close co-operation between the EU and NATO is an important element in the development of an international, comprehensive approach to crisis management and operations, which requires the effective application of both military and civilian means. While NATO is a military alliance the EU is not and this is reflected in the EU's approach to crisis management, which encompasses far more than just military requirements. For instance, when the EU looks at a situation they might identify justice reform or the training of police and military forces or assistance with establishing democratic structures or the need for structural funds, as the best way to provide assistance to a country in need. That's the concept of the comprehensive approach.

NATO and the EU are both seeking a strong partnership at all levels, from assets deployed on the ground up to political headquarters level in Brussels and the EU cell in SHAPE is playing its part in helping to put these ideas into practice. ■

GETTING THE MESSAGE OUT



Lt Col Michael Kiernan explains his role as Public Relations/ Public Information Officer with EUMS...

I have a 'stand-alone' position

as the sole Public Relations/Public Information (PR/PI) officer within the Executive Office of the EUMS. I work directly under our director general, Lt Gen Ton Van Osch (Netherlands), and from a press and media point of view I have to be prepared to act as his spokesperson as required. I also act as the interface between the Brussels-

based media and the director general and the EUMS.

Another important function I carry out is briefing newly arrived personnel on where they fit into the EUMS and where the EUMS, as the only permanent military structure in the EU, fits into the newly established European External Action Service (EEAS).

I am also responsible for projecting a positive image of the EUMS to a wide audience, both within EU institutions and further afield; hence our active participation in major defence exhibitions such as Eurosatory and Euronaval (Paris), the annual EU open-day, and regular presentations on the role of the EUMS to a wide range of interested parties.

On a day-to-day basis I also produce an EU news digest for our internal audience focused on our current CSDP

military and civilian missions. Twice a year, I produce Impetus magazine, the bulletin of the EUMS. Among all the publications to be found on crisis management here in the EU, Impetus is particularly targeted at the military audience.

I do enjoy the job, although I must admit that no matter how well prepared you think you are coming out here it still takes a while to understand the EU's 'machinery' and where everything fits into place! Working in EUMS PR/PI requires an understanding of a wide range of current issues; you need to know what's going on 'in-house' in each of the directorates and how it connects to the crisis management mechanism. The job can be demanding but overall it is a highly rewarding experience to work at this political strategic level. ■

CONCEPT DEVELOPMENT



Lt Col Patrick Flynn tells us of his role as Deputy Branch Chief in the Concepts Branch of the Concepts and Capabilities Directorate...

Concepts Branch is primarily responsible for the development of concepts in

support of EU-led military operations. These are developed at the political and strategic level and tend to avoid the operational and tactical levels. Examples include the Military Rapid Response Concept and the EU Battlegroup Concept.

The branch is quite small and consists of a chief, who is a colonel, and seven action officers of lieutenant colonel rank. Each of the action officers has a specific portfolio of responsibilities related to the branch mission. My own portfolio includes conceptual development in areas such as expeditionary operations, countering improvised explosive devices, the comprehensive approach, conflict prevention and EU battlegroups.

I have also been involved in the production of the latest iteration of the Concept Development Implementation Programme (CDIP), which is the six-monthly plan that identifies the concepts to be produced or revised in the following period. The revision of the CDIP is influenced by specific drivers such as the Capability Development Plan, the EU Military Committee (EUMC) Interoperability Study and ongoing work in organisations such as the UN, NATO and the EDA. Therefore there is a constant requirement at action officer level to interact with such organisations.

I am also the EUMS point-of-contact with Finabel, a land-based grouping consisting of 16 EU member states. The aim of this organisation is to promote the interoperability of EU land capabilities in order to optimise operational effectiveness. Despite the fact that both organisations work on different levels there is a constant interaction between the EUMS and Finabel in order to identify areas of mutual interest.

Working in Concepts Branch requires a thorough understanding of the EU, CSDP and related mechanisms, including the EUMC and the Political and Security Committee (PSC). The complexity is further exacerbated by the changes following the introduction of the Lisbon Treaty, in particular the emerging European External Action Service (EEAS), of which the EUMS is a part. However, all things considered, I have found that my work as an action officer in the Concepts Branch of the Directorate has been extremely interesting, stimulating, challenging and rewarding. ■





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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Improvised Explosive Devices (IEDs) - hidden, indiscriminate and lethal.

They can maim, kill and wreak havoc. Our troops have encountered them at home and overseas. Counter-IED is becoming part of every syllabus on military courses. Here are a few tips that may save your life some day.



C-IED tips

- Vary your routes and routines: Don't let the enemy fix you at a specific location. Vary your intervals, speed, tactics and anything that allows the enemy to predict your movements and target you.
- Drive the best line: The centre of the road if necessary. If on unpaved roads follow on local/lead vehicle's tracks.
- Report location: Waypoints and give regular situational updates.
- If any stop is made: Conduct five metre and 25 metre checks around your position.

Potential IED Indicators

- **Colours:** Enemy may provide clues unwittingly. Detonation cord visible or colour of IED not covered completely. Freshly disturbed earth will be darker in colour. Fresh concrete that doesn't match the surroundings.
- **Markings along the side of the road:** Use of tyres, piles of rocks, ribbon or tape to identify the IED location or used as aiming references. Freshly dug holes or patches in pavement along, or, in the roadway may indicate possible future IED emplacements.
- **Shapes:** Outlines that are not normal in nature. New dirt or gravel piles. Obstacles in the roadway used to channel the convoy.
- **Changes in traffic patterns:** Lack of vehicle traffic in a normally busy area. Vehicles following convoy for a long distance and are then pulling off the side of the road.
- **Graffiti:** Indicating some type of warning to locals.
- **Signs:** Markers appearing in locations where they have not previously been seen. Dead animals along the roadways. People on overpasses. Signal lights turned on or off as convoy approaches. People video-taping ordinary activities or military movements.

What to do when an IED is found

- **Security:** Maintain all-round cover. Scan closely the near ground, then the far ground, up high and down low.
- **Always:** Scan your immediate surroundings for more IED's.
- **Move:** Move away and vary safe distances, but plan for 300m minimum safe distance and adopt 5Cs.
- **Attempt:** To confirm suspected IEDs use binoculars or a range finder while staying back as far as possible.

5 C's

- **CONFIRM** from a safe distance.
- **CONTACT** higher command and inform them of the situation and ask for required assets (EOD).
- **CLEAR** the area from the device outwards. Identify a safe route away from the danger area.
- **CORDON** off the area. Direct people out of danger area. Do not allow anyone to enter. Be out of the line of sight of the device. Be aware of secondary devices.
- **CONTROL** access to the area. Only allow authorised personnel to enter.

WHEN AN IED EXPLODES: TREAT AS AMBUSH



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NEW

VISITOR'S CENTRE

Opens

BY COMDT JOHN O'LOGHLEN
PHOTOS BY ARMN GREG DORNEY



On May 5th, a new page in the long history of Cathal Brugha Barracks was turned when the Minister for Defence officially opened the new barrack visitor's centre.

Mr Alan Shatter TD cut the ribbon on the new centre, formerly the old guardroom just inside the barrack's main gate and it is hoped, over time that the exhibits on display will give visitors a better understanding of how the inhabitants of this the longest lived-in barracks in Ireland have shaped the country we now live in.

During the opening ceremony, Minister Shatter dedicated the new centre to the memory of Francis Sheehy Skeffington, Thomas Dickson and Patrick McIntyre. All newspaper editors and pacifists, they were arrested by the British Forces in the immediate aftermath of the 1916 Rising and executed without trial in the guardroom exercise yard on April 26th 1916. The officer who ordered their execution, Capt Bowen Colthurst (Royal Irish Rifles) was subsequently court-martialled and found guilty, but insane. He served only 20 months at Broadmore Asylum.

The new visitor's centre can boast some fine military artefacts and displays that are unique to the barracks and the role it has played in Irish History. Pride of place has to go to the personal memorabilia that belonged to General Michael

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Brig Gen Denis Murphy, Lt Gen Sean McCann, Mr Alan Shatter and Dr Risteád Mulcahy view the General Michael Collins's Desk and other memorabilia.



Collins. It was from here that Michael Collins departed on his ill-fated tour of the south of the country, where he was killed in an ambush at Béal Na mBláth, County

Cork on August 22nd 1922. On display is his desk, the flag that draped his coffin, his Colt 45 pistol and three pistols from his hit team, The Squad.

Also at the opening was Dr Risteád Mulcahy, whose father General Richard Mulcahy succeeded Michael Collins as head of the Free State Army. The barracks became the

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General Headquarters of the Free State Army and both men took up residence in the then known, Portobello Barracks.

The building of a Barracks in Portobello commenced on October 12th, 1810 and numerous British Army units were garrisoned here right through the 19th and the early 20th century.

Another claim to fame for the barracks occurred, or at least took off in 1817, when William Wyndham Saddle from the barrack's square set out on the first ever hot air balloon crossing of the Irish Sea.

It was from here during the 1916 Easter Rising that British troops left and fought against Irish rebels, Commandant McDonagh's men, garrisoned in Boland's Mill and Cathal Brugha and his men barricaded in the South Dublin Union.

On May 17th 1922, following the War of Independence and after 112 years of British occupation, the

Worcestershire Regiment marched out the canal gate, while Commandant General Tom Ennis, Colonel Commandant Thornton and a unit of the Dublin Guards marched in the main gate from Beggars Bush Barracks with General Eoin O'Duffy taking the salute. A group of photographs from this historic handover are portrayed in a series of iconic pictures on display in the visitor's centre.

Today, Cathal Brugha Barracks is still an operational military installation and is home to the headquarters of the 2nd Eastern Brigade, the 2nd Infantry Battalion and numerous brigade combat, combat support and combat service support units, including the Defence Forces School of Music and Military Archives which are also located within the barrack's walls.

Apart from the opening of the visitor's centre, it was also an opportunity for the barracks to welcome in its neighbours from the Rathmines community. A large

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group of local school kids, teachers and some parents were treated to a wide and varied display of modern Defence Forces equipment. They even got to see the Defence Forces Parachute Team land on the main square in a tribute to the 1817 crossing of the Irish Sea crossing by a hot air balloon.

With the official sanction given by Brig Gen Denis Murphy (GOC 2 E Bde), work commenced on refurbishing the old guardroom (idle since 1992) in April 2010. Under the direction and supervision of Sgt Mattie Doyle (2 Fd Eng Coy) work progressed at a steady pace as Mattie was ably assisted in the task by the barracks' civilian maintenance staff with the necessary funding supplied by the Directorate of Engineering. The restoration of the

building and its environs with the preservations of original features was carried out with great skill and in a very cost effective manner.

Military Archives supplied the majority of the artefacts on display and its staff gave expert guidance to the GOC and his project team on how to best display all exhibits in a fitting tribute to those ordinary soldiers who lived, marched, fought and died within the barrack's walls.

More importantly, this initiative by the Defence Forces, Óglaigh na hÉireann in establishing this permanent link with our military heritage is also an appropriate commemoration to those men and women who took up arms in 1916 for our freedom. This new visitor's centre will be vital to the education of our young soldiers and instilling in them

a sense of where they came from and what is expected of them as Ireland's soldiers of destiny. ■



The WORLD'S TOUGHEST Cycle Race



BY SGT WAYNE FITZGERALD

It requires stamina, true grit and sheer determination to take on a gruelling 12-day, 3,000-mile journey on a bicycle, but that is exactly what 39-year-old, former corporal, Donncha Cuttriss has been training for every day since he left the Defence Forces in January.

His goal is to be the first Irishman to participate as a solo competitor in the Race Across America (RAAM), widely recognised as 'the world's toughest cycle race'. The race starts in Oceanside, California, and ends in Annapolis, Maryland, passing through Arizona, Utah, Colorado, Kansas, Missouri, Illinois, Indiana, Ohio, West Virginia and Pennsylvania on the way, and climbing to 10,849ft at its highest point.



TOUGHEST

Donncha ('Capper' to his friends) is an ultra-cyclist adventure sports athlete with a growing reputation. The ethos that moulds an athlete like Donncha is probably best summed up in a quote from the famous (or infamous, depending on your point of view) cyclist Lance Armstrong who said: "Pain is temporary; it may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."

When Donncha left the Defence Forces in January he had completed 21 years service, during which he had served in 1 Fd CIS, the DFTC, and 1 Fd Engr Coy. He also had 10 trips overseas to missions in Lebanon, Eritrea, Liberia and Chad. He credits his military service with equipping him with the necessary attitude and skills required when training for a challenge such as the RAAM. Donncha must average 22 hours cycling a day to achieve the fitness and stamina levels needed to compete in the race. He has already completed 24- and 30-hour cycles with his crew, and his training continues. He departed for the US on May 16th to complete his last month's training before the big race starts on June 15th. On the day the race starts RTÉ are to broadcast a documentary on Donncha's training and preparations for the race.

Using his efforts to raise money for charity is also very important to the Corkman and his chosen charity is the Meath-based Aisling Group International, founded in 1988 by Marie Byrne, which provides help and information for people in relation to drugs and alcohol misuse. The Aisling Group's domestic and international charity work received deserved recognition in 2008 when it was presented with an All Islands Special Endeavour Award by President Mary McAleese. Thankfully, people like Donncha give us mere mortals a chance to help worthwhile charities the easy way, by 'donating a little to help a lot'.

Fundraising was launched 2 months ago by Cork's Lord Mayor Michael O'Connell where Donncha was accorded a Civic Reception. In one event Donncha's friends organised a 25km charity cycle through Cork City, setting out from Collins Bks and stopping off at the Elm Tree Bar & Restaurant in Glounthane for light refreshments. The Elm Tree is owned by Capper's old schoolmate and lifelong friend Derek Walshe who generously



donated €3,000 towards Donncha's costs for the RAAM, which are estimated at €20,000. Everything received above that amount will go to the Aisling Group. Donncha's bike worth €6,000 was sponsored by www.cyclesuperstore.ie in Dublin.

Another of Donncha's old school friends, Sgmtn Darren O'Connell (1 Fd CIS), also deserves special mention for his enthusiastic support for Capper's efforts.

Anyone wishing to donate to Donncha's venture can do so through the 'Donate' section of the Aisling Group's website, www.aislinggroupinternational.ie or ring 046-9074300. You can follow Donncha on his journey by visiting his blog: www.donnchacuttrissraam2011.com.

Donncha signed off, saying: ***"I hope I can inspire others to believe they can achieve whatever they want to achieve in their lives, and I also hope I can provide any information and support to help anyone to achieve their life's goals."*** ■

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Defence Forces Duathlon Series 2011



4k Run - 16k Cycle - 4k Run

Casement Aerodrome, Baldonnel, Dublin 22

Race 2 - June 15th

Race 3 - July 20th

(Limited places available on race day)

**Beginners
Welcome**



**T-shirt for all
competitors**

Fee: 15 per race or 40 for the entire series

Registration: 12:30hrs - Race start: 13:30hrs

For more details, contact: Lts Kelly or Byrne

at: 01-403 7897 or stephen.byrne@defenceforces.ie



2nd Eastern Brigade

Military Mountain Marathon

July 6th-7th 2011 - Wicklow Mountains



“Get your boots on...”

- In July, the 2nd Eastern Brigade is running a Military Mountain Marathon, open to everyone in the Defence Forces.
- Over two-days (July 6th and 7th), teams of four (to include an officer or NCO) are expected to navigate through the Wicklow Mountains, by day and night carrying all they require to survive.
- Teams can choose to tackle the 45k course or the shorter 35k course, suitable for novices and walkers with great prizes for a variety of competing categories.
- For more information, contact your BPEO, orderly room, unit operations staff, Comdt Ollie Clear: (01-804 6370) or Lt Kenny O'Rourke: (01-804 6946).



GADGETS

In **gadgets** this month, we take a look at a number of products from Icebreaker, a New Zealand company that has, in a few years, made a major impact on the adventure clothing world. They have done so not by inventing a new high-tech fabric or technology but by utilising a material that has existed from time immemorial - wool. Icebreaker products are made of pure New Zealand Merino wool, which despite its softness and comfort is highly durable and well suited to extreme conditions; the proverbial wolf in sheep's clothing.

Merino wool has a number of benefits over synthetic garments:

Its moisture management means you stay dry even when working up a sweat. It also provides warmth in cool weather and coolness in warm conditions.

It's a natural fibre, rather than synthetics, which can be made from plastic and can be in flammable.

It's odourless and anti-bacterial, which means it doesn't smell and rarely needs to be washed.

It has a high degree of comfort due to being static free and smooth next to the skin.

It's for a sustainable source. What starts out on the sheep's back ends up on your back.

It is 100% recyclable and biodegradable.

JUNE COMPETITION

This month we have two sets of Bodyfit (top and leggings) to give away, kindly sponsored by The Great Outdoors Store. To be in with a chance to win this excellent piece of kit, answer the following questions which all relate to this month's magazine.

1. Where is the CASA aircraft made?
2. What does MRE stand for?
3. Icebreakers' Merino wool is sourced primarily from which country?

Competition closing date is July 8th.
Send all entries with your name and address:

June Competition
An Cosantóir
DFHQ, Block 5,
Ceannt Bks, DFTC,
Curragh Camp, Co Kildare
Or email to: subs@military.ie

Icebreaker Bodyfit

The core of the Icebreaker range, Bodyfit is available in three weights; 150g, 200g and 260g, and are designed as go-anywhere, all-purpose base layers. The Oasis 200 Crew (€64.95) and Leggings (€64.95) featured here are lightweight base layers that are favourites with members of the Defence Forces.

Icebreaker GT Run

The brand new Run range combines Merino wool with 3% Lycra to create a more contoured fit. It includes panels with perforated fabrics to create increased airflow and uses reflective logos, and is ideally suited to trail- or road-running. Featured here are the Ace Tank (€49.95) and Distance Shorts (€49.95).

Icebreaker GT

Icebreaker GT is aimed at more performance orientated activities. A snugger fit and contoured, pre-shaped seams create a great-fitting range that can be used for any activity but really shines in high-tempo, active sports such as skiing, MTB and climbing. Featured here are the Sprint Crew LS (€79.95)

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THE DEFENCE FORCES MAGAZINE

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www.citizeninformation.ie
www.teenline.ie 1800 833 634
www.aware.ie 1890 303 302
DF Benevolent Fund 01 8046185
www.cafnbo.com 01 6711841
www.caoga-defenceforces.com 01 8042785
www.ansaccu.ie 01 8554489
www.mabs.ie 1890 283438
www.odf.ie 01 6633222
www.oneconnect.ie 01 4850600
www.inuva.com 01 6791262
www.iarco.info/
www.irishsoldiers.com 01 6777853
www.republic-ofireland.britishlegion.org.uk 01 6713044
www.raco.ie 01 8042517
www.pdforra.ie 1800 200 250
www.rdfra.ie 045 445204

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@defence-forces.ie. Sgt John Kellett 01 804 2638 john.kellett@defenceforces.ie

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May Draw

1st Prize €10,000 Patrick Joseph O'Keeffe, Tinahely, Co Wicklow
2nd Prize €5,000 Francis Hill, Strabane, Co Tyrone
3rd Prize €2,500 Brendan Healy, Ardee, Co.Louth
4th Prize €1,500 Edward O'Neill, Whitechurch, Co.Cork
€500 Winners

Mark Ward, Chapelizod, Dublin 20. Louise Nolan, Prumplestown, Carlow. Michael Carson, Mullingar, Co. Westmeath. Declan Allen, Youghal, Co Waterford. Darren O'Neill, Castleblayney, Co.Monaghan. Ciaran Kelly, Bray, Co.Wicklow. Michael Colclough, Tallaght, Dublin 24. Ronald Burke, Crumlin, Dublin 12. Anthony Doyle, Athy, Co Kildare. Anthony Bradley, Balbriggan, Co.Dublin. Darren O Maonaigh, Palmerstown Manor, Dublin 22. Gerard Boland, Clondalkin, Dublin 22. Thomas Mc Keown, Tullamore, Co Offaly. Ray Reynolds, Tullyallen, Co Louth. Steven Woods, Drogheda, Co Louth. Christopher Hogan, Rathmore, Co Kerry. Noel Kennedy, Dundalk, Co.Louth. Conor Kilbride, Prosperous, Co Kildare. Philip Regan, Ballyshannon, Co Donegal.
The next draw will take place on June 24th.

ONet Information:

The ONet National Convention/AGM will be held in the Ormond Hotel, Kilkenny, from Jun 10th - 12th.
National Day of Commemoration, Royal Hospital Kilmainham is on July 10th. ONet National Day of Commemoration, Arbour Hill, provisional date is July 24th.

1life - 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.

DF Contacts

Defence Forces Headquarters
DFHQ/DOD 01 8042000 or 045 492000
www.military.ie or 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

Request for Photographs

A group of military historians based in Sarsfield Bks, Limerick City are working on a pictorial history of the FCÁ (1941 to 2005), called The FCÁ Remembered, due for publication later this year. They are looking for photographs from all reserve units as well as privately held photographs from individuals who served in the FCÁ. All photographs submitted will be considered for publication. Also, all the photographs (or copies of) will be retained by Military Archives for future research purposes. If you are sending a photograph, please attach a note with it outlining as much detail as possible (date, location and names) as well as a return address. Photographs should be sent by email to: thefcaremembered@gmail.com or by post to: The FCÁ Remembered. Sgt Michael Deegan, 31 Res MP Coy, Sarsfield Bks, Limerick City.

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.

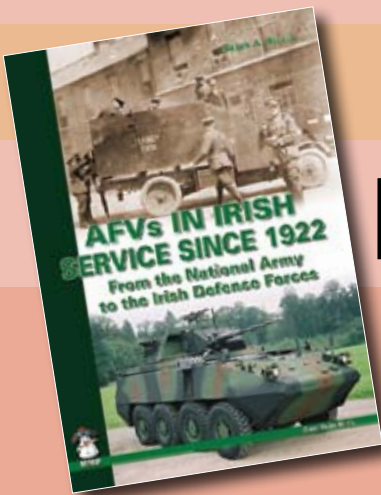


Social Networking: 5th Inf Bn Facebook Group Page: Contact Tom Carroll for further info, 5thbnfacebook@gmail.com

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



AFVs in Irish Service Since 1922

FROM THE NATIONAL ARMY TO THE DEFENCE FORCES

Author: *Ralph A Riccio*

Illustrator: *Rodolfo Ciuffoletti*

Publisher: *Mushroom Models Publications*
(mmpbooks.com)

ISBN: 978-83-61421-19-1

Price: €30.50

Although we have never had large numbers of armoured vehicles, we have employed a wide and diverse variety of tanks and armoured cars over the years, from British WWI vehicles through to South African tactical armoured cars currently in service. This book by Ralph A Riccio provides a comprehensive survey of all the armoured fighting vehicles (AFVs) that have been used by the Defence Forces since 1922. These extend from Rolls-Royce armoured cars and British WWII tanks to the very latest AFVs in service. The author has drawn on many expert sources to tell the story of armour in Ireland and his book contains full technical details, fine illustrations (with many rare photos), 1:35 scale side views, and details of colour schemes and markings of the many armoured cars, personnel carriers and tracked vehicles.

No White Feather

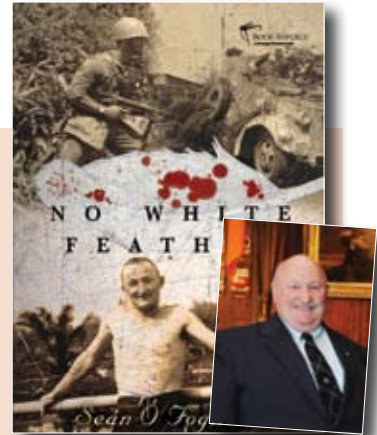
Author: *By Seán Ó Foghla*

Publisher: *Book Republic (bookrepublic.ie)*

ISBN: 978-1-907221-06-4

Price: €25.00

Format: *Hardback*



In his debut book *No White Feather*, Seán Ó Foghla recounts the story of his years in the Irish army, including his UN service in the Belgian Congo, with a mixture of fondness and objectivity.

He shines a light on the real meaning of overseas service for young Irish men of a generation ago, many of whom had never before set foot outside their home country. Seán was a proud member of 'A' Company, 35 Infantry Battalion, serving with ONUC (United Nations Operation in the Congo) in 1961. Drawing on his personal experiences, letters and diaries (including a map, a diagram and 25 pictures), he offers a unique insight into the harsh realities of daily life for the Irish soldier during those uncertain and turbulent years. He witnessed many major events in the Congo, including the infamous battle for Jadotville.

This book is a must-read account for anyone interested in Irish military history. *No White Feather* is sure to provide the reader with a greater understanding of the ethos that pervades the Irish army to this day, as well as the camaraderie and bravery that has always enabled our soldiers to "grasp the nettle of responsibility when the chips were down," as Seán says. This is a story of adventure, friendship and the honourable tradition of the Irish army.

Seán Ó Foghla was born in Nenagh in 1940. His early school years were spent in Kiladangan NS where a love of reading and writing were encouraged by the principal.

Seán served with the Defence Forces for 30 years in two periods, from 1960 to 1963 and from 1974 to 2000. In addition to 35 Inf Bn, he also served in the Congo with 38 Inf Bn.

Still a soldier at heart Seán is an active member of the Irish UN Veterans Association (IUNVA).

To purchase a copy of *No White Feather* call or email the author on 067-24589 / 087-2312800 or newwildgeese8@eircom.net or visit Ryan's Book Shop, Friars St, Nenagh, Co Tipperary (067-31872).

WHAT I DO

NAME

MICHAEL (THE BRIQO) MURPHY

RANK

CORPORAL

UNIT

SERVICE SUPPORT UNIT, DFTC

BY CPL NOEL COSS

The Defence Forces slogan, a life less ordinary for me is certainly true, as no two days in the life of a military chef are ever the same. Today, I might be 'bulk' catering for the troops, while tomorrow I could be cooking for VIPs or operating a field kitchen in the Glen of Imaal.

Here in the Ceannt Catering Centre, we had a very busy few weeks in May feeding up to 3,000 troops and members of An Garda Síochána, who were part of the security operation for the visits of Queen Elizabeth II and US President Obama.

Working under pressure is a part of daily life here for the military chefs, kitchen and front of house staff and deadlines are constant as meals have to be ready at the designated times and to the highest quality, regardless of the numbers booked in for a particular meal.

Timing is very important, as troops may have to be back on a course, on duty or on a training exercise at a specific time. On any normal day here in Ceannt, we could be feeding anywhere from 250-800 troops, which makes us the busiest dining complex in the Defence Forces.

A typical day for me, as the stores NCO begins early and comes with a lot of responsibility. I have to make sure that the health-and-safety guidelines pertaining to the raw materials supplied to our chef's in the kitchen are stored properly, fresh and in date. I work closely with the cook sergeant and assist him and his duty chefs in making up the bill of fare, two-weeks in advance and that the appropriate ration allowance per man is issued. As a qualified chef myself, I know from experience what they are looking for and how different types of rations can be stretched to feed more.

They say an army marches on its stomach and that certainly is true. A soldier without food is like a soldier without a weapon and ammo - he or she would just not be 100% operational. It's our job to see that our troops' requirements are met from the allowable rations. A soldier in training is entitled to 6,000 calories a day, but for accounting purposes, we work on expenditure. The daily allowance to feed a soldier is €4.80 at the moment, though I believe this rate is currently under review.

A soldier on a rostered 24-hour duty is entitled to an extra 25% of the daily allowance for a supper ration.

The importance of sufficient, nutritious food to the morale and the physical performance of soldiers cannot be overstated. For example, the difference you see in soldiers after they receive a good hot meal while out on exercise or on the ranges on a freezing cold day is striking. Things like that make the job of a Defence Forces chef important, satisfying and worthwhile.

Corporal Murphy joined the Defence Forces in 1990 and served with the 3rd Infantry Battalion. In 2000, Michael moved to the Service Support Unit and qualified as a military chef with the Defence Forces School of Catering and he went on to complete the junior catering management course. ■

"we could be feeding anywhere from 250-800 troops, which makes us the busiest dining complex in the Defence Forces"





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