



THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR

www.dfmagazine.ie

(ESTABLISHED 1940)

Price: €3.00 (Stg £2.70)



OCTOBER 2015



*Danish Sniper
Competition*

TERROR IN PARIS

POWER LIFTING
ANSAC CREDIT UNION

**RDF STANDARD
NCOS COURSE**

ISSN 0010-9460



50

9 770010 946001

2013 Awards: EMPA Best Article & Media Pioneer Awards (UK) Shortlist



Óglaigh
na hÉireann
DEFENCE FORCES IRELAND



Defence Forces *Annual Gala* Concert

Supported by the Irish Blood Transfusion Service

Saturday 10th October, 2015 at 8pm
National Concert Hall, Dublin

FEATURING

Bands of the Defence Forces

GUEST ARTISTE

Owen Gilhooly



In aid of Defence Forces Benevolent Fund and Soldiers' Aid Fund

Defend | Protect | Support

www.military.ie



 **Irish Blood
Transfusion Service**
Seirbhís Fuilaeistriúcháin na hÉireann

Contents

VOLUME 75
Number 08
October 2015



FEATURES



ANSAC – a credit union for the digital age

By Sgt Wayne Fitzgerald



18

RDF Standard NCOs Course

By Cpl Lee Coyle



22

RDF Full Time Training

By Rec Eoin O'Shea

The Danish Army Sniper Competition

By Sair Steven McColgan



12



16

Smart Thinking in the Air Corps

By FQMS Diarmuid Parker & Sgt Wayne Fitzgerald



20

Je Suis Charlie

By Paul O'Brien

REGULARS

6 On Parade

8 In Focus

27 Tac Aide

28 History

30 Sport

33 Gear Up

34 Notice-Board

35 Reviews

36 What I do

Sport

30



28

History





Join us for the Grand Finale of the 2015 Curragh Season

Sunday 11th October

Help raise funds for the Defence Forces Benevolent Fund

Wear your Irish Jersey and get in FREE!

First Race: 1.25pm Last Race: 4.40pm, Rugby kicks-off at 4.45pm

Stay for the party!

Ireland V France World Cup game shown live



Top class racing featuring
the €100,000 Tote Irish
Cesarewitch and Defence
Forces Trophy

Exciting displays from the
Army, Navy and Air Corps



Call 045 441205 email info@curragh.ie or book on line at www.curragh.ie

OVERNIGHT IN CENTRAL DUBLIN AT TRULY UNBEATABLE PRICES!

**FROM
just €25
a night**



Just €25 for a comfortable single
room in the heart of Dublin - how's
that for value? Or €45 for a double
room - that's €22.50 per person.

These are special rates available to
ONE members, serving and retired
members of the Defence Forces.

But even our standard rates are
unbeatable - €30 for a single, or €55
for a double.

So if YOU want to save on
accommodation in Dublin, why
would you look anywhere else?



Call 01 485 0600 to book your room!

Brú na bhFiann, Smithfield Market,
North King Street, Dublin 7. D07 HD72



Óglaigh Náisiúnta na hÉireann
Organisation of National Ex-Servicemen and Women

Editorial

Hello and welcome to our October issue, this month we bring you some great articles from remembering our veterans, current projects and weapons and an up-to-date look at our reserves in training.

Congrats if your picture made it to *On Parade* - it was another tough month. Our first *In Focus* article features Irish born Vietnam veteran and Navy Cross recipient Patrick Gallagher, then we have another Irish born veteran who flew in WWII and is remembered on the 70th Anniversary of VJ Day in Tanzania - William McElroy. In *Veteran's News*, IUNVA Post 27 Portlaoise celebrates the memory of UNICYP peacekeeper Cpl William Hetherington on his 50th Anniversary in Mountrath. In our first feature Sgt Steven McColgan, 1 Cn Cois tells us how the DF Sniper team progressed in their first attempt in the *Danish Army Sniper Competition*. In *ANSAC - A Credit Union for the digital age*, myself and Cpl Lee Coyle visited ANSAC to see about recent technical advances. In *Smart Thinking - Procurement and Supply Chain Innovation in the Air Corps*, I visited the Air Corps to hear how they've implemented their Lean Six Sigma award winning projects. Our centre spread features RDF students on the recent *Reserve Standard NCOs Course* along with their colleagues on the Young Officers Course.

In *Strategic Review Je Suis Charlie*, author and historian Paul O'Brien looks back at the tragic events that happened in Paris in January this year. Next up is *In Reserve*, where Rec Eoin O'Shea updates us as he progresses as an RDF recruit now on full time training. In *History*, Dr Brian Hughes writes about *A Window into the Past*, which looks at 1916 revolutionary Michael Mallin's widow Agnes Mallin's military pension file. In *Sport Power House Lifting*, Cpl Lee Coyle talks to Ordnance Corps Cpl Niall O'Keeffe on his 20-year participation in the sport of powerlifting and his training for the World Powerlifting Championship. Plus we have all our regular features and reviews.

COMPETITIONS: Check out our competitions and results on page 11, 31 and 32.



Sgt Wayne Fitzgerald - Editor



PROTAC PRIZE WINNER

Pictured on 4th September 2015, is PROTAC proprietor Sean Curtis presenting a €200 PROTAC voucher to Sgt Stephen McElvaney (2 Bde MP Coy, Gov Blds Det), the winner of our July/August issue competition. Stephen picked up a pair of Meindl Cobra GTX Lightweight Boots (€190) and a Sealed Thermal 'Mé Féin' Mug (€10). Congratulations to Stephen and thank you to PROTAC. Photo by: Sgt Wayne Fitzgerald



TYING THE KNOT

Pictured recently is former RDF Cpl Victor Murphy (1 AR RDF) from Dungarven Co Waterford who married Bernadette Harrison with best man Cpl Liam Strathan (1 AR RDF) and bridesmaid Gloria Shannon, in St Finnachta Church Sixmilebridge, Co Clare. The GoH were Sgt Robert Cantwell, Cpl Shane Graney, Cpl Alan Lyons, Gnr Ronan Fitzsimons and Cpl Cormac McGarry. Photo by: Denis Boyle, denisboylephoto.com

Manager

Capt Declan Barrett
info@military.ie
+353 (0)45 44 5306

Editor

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

Connect

Sgt Karl Byrne
connect@military.ie

Photo/Journalist:

Cpl Lee Coyle
journalist@military.ie

Photographer

Cpl Neville Coughlan
photo@military.ie
045 44 5307

Subscriptions

Cpl Kelly Gallagher
+353 (0)45 44 5312
subs@military.ie

DF/PR Information:

Cpl Lynn Ryan
admin@military.ie
+353 (0)45 44 5308

DF Webmaster

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

Magazine Archivist

Mr Sean Shinnors

Designer/Advertising

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

Printer

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

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

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

Front Cover

Pictured are RDF members on their Standard NCOs Course, photo by Cpl Neville Coughlan.

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



NEW YORK VISITORS ▲

New York County GAA U14 Team visited Custume Bks, Athlone on the 24th June 2015 and are pictured with members of the 6 Inf Bn. The team were in Ireland to attend the Feile Tournament which was held in Wicklow, Wexford and Carlow. The Head Coach Mike Healy is originally from Athlone. *Photo by: Pte Aiden Sherlock, 6 Inf Bn*



JIM MOORE PDFORRA CUP ▲

Pictured are the main winners of the Jim Moore PDFORRA Cup, which was held at The Heritage Golf Club on 17th July 2015. L/R: Sgt John Lonergan (Winner Category 2), Cpl Richard Finn (Overall Winner), presenting the Cup is Sgt Willie Hannon along with Cpl Sean Reilly (Winner Category 1). 51 Players took part and a great day was had in memory of Jim. *Photo: Cpl Sean 'Kesh' Reilly, 1 MIC, DFTC*



RDF 3 STAR COURSE ▲

Members of 1 Mech Inf Coy RDF recently completed their 3 star course and the newly qualified platoon are pictured with Pln Comdr, Lt O'Slatara and Pln Sgt, Sgt Fennelly. *Photo by: Sgt JJ Ryan, HQ DFTC*

ENGINEERS OVERSEAS ►

UNDOF Engineer personnel returned from an ESSC operation and passed through UNIFIL AOR, and were greeted by UNIFIL Engineer personnel in Naqoura, Lebanon. Pictured: UNIFIL SIO Lt Col McEvoy D (Division of Political and Civil Affairs UNIFIL HQ), RSM Lynam T (Office of FC & HOM UNIFIL HQ), Cpl Kileen D, Pte O'Connor D and Pte Gillispie C, who are all Engr Pl Finn Irish Batt UNIFIL, along Capt O'Neill J, Sgt Barry S, Cpl O'Neill, Cpl O'Dea, Cpl Cornally, Pte McGuinness, Pte Deane and Pte Nevin all ESSC Team UNDOF.

Photo: RSM Tom Lynam, UNIFIL



TUG-O-WAR ▲

The JTT tug of war team trained by Sgt John Grant and coached by Sgt Mc Croombe won the tug of war and the truck pull in MHQ Mali. They beat all other teams who were a lot bigger - especially the Czech Force protection team who were 'mountains' and favourites to win. It just goes to show how a little training by two 'Paddys' and a lot of hard work from the guys - can move mountains. *Photo: Sgt John Grant*



DCOS SP VISIT ▲

On the 17th July 2015 DCOS Sp Rear Admiral Mark Mellett visited Custume Bks Athlone along with all the Corp Directors. Rear Admiral Mark Mellett is pictured inspecting the honour guard and receiving a hand over from Sgt Martin Devaney (6 Inf Bn). *Photo by: Pte Aiden Sherlock, 6 Inf Bn*





FORT CAMDEN MEAGHER ▲

On Bank Holiday Weekend August 1st and 2nd members of 1 Bde CIS Coy RDF went to Fort Camden Meagher, Crosshaven, Co Cork to promote the military relationship between current and historical attachments. Pictured is Sgt Denis Kelleher, testing a young 'Army Field Signaller' candidate on the Sincgar 1702C VHF Radio. *Photo: CS Darren Foley, RDF 1 CIS Coy*



DCOS OPS VISIT ▲

On 2nd September 2015, DCOS Ops Maj Gen Kieran Brennan visited Cathal Brugha Bks to meet with GOC 2 Bde Brig Gen Michael Beary. He was met by a Quarter Guard from the 7 Inf Bn with Sgt Martin O'Connell as I/C. *Photo by: Pte David Hogarty, HQ 2 Bde*



GENERAL DEMPSEY ▲

The Chairman of the Joint Chiefs of Staff General Martin Dempsey paid an official visit to Ireland and the Defence Forces from 18th - 20th August 2015. On Tuesday 18th August he visited Cathal Brugha Bks, Rathmines where he received a Guard of Honour from the 7 Inf Bn with Lt Sarah Conlon as oic GoH. *Photo by: Cpl Neville Coughlan*

VIP VISIT TO FINNER CAMP ▲

Lt Col Sean Flynn, OC 69 Regiment (Fighting Irish) New York visited the 28 Inf Bn in Finner Camp on 21st August 2015. He was accompanied by Mr Hilary Beirne, Executive Secretary St. Patrick's Day Parade, New York City. Both men have hosted RDF members of 28 Inf Bn on St. Patrick's Day over the last number of years. Lt Col Flynn was welcomed to Finner Camp by Comdt Declan Sheridan 2 i/c 28 Inf Bn and Comdt Peter Keenan Snr RDF Comdt. They are pictured here with officers from 28 Inf Bn. *Photo: Lt John McCandless*



MARIE KEATING FOUNDATION ▲

On 18th August 2015 the 6 Inf Bn welcomed the Marie Keating Foundation's Community Information Service to Custume Bks, Athlone. Community Information Nurse Mrs Doreen Garvey gave over 60 personnel advice on Cancer prevention and other helpful information. Pictured L/R: Lt Jamie McMahon, Lt Aislinn Kelleher, Mrs Doreen Garvey, Lt Marie Pigott and Pte Daniel Bradley (All 6 Inf Bn). *Photo by: Pte Aiden Sherlock, 6 Inf Bn*



CIS YOUNG OFFICERS COURSE ▲

Pictured on 27th August 2015 are staff and instructors on the CIS Young Officers Course which took place in the CIS Sch, DFTC. They are pictured with J6 Col Des Bergin, OC CIS Gp Lt Col Stuart McNamara, CIS Sch Comdt Mick Moore and School Staff Officer Capt Dermot Farrelly. *Photo by: Pte Alan Carr, HQ DFTC*



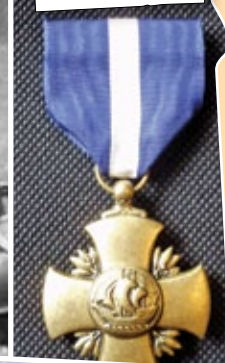
Vietnamese soldiers of the 21st Recon Company rush to board waiting Huey choppers in South Vietnam 1969. ©AP Photo/Godfrey

Patrick Gallagher

An Irishman in Uniform

BY A DENNEDY

The Navy Cross



Cpl Patrick 'Bob' Gallagher



This billboard is currently on display at Dublin Airport.

Patrick Gallagher was born in Mayo in 1944 and at the age of 19 he moved to New York to live with his aunt and uncle where he worked days and attended college at night. In 1966 while Ireland was commemorating the 50th anniversary of the Easter Rising, Patrick enlisted (not drafted) in the Marine Corps. His parents at home in Ireland were aware that he had joined up, but he kept his subsequent deployment to Vietnam a secret from his family. After only a few weeks in Vietnam, Patrick was faced with a situation where grenades landed in the defensive post where he and some members of his unit were manning. Patrick kicked the first grenade clear and threw himself on a second grenade to save his comrades from death or serious injury. When his comrades had reached safety, Patrick threw the grenade away from the trench - it exploded seconds later.

Cpl Patrick 'Bob' Gallagher was recommended for the Congressional Medal of Honour by his commander but was awarded with the prestigious Navy Cross to acknowledge his heroic actions. General Westmorland who was the highest ranking officer in Vietnam, pinned the medal on him.

His citation included the following comment, "Through his extraordinary heroism and inspiring valour in the face of almost certain death, he saved his comrades from probable injury and possible loss of life."

Patrick wrote home to inform his family of his presence in Vietnam and of his Navy Cross, as the story was about to attract media attention both at home and abroad. He assured them that he was fine and not to worry, he told them that the military were, "making too much of it."

Patrick told his mother that he would be back in Mayo in mid April and that she should not worry. Tragically, on 30th March 1967, Patrick was killed shortly before he was due to leave

Vietnam - he was 23. Fellow Marine, Frank G Erwin, was beside the Mayo man when he was killed. Erwin later wrote, "His death was a profound loss to our entire company, as everyone looked to Patrick for courage in battle".

His remains were flown home and the town of Ballyhaunis came to a silent and sorrowful halt as the funeral cortege, with the casket draped in the US flag, preceded through Main Street. The Gallagher family was united in grief at the graveside by two other West of Ireland families, the Nevins and the Freynes who had each lost a son in Vietnam in the previous months. Patrick had also campaigned for Senator Bobby Kennedy, a letter from the senator was read aloud at Patrick's funeral in Ballyhaunis.

Patrick was one of approximately 3,000 Irish citizens (mostly greencard holders) who served in Vietnam with the US Forces during the 1960s - 17 were killed and many more were wounded. Patrick Gallagher's story is, in many respects, the story of all of them.

To honour Patrick's bravery and service to his adopted homeland, there is a petition to have a US Navy ship named after him. The ship is due to be launched in 2017 which would mark the 50th anniversary of Patrick's death. The petition is approaching 4,500 signatures. This campaign has received amazing support - mainly through word of mouth. Many of the early signatures of the campaign came from members of the Irish Defence Force. To further highlight the story, four billboards detailing the story of Patrick have been on display in the boarding area at Dublin airport and can be seen by all passengers departing to North America. The petition organisers hope to reach 5,000 signatures before the end of 2015. ■

Please support this campaign and spread the story, more info can be found at www.patrickgallagherusmc.info

IRISH WARTIME PILOT REMEMBERED IN TANZANIA

BY ANTONY SHAW



A Fairey Albacore fleet reconnaissance aircraft.

A Second World War pilot from Dublin was remembered in August when a ceremony was held for the 70th Anniversary of Victory over Japan Day (VJ Day) in Tanzania. The tribute brought together defence attaches, ex-service personnel from the international community and members of the British Legion Tanganyika Club (BLTC), a social club which proudly remembers its military heritage from the British imperial forces that were stationed in the former capital of the old protectorate territory.

At the ceremony to remember all the 1939-45 servicemen buried at the city's main Commonwealth War Graves, co-organiser Antony Shaw offered a tribute at the grave of William McElroy, the son of Samuel and Ellen McElroy of Sandymount, Dublin. William's brother George, who was awarded the Military Cross and two Bars plus the Distinguished Flying Cross and Bar, was a leading ace fighter pilot in the Great War. He was killed in 1918 on the Western Front. William followed his brother's footsteps by becoming a pilot following the outbreak of the Second World War. He was first posted to the Royal Navy's Fleet Air Arm in Arbroath, Scotland, in 1941 with 753 Squadron initially flying Sharks, later replaced by Albacore, Swordfish and finally ASV Barracuda torpedo bombers as the war progressed. He then transferred to the Royal Navy Air Station in Tanga, Tanganyika, in 1944 where 796 Squadron flew Albacore, Swordfish and Walrus aircraft. He died of illness while serving in the British Protectorate and was buried in Dar es Salaam. He is commemorated at St Mary's Church of Ireland War Memorial, Donnybrook, Dublin.

At the cemetery's main memorial

a wreath was laid by Lt Col Mark Culberson, Military Attaché at the US Embassy in Tanzania, during a special ceremony where William's name was read out by US Defence Liaison Officer Mike Culberson along with the names of all 1939-45 servicemen buried in the cemetery. Comdt Ray O'Shea (Retd Irish Army Ranger Wing) recited *The Ode* taken from the fourth stanza of the 1914 poem *For the Fallen* by poet Laurence Binyon and the Epitaph found at the Kohima Commonwealth War cemetery in India that was written by poet John Maxwell Edmonds and inspired by the verse of the ancient Greek poet Simonides of Ceos.

Speeches were made by senior Legion members whose families had served with the 11th East African Division during the gruelling offensives against the Japanese in Burma. The day concluded with sundowners, seafood and bagpiping at the BLTC.

Antony Shaw is an associate member of the Irish Guards Association (London), and a member of the Irish Society of Tanzania. He is the author of 'Ireland in Your Pocket' and 'Portable Ireland'. ■

Wing Commander Mike Smith (RAF Retd) leads a tribute on VJ Day 2015 at the Commonwealth War Graves in Dar es Salaam, Tanzania. Next to him is WO1 Justin Hollands (British High Commission, Nairobi). Looking on is Comdt Ray O'Shea (Retd) and Lt Col Mark Culberson.

War Memorial Cross in St. Marys, Donnybrook, Dublin.

"They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them."
- Laurence Binyon



Comdt Ray O'Shea (Retd), third from the left in the main row, at the Commonwealth War Graves cemetery in Dar es Salaam, Tanzania.

Cpl William Hetherington (RIP) in 1965 with 4th Inf Gp, UNICYP.



50TH ANNIVERSARY MASS FOR CPL WILLIAM HETHERINGTON

BY THOMAS C MOONEY, PRO IUNVA POST 27

On Saturday 18th July 2015 IUNVA Post 27 Portlaoise, had the honour of joining the family and friends of Cpl William Hetherington (RIP) in St Fintan's parish church Mountrath, to celebrate his 50th Anniversary Mass. William gave up his life in the Service of Peace while serving in Cyprus with the 4th Inf Gp, in 1965. Also in attendance were members of Post 29 Carlow, Post 25 Fermoy, and Post 5 Cork, along with serving members of the Defence Forces. DF representatives were Comdt Thomas McGrath (2 Bde), Lt O'Toole (1 Bde), Sqn Sgt O'Neill (Cav Sch) and Sgt Derek McNamara (DFSM). The Chairman of Post 27 Portlaoise Fred O'Reilly addressed all in attendance and read out a eulogy to Cpl Hetherington, giving a brief glimpse into his life and service overseas. A colour party from Post 27 consisting of Mick Thompson, Conny Dunne and Jimmy Shields rendered honours during mass, which was celebrated by Fr Brophy. George Kirwan IUNVA PRO National Executive and Post 1 Dublin read a poem called 'A Soldier', and the DFSM bugler, which was kindly provided by the Dept of Defence complimented proceedings, which I believe, was a fitting end to the ceremony.

The family were then joined for refreshments in the parish hall, where William's niece Mary Hetherington spoke about her uncle and how grateful she was to IUNVA and Post 27 for remembering William. She said the family was thrilled to see both serving and ex-serving members of the Defence Forces attend the mass and honour William with such respect and dignity. Chairman of Post 27, Fred O'Reilly said, "This was the reason why we exist, to make sure members were never forgotten and always honoured with dignity". ■



Members of IUNVA at Cpl Hetherington 50th Anniversary Mass.



'Lá na bhFiann'

Pictured are those who attended the ONE Cmdr George Crosbie Branch 'Lá na bhFiann' (Soldiers Day) at Haulbowline Naval Base on Sunday 5th July 2015. Among those in the front row are; Lord Mayor of Cork, Cllr Chris Ó Leary and Lady Mayoress his Wife Angela, Capt Dave Barry O/C Naval Ops Comd and 2 I/C Naval Service, Seán Kavanagh President ONE Cmdr George Crosbie Br, Declan Pendred President Irish Naval Association, Garda Sgt Denis McCarthy, ONE Directors Ger Enright and Peter Byrne, Vice Chairman and PRO Cobh Branch, Domhnall Mac Cárthaigh and Secretary ONE Southern Area Council Tony Canning. Photo: Tony Canning




Declan Clancy Saddlery

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

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



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

www.declanclancysaddlery.ie

Kieron Murphy

specialises in bespoke embroidery for the military

Proud to work with the Defence Forces, the Organisation of National Ex-Servicemen and Women (ONE) and the Irish United Nations Veterans Association (IUNVA)



HAVE YOUR
MILITARY UNIT
OR CLUB BADGE
EMBROIDERED
AT BEST WEAR

Kieron Murphy

Call Kieron today on 0419836036
4 Shop St. Drogheda
Co. Louth, Ireland
email: best.wear@hotmail.com

RESERVE FORCES - CIVIL DEFENCE - RESCUE

ARMY - NAVAL SERVICE - GARDA

AIR CORPS - FIRE SERVICES

IRISHMILITARYTSHIRTS.COM

READERS COMPETITION

| 1st Prize | 2nd Prize | 3rd Prize |
|----------------|---------------------------------|------------------------------|
| Pilots Kit Bag | Polo Shirt (any colour/size) | T-Shirt (any colour/size) |





The winners of last month's competition were:

1st Prize - Sarah Timmons, Maganey, Co Kildare
2nd Prize - Michael Kiely, Artane, Dublin 5
3rd Prize - Steve Rynn, Blanchardstown, Dublin 15

FREE SHIPPING!

€12.99

€8.00

from €27.99

"DryFlow" T-Shirt Suppliers to Uniform Services

jmpublishing & media

Responsive websites, iOS and Android mobile applications, digital marketing solutions

Proud to work with the Defence Forces

imagination is everything

JM Publishing, Co. Wicklow
Tel: +353 15331911
+353871344135
Email: info@jmpublishing.ie
Web: www.jmpublishing.ie

THE DANISH ARMY

•• Sniper Competition •••••

BY SAIR MCCOLGAN, COMPL TACA, 1 CN COIS

The Danish Army Sniper Competition took place at Borris Live Fire Area in the centre/west of Denmark near Skjern from the 29th June to 3rd July 2015. This was the first year the competition was open to so many international sniper teams, with competitors including teams from Ireland, UK, Sweden, US Army (Europe), Norway and Canada and it also included a team from Politiet - the Danish Police Force.

The Defence Forces sniper team of Sgt Greene (shooter/sniper) and Cpl Callanan (spotter) both from Compl TACA, 1 Cn Cois, Galway, were the 2nd place team from the DF Sniper Concentration that was held in May 2015. The Team Coach was Sgt McColgan, Compl TACA 1 Cn Cois and the Team Capt was Sgt Campbell, Inf Wpns Wing, DFTC.

The terrain in that part of Denmark is extremely flat and temperatures are 30°+ that time of year. The purpose of the competition is to test and expand the participant's physical and mental sniper skills, and to present the competitors with a stressful and realistic environment. Testing the sniper's ability in field firing, advanced marksmanship, field craft, dialog shooting, pistol shooting, close quarter combat (CBQ/FIBUA) and physical fitness.

The team done well the first two days achieving a number of top five placing in a number of events, but a number of low scores dropped their overall placing. It was a really great experience for the team to go to Denmark, and they will use that experience going forward to the next Defence Forces Sniper Concentration.

Zeroing Day

Pistol shoot



FOB Defence Shoot



Sniper Race



Tactical Marksman



Sniper Golf



PID and Alternative positions



On Target

ANSAC

A CREDIT UNION FOR THE DIGITAL AGE

BY SGT WAYNE FITZGERALD

On 28th August, *An Cosantóir* visited ANSAC Credit Union in Amiens Street Dublin, where we met with ANSAC CEO Martin Cosgrave and Assistant Manager Gillian Dunne, two of its longest serving employees. Established in February 1993, ANSAC (Army Naval Service Air Corps) Credit Union was the brainchild of members of the recently formed PDFORRA.

All members of a credit union must share a common bond and for ANSAC this is membership of PDFORRA or being the spouse, partner or child of a member of PDFORRA.



Similar to all credit unions ANSAC works on the premise that members' savings (shares) are used to provide a loan fund for other members. Therefore, it is in everyone's

interest that members continue to save even while paying off a loan. While it is perfectly legitimate for someone to use their shares to clear a loan, this reduces the loan funds available, and thereby lessens members' chances of attaining a loan.

In May 1994 ANSAC opened its doors in the top floor of the PDFORRA offices on Capel Street Dublin, where it stayed for two years before moving to 75 Amiens Street in 1996. At that time the credit union had two fulltime staff; it now has eight full-time and one part-time.

Speaking of the duties of the staff, Gillian told us: *"It's not as simple as just approving a loan, we have to make sure the loan application is administered within the Central Bank's regulations and assess the applicant's credit rating and their ability to repay; basically their income versus their expenditure."*

Martin added: *"We always look for ways to approve a loan, not for reasons not to approve it. That's always been our ethos. Also, we have no loan restrictions imposed on us by the Central Bank because during the Celtic Tiger period we maintained prudent lending policies, which resulted in our bad debt provisions being one of the lowest in the country at*

0.5%, against a national average of 16%."

Martin also told us about ANSAC's close co-operation with CAFNBO*, through which a member's CAFNBO subscription may be used as security, without affecting any claim or death benefit.

Gillian says that one of the most popular packages available through ANSAC is their Easy Payment Plan Service (EPPS), commonly known as the Budget Plan, which is used to spread the cost of domestic bill payments, such as car insurance or home heating oil, evenly over the year through a weekly deduction. As these budget plans are usually conservatively estimated, they nearly always result in a surplus in the account at the end of the year. Payment is deducted at source from the member's payroll and the small administrative fee charged for implementing the plan is offset by the savings accrued from not incurring transaction fees such as bank charges or electronic fund transfer fees.

The EPPS also allows DF pensioners, who were always used to getting paid weekly, to have their monthly pension paid in to their ANSAC account and from there paid weekly into their bank account.

In recent years ANSAC has been transformed and now nearly 100% of its business takes place online, where transactions can be made through www.ansaccu.ie, which is available 24 hours a day. *"In addition,"* Gillian told us, *"we hope to launch the ANSAC app shortly, which among other things will allow members to check their account or transfer money."* The app will be free to download for both Apple and Android devices.

The final step in complete digitalisation of ANSAC's procedures is the facility for a secure digital signature, which they hope to implement in the coming weeks.

Today ANSAC has over 7,500 members and membership is growing every day. The current marketing campaign is aimed at letting all family members know they can join ANSAC as well.

ANSAC is also actively trying to recruit more barrack reps throughout the Defence Forces and would ideally like to eventually have five reps in each location. These people would be the local face of ANSAC, and promote the credit union through posters and by giving talks to recruit platoons, career courses, and open days. While many



Personnel Support Services (PSS) staff are currently doing this, anyone who is an ANSAC member and is interested in volunteering can apply. A career-training path for barrack reps is in place, starting with a certificate in Credit Union Governance, moving on to a diploma and finishing with a degree. ANSAC's management hope that some of these reps will eventually become members of the board of directors.

ANSAC has a very generous record when it comes to assisting groups and charities within the Defence Forces family, having supported ONE and IUNVA for many years. When asked, the credit union helps where it can, with charity fundraising in barracks and posts – this is another area where barrack reps can help out.

ANSAC also sponsors the Best Recruit trophies awarded at the completion of recruit training, once they have been notified by recruit training staff or barrack reps in advance to organise the award.

ANSAC is open five days a week, Monday to Thursday from 9am-5pm, and Friday from 9am-4pm, and doesn't close for lunch. Friday is normally their busiest day, where they could have over 40 customers. ■

Asst Manager Gillian Dunne with CEO Martin Cosgrave



Martin Cosgrave – An Appreciation

Martin joined the Defence Forces in 1969, training in the General Training Depot (GTD) in the Curragh Camp. He was posted to 2 Inf Bn, Cathal Brugha Bks, where he served for 18 years before transferring to 2 Maint Engrs, Collins Bks, Dublin, in 1987. He was on the National Executive of PDFORRA in 1993 when he was appointed ANSAC Treasurer. On his retirement in May 1996 he was appointed Manager.

"We are very grateful for the help and assistance the then chief of staff, Lt Gen Gerry McMahon gave us in setting up ANSAC. Of the original group of 25 who established ANSAC over 20 years ago, two current directors and myself are still involved with the credit union. Many of the staff, including Gillian and Rachel, have also been with us for many years."

"I plan to retire in 2016 and after 22 years working in ANSAC I will miss it, but I wish the staff all the very best."

ANSAC Chairman Charlie Haughey said of Martin: *"From a credit union perspective it's important that you know your customer and in this regard Martin's military experience put him in an ideal position to achieve this. The fact there has been no turnover of staff is a testament to Martin's people skills. He has a great ability to interact with different personalities and with only a few words and important facts, Martin can calm a heated debate - such is his knowledge of credit union rules and regulations."*

"I have nothing but admiration and respect for the man who for the past 20 years has been the rock on which ANSAC CU has thrived, including through some difficult economic times. His dedication to ANSAC's members and their needs has always been his central focus and his replacement will have very big shoes to fill and will have to hit the ground running to emulate Martin's work ethic."



ANSAC COMPETITION ANSAC COMPETITION ANSAC COMPETITION ANSAC COMPETITION ANSAC COMPETITION ANSAC COMPETITION

Along with their regular monthly draw which has a **top prize of €10,000**, ANSAC are also giving away a **NEW CAR** in a once off draw for the Month of November, which will be a nice early Christmas present for all those members already subscribed to the monthly draw.

*CAFNB is a Friendly Society Registered under the Friendly Societies Act (1896) and was established so as to lighten the burden on the soldier/soldiers family on death of a soldier or any member of his family (wife or child). Membership is open to all other ranks in the Defence Forces

CONTACT INFORMATION

Address: ANSAC Credit Union, 75 Amiens Street, Dublin 1.

Email: info@ansaccu.ie

Web: www.ansaccu.ie

Tel: 01 855 4489 **Fax:** 01 855 8067

Smart *thinking*

Procurement and Supply Chain Innovation in the Air Corps

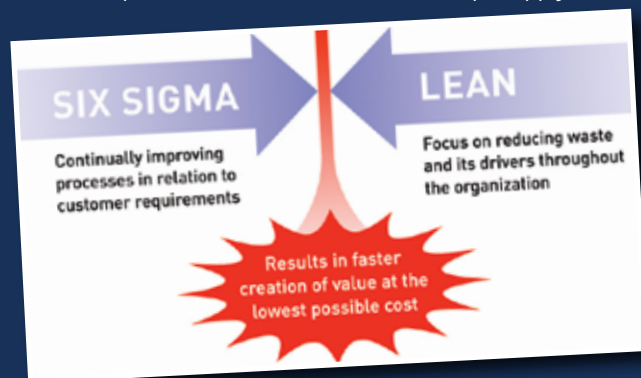
BY FQMS DIARMUID PARKER, ACCS, AIR CORPS HQ & SGT WAYNE FITZGERALD PHOTOS BY CPL COLUM LAWLOR, 105 SQN

In 2013 Air Corps Contracts Section (ACCS) initiated an internal innovation programme to address areas where improvements could be made within the procurement function and the broader Air Corps supply chain, derive cost savings, and ensure value for money. A bottom-up approach was taken within the Section to bring about a culture of continuous improvement and all ranks are encouraged to suggest projects or changes that benefit the innovation process.

The programme introduced quality management and project management, while developing and enhancing contract management within the organisation. It also introduced Lean Six Sigma, a business improvement methodology that maximizes stakeholder value by achieving the fastest rate of improvement to achieve cost reduction and increase quality and process speed by providing a powerful set of tools and techniques to help improve efficiency and productivity.

In the public service, as with any business, waste elimination is one of the most effective ways to reduce costs and create savings, increasing the portion of your budget available for capability development.

Significant emphasis has been placed upon the use of Lean Six Sigma methods to reduce all forms of waste in the Air Corps procurement processes and in the wider Air Corps supply chain. We began by process mapping major procurements and, using a range of Lean tools, identified waste throughout the processes that could be eliminated.



Lean Six Sigma is now an extremely important tool in the continuous reduction of Air Corps inventory holdings and the significant reduction of inherent costs in our procurement and supply chain management processes. Its success in the Air Corps has been recognised and as a result it is currently being rolled out throughout the wider Defence Forces, through the Office of the Director of Logistics (DJ4).

Since implementing Lean Six Sigma, ACCS have achieved cost efficiencies of between 60% and 70% within specific projects. The success of ACCS Lean initiatives has also assisted the repositioning of the procurement function into a core strategic function within the Air Corps.

ACCS is leading a Lean policy initiative at Air Corps HQ to foster innovative ideas, and is assisting in the co-ordination of specific Lean projects throughout the Corps. The procurement and supply chain team are now established as the Lean Six Sigma centre of excellence within the Air Corps, reaching into the maintenance, operations and support functions, to provide guidance and assistance on the implementation of Lean. All ACCS staff are Lean trained at either Green or Yellow Belt standard and staff have individually implemented, or are currently implementing, Lean projects.

Lean projects lead by ACCS staff include the introduction of vendor-managed, inventory-based contracts for the Air Corps, and stores



The current ACCS staff.

control processes. Sgt Robbie Treacy has, as his Lean Green Belt project, implemented a stock-control and re-ordering system in Main Technical Stores that has significantly cut down on storage space, waste and, ultimately, cost. Airman Gerry Flynn's project has focused on stores layout, specifically the location of stores lifting equipment within Main Technical Stores. My project concentrated on the procurement cycle and the implementation of vendor-managed, supply-chain solutions.

Other Lean projects included the procurement of aircraft crew tools to replace personal tools and a fully kitted out aircraft work bay that has resulted in more efficient work practices and reduced maintenance time on the aircraft.

Recently ACCS's quality management system was certified to ISO 9001:2008 by the National Standards Authority of Ireland (NSAI) for the provision of procurement, contracts and financial management activities. The quality management programme complements our contract management activities and provides an additional layer of processes, regulatory and legislative compliance assurance.

The principle reason for introducing the programme was to focus ACCS towards better meeting customer needs, particularly after contracts are placed. The quality management programme provides a clear framework to structure feedback and ensure it is appropriately reviewed and actioned to ensure continuous customer-focused improvement. This feedback, both from end users (Air Corps units) and suppliers, feeds into the ACCS contracts management function. This feedback helps inform contract review discussions with suppliers; ensures that contracts are fit for purpose and represent clear value for money; and can provide critical information at contract renewal stage.

Allied to the quality management programme is the introduction of service level agreements (SLAs) to the contract management process. The SLA provides a clear reference document for use by both internal customers and supplier employees delivering contract services. This is particularly helpful, as with a clear schedule of what is and is not included in the contract outlined in the SLA there is no ambiguity over what is being paid for. The SLA and associated contracts management processes are extremely effective in ensuring that contracts are providing value for money and are being executed to the expected quality.

Overall, the innovation programme in ACCS, encompassing Lean Six Sigma, ISO quality management system, and contract management initiatives, has resulted in a culture of continuous improvement across the Air Corps. Individuals of all ranks are bringing tangible outcomes that derive benefit to the Air Corps supply chain, maintenance functions and operations, and ultimately delivering value for public money. ■



ACCS personnel with their NSAI ISO 9001:2008 certification, with Capt Dominic Kelly (retd), who was the former project manager for the innovation programme.

Vox Pops



Comdt Mark Caulfield, OC ACCS

"Subhead Ag is responsible for the procurement and maintenance of the Air Corps fleet and its support functions. In order to help achieve maximum benefit from resources ACCS

has implemented Lean Six Sigma and ISO 9001 Quality Management System. We have become a centre of excellence for Lean Six Sigma within the Air Corps and have initiated a number of projects that have provided significant savings in terms of time and money."



Sgt Robbie Tracey

"I was tasked to visit Air Corps Main Tech Stores (MTS) to see if we could improve on their stock control/inventory holding methods using Lean

Six Sigma. After observing, I recommended changes to the oil and greases stock. We also changed MTS's control stock from a six-month storing and holding a surplus stock, to a running contract. It now holds a one-month stock, that can be refilled within 72 hours, has a three-month stock life, and the supplier must hold 10% of our stock in their warehouse. These changes have significantly cut down on storage, spending and waste."



Armn Christopher Higginbotham

"The idea for a requisition tracker on the ACCS IKON site was prompted by the waste of manpower time spent on enquires/calls/visits to this office.

It has allowed us to create a searchable spreadsheet that matches our requisition approval process, and which can now be searched by liaison point-of-contact using cost centre code, sub head code, status, etc. This has already significantly reduced our requirement to answer calls and it's only been in operation for a month."



Armn Gerry Flynn

"After observing that the MTS floor layout could be improved on, I laid out designated areas so that stores lifting equipment could operate more efficiently. Lifting equipment is now

more easily accessible and documentation is more readily available to the forklift drivers. I found the Lean Six Sigma project to be very beneficial for the improvement to the operation of the stores."

Reserve Standard NCOs Course

BY CPL LEE COYLE PHOTOS BY CPL NEVILLE COUGHLAN & CPL LEE COYLE

The Standard NCOs course is considered to be one of the most intensive and challenging courses within the Defence Forces, pushing young corporals to take command and develop the more advanced tactics, techniques and procedures (TTPs) that sergeants require in various scenarios.

The NCO Training Wing in the Military College recently conducted an RDF Standard NCOs course, which, with the single-force concept in mind, included both PDF and RDF instructors. The course was broken into two parts, with one weekend's training each month in April, May and June, and a two-week ground phase in July. Due to its short duration, the course has to condense a lot of material into easy-to-digest information for the students to assimilate.

The first phase of the course covered administration, physical training, TOETs, and ranges, with day and night navigation exercises conducted in Kilbride and the Glen of Imaal.

The intensive second phase was conducted alongside an RDF Young Officers (YOs) course that was also being conducted in the Mil Col. It started with a few days of classroom work covering first aid, signals and a lot of battle field theory. The students were then required to demonstrate the knowledge they had learned in days of ground exercises covering navigation, patrolling, ambush drills, platoon-in-attacks, and FIBUA, with the students taking up various roles in the platoon.

The feedback from the students at the end of the course was very positive. They enjoyed being able to wear full body armour like their PDF colleagues and experiencing the different pressurized roles a platoon sergeant has to take up. The up-skilling and large increase in their knowledge base will also be of great benefit to their home units.

They also agreed that one of the elements that contributed to the success of the course was the good mixture of RDF and PDF instructors, which showed the single-force concept working at its best. ■





Vox Pops



Coy Sgt Alan Lowry, NCO Training Wing (Course 2/ic)

"The course went well, with all students being very motivated. The

small number on the course gave us more time to focus on individuals and give them more one-on-one tuition. Having RDF and PDF instructors showed the single-force concept in operation."

the chance to use the skills I've learned as an NCF Level 2 fitness instructor and a climbing/mountaineering instructor in the RDF."



Sgt Martin Monaghan, NCO Training Wing (PDF Instructor)

"We were heavily involved in the tactical phase of the course, but we let the RDF instructors take the lead. The students have really shown their enthusiasm and willingness to learn on the course."

both roles, platoon sergeant and platoon commander, in action. I was happy getting the chance to develop new skills, particularly in FIBUA."



Cpl Mark Lande, 1 ACS (Student)

"The Standard Course is very demanding on fitness, and preparation is the key to completing it. The NCO Training Wing is a great resource for the RDF and it was a good experience to have its instructors involved on the course as they are a wealth of advice and information."

trade so the course is a different pace for me. It is physically and mentally challenging, and a good level of endurance is required. The instruction has been excellent with a good learning environment being created. I have really enjoyed the CBRN training, as we don't get to do it much."



Cpl Jo McCarthy, DF Physical Education School (Course PTI)

"It's a brilliant course. Having completed my own in 2011 it was nice to be asked back to instruct. This one was a bit different, with the small numbers, but has been very successful over the last few weeks. I'm also glad to get



Cpl Ciarán McCarthy, 7 Inf Bn (Student)

"The course has been tough but challenging. Working with the YOs course was really beneficial as we got to see



2/Lt Lisa Chambers, 6 Inf Bn (YO Student)

"I am a barrister by

Lt Martin McCabe, 27 Inf Bn (YO Student)



"The course gave me the chance to refresh the skills I learned on my

officers course, and it keeps us up to date with the latest doctrine within the Defence Forces. There are a lot of subjects to be covered, with a good variety of exercises that make it physically challenging."

JE SUIS CHARLIE

BY PAUL O'BRIEN

The end came shortly before dusk: a flash of orange followed by the unmistakable sound of automatic gunfire. Through the smoke, cameramen and journalists watched as an operation conducted by French police Special Forces came to a dramatic and bloody end. Three police commandos, dressed in black, briefly appeared on the roof of a printing works in the small town of Dammartin-en-Goële near Charles de Gaulle airport. As the smoke cleared, two bodies, those of Cherif and Saïd Kouachi, lay dead. Within minutes, armed police stormed a supermarket in the Porte de Vincennes area of Paris. Another gunman, Amédée Coulibaly, who had taken shoppers hostage, was shot dead.

These actions on Friday 9th January 2015 marked an end to 72-hours of mayhem and death that gripped Paris and its citizens and shocked the world.

On the morning of 7th January at about 11:30hrs local time, two gunmen armed with assault rifles entered the offices of the French satirical magazine, *Charlie Hebdo*, in Paris. Making their way through the building, they shouted "Allahu akbar!" (God is [the] greatest) as they fired up to 50 shots, killing 11 people and injuring 11 others. As they left the building, they were confronted by a French police officer whom they shot and killed.

The gunmen identified themselves as belonging to Al-Qaeda's Yemen branch. *Charlie Hebdo* had attracted attention for its controversial depictions of the prophet Muhammad and its printed jokes about Islamic leaders, which many believe was the principal motive behind the attack on their offices.

A massive manhunt got underway after the attack and police quickly identified the suspects after one of them left his ID card in the abandoned getaway car. The getaway driver soon turned himself in to police but Cherif and Saïd Kouachi hijacked another vehicle and headed in a north-easterly direction, where they held up a petrol station, alerting the police to their location. Armed security forces, including the National Gendarmerie Intervention Group (GIGN) and the Force d'Intervention de la Police Nationale (FIPN), were deployed in rural Picardy, an area dotted with picturesque villages. Having run out of petrol, the Kouachis hijacked another

car, and, crashing through a police roadblock, headed south back towards Paris. The police gave chase and a brief gun battle erupted between the two groups, forcing the attackers to abandon their vehicle and flee on foot.

The two brothers sought refuge in a printing works located in an industrial estate in Dammartin-en-Goële, taking the managing director hostage. Within minutes armed police units had sealed off the area, evacuated schools and businesses, and ordered residents to stay indoors.

As the police prepared for action at Dammartin-en-Goële, reports came in of a second hostage situation, this time at a kosher supermarket, 15 miles away near the large Jewish community of Sainte-Mandé. A man armed with a Kalashnikov assault rifle had entered the shop, opened fire and was holding shoppers hostage. Police identified the gunman as Amédée Coulibaly, who was suspected of shooting a trainee police officer in the southern suburb of Mountrouge hours before.

In response to the unfolding events in the city, 88,000 police officers were deployed, securing the immediate areas of operations and other parts of the city.

Initially the police believed that the shooting in Mountrouge and the attack on *Charlie Hebdo* were unrelated, but French intelligence connected the two incidents when the assailants were identified and linked to the convicted terrorist, Djamel Beghal. They were all part of the same *jihadi group* and having seen that the Kouachi brothers had been tracked down; Coulibaly had taken hostages in an attempt to secure a safe passage for his fellow *jihadis*. However, talking to police negotiators, the men stated that they wanted to die as martyrs.

The three men who carried out these attacks had lived in France for many years and were known to security agencies





Paris rally in support of the victims of the Charlie Hebdo shooting, Place de la République on 11th January 2015. © Olivier Ortelpa



French soldiers secure the access to a Jewish school in Paris. © AP Photo/Thibault Camus



Police deployed next to the slogan "Je Suis Charlie" (I am Charlie) after the attacks that occurred in January 2015. © AFP Photo/Joel Saget



A French soldier patrols on 14th January 2015 in Paris. © AFP/Getty Images/Martin Bureau



Members of the French GIPN intervention police force secure a neighbourhood in Longpont, northeast of Paris. © Reuters/Pascal Rossignol

for their involvement with insurgent groups such as al-Qaida. They had come to the notice of the authorities when they recruited *jihadis* to fight in Iraq and had served time in Fleury-Mérogis prison where they had met and become followers of Djamel Beghal.

Police negotiators talked to the insurgents for between eight to nine hours but to no avail.

Accordingly, French police commandos made ready for an assault.

Having hacked the CCTV cameras inside the printing works and also shutting down all mobile communications in the area, the commandos launched simultaneous attacks on the factory and the supermarket.

At 16:30hrs, four explosions were heard outside the printing works and at 17:00hrs police commandos landed on the roof of the building and a helicopter landed nearby. Before the police stormed the building, the gunmen came running out, opening fire on the police. Both gunmen were shot dead and their hostage, Lilian Lepère, was rescued unharmed.

At the supermarket, police commandos stormed the building and killed Coulibaly

and rescued the hostages held there. Within a period of three days, in one of Europe's most prestigious cities, the three gunmen had killed 17 people and injured many more.

On the 11th January an estimated 2 million people, including more than 40 world leaders, descended on Paris for a rally of national unity. Another 3.7 million people joined demonstrations across France and the phrase *Je suis Charlie* (French for 'I am Charlie') became a common sight as a slogan of support at the rallies and in social media.

Many security analysts feared that this attack would be the first in a series of similar operations, and as the French nation grieved for their dead and cared for the traumatised and wounded, other European police and intelligence agencies stepped up their security measures, hoping that this type of lone wolf attack would not happen on their watch. ■

FULL-TIME PART-TIMERS

RDF Recruit Training

BY REC EOIN O'SHEA, 7 INF BN PHOTOS BY PTE DAVID HOGARTY, 2 BDE HQ

I sit at the keyboard, gathering my thoughts concerning the past two weeks of recruit FTT (full-time training) with 5 Platoon, D Coy, 7 Inf Bn. Having returned home earlier today, and with my wife and young son gone to bed, I'm alone now, and the memories of the past frenetic fortnight begin to settle. The very fact that I'm comfortable, unhurried, and surrounded by warm familiarity seems both a relief and yet also strange and slightly hollow and I wonder how to sum up what has been, in some respects, the most challenging two weeks of my life.

FTT began at 'the Brugh' with a series of induction lectures concerning the handling of possible grievances, what was expected of us, and various other practical matters.

Though we were welcomed and wished the best, the urgency that would characterise the next fortnight began as soon as we settled into our billets. From the outset, every task assigned to us was yelled (though not abusively). We rushed – and often ran – everywhere, and life every morning from 07:00 until dusk was characterised by a sense of chaotic and inescapable rush; what one of our NCOs wittily referred to as Gaeilge as "Seomra Flapagail!"

This was to prove one of the greatest challenges for myself and many others – this urgency that everything be completed rapidly while remaining rooted in the present moment. We had to be 'switched on' almost all the time. Never before had I realised how slow, gathered, and leisurely I spend most of my time in day-to-day life. Suddenly, breakfast and other meals had to be 'inhaled'; we were timed while we stripped, cleaned, oiled, and reassembled our Steyr rifles; even our 'free time' in the evenings was spent polishing boots, ironing uniforms, and maintaining our accommodation as best we could.

Errors in either timeliness or effort expended at tasks were met with 'corrective actions', tasks to be completed if our performance, duties executed, or general behaviour did not reach expected standards. Ideally such corrective actions would match (in some meaningful and useful way) the tasks in question, which had not been completed to our NCOs' required standards. In practice, countless push-ups, short sprints, or added domestic duties, had a strong feel of punishment – and helped motivate us not to make the same mistakes again.

As early as the second or third day I began to notice changes in how I experienced both myself as a person as well as how I began to perceive my environment and required behaviour. Though I never completely lost sight of the person I am, the narrative of my life – my identity as structured by my civilian job, my likes and dislikes, my social connections

outside of the Defence Forces – began to fade into the background. Living moment-to-moment as we now had to, I was constantly pushed to the perceived edge of my competence and capacity to function effectively. In short, I felt like a flustered and incompetent student, often making errors and rarely comfortable at anything.



Rec Eoin O'Shea





While this often felt challenging, and sometimes unpleasant, the other side of the coin was that I was learning within mere hours to do things that I had never dreamed it possible to learn over many times that duration. Though I am not especially athletic or 'good with my hands', I was realising (during our rare spare moments) that I was stripping my rifle faster, and handling IAs (immediate actions) with less hesitation. I was also losing weight, despite the good food we received

three times daily, as the average caloric output of a recruit in training is supposedly some 3,800 calories a day.

Yet another challenge was the time spent away from loved ones. Although my wife and 10-month-old son were visiting family abroad over the same fortnight, I found myself longing to see them in the evenings when I was not completely swamped by the day's duties and lessons. Though the course is only two weeks long, I realised how painful (but also admirable in terms of the sense of duty and commitment) our colleagues' experience in the PDF must be – 17 weeks of PDF recruit training followed by various six-month tours overseas is not something I could bring myself to do at this point in my life.

Following our first week in Dublin, we recruits (and our 2* Private comrades from D Coy) were bussed to Gormanston for the second week. The physicality of the training eased slightly, only to be replaced by the stress of our upcoming TOETs (tests of elementary training) – essentially a series of tasks to be performed, often timed, that focus on the safe and effective use of our weapons. Though I was gutted when a small number of us failed our initial TOETs, a repeat test shortly thereafter was successfully passed by all.

We were paid a visit by a number of senior DF personnel involved in various ways with our training and organisation. They showed a genuine interest in hearing about our experiences as well as the further development of the RDF. The general views

and manner we encountered from our PDF colleagues of all ranks was supportive and respectful. Bearing this in mind, it will be interesting to see what changes to the role of the RDF may occur following the recently issued White Paper on Defence.

Our final two days were spent doing what many of us had looked forward to the most – firing the Steyr on the Gormanston range. Words can't express the thrill of those first few shots, the flash followed by a small, rapid twitch of the barrel, the kick of the butt against the shoulder, and the lingering whiff of gunpowder as the next round awaits release. With some coaching from our NCOs and adjustments to our sights by the armourer on the day, we all put in what seemed like a reasonable performance, especially since many had never fired a weapon in their lives before.

As the sun went down on our last day, we marched the narrow, country path from beach-side range to base, singing anything from The Last of the Irish Rovers to cartoon theme tunes.

Now, looking back I can clearly see that the single most important factor in keeping with the programme was the support we recruits provided to each other. This took numerous forms but I will never forget the role that humour, irreverent banter, and countless instances of practical assistance from fellow recruits provided in this regard. Within hours of commencing FTT – and to an unprecedented level by the time we had finished – my comrades and I in 5 Platoon have become bonded in an unusually close way. I can honestly say that I care about every one of them and look forward to progressing together with them in the years to come. Though some will leave the RDF for various reasons – including a number who have applied for either general recruitment or cadetships – I believe that through the struggles we've faced together in training, I have made close friendships which will really last.

Our relationship with our NCOs and commissioned officers defies simplistic description. What felt, at first, like punitive and harsh interaction now appears in a different light. Our superiors were not there to be our friends. They held us accountable for our progress (or lack thereof) and had some fairly choice (and loud) words for any and all of us who did not give our utmost in every way. However, over the course of the two weeks, it became more apparent to me that every feature of our training – including interpersonal harshness at times – is intended to acclimatise us to a mode of mental and physical functioning designed to keep both us and the rest of our comrades alive during instances of peak stress.

That a military force has its own culture was something I had heard often over the years and thought I understood. But now 'military culture' seems to me less like a series of activities and abstract values and more like a state of mind. It represents a unique way of perceiving oneself, one's role, and one's part within a group. It is accompanied by changes in focus, pacing, attention to detail, as well as the placing of one's own interests behind those of the group within which one functions. And this has been both challenging and rewarding for me in equal measure.

And so I sit here quietly, slightly stiff, and with elbows still sore from leopard crawling through the grass. I am glad to be home – of that there is little doubt. And yet, as I prepare to turn off the computer and thankfully make my way to an unhurried rest, I expect that the first sight I may see when I close my eyes is a circular reticule affixing on a mottled silhouette 300 metres away. Next summer, it's once more into the breach! ■



Should Old Soldiers

BY SGT DAVID NAGLE RETD, FORMER EDITOR OF AN COSANTÓIR

At my own retirement function in April 2012, I struck up an interesting conversation with a still serving senior NCO. Naturally, he wished me well in whatever I would do myself in civilian life and I asked him about others we both knew who had retired in the last few months. He spoke about a few soldiers who left on age grounds (60 years of age) and he showed a genuine concern for their wellbeing and what he perceived as an abandonment of these men who served their entire adult life in the military.

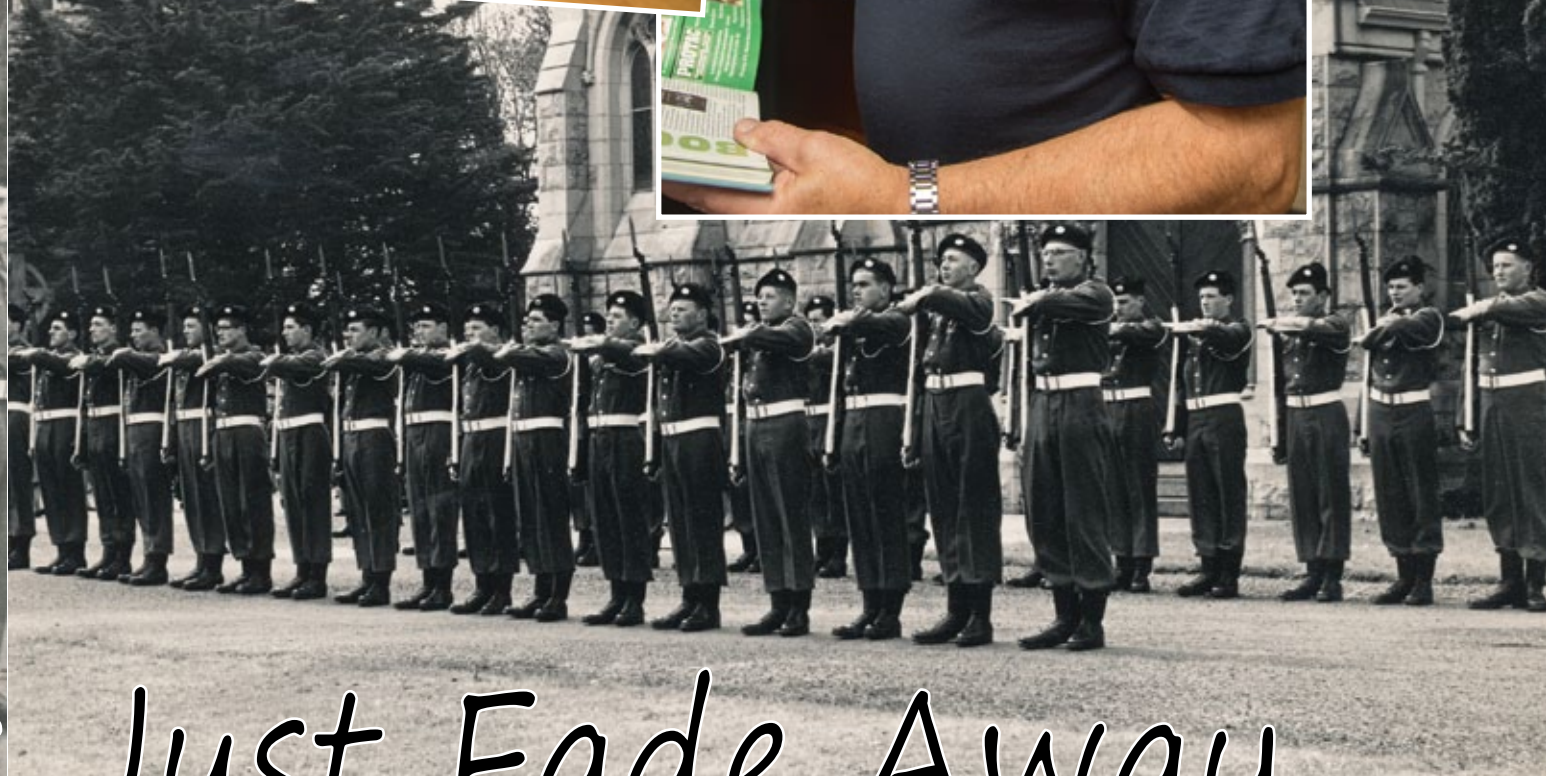
Now, all these men left with a pension, a gratuity and with a relatively good physical health (all would have had a dis-charged medical), but my friend thought that these men had still something to offer the Defence Forces.

It is obvious that soldiering requires young, fit and capable men and women to serve. Maybe though there is a place for recently retired soldiers even to contribute on a

voluntary, part-time capacity in their former barracks and post? We all know of the myriad of jobs that don't require any major physical activity within every military installation, which could easily be done by someone who already knows the ropes and his/her way around. The list of jobs is endless and the benefits of allowing retirees to still contribute are immense - both to the Defence Forces as a whole and to the individual themselves.

Of course, not all retirees will want to come back, but for those who would like to volunteer on a case-by-case basis, some mechanism should be looked at. Remember, the government is seriously looking at raising the retirement age in Ireland to 68 - so, it is plausible that a plan could be put in place.

This is not to take away from the excellent, on-going work that the ONE and IUNVA do on a daily basis for military veterans. These organisations are vital to promoting the welfare of ex-soldiers and our military tradition.



s Just Fade Away...

But getting back to the crux of my friends issue! Basically, he talked about 'what if' the Defence Forces could harness the years of life skills these men have, it would give them something to do. For a lot of these men, the army was the only family they knew. It fed, clothed and paid them. It gave them security and a sense of self-worth. Remember, even a private soldier has a rank and with rank comes respect. More importantly, it was the comradeship, forged over their careers and the belonging to an organisation, which kept them going. Now for those who retired, it seems they are discarded and of no more value. Imagine how you would feel if that happened to you!

Now in my 24 years in the military, I know some things can take a long time to change, but I equally know that the Defence Forces and the Department of Defence when it wants to is one of the most pro-active organs of the state,

especially with regards to it manpower and how to get the best out of their personnel. For example, I see that the military now can offer internships and workplace position for those looking to gain valuable experience in Ireland's Defence Community.

I think a similar, scheme could be looked at how we could re-engage retired soldiers into the numerous admin-type positions each unit has. It is worth considering...

Pictured is Sean Shinnors who has worked in the *An Co-santóir* office since 2009, mainly in a research capacity, but also in a variety of other office jobs as needed. He is a retired RDF ser-geant and a member of the Organisation of National Ex-Service men and Women (ONE) and provides invaluable assistance to the magazine staff and maintains a link between ONE and the magazine. Read a 'What I Do' feature on Sean in this month's issue. ■

THE INTERNATIONAL MILITARIA COLLECTORS CLUB MARKS 20 YEARS

BY MARK HAYDEN PHOTO BY SGT PAUL MILLAR

It is hard to believe that the International Militaria Collectors Club (IMCC) is celebrating its 20th birthday this year. The club was founded in Dublin in 1995 by a group of like-minded individuals who wanted to learn more about militaria, avoid costly mistakes and gain access to new items for their collections. IMCC hold five fairs a year - four at our Dublin venue and an annual fair in Christ Church Old School in Gorey Co Wexford. We have held fairs in the Ierne Firefighters Club, Dublin City Centre for a number of years and up until this summer The North Star Hotel in Dublin's City Centre was our home for the last 13-years. Now our 31st October fair is moving to our new home the Clontarf Castle Hotel on Castle Avenue, Dublin 3. We look forward to a long and happy partnership with this famous hotel, which is in an area of huge historical importance in Irish history.

Joining the club entitles a member to free entry to all the fairs, newsletters, advice and free advertising in the newsletter, as well as many other benefits. The IMCC is a non-profit organisation so any money raised at the fair is used to offset the costs of the fair venues, advertising and maintaining the clubs newsletter.

The sole purpose of the club is to bring collectors together in order to learn more about the hobby, share expertise, buy and sell items and generally enjoy the company of like minded people. Our members come from

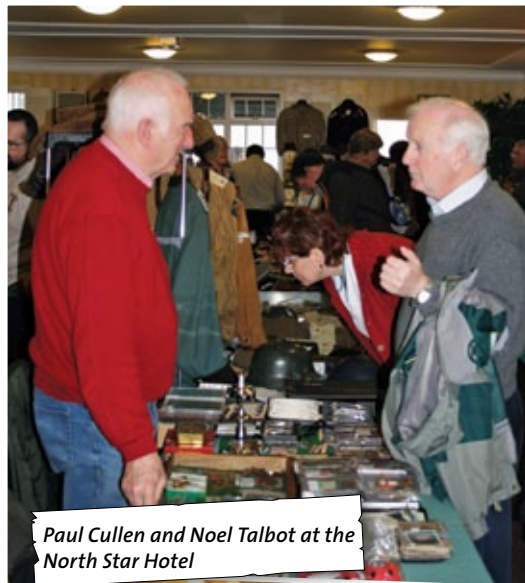
every walk of life, many different age groups and ethnic backgrounds and all are welcome. So if you have seen our adverts in the various collectors' magazines or posters and thought about coming to a fair why not come along and see for yourself?

Our next fair dates for 2015/2016 are as follows:

- 31st October - Clontarf Castle Hotel, Dublin
- 20th February - Clontarf Castle Hotel, Dublin
- 21st May - Clontarf Castle Hotel, Dublin
- 11th June - Gorey, Co Wexford
- 13th August - Clontarf Castle Hotel, Dublin
- 19th November - Clontarf Castle Hotel, Dublin

Please feel free to contact us at gorey.ferns@anglican.org and we will be happy to help you in any way we can. Emails are usually answered within 12-24 hours and any help we can give to you to support your collecting is gladly given. Find us on Facebook where photos from recent fairs and updates of forthcoming events are uploaded on a regular basis.

For further info on the IMCC please contact: Eddie Wyer (Hon. Treasurer) 086-3410159 or Mark Hayden (PRO) 086-1602228 - <http://internationalmilitariacollectorsclub.com/>



Paul Cullen and Noel Talbot at the North Star Hotel



Eddie Wyer offers some advice at the North Star Hotel

The International Militaria Collectors Club

Present their Militaria & Collectables Fairs

2015 Fair Dates
Saturday 31st October

2016 Fair Dates
Feb 20th, May 21st, Aug 13th, Nov 19th

Clontarf Castle Hotel, Castle Avenue Clontarf, Dublin 3.
Phone: 018332321

***Extra fair* June 11th in Gorey Wexford**

Medals, Badges, Uniforms, Helmets, Caps, Equipment, Swords, Daggers, Bayonets, Postcards, Books, and much much more

FOR FURTHER DETAILS CONTACT
Mark 0861602228 Eddie 0863410159
<http://www.internationalmilitariacollectorsclub.com>

STRESS CONTROL FOR LIFE *Part 2*



Each person must assume the primary responsibility for his or her own stress control. No doubt, the Defence Forces can help to reduce stress in our personnel. However, no stress programme can be more important than the individual's own efforts.

PROGRESSIVE MUSCLE RELAXATION

In progressive muscle relaxation, muscle groups are tensed for a few seconds and then relaxed. The tension "fools" the brain by signalling a too tense condition and relaxation chemicals released by the body counteract the tension. Progressive muscle relaxation is a three-step technique. First, you tense a muscle and notice how it feels; then you release the tension and pay attention to that feeling; and finally, you concentrate on the difference between the two sensations. This exercise can be done while sitting or lying down, and only takes about fifteen minutes. It helps if you can practice the technique in a quiet, relaxing atmosphere.

HOW TO DO PROGRESSIVE RELAXATION TRAINING

Slowly squeeze one muscle group (see progression below); Squeeze to a point of maximum tension, never to a point of pain; Hold the muscle tightly for 10 - 15 seconds; Notice the feeling and location of the tension; Slowly and gradually let go of the tension in the muscle; Notice how the muscle feels as you releases the tension; Look for signs of increased lightness or heaviness, warmth or coolness, tingling.

PROGRESSION (SKIP ANY MUSCLE THAT IS INJURED)

Squeeze the hand into a fist. Repeat with opposite hand; Bend the right arm at the elbow; bring it up to the chest; Repeat with left arm; Extend both arms out in front reaching as far as you can; Tilt head back towards the ceiling; Tilt head forward to the chest; Lift shoulders up towards the ears; Lean chest forward, shoulders back and arch back; Push stomach out making

it hard; Squeeze buttocks tightly together; Press knees together; Point toes towards the ceiling; Wrinkle your forehead; Shut eyes tightly closed; Press lips together and smile widely; Clench teeth.

POSITIVE THINKING

Positive thinking is giving you the go-ahead to succeed.

The main idea is to develop an attitude of challenge, commitment, and control toward the inevitable changes of life. Creating a positive mind-set can take practice, but some of the following techniques can help you on your way. Self-Talk means telling you what you can and can't do.

Positive self-talk is saying, "I can," and setting your mind to meet the challenge at hand.

Rehearsal is away to prepare for a potentially stressful situation before it occurs. Think over the situation go over the details, plan to take action, and visualise yourself proceeding successfully. Developing an action plan can help you turn a stress disaster into a new opportunity. Always make an alternate plan. Just in case the one you rehearsed doesn't plan out.

VISUALISATION

Clearing your mind is a sort of "mental retreat". Well, visualisation can be taught of as a mental vacation – a license to daydream. You can produce feelings of relaxation simply by using your imagination. Unlike clearing your mind, where you try to focus on one single image, visualisation allows your imagination to run free. Try to visualise yourself feeling warm, calm, and relaxed.

Picture a tranquil setting that has particular appeal to you and try to imagine all of the details. Are you lying on a warm beach? How does the sun fall on your back? Do you hear waves lapping on the sand? Is there a fragrance in the air? Just by using your imagination, you can give yourself a mental vacation whenever (and wherever) you feel the need to take a moment to relax and enjoy life.

For more help and advice contact either BPSSO, Chaplain or MAP or call one of the following: Careline 1800 409388 | Samaritans NI 08457 909090 | Samaritans 1850 609090 | AWARE 1890 303302



HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

A WINDOW into the Past

BY DR BRIAN HUGHES, IRISH RESEARCH COUNCIL POSTDOCTORAL FELLOW, DEPT OF HISTORY, TCD
PHOTOS B&W IMAGES COURTESY OF KILMAINHAM GAOL MUSEUM, DOCUMENTS COURTESY OF MILITARY ARCHIVES

On 22nd October 1928 Agnes (or Una) Mallin wrote a letter to the Army Pensions Branch of the Department of Defence after hearing that the pensions awarded to the widows of the signatories of the 1916 Proclamation had been doubled from £90 per annum to £180. She applied for the same increase on the grounds that a 'very serious illness' (tuberculosis) she was suffering from 'a direct result of 1916' and that she was 'the only widow of one of the executed leaders of Easter Week not in receipt of the increased pension'.

Agnes was informed that nothing could be done, as her husband, Michael, executed for his part in the Rising, 'was not one of the signatories to the Proclamation, and, in the circumstances, the Minister [Desmond FitzGerald] regrets that he has no power to increase the allowance awarded to you.'

Agnes's pension file tells us nothing new about Michael Mallin's Irish Citizen Army career or his Easter Rising, but tells the story of how his family lived in the aftermath of his death.

The execution of her husband came as a profound shock: after the surrender she and Michael's brother Tom discussed what sentence he would get and Tom recalls that Agnes 'spoke in terms of years, even 20 years. She never thought of a sentence of death.' Their eldest son, James, was only 12, John almost ten, Una seven and Joseph two. A fifth child, Maura Constance, was born in August 1916.

Notwithstanding the grievance against the decision not to increase her pension, the family did well from the Army Pensions Acts. Under the 1923 Act Agnes was awarded £90 per annum for the duration of her widowhood and each of the children was awarded £24 per annum until they reached the age of twenty-one. On Cosgrave's recommendation payments were backdated to 1st April 1922. In 1934 the allowance for Maura, the last of the children in receipt of a payment, was increased to £40 and continued until 1937. Tuition and other educational fees up to a value of £35 per annum were also covered for all of the children until they reached the age of eighteen. The pension allowance received by the six members of the family amounted to a total of £1,852 – something in the region of €100,000 in today's currency – over thirteen years. Based on the records contained in the file, a further £926.24 (around €50,000 today) was reimbursed towards education costs. This was in addition to aid and grants received from dependents' funds and the White Cross after May 1916.

It is clear that Agnes was dedicated to the education of her children. Repeated requests for prompt reimbursement of tuition

fees and other school expenses found throughout the pension file highlight both the importance of education and a tight budget where every penny counted. In 1926, for instance, Séamus enquired if the two shillings per week it cost to get Una to and from school were covered.

The pension allowed each of the children to receive a middle-class education that their working-class father would hardly have been able to provide in his lifetime. Providing that education was, perhaps, a means for Agnes to create a positive, practical legacy from the death of her husband beyond the platitudes of sacrifice and martyrdom.

Séamus was over 18 in 1924 and thus ineligible to have his educational costs reimbursed but his were paid for by an anonymous benefactor in the US, as were his brother Seán's.

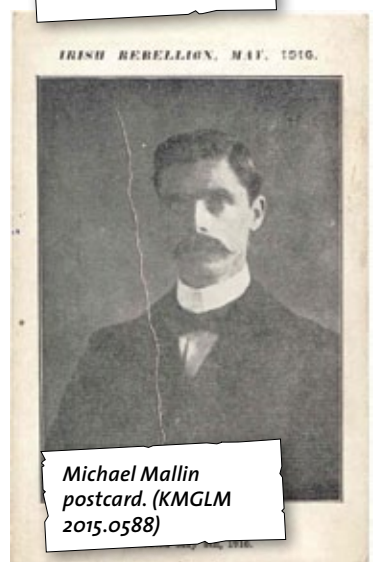
Séamus and Seán were sent first to St Enda's, the school founded by Patrick Pearse, and then Dublin boarding school Knockbeg College. Séamus went on to study engineering in UCD but his studies were interrupted when he joined the anti-Treaty IRA and he was arrested and imprisoned for possession of a revolver in October 1922. After two-and-a-half years in prison, including a hunger strike in 1923, he resumed his course in UCD and went on to spend time in South America before becoming a civil servant in Dublin.

Seán joined the Jesuits and spent most of his adult life working in County Galway.

In his last letter to his wife, Michael had requested that his daughter Una become a nun. She complied with this wish and was educated in Loreto College, Crumlin, joining the Loreto order in 1925.



Michael Mallin in British Army Uniform, India c. 1899. (KMGLM 2015.0584)



Michael Mallin postcard. (KMGLM 2015.0588)

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

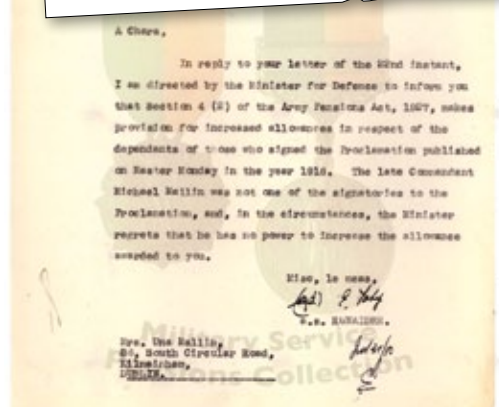


Agnes Mallin nee Hickey, before her wedding, c. 1899. (KMGLM 2015.0585)



Mallin Family, Christmas 1916, posed for Catholic Bulletin. (KMGLM 2015.0586)

Letter from E. Fahy to Agnes (Una) Mallin, 30th October 1928 informing her that she was not entitled to the recently increased pension allowed to widows of the signatories of the Proclamation of the Irish Republic in 1916. (W1D322, p. 74)



and carried despatches for her brother before the Rising.

The January and October 2014 online releases of the first two batches of the Military Service Pension records have justifiably received significant attention from historians, the media and the public. These, and further releases, will revolutionise the study of the period from 1916 to 1923, giving historians a greater understanding of what actually happened during Ireland's struggle for independence and will allow stories to emerge from a wider variety of perspectives than ever before. As has been seen here, there are possibilities for exploration beyond the (still very important) nature and logistics of military activity. These files are part of a social history of 20th Century Ireland and can give us a sense of how life was lived after the shooting was done; about the struggles for recognition of service to the cause of Irish freedom; about the financial struggles, arguments, exaggeration and lies that naturally arise when money is added to the equation. They can tell us about the minutiae of existence for veterans and the families of those who gave their lives for Ireland – individuals who, at the end of the day, still had to make ends meet. ■

Michael had been an accomplished musician, trained by the British army, and his children all received a strong musical education. In 1931, for example, receipts in the pension file show Joseph, who also attended St Enda's, was receiving lessons in piano, harp, singing and music theory. Michael's last letter had also asked that Joseph become a priest and he eventually followed his brother into the Jesuits.

Maura spent a period under the care of Patrick Pearse's sister, Margaret, in St Enda's in 1924 when her mother became ill. By April 1929, when Maura was 12, she was receiving private tuition in English, French and Irish at St Enda's at a cost of £18 every seven months. Like her sister, she was educated in the Loreto College on Crumlin Road and as a boarder in the Loreto Convent, Bray where lessons included piano, dancing, drill and elocution. Maura enrolled in First Arts in UCD in 1933 and having finished her studies spent a number of years working in Barcelona before returning to Ireland.

The Mallin children led varied and successful lives, were well educated and well travelled. Without the family's pension and the subsidised education they received this would not have been possible for a family of their background in the economically depressed Ireland of the 1920s and 1930s.

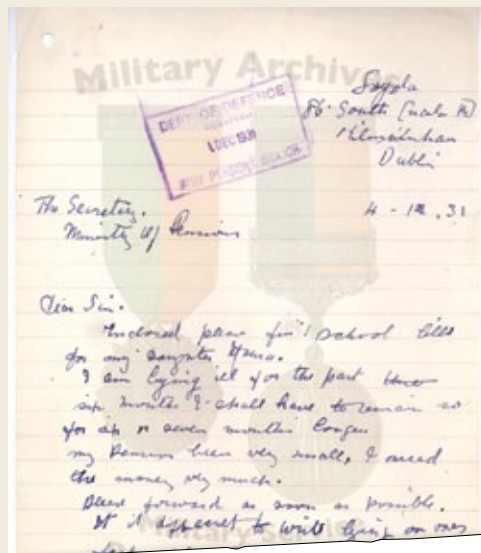
The pension file also offers sad glimpses into Agnes's illness and death. In 1924 she underwent an operation to remove bone from her shin and place it in her spine, and spent the next year in bed. By 1926

she had recovered but TB soon returned.

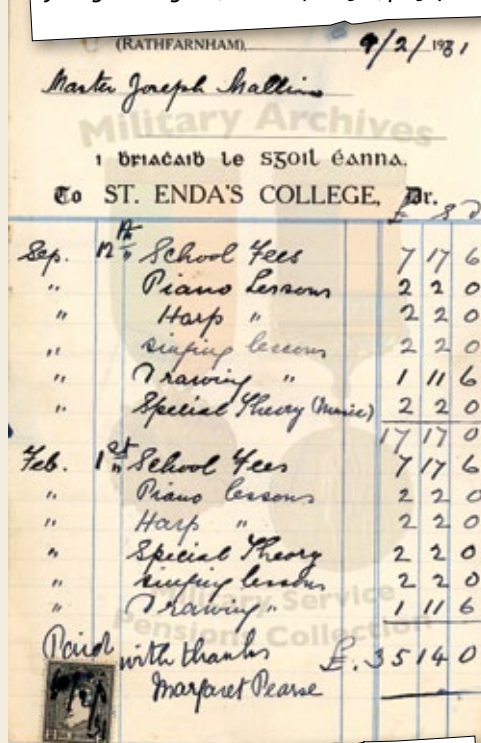
Letters surviving in the pension file from Séamus and Joseph on behalf of their mother are particularly telling of the state of her health at various periods. She died on 29th April 1932.

Michael Mallin's father, John, applied for a pension under the 1934 Army Pensions Act. Employed as a carpenter in Liverpool when the Easter Rising took place, he only learned of his son's death from a billboard on a newspaper stand. His claim was rejected as Michael's wife had received the statutory pension allowance.

In 1960, Mallin's sister Katie Rossiter applied under the 1953 Army Pensions Act, which allowed pensions for a widowed sister or invalided brother of a person killed on military service before October 1923. When it was pointed out that her recently deceased husband's 20 years working for the ESB entitled her to a contributory widow's pension she said she would 'not accept anything from social welfare – that it savours too much of charity'. The comment implies that she felt entitled to a military pension on account of her family's sacrifice in 1916, but that the pension accrued by her husband's two decades of less glamorous service to the state smacked of 'charity'. She may also have felt that she was justified in accepting the pension, having unsuccessfully applied for a service pension in 1934 as a member of Cumann na mBan who maintained an arms dump



Letter from Agnes (Una) Mallin to Secretary, Ministry of Pensions, 4th December 1931 requesting reimbursement of school fees for her youngest daughter, Maura. (W1D322, p. 130)



Receipt for Joseph Mallin's school fees at St. Enda's, Rathfarnham signed by Margaret Pearse, February 1931. (W1D322, p. 118)

POWER LIFTING

BY CPL LEE COYLE



An Cosantóir recently met up with Cpl Niall O'Keeffe, Ordnance Base Workshops, DFTC, who is currently in training for the World Powerlifting Championship taking place in October in Castleroy, Co Limerick, where he will represent the Irish Powerlifting Organisation (IPO).

At 16, after seeing his uncle, who is a national champion bodybuilder, competing in bodybuilding competitions, Niall and two of his cousins took up bodybuilding, of which weightlifting is an important component.

After he enlisted in the Defence Forces in July 1998, Niall continued to do bodybuilding, and he found the fitness he gained from the sport helped him in his military career.



During his first overseas tour, to Lebanon in 1999, Niall competed in a strongman competition. This piqued his interest in powerlifting and he changed his training to include it. He now focuses mainly on powerlifting.

Niall told us that the world championship is split into two tournaments, Full Power and Single Lift. Full Power consists of three lifts, squat, bench press, and deadlift. Competitors are allowed three attempts at each and their heaviest successful lifts in each category are added together to give a total weight.

The Single Lift consists of lifts in bench press and deadlift, with three attempts at each, and the heaviest successful lift representing the individual's score.

Due to a knee ligament injury, Niall is unable to compete in the Full Power tournament, as he told us that it would be too dangerous for him to perform squats of a sufficient weight to be competitive, so he will only compete in the Single Lift tournament.

Last April, Niall competed in the Irish National Championships, held under the auspices of the Global Powerlifting Committee (GPC), where he won two medals in the Single Lift tournament; gold in the bench press, with a lift of 155kg, and bronze in the deadlift, with a lift of 210kg. He also competed in Single Lift element of the GPC European Championships in England in June, where he won silver in the bench press (155kg) and bronze in the deadlift (215kg).

Niall's training is very intense with Mondays, Wednesdays and Fridays set aside for heavy weightlifting and Tuesdays, Thursdays and Saturdays for cardio work and light weightlifting. He likes to break up his cardio between running, cycling and swimming to keep his weight close to his competition class of 82.5kg.

Along with his training, Niall's diet is just as important, with simple meals consisting of protein, carbohydrates and fats. He eats from seven to eight meals a day, starting at 7am with a protein shake and further meals every two to three hours throughout the day, with his final meal at 10pm before bed.

Niall has over 20 years of lifting experience, and says he loves the discipline required by the sport. He feels his training is going very well thanks in a large part to the support he gets from his CO, Comdt O'Connell, and other members of his unit.

Niall also expressed his thanks to his wife Louise for her support and for putting up with the demands of his training and diet. ■





Phoenix Park
14th October
Time: 11.00am
Entry Fee: €10

Blocks start at 12:00 and teams/runners/
 walkers at 13:30. Prize Giving Ceremony at 15:00.

Mark your Diary !!!



Applications on military.ie & dfmagazine.ie



SCOUTING IRELAND

Want to join in the adventure, and work with children from ages 6-20 and help them learn real life skills?

Want to develop a community centred spirit in the local youth?

That's one of Scouting Ireland's main goals.

The 4th Kildare Town Scouts are looking for new Scouters (Male & Female) Adult Volunteers to help out.

The role of the Scouter is one of assisting, supporting, facilitating and motivating. The Scouter is a role model.

Contact:
kildaretownscouts@gmail.com or
www.4thkildaretownscouts.com

WE NEED YOU!

ADVENTURES BEGIN HERE... www.scouts.ie



Making your money go further



ANSAC CREDIT UNION

SERVICES AVAILABLE
 Savings • Loans • Budget Plan Service • Home Heating Oil Scheme
 Petrol Card Scheme • Members Draw

75/76 Amiens Street, Dublin 1
Tel: 01 8554489 **Fax:** 01 8558067
Email: info@ansaccu.ie **Web:** www.ansaccu.ie

GEAR UP



Sponsored by Team Alpha.ie

5.11 RUSH 24 BACKPACK



PRICE: €119.99

COLOUR: BLACK, FLAT DARK EARTH, MULTICAM, SANDSTONE & TAC OLIVE DRAB

Our most popular purpose built tactical backpack, the RUSH24™ is designed to provide superior storage capacity and organization without slowing you down. The roomy main compartment offers three interior mesh organizer pockets to keep small accessories organised, a padded hydration pocket keeps you moving, and a fleece-lined sunglass pocket keeps your eyewear within easy reach. Dual side storage compartments offer double-zip access, a large stuff-it pocket with an integrated draw cord provides expandable storage when you need it, and contoured compression straps ensure a stable, comfortable carry. A wrap-around web platform is MOLLE/5.11 SlickStick® System compatible, allowing you to customise your storage options as you see fit. Easily the best tactical backpack choice for a wide range of applications, the RUSH24 combines superior mobility and enhanced storage with customisable functionality that excels in any environment.

Overview: Quite simply the best tactical backpack on the market, Roomy main storage area, Dual zipping side pockets, Hydration pocket, Stuff-it pocket with integrated draw cord, Reinforced grab-and-go handle, Wrap-around MOLLE/SlickStick web platform, Three mesh admin compartments, Zippered fleece-lined eyewear pocket and a Hook and loop nametape and flag patches.

Specifications: Durable 1050D nylon, Water-repellent coating, 20" H x 12.5" L x 8" D main compartment, 2070 cubic inch capacity, Adjustable height sternum strap, Two external compression straps, Contoured yoke shoulder strap system, Twin drainage grommets, Self-repairing YKK® zippers and Glove-friendly pull tabs.

5.11 PATROL READY BAG

€59.95



5.11 TACTICAL RECON OUTBOUND GYM BAG

€89.95



5.11 A.T.A.C SIDE ZIP - 8"

BLACK €109.99



5.11 RANGE READY BAG

€119.99



5.11 TACLITE PRO VEST BLACK

€89.99



RAPID ASSAULT SHIRT MULTICAM

€89.99



5.11 ALWAYS
BE READY.

COMPETITION

For a chance to win the Backpack featured above worth €119.99, kindly sponsored by www.team-alpha.ie, answer the following question:

How much is a pair of 5.11 Pursuit Lace Up Shoe (Black) on team-alpha.ie?

Send your answer along with your name, address & contact number to An Cosantóir's address or by email to subs@military.ie by the 21st October 2015. Winner will be the first correct entry drawn.

Last month's winner was: Kevin Byrne, Athy, Co Kildare.

NOTICEBOARD

EXPEDITION 70N

Are you someone with an interest in WWII history? Would you like to know more about the War's Greatest Survival Story?

Then you have to see the special documentary on 'The Man with 9 Lives'. Researched, written and directed by Seán Ó Cearrúlláin MSc, BSc, PgDip, PMP®. This true story is not very well known outside of Norwegian circles. Seán's documentary delivers clear and accurate information with a depth of knowledge few and far between have, even in Norway. #Ex70N is an altruistic project set-up to honour the memory of those involved in Operation Martin and the subsequent saving of Jan Baalsrud's life, in Arctic Norway, March 1943.

Recruiting volunteers now to recreate this journey

Get involved, join our team and leave a legacy behind you by doing something extra special in life, jump on-board! Being part of a team that does something extraspecial in life is so rewarding, & opportunities like this don't come along very often, so seize it with open arms! We need people from all walks of life and backgrounds to take on roles that will make #Ex70N the success it deserves to be. Find out more on <http://e70n.empirl.com> or to arrange a screening venue close to you, visit: <http://e70n.empirl.com/glives.htm>

1916 RELATIVES REQUESTED TO REGISTER FOR 2016 STATE EVENT

There will be a major State Ceremony to commemorate the Centenary of the 1916 Easter Rising on Easter Sunday, 27th March 2016, at the GPO on O'Connell Street, Dublin. If you are a relative of a participant in the 1916 Easter Rising you are requested to fill in a Relatives Application Form, available on the home page of www.defence.ie

UNIFORM SERVICES:

Medal Mounting Service:

Competitive prices, contact Murty Quinn 087 9394680

Lanyards made to order:

Prices, contact Brian 087 2971982

PROTAC

COMPETITION €50 VOUCHER

WHAT OPTIONAL EXTRA CAN YOU GET FOR THE PROTAC DUTY BELT KIT ON WWW.PROTAC.IE?

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

Last month's winner of the An Cosantóir T-shirt and 'Goody Bag' was William Mulryan, Edgeworthstown, Co Longford. Closing date is 21st October 2015.

Protac, Market Green,
Curragh Camp, Co Kildare.
www.protac.ie

info@protac.ie

Ph: +353 (0) 45 441798

or visit us on:

www.facebook.com/protacmilitary



WORD SEARCH

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

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

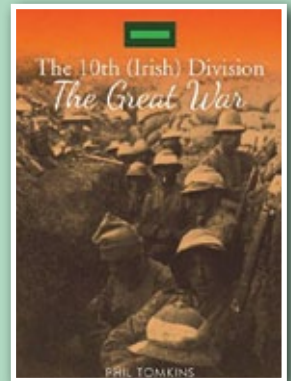
Styer AUG Parts Barrel Group

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

BARREL
GAS
GRIP
GROOVES
MUZZLE
PISTON
REGULATOR
RINGS
SPRING

THE 10TH (IRISH) DIVISION: THE GREAT WAR

Author: Phil Tomkins
Publisher: P.H. Tomkins (June 2015)
Sold By: Amazon Digital Services, Inc.
ASIN: B00YPU4QY2
Price: €3.08
Pages: 51



The 10th Irish Division was formed in Ireland on the 21st August 1914 as part of Kitcheners New Army. It was the first Irish Division in the British Army comprising of regiments that included, the Connaught Rangers, The Royal Dublin Fusiliers, the Inniskilling Fusiliers, the Leinster Regiment, the Royal Munster Fusiliers, the 5th Royal Irish Regiment and the 6th Royal Irish Rifles. After a year of training, the Division received orders to prepare for active service overseas, their destination: the Gallipoli peninsula.

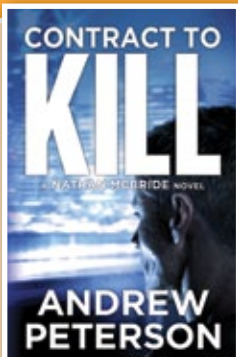
The men of the 10th Irish Division were to find themselves embroiled in one of the bloodiest campaigns of the Great War. The Division were ordered to capture the peninsula, open the Dardanelles Straits and relieve pressure on the British and Anzac troops that were pinned down on the beach head.

The book covers the Divisions deployment in Gallipoli, Salonika-Macedonia and Palestine with the author mentioning various actions such as the landings by the Royal Dublin Fusiliers on "V" beach where they suffered 70% casualties. They received 6 Victoria crosses for this valiant action.

Author Phil Tomkins has written a detailed, yet condensed account of the history of the 10th Division during the Great War that acts as an excellent introduction to the subject. **PO'B**

CONTRACT TO KILL (THE NATHAN MCBRIDE SERIES #5)

Author: Andrew Peterson
Publisher: Thomas & Mercer (August 2015)
ASIN: B00TEFTAA8
Price: €5.40
Pages: 376



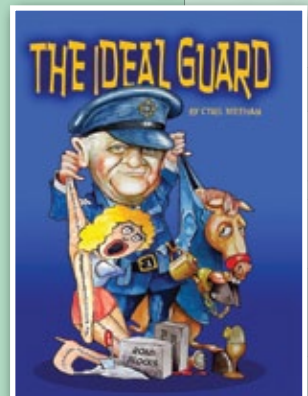
Witnessing his boss calmly committing a double execution style murder leads security guard Toby Haynes down a road he will never return from. Toby's brutal interrogation and death sets in motion a series of events that lead Nathan and Harvey into a cat and mouse chase through the streets of San Diego against members of a private military contractor (PCM). On their first encounter a full-blown shootout takes place in a highly occupied shopping strip against these highly skilled and experienced ex-military operators. These veterans are working for a PCM who are now highly placed in a top US government campaign against weapons and drugs on the US-Mexican border against the main cartels.

Ex CIA Spec-Ops veteran Nathan McBride is called into action once more, along with partner Harvey Fontana and an FBI agent as backup, our trio go on an all out attack to stop this out of control PCM element before they bring the largest undercover operation in years down around Senator Stone McBride's feet – before they can get their conviction, and putting the undercover operatives in danger.

Another hard to put down read from Andrew Peterson, in this great full-on non-stop action series. **WF**
www.andrewpeterson.com

THE IDEAL GUARD

Author: Cyril Meehan - <http://theidealgard.com>
Publisher: Covie Publications (January 2015)
ISBN: 9780993229701
Price: €12.99
Pages: 168



Author Cyril Meehan in his first book, hits the mark with a funny and humorous account of his 30-year career in An Garda Síochána. The style of the book is concise and very witty, covering over 70 different stories - from a person who turned up to his own funeral, raids on sex shops, bootleg poteen stills and lots more. The humour and bizarre outcomes are at the expense of criminals, judges, colleagues, general public and animals – no one is spared, even the author is humiliated and laughed at.

This book is not meant to dismiss the seriousness of policing in Ireland and of the responsibility members of An Garda Síochána have, yet amidst the trials and tribulations of police work - humour often blossoms.

Cyril Meehan a native of Westport, Co Mayo served in An Garda Síochána for 30-years, where he followed in the footsteps of his father, uncle and grandfather. He worked in many parts of Ireland and retired in 2013 as a Detective Sergeant. Before joining An Garda Síochána Cyril was also a Sergeant in the An Fórsa Cosanta Áitiúil (FCA) the predecessor to the Reserve Defence Force, where he won prizes for best recruit, best potential NCO and was one of the youngest Sergeants back in the day. His son is currently serving in the Defence Forces. **SS**

WHAT I DO

NAME

SEAN SHINNORS

RANK

SGT (RETIRED)

UNIT

FCÁ (RDF) &
AN COSANTÓIR

I was born in Nenagh, Co Tipperary and in 1948 at 3-years-old I moved to Kent, United Kingdom. I went to school in St Josephs College in Kent, where my mother was a matron at the college. I then went to the Presentation College in Reading, Berkshire, which was a sister College of St Josephs. At the age of 14, I was introduced to the Air Training Corps (ATC), which was a scheme ran by the Royal Air Force (RAF) to get young people interested in enlisting. The training was done once a week with us traveling to different bases like Benson in Wallingford where Paratroopers are trained and Abingdon near Oxfordshire for camps. We were taught Communications including Morse code - we even got to go up in DHC-1 Chipmunk aircraft.

When I finished school in 1962 we moved back home to Nenagh. I still had an interest in the military and my cousin was a member of An Fórsa Cosanta Áitiúil (FCÁ) the forerunner to the Reserve Defence Force. So I decided to join up in Nenagh

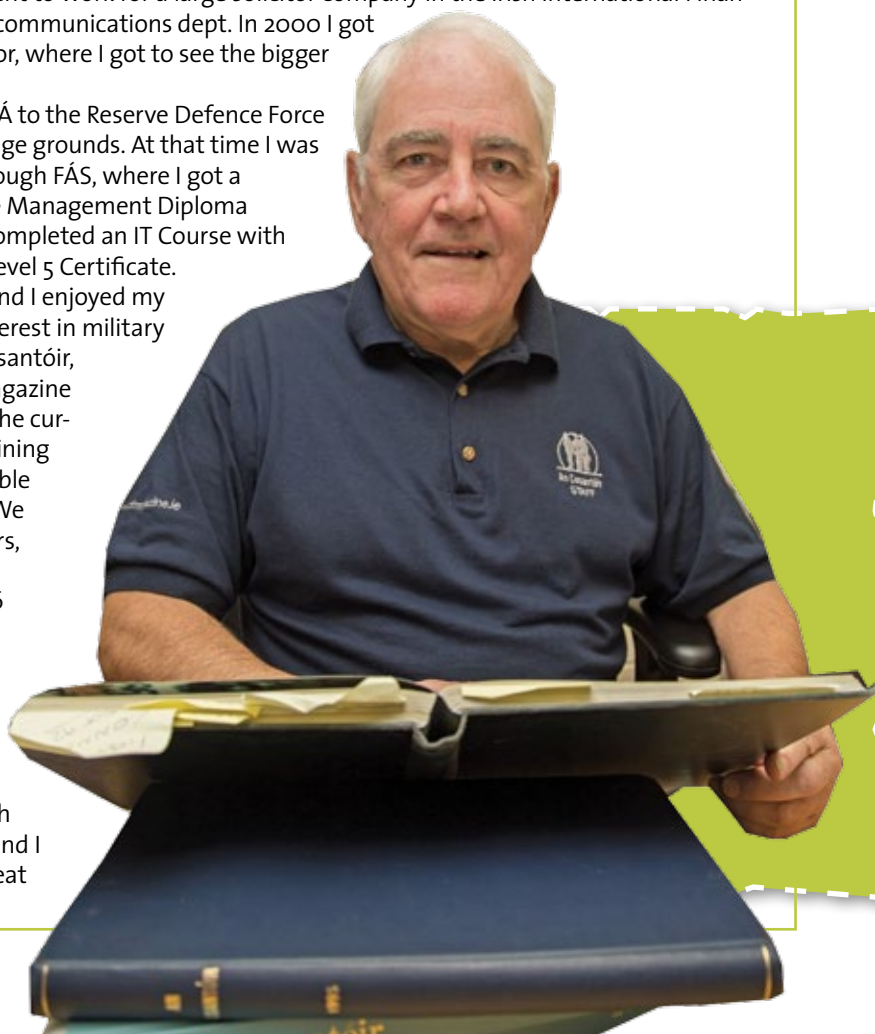
military bks and I was assigned to A Coy, 14 Inf Bn for recruit training.

In 1964 I went to college to study Radio Electronics in Limerick for 4-years, while in college in 1966 I completed my Potential NCOs course. When I finished college I got a job in Dublin City with Post and Telephone (P&T), which meant staying in Dublin during the week and then traveling back to Nenagh on the weekends where I paraded with my unit. After about 5-years I was promoted to Sgt and was posted to Sarsfield Bks Limerick as a Signal Sgt. Here I instructed on signals courses and I also looked after sports for the unit, as I was a big sports fan.

I got married 1973 and I moved to Swords, Co Dublin in 1974. In the late 70s I changed jobs and started working for Technicon Ireland, who were an American company that made diagnostics medical computers. Over the next decade or so I completed Admin and Logistics Course, I then went on to do a Senior NCOs Course. During this period I got to train one the first female platoons in the FCÁ, in Kickham Bks, Clonmel. This was a great ground breaking experience for the reserve forces and myself. In 1993 I went to work for a large solicitor company in the Irish International Financial Services Centre (IFSC), where I setup the communications dept. In 2000 I got the chance to fill in for the Battalion Sgt Major, where I got to see the bigger picture of running an FCÁ Bn.

In 2005 prior to the new reorg from the FCÁ to the Reserve Defence Force (RDF) I retired from the reserves as a Sgt on age grounds. At that time I was out of work and was completing courses through FÁS, where I got a supervisors post and completed a Workplace Management Diploma with the National College of Ireland (NCI). I completed an IT Course with the National Learning Network for a FETAC Level 5 Certificate. In 2009 I had to complete work experience and I enjoyed my time in the Defence Forces and having an interest in military history, I did my work experience with An Cosantóir, where I helped archive and catalogue the magazine from the first issue in December 1940 up to the current volume. We now have a database containing all article titles and authors, which is searchable online on IKON and at www.dfmagazine.ie. We are now cataloguing the Connect Newsletters, working backwards from 2015 to 1997; this database will be made available also. In 2006 I joined the Father James Gilmore branch of the Organisation of National Ex-Servicemen and Women (ONE). I am currently the secretary of the branch, and Vice Chairman of the ONE Leinster Area Council.

I am a true military man at heart, and I'm happy that I got the opportunity to work with some fine soldiers down through the years, and I hope to be able to keep working for these great organisations for the foreseeable future. ■



jmpublishing

imagination is everything

why you should advertise with us:

The **only** Official Magazine of the Irish Defence Forces (founded Dec 1940)

It carries information on all elements of the Irish Defence Forces. Topics cover all aspects of military life including; training, military education, overseas operations, new equipment, personalities, associations & events, international military affairs, humanitarian work, unit activities and military history.

Published 10 times per year that reaches:

- Key influencers within both the Permanent and Reserve Defence Forces.
- An audience of approx 25k monthly readers, through Canteens/Messes, RDF training installations, military veteran associations (ONet, IUNVA), collaborations with other Armed Forces, and individual subscribers.
- Sold in 191 Outlets nationwide including 41 Eason & Son bookshops, 38 Tesco Extra/Super Stores and also The National Museum of Decorative Arts & History, Collins Barracks, Dublin.
- Your advertisements will appear in both the printed and online magazine; hosted on both www.military.ie & www.dfmagazine.ie. Providing you with direct traffic and statistics to your email and website.



Joe Nazari JM Publishing, Co. Wicklow **Tel:** +353 1 443 3476

Sales: +353 (0)871344135 **Email:** info@jmpublishing.ie **Web:** www.jmpublishing.ie

SUBSCRIBE AND SAVE!

2 years subs for €50.00 and 4 years for €90.00

Subscriber's Details (BLOCK CAPITALS)

Name:

Address:

.....

I would like to subscribe for:

1 Year ☐ 2 Years ☐ 4 Years ☐

Starting with issue No:

I enclose Cheque/PO payable to: An Cosantóir

Post to: An Cosantóir, DFHQ, Block 5, Ceannt Bks, Curragh Camp, Co. Kildare, Ireland.

or contact us by phone: or email to pay by Debit/Credit Card

Hotline: +353 (0)45 44 5312

Email: Subs@military.ie

Web: www.dfmagazine.ie



IG INSIGHTS SUMMIT

SUPPORTS YOUR TRADING POTENTIAL

15 October 2015, Aviva Stadium



Media partners:

Business Plus

**The Sunday
Business Post**

Experience a day of insight and debate with a panel of investment experts.

To secure your place, visit **IG.com/ie/insightssummit** or contact us on **1-800-995-362**.

All trading involves risk, and losses can exceed your deposits.
IG is a trading name of IG Markets Ltd and IG Index Ltd.

IG.com/ie

INDICES | SHARES | FOREX | COMMODITIES | BINARIES

