



THE DEFENCE FORCES MAGAZINE

AN COSANTÓIR

www.dfmagazine.ie

(ESTABLISHED 1940)

Price: €3.00 (Stg £2.70)

November 2012



40YRS OF DEFENCE FORCE PARACHUTING

2ND RDF STANDARD COURSE

EUTM SOMALIA

KFOR COMMITTED TO PROGRESS

ISSN 0010-9460



9 770010 946001

20

Balancing your finances

expert providers of financial solutions
to the Civil & Public Sector



Our services include:

- Nationwide team of expert financial advisers
- Expertise across all product areas - AVC's, income protection, pensions, health insurance, investments, life cover & mortgages
- Management of group schemes across the public sector
- Salary deduction capability

For more information please call us at **01 8015808**



Office 1, Dunboyne Business Park, Dunboyne, Co. Meath
Phone: 01 8015808 Email: query@lfs.ie Web: www.lfs.ie

Roisin Lyons t/a Lyons Financial Services is regulated by the Central Bank of Ireland



VOLUME 72
Number 9
November 2012

CONTENTS

FEATURES

15



**40yrs of
Defence
Forces
Parachuting**
BY LT COL O
MURCHÚ AND
COMDT GARTLAND



11

**New temporary
Military Judge**
BY WESLEY BOURKE

16



**EUTM
Somalia**
BY COMDT
CATHAL ESLER

20



**KFOR - Committed
to Progress**
BY LT COL DAN HARVEY

22



**Part-time Soldiers, Full-time
Commitment!**
BY CPL ERICA KEOGH

REGULARS

28



- 6 On Parade
- 8 In Focus
- 12 World Strategic Picture
- 27 Tac Aide
- 28 History
- 30 Sport
- 33 Gear Review
- 34 Notice-board
- 35 Reviews
- 36 What I do...



30



Proud sponsors of Defence Forces & we look forward to welcoming you to WESTPORT

2 Night Deals

Midweek: October from €79 pps; November from €69 pps (2 Nights B&B)

Weekends: October from €129 pps; November from €119 pps (2 B&B & 1 Dinner)

Please read our customer reviews on Trip Advisor

- No single room supplement Midweek October & November
 - All offers are subject to availability
- Rates are pps (per person sharing); single room rate is negotiable*
Trip Advisor the world's leading review site

Why visit Westport?

- Irish Times Winner of **Best Town in Ireland to live 2012**: Climb Croagh Patrick, miles of beach walks and coastal scenic drives, cycle or walk the 42 km Great Western Greenway, Adventure Capital of the West, cycling adventures for special occasions, golf at various courses, gateway to Achill & Connemara, visit attractions such as: Museum of Country Life, Westport House, Kylemore Abbey, Knock Shrine & Museum, Ceide Fields or Ballycroy National Park.

Mill Street, Town Centre, Westport., 098 29200 www.milltimeshotel.ie Info@milltimeshotel.ie



Protected Mobility

DEFENSE SOLUTIONS
FOR THE FUTURE



PIRANHA



EAGLE 4x4



EAGLE 6x6

GENERAL DYNAMICS
European Land Systems

gdels.com

MANAGER:

Capt Bernard Behan
045 445306
info@military.ie

EDITOR:

Sgt Wayne Fitzgerald
045 445307
magazine@military.ie

JOURNALIST:

Wesley Bourke
journalist@military.ie

CONNECT:

Cpl Paul Millar
connect@military.ie

PHOTOGRAPHERS:

Airman Neville Coughlan
Mr Jim O'Connor (FÁS)
photo@military.ie

SUBSCRIPTIONS:

045 445312
subs@military.ie

MAGAZINE ARCHIVIST:

Mr Sean Shinnors

DF/PR INFORMATION:

Cpl Noel Coss
045 445308
admin@military.ie

DF WEBMASTER:

Sgt Mick Burke
045 445309
webmaster@military.ie

DESIGNER/ADVERTISING:

JM Publishing,
Arklow,
Co. Wicklow,
Ireland
Tel: +353871344135
Email: info@jmpublishing.ie

PRINTER:

Turner's Printing Co., Ltd

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 Section for the
Defence Forces at
DFHQ, Block 5, Ceannt Bks,
DFTC, Curragh Camp,
Co Kildare, Ireland.
Tel: 045 445312

Front Cover:

*Defence Force Parachute Team in action
Photo By: DF Photographer*

EDITORIAL

Hello and welcome to our November issue, our online issue has been available for over a year now and I would like to thank the 500+ subscribers to this ever evolving and expanding version of the magazine, see www.dfmagazine.ie/subscribe for more info. This month your photos are *On Parade. In Focus* features two separate passing out parades events recently, the first is a combined RDF Pot NCOs Cse and Recruit parade in Kilkenny and the other is the latest School of Music Recruits in Cathal Brugha Bks. Our main article this month is a look at Parachuting in the DF as it reaches its 40th year. Wesley Bourke introduces us to a new temporary Military Judge on page 15. Our next feature is from the Irish led EUTM Somalia mission by Comdt Cathal Esler. Our centre spread is a photographic update and results from the recent An Cosantóir 10K race. In *Strategic Review*, Lt Col Dan Harvey gives us an update on the KFOR mission in Kosovo. Our *In Reserve* feature is on the 2nd RDF Stnd NCOs course by student Cpl Erica Keogh. In *History* we have an amazing story about Irish born RAF Medical Officer Dr Aidan MacCarthy, who survived WWII as a Japanese prisoner by RDF Sgt Colin Stone. Also, in *Sport* we have a report from Lt Kenneth O'Rourke on the 2 E Bde's Adventure Race, and also our regular features - *Tac Aide*, *Gear Review*, *Reviews* and *What I Do*.

Wayne Fitzgerald

Sgt Wayne Fitzgerald - Editor

Photograph Request

Any help to locate photographs of the 5th Platoon who Passed-Out under the command of Lieutenant Mc Call in McDonagh Barracks, Curragh Camp on the 13th October 1977. Michael Ryan would be very grateful if anyone could help with this request michaelryan@gashu-group.net.

BOOK LAUNCHES



Myself and Military historian Paul O'Brien MA were pictured at the released of his new book 'Field of Fire 1916 & the Battle of Ashbourne' in Glasnevin Museum recently. Photo by: Sgt Mick Burke



Pictured at the recent book launch of 'Sleep Soldier Sleep, the life and times of Padraig O'Connor that took place in the Curragh Camp Museum are curator Sgt Charlie Walsh and author Diarmuid O'Connor. Photo by: Sgt JJ Ryan (HQ DFTC)

PLEASE SUPPORT

Sgt Billy Coffey (DFTC) who has raced all over the world competing in Ultra-Marathons and Expedition Racing, will race in Antarctica, the South Pole this November in aid of Irish Motor Neurone Disease Association (IMNDA).

If you can sponsor me please log on to: www.mycharity.ie/event/william_coffeys_event/
Every little bit will help this worthy cause, thank you. *Billy*

The Irish Motor Neurone Disease Association (IMNDA) was founded in 1985 by a small group of friends, relatives and carers of Motor Neurone Disease sufferers. The Association functions mainly as a support organisation for people who have MND, their carers and families. To find out more please visit their website.

www.imnda.ie



My thanks to Danny Cluskey of **Global Risk Solutions** - www.globalrisk365.com for all their help, support and assistance for this race, without which I wouldn't be able to compete. Because I am fully supported for this race all the money that we raise will go directly to IMNDA to help people who suffer from this terrible disease.

Charity Number: CHY 8510

ON PARADE



LOOKING GOOD CHIEF

Senior Chief Paul Ryan was pictured recently overseeing the passing out of the 27th Standard NCOs course at the Naval Base in Haulbowline. *Photo by: John Mc Garry*



NEW US DEFENCE ATTACHÉ

DF COS Lt Gen Seán McCann meeting new U.S. Defence Attaché, Lt Col Sean Cosden in DFHQ New-bridge recently. *Photo by: Armn Paddy Reilly (105 Sqn)*



GENEROUS DONATIONS ▲

A generous donation was made to the Army Benevolent Fund in McKee Bks by the NCOs and Ptes Messes of Kickham Bks, Clonmel. The NCOs Mess gave €1,655.57 and the Ptes Mess gave €1,972.92, cheques were accepted by Monsignor Eoin Thynne (Head Chaplin), who said the funds were greatly appreciated and he thanked all members of both messes for their generous donation. L/R: Comdt Robert Kiely, Sgt Frankie Roles (NCOs Mess President), Monsignor Eoin Thynne (Head Chaplin), Pte Ger Corcoran (Ptes Mess President) and Coy Sgt Seanie Cosgrave. *Photo by: Sgt Mick Burke*



BOXING FOR KIDS ▲

Photo shows members of 105 Inf Bn UNIFIL in Stephens Bks Kilkenny, presenting a cheque for €5,321 to Mr Gerry Cully of Our Lady's Children's Hospital. The funds were raised by a White Collar boxing event organised by Cpl Mark Sheridan (3 Inf Bn) during the Battalions tour of Lebanon. *Photo: Captain Kieran Kennedy*



16 TONNE PULL ▲

20 pers from B Coy, 3 Inf Bn, DFTC completed a charity Mowag Piranha APC pull from Wexford Town to Enniscorthy to raise funds for The Hope Cancer Support Centre. They collected in excess of €15,000 for the Centre along the 18 mile route. Cpl Shane Keogh was the driving force behind the event. *Photo: Sgt JJ Ryan (HQ DFTC)*



THE IRISH CONNECTION ▲

Members of ONE are pictured at the recent Irish Guards Band's performance at the K Club, Co. Kildare. The event was organised by the Security and Emergency Services Ireland Forum (SESIF) in aid of the Jack & Jill Foundation.





IN TO SWIM ▲

Student and Instructors pictured on the recent basic swimming course and the swimming teacher's course that took place at the DFPES.

Photo by: Sgt JJ Ryan (HQ DFTC)



NEW RDF JNR LEADERS ▲

Members from D Coy, 62 Res Inf Bn are pictured after their passing out parade of the 6th RDF Potential NCO Course in Cathal Brugha Bks. (L/R): Cpl Gary Hanlon, Capt Gary Skinner (Coy Comdr) and Cpl Anthony Cheung. *Photo by: CQMS Barrett (62 Res Inf Bn)*



FRIENDS AND ENEMIES ▲

Pictured during the RDF Assessments in the Glen of Imaal recently are members of the 65 Res Inf Bn and 62 Res Fd Arty Reg as one of the 'enemy' parties for the final days of the Assessments. *Photo: David Flood*



IN REMEMBRANCE ▲

Pictured at this year's Cavalry Corps Memorial in Plunkett Bks, Curragh Camp are L/R: Comdt Art Magennis Retd DSM, Angela Browne (sister of Tpr Anthony Browne MMG who was killed at Niemba, 1960), Lt Gen Seán McCann COS and Christopher McMahon (son of Comdt Thomas McMahon who died in the Congo, 1963). *Photo by: Sgt Patrick Nolan (Retd) Depot Cav*



ON THE BALL

Pictured are the winning team, 2 E Bde who defeated DFTC 2-10 to 2-08 in the final of the Inter Bde Gaelic Football Championships held in the Curragh.

Photo Sgt JJ Ryan (HQ DFTC)



OFF THE WALL ▲

Pictured at the DF Handball Championships in Fermoy Co. Cork recently. Pte Colm Jordan (1st Fd Engr) was the overall winner and will go on to represent Ireland in the World Handball Finals in City West Hotel in Oct. With 32 countries and over 2,000 competitors taking part. Colm is a former winner of the Worlds finals in 2006. So the best of luck to him from all in the Defence Forces. *Photo by: Sgt Barry McCarthy (Press Office 1 S Bde)*

LIKE FATHER, LIKE DAUGHTER

Pictured in Bere Island, Cork during training recently are father and daughter Sgt Pat Lawton and Pte Eimear Lawton members of the 34 Res Inf Bn. *Photo by: Armn Neville Coughlan*



IN FOCUS

BEST FOOT Forward

BY WESLEY BOURKE PHOTOS ARMN NEVILLE COUGHLAN

A passing-out parade is a special occasion for those involved, with family and friends looking on, the band playing, as all those weeks/months of hard work and training finally come to a conclusion. All those doubts you had during the toughest times on the course now seem a distant memory and you know it's all been worth it. However, for a member of the reserve it can be even that bit more special as undergoing any career course involves giving up substantial amounts of their free time.

September saw two reservist passing-out parades in Stephens Bks, Kilkenny (1 S Bde): 1 Rec Pln and 5 Pot NCOs Cse. The members of 1 Rec Pln were the first to be trained under the new reserve recruit syllabus, which saw recruits from the various corps being trained together in Res BTC in Stephens Bks. Over six weekends and two full weeks recruits underwent a rigorous programme of foot and arms drill, weapons skills, fitness training, live-firing, and tactical training. The toughness of the training can be seen in that of the 60 who started the course only 24 passed-out.

For the members of 5 Pot NCOs Cse training was even more physically and mentally demanding in order to prepare them to become junior leaders and instructors in their units where they will be responsible for motivating and developing those under their command.

At the passing-out parades Capt Pádraig Sheehan (OC 1 S Res BTC) wished the RDF's latest privates and corporals all the best in their military careers and told them he hoped to see them all again on future courses. ■



Recently passed out reservists of the 1 S Bde

Sgt Donal O'Brien (34 Res Inf Bn) with sons Cpl Chris O'Brien (No 3 Ops Wing), and newly promoted Cpl Daniel O'Brien (34 Res Inf Bn)



BSM Leslie Doyle (RDF HQ 1 S Bde) left, is pictured with driver and nephew Pte Doyle and Pot NCOs course student Cpl Bernadette McSweeney (31 Res CIS Coy) in the middle.



Capt Nicolas Moran (1st Sqn 221st Cav, Nevada National Guard) with Lt Denis O'Connell (1 S Bde Res BTC). Denis and Nicolas met in UCD in the 1990's. Both joined the FCA together; 14 Inf Bn and 11 Cav Sqn respectively. Nicolas later emigrated to the US, joined the National Guard and went on to do two tours, one in Iraq and one in Afghanistan. Nicolas will be Denis's best man at his wedding.



Cadre Sgt John Barry with son Pte Niall Barry (both 31 Res Eng Coy), pictured with them is Michael O'Callaghan (Niall's grandfather and John's father-in-law). Michael served for 30 years in the FCA, including the Mallow Battalion during the Emergency, the 13 Inf Bn, and the 1 Fld MP Coy.



Pte Michael Troy (19), 31 Res Tpt Coy, Sarsfield Bks

My father and grandfather were both in the PDF. I always wanted to serve. Hopefully after gaining a few years experience in the reserve I will go on and join the PDF. Training was hard but I enjoyed it. I am currently studying Computer Maintenance and Programming in Limerick Senior College.

Pte Colin Dillon (35), HQ Coy, 33 Res Inf Bn, Wexford Military Post

The age limit in the reserve is 35. Serving in the Defence Forces is something I've always wanted to do. I was working in the financial services and I simply didn't have the time. I got a chance and went for it. I got sworn in two days before my 35 birthday. I'm now currently finishing a degree in chemistry in Waterford. The training was excellent, challenging at times and very physical, which I found tough.

Pte Jonathan Blackmore (40), Sp Coy, 32 Res Inf Bn, Tipperary Town

I've always wanted to serve in the Defence Forces. I signed on when I was 35 but I had family since. It's hard to leave home when you have four kids. I was lazy and over 18 stone starting the training, very unhealthy and unfit. I can now run 3.5km in 15mins; I can do the 10km loaded march in under 40mins and have no problem doing the push ups or sit ups. I have gained ten years back on my life. I'm not kidding, the training was robust. I'm a lecturer in Limerick Institute of Technology in the Dept. of Built Environment.

Pte Steven Pardy (18), HQ Coy, 34 Res Inf Bn, Collins Bks

I've just finished my Leaving Cert. I joined the RDF so I could gain experience and then apply for the PDF. I applied for the PDF this summer. I was accepted and I start in three days. So from one two star course to another. The training we went through I'm hoping will prepare me for the regulars. It was robust, with a lot of PT, but I loved it, especially the tactical training.

Tpr Elliot Cagney (20), 31 Res Cav Sqn, Collins Bks

I've always been interested in the Defence Forces, especially the Army. I hope to someday join the PDF. The training was tough and challenging. I really enjoyed it, especially the fitness. I now have to go on and do a three star course and after that I will start to do my Cav Corps courses. I work in Marks & Spencer's.

Cpl Bernadette McSweeney (27), 31 Res CIS Coy, Collins Bks

I joined the reserves eight years ago. I joined the CIS because I wanted to learn different skills rather than just go to the infantry. I applied for the Pot NCO's course because I wanted to further my career and become an instructor so I can pass on the skills I have learnt. I have a driver's course done and I'm trained on the Singar and Harris radios. As an NCO I now have to go on and do a Detachment Commander's course. The NCO's course was infantry based. On occasions tough but we had a good time. I am currently studying Fine Art in CIT.

Cpl Aoife Eagan (24), 31 Res Med Coy, Sarsfield Bks

I joined the RDF in 2005 because I wanted a challenge. Our unit is great. I am trained up to Ambulance skills. As a medical unit we get tasked with providing medical cover for everything from range practise to exercises and camps. There is also a good social life in our unit. I did the NCO's course so I could develop my leadership skills. I am currently studying my MA in Environmental Biology in Carlow IT.

Cpl Shane FitzGibbons (23), 31 Res Tpt Coy, Sarsfield Bks

I joined the RDF after a few of my friends joined up. I really enjoyed it and decided I wanted a career in the PDF. I've been accepted and start recruit training in Collins Bks next week. My time in the RDF has been great. The training and friends in my unit are great. Hopefully the training I've received will stand to me in the PDF.

Don't STOP the Music!

BY WESLEY BOURKE

PHOTOS ARMN NEVILLE COUGHLAN

The bands of the Defence Forces are an integral part of our organisation, providing ceremonial honours at military, state and international occasions, playing music that inspires, boosts morale and lights the patriotic flame.

The School of Music was established in 1922 after Chief of Staff Gen Richard Mulcahy remarked, "I want to have bands that will dispense music and musical understanding in the highest terms to the people." Since then the bands of the Defence Forces have played and recited for hundreds of thousands, becoming internationally renowned in the process.

September saw the passing-out of 22 musicians of the 4th Instrumentalist Rec Pln from the Defence Forces School of Music (DFSM) in Cathal Brugha Bks. In attendance were Brig Gen Michael Finn (GOC 2 E Bde) and Lt Col Mark Armstrong (Director DFSM). Brig Gen Finn congratulated the recruits on their training and told them that the Defence Forces' bands "are one of the main contributors to a positive public image." He also said that this is recognised in the fact that the Defence Forces will retain three bands under the current re-organisation.

As part of their passing out ceremony the recruits conducted a silent drill display before forming up with the Defence Forces No 1 Band, taking up their instruments and playing a melody of marches including St Patrick's Day, Garryowen, and The Kinnegad Slashers. To the applause of family and friends they marched off the square to the air of Voice of the Guns.

In addition to the three military bands each of the seven infantry battalions and the Air Corps will retain a pipe band as part of their establishment. Next year the DFSM will be running a pipe and drummers course, so keep an eye out in routine orders.

Read more about these two articles in our online issue www.dfmagazine.ie ■



Vox Pops

Meet the latest Defence Forces Bandsmen and women.



Bdmn John O'Duffy, Band of the 1st Bde, Collins Bks

Becoming a musician in the Defence Forces is not something that comes to mind when you think of music. I wanted the challenge. The training was tough but I enjoyed it. I was awarded Best Recruit. I play the clarinet and the saxophone and hold a Bachelor of Music Degree from Cork Institute of Technology. Prior to Enlistment I worked as a Music teacher and an orchestral player. My musical highlights include having my own compositions performed by the LSM project Orchestra and also having an EP reviewed by the Irish Times.



Bdmn David Swanson, Band of the 2nd Bde, Custume Bks

I always wanted to join the Army. The past six weeks were great. The people I have met are the best I've met in my life. I was awarded Esprit de Corps. Apparently I make everyone laugh. I play the piano, bagpipes, clarinet and the euphonium. I have a Grade 8 on piano and the clarinet. Prior to joining up I worked with The Royal Marine Band of The British Armed Forces and I also volunteered with The NEELB School youth Orchestra. My musical highlights include numerous Coleraine Festival awards.



Bdmn Conor Dolan, Band of the 2nd Bde, Custume Bks

I wanted the opportunity to serve and play music. I really enjoyed the recruit training. Prior to joining up I was still in school in Ard Scoil Ris in Dublin and I was a member of the Artane Band. I am a Grade 7 Percussionist. My musical highlights include playing for her Majesty the Queen during her state visit, playing at the Oxygen Music festival and playing at numerous All Ireland finals.



Bdmn Shauna McCullough, Band of the 1st Bde, Collins Bks

The opportunity came up to have a performance career so I took it. Playing in the Defence Forces is something I've always aspired to. The Band of the 1 S Bde came to our school one day where I was teaching and that's when I decided to enlist. The last six weeks was an experience. I play the trumpet and cornet. I have a Bachelors Degree in Music and Performance from Cork Institute of Technology. Prior to enlisting I worked as a music teacher in Togher Music School in Cork.



Bdmn Seán Maher, Defence Forces No. 1 Band, Cathal Brugha Bks

My dad, Mick, was in the Army. He served in the 5 Inf Bn and later the Chief Piper in the DFSM. He thought me how to play. Music is my main passion. I got the chance to play full time and serve. I play the bagpipes and clarinet. I hold a level 7 Degree in Bio Science from Dublin Institute of Technology. My musical highlights include becoming a World Champion piper in 2009 during the Piping World Championships.



Bdmn Lynda Norris, Defence Forces No. 1 Band, Cathal Brugha Bks

I really wanted to play music as a career. When the opportunity came up I went for it. Recruit training was tough, but it was great. I play the clarinet, saxophone and the piano at Degree and Instructor level. I hold a Bachelor of Music Degree from DIT Conservatory of Music. Prior to enlisting I worked as a music teacher with Churchtown School of Music, Rathfarnham Concert band and Columba's School. My musical highlights include Feis Ceoil Senior Clarinet winner, Leader of the IYWE, receiving the Anne Leahy Medal dissertation, playing in the National Concert Hall and appearing at the Electric Picnic Music Festival.



WORLD STRATEGIC PICTURE



EUROPE

The extradition of Abu Hamza a radical **Egyptian** born Islamic cleric and four other men to America from Britain, to face terrorist charges has taken place.

The 14-year old **Pakistani** schoolgirl, Mailala Yousafzai, who was shot in the head by Taliban gunmen because she had campaigned for education for girls, was flown to Britain for treatment.

The former **Bosnian** Serb leader, Radovan Karadzic, has begun his defence at his trial in The Hague, claiming he was a tolerant man who had sought peace.

MIDDLE EAST



Fighting in **Syria's** civil war continues with heavy fighting in Damascus and Aleppo. Tensions mount in the north between Turkey and Syria, with five people killed in the Turkish town of Akeakale by Syrian shelling. Turkish artillery responded by shelling the town of Tel Abyad in Syria and reportedly killing several Syrian soldiers. In a separate incident Turkish jets forced a Syrian passenger plane en route to Moscow to land in Turkey because they said there was questionable material onboard.

Iraq reported that September had been the country's deadliest month in the past two years with at least 365 people killed in attacks.

THE AMERICAS

Myanmar's opposition leader, Aung San Sun Kyi, visited America and called for further easing of sanctions on her country.

US President Barack Obama addressed the UN General Assembly condemning the recent violent backlash in **Libya** and other Muslim nations against an amateur video that denigrates Muhammad. He also defended the right of free expression.

Iván Velázquez Caballero, leader of the violent Zetas mob and one of **Mexico's** most wanted criminals, has been captured by Mexican authorities.



Hugo Chávez was re-elected as president of **Venezuela**. If he completes his six year term he will have ruled Venezuela for 20 years.

A 41yr old **Canadian** naval intelligence officer, Sub Lt Jeffrey Delisle, has pleaded guilty to spying for **Russia**. It is claimed he shared secret information for over four years.

AFRICA

Several militias in **Libya** have been forcibly brought under the command of armed forces answerable to central government. At least a dozen militiamen were killed in the process. One of the militias is thought to be responsible for the killing of the US ambassador to Libya in September.

A partial agreement was reached by **Sudan** and **South Sudan**. Regarding territorial disputes over the border state of Abyei remains unresolved.

Ghana has detained an **Argentine** naval vessel, 'Libertad', at the request of NMI Capital a US investment company, the Argentine government had defaulted on bonds held by the company.



The al-Qaeda linked militia in **Somalia**, al Shabab, withdrew from its last stronghold, the port city of Kismayo as **Kenyan** troops moved in.

In a crackdown on the Islamist group Boko Haram, the **Nigerian** army has killed at least 35 people.

ASIA



In regard to the disputed island group, known to **China** as the Diaoyu and to **Japan** as the Senkaku islands, Chinese Vice President Xi Jinping stated that Japan should, "rein in its behaviour" and stop "undermining Chinese sovereignty". Furthermore, a fleet of fishing boats and patrol ships from Taiwan entered the disputed waters around the islands where a skirmish broke out involving water cannons.

The first batch of Osprey tilt-rotor aircraft arrived from **America** for US forces on Okinawa, **Japan**. Despite the fact that many Okinawan's resent the huge American military presence.

The government of the **Philippines** announced the framework of a peace agreement with the Moro Islamic Liberation Front, who have been fighting for an independent homeland in Mindanao in the country's south.



40 Years of Defence Forces *Parachuting*

BY LT COL ADRIAN Ó MURCHÚ AND COMDT GARY GARTLAND
PHOTOGRAPHS BY DF PHOTOGRAPHERS OR AS ACCREDITED

On May 29th 1972 in the Cadet School, a small group of officers, NCOs and cadets founded An Para-Chumann Mileata (PCM), the Defence Forces Parachute Club under the chairmanship of Comdt Des Travers (now Colonel, retired). The club secretary, and main driving force, was a young platoon commander in the School by the name of Con McNamara, better known then, and now, as 'Connie Mac'. Instructors included Capt Tom Hodson (now Colonel, retired) and a number of civilian instructors drafted in to help run the early courses.

Fortuitously, 1972 also saw the delivery to the Air Corps of the Cessna 'Reims Rockets', which were to become the workhorse of parachute training for the following 30 years. American military surplus parachutes were purchased, and by December of that year parachuting had received official recognition as a DF adventure training activity, under the umbrella of ARCAT (now DFCAT).

While some early jumps were done at a private airfield in Co Wicklow, the club's first proper drop-zone was set up on the northern Curragh plains in the area of the grass runway (now sadly defunct).

By 1980, with the establishment of the Army Ranger Wing, PCM started conducting twice-yearly courses in Gormanston Camp - one for Rangers and one for the DF. ►

► Chief instructors like John Walsh, Bill Halliden, Des O'Sullivan and Gerry O'Leary continued to build on the work of the early pioneers, not least by competing at CISM on several occasions.

These courses were ably administered by the ARW until 1993, since then the courses have been administered through the Air Corps College. After the redeployment of the Air Corps from Gormanston to Baldonnel, courses moved for a few years to the Irish Parachute Club drop-zone in Clonbollogue, Co. Offaly, before settling back into drop-zone 'Pegasus' on the Curragh plains, where it all began.

Over the years, parachuting in the DF has evolved significantly, with ever increasing numbers of personnel qualified to wear the coveted 'para wings'. Today, DF parachuting is conducted in three distinct, though related, disciplines – static-line parachuting (using round, 'mil spec' parachutes), freefall sports parachuting (including competition and display jumping), and special operations parachuting (HALO and HAHO). Each discipline has its own chief instructor and a growing panel of instructors and jumpmasters.

Across all three disciplines, serious effort has gone into professionalising the delivery of parachute training, especially in the areas of safety and regulation. To this end, a comprehensive training instruction on parachuting in the DF was signed-off by the Director of DF Training in June 2011. This is now the 'bible' for the conduct of all parachuting in the DF. It situates parachuting in its natural home (the Air Corps) by setting up an ex-establishment Parachute Training School (PTS) as part of the Air Corps College. PTS staff are drawn from across the DF and come together several times a year to conduct parachute training. The School's other main function is the oversight of regulation across all three disciplines. To that end, comprehensive new SOPs were prepared over the last year, to dovetail with the terms of the new TI.

Airborne, in both senses of the word



STATIC LINE PARACHUTING

From 1972 until 2008, static-line young-entry courses were carried out based on a sports syllabus, using either round or high-performance ('square') parachutes. Since 2009, our five-jump young-entry course has been modified to closely mirror the US airborne jump management system, with trainees jumping at 1,500ft from Air Corps AW139 helicopters using round parachutes. This system provides both an airborne capability for the ARW and a 'first timer' adventure training activity for the remainder of the DF.

As each lift can take six jumpers at a time, this training model also provides an efficient and cost-effective means of conducting ab initio adventure training for the DF at large. The fifth ('wings') jump is now made with Bergen attached, and in the last year PTS and ARW instructors have carried out the first night jumps with kit. This latest development represents a substantial improvement in operational capability for the ARW. Also, with an eye to the future, PTS ran static-line jumpmaster courses in 2009 and 2011.

STAND-BY!!!



'Fastair' Dubai, 2011 Skydiving World Cup. Photo by Capt Ruairigh McDermott



SPORTS PARACHUTING

PCM is now capable of conducting in-house tandem and AFF (accelerated freefall) training for both sport and military purposes. This year's Advanced Parachute Course concentrated on the accuracy side of training, and on developing the Black Knights display panel. Despite the usual hiccups with weather, it went well, due in large part to the excellent work done by the course staff and the professionalism of the Air Corps crews operating both the CASA and AW139 aircraft.

As regards competitive jumping, Chief Instructor Sport Parachuting, Capt Steve O'Sullivan, has taken the DF's competition team (Fastair) from strength to strength, and between them team members now have a combined total of over 10,000 jumps and hundreds of hours in a wind tunnel freefall simulator. The team exits at 10,000ft and has 35 seconds to score as many formation points as possible.

All this training paid off at the CISM World Games in Brazil last year, when Fastair came 11th of 38 teams in formation skydiving, achieving the team's goal of being the best genuine military team in the world (that is, a team made up of individuals with full-time military jobs outside of parachuting).

Competing as the Irish national team, Fastair also came 7th at the Skydiving World Cup in Dubai last December, breaking their own national scoring record in the process. Earlier this year, the DF team retained its title as Irish national champions for the third year running.

While the DF has been very supportive within current financial constraints, team members spend thousands of euros of their own money each year to fund this programme of training and competition.



Special Ops

SPECIAL OPS PARACHUTING

While PTS provides technical assistance as required (especially in the areas of regulation and R&D), special ops parachuting remains the preserve of the ARW, which conducts its own young-entry, progression and currency training. All unit members are trained as static-line parachutists, and ARW personnel have taken part in international airborne exercises on several occasions.

In addition to this universal airborne qualification, the unit also maintains specialised military freefall (MFF) teams. In the last 10 years, the ARW has significantly developed this highly technical operational capability, and MFF teams can now deploy from up to 25,000ft for HALO (high-altitude, low-opening) and HAHO (high-altitude, high-opening) insertions, using oxygen where necessary. This progress is testament to the professionalism and 'can-do' attitude of the unit's parachutists, many of whom have also made a huge contribution to DF parachuting over the years.



The Black Knights with their US colleagues the Golden Knights. Photo by Comdt Gary Gartland

THE 'BLACK KNIGHTS' DISPLAY TEAM

PTS instructors and jumpmasters also form the panel for the DF's parachute display team, the Black Knights, which have carried out hundreds of displays since the early '70s as part of the DF's public relations effort. Highlights this year included jumps into the Volvo Ocean Race celebrations in Galway and the Bray Air Show, which between them boasted over 75,000 spectators. Freefall video taken by the team featured as the centrepiece of RTÉ's news item on the Bray Air Show and has since received over 45,000 hits on the DF's Facebook and Youtube pages.

Looking forward, the Black Knights are already working with PR Section to develop a plan for participating in the 100th anniversary of the founding of the Irish Volunteers in 2013, which we hope will involve a number of high-profile stadium jumps. To that end, senior members of the panel attended an intensive training camp with the US Army display team, The Golden Knights, in Fort Bragg, North Carolina, earlier this year. The American 'Knights' are recognised as the leading parachute display team in the world, with regular displays into major US and international events such as the Superbowl finals.

The end-of-course function for September's advanced skills course also doubled as a celebration of 40 years of parachuting in the DF. Military parachutists, past and present, came together for a display, social evening and more than a few tall tales. As founding members met current jumpers, it was obvious that the men and women that are involved in DF parachuting today have two main things in common with the jumpers of 20, 30 and 40 years ago. The first is a love of parachuting. The second is that they all share a dream for parachuting in the DF. That dream is simple, and hasn't changed over the years – the dream that while the parachuting fraternity may be small and part-time, we still aspire to be the best small military parachuting organisation in the world. That aspiration was passed on by the early custodians of that dream – people like Connie Mac, Tom Hodson, John Walsh, and many others. Their dream is alive and well among the younger members today and, we hope, will still be thriving in 10 years time for our 50th anniversary!

Past and present members of the Defence Forces Parachute Team pictured at the 40th Anniversary



PARACHUTING REPS

If you would like to get involved in static-line or sports parachuting in the DF, more information can be obtained from PCM's Formation reps:-

1 S Bde: Pte Colin Curran, 3 Inf Bn - colin.curran@defenceforces.ie

2 E Bde/DFHQ: Lt Dennis Gowran - 5 Inf Bn - dennis.gowran@defenceforces.ie

4 W Bde: Sgt Graham Nuttall, 6 Inf Bn - graham.nuttall@defenceforces.ie

DFTC: Capt John Hogan, IWW - john.hogan@defenceforces.ie

AC: A/W Jayne Kennedy, No 4 Sqn - jayne.kennedy@defenceforces.ie

NS: Lt (NS) Danny Wall - daniel.wall@defenceforces.ie

RDF: 2/Lt Kevin Farrell, 65 Inf Bn RDF - kevsan2008@gmail.com

Naas' Largest Electrical Store

WE WON'T BE BEATEN ON PRICE
We Guarantee Unbeatable Service from our Expert Sales Team

Proud to sponsor the Defence Forces



expert



EXTRA DISCOUNT VOUCHER

JOIN THE EXPERT CHRISTMAS CLUB TODAY AND FOLLOW OUR SIMPLE 2 STEP PROCESS

1. Choose a product & put down a deposit
2. Pay what you like, when you like!
3. Make sure your product is collected by Friday 14th December*

Terms & Conditions *products must be paid for in full before collection date stipulated

Home Entertainment • Small Appliances • Cooking • Refrigeration • Laundry • IT • Digital



expert



Unit 3 Globe Retail Park,
Monread Rd, Naas, Co. Kildare

Tel: 045 895 670

www.expert.ie

Talbot Hotel Group

★★★★

Autumn & Winter Specials

The Talbot Hotel Group with locations in Wexford, Carlow and Dublin offer superior guest comfort, spacious bars, fine restaurants and leisure facilities.

**Thinking Timeout?
Think Talbot!**



Talbot Triple Treat

3 nights
3 breakfasts
3 evening meals

From **€99** pps

Sun-Fri from 2nd Sep to 21st Dec

Talbot Carlow

☎ 059 915 3000
reservations@talbothotelcarlow.ie
www.talbotcarlow.ie

Talbot Double Delight

2 nights
2 breakfasts
2 evening meals

From **€119** pps

Stillorgan Park Hotel

☎ 01 200 1800
reservations@stillorganpark.com
www.stillorganpark.com

Talbot Double Delight

2 nights
2 breakfasts
2 evening meals

From **€99** pps

Sun-Thurs

Talbot Wexford

☎ 053 912 2566
sales@talbothotel.ie
www.talbotwexford.ie

New Temporary Judge Appointed For Defence

BY WESLEY BOURKE

PHOTOS BY ARMN NEVILLE COUGHLIN

As all military organisations throughout the world the Defence Forces has its own justice system to deal with breaches of military law by serving personnel. Prosecutions take place through courts-martial, which are normally presided over by a military judge. The Defence (Amendment) Act 2011 provides for the designation of a circuit court judge to perform the functions of a military judge in certain circumstances, for example where a military judge is not available through illness or where no military judge has been appointed. The Act also allows for a circuit judge to hear a court-martial case if a military judge feels there may be a conflict of interest in a particular case. On May 18th 2012, as a consequence of the retirement of Colonel Anthony McCourt (the first military judge, appointed in 2007), Judge John D O'Hagan SC was designated by the president of the Circuit Court to perform the functions of a military judge at courts-martial.

Taking his BCL at UCD and King's Inns, Judge O'Hagan entered the legal world in 1969 as a junior counsel on the Eastern Circuit. When we met with Judge O'Hagan he told us more about his background: "In 1996 I became a Senior Counsel. Two years after that I was appointed as a Circuit Court judge. In the last number of years I have been the assigned judge for the Northern Circuit, overseeing the counties of Donegal, Cavan, Monaghan and Leitrim. In May 2012, I was designated by Judge Mathew Deery, president of the Circuit Court, to perform the functions of a military judge. Since then I have presided at three trials by court-martial."

Judge O'Hagan is no stranger to the Defence Forces having joined the FCÁ in 1963 while at Clongowes

Wood College in Kildare. In November 1972 he was commissioned as an officer into D Company, 20 Inf Bn ('An Phiarsaigh'). "I stayed there for five or six years," Judge O'Hagan says, "before transferring to 2 Fd MP Coy in Collins Bks, Dublin, as staff officer, with the rank of commandant. I had a wonderful time in the FCÁ and met great people."

Interestingly, while in the FCÁ Judge O'Hagan spent some time with the Defence Forces Legal Service - a first for a reservist. On one occasion he even prosecuted a court-martial case for the then Deputy Judge Advocate-General (whose prosecutorial functions are now performed by the Director of Military Prosecutions).

On nomination to the Circuit Court, Judge O'Hagan resigned his commission.

On the new military justice system, Judge O'Hagan commented: "The military justice system is quite specialised and quite properly reflects the unique disciplinary requirements of the Defence Forces. That said, I think I will bring a fresh, broader perspective from the outside. It must be said that the new system which has been in place since September 2008 is largely the result of several years work by (now retired) Colonels Billy Nott and Tony McCourt. It is a credit to them. The Defence Forces has really moved on from the old system and is a model for other nations. I am really looking forward to being a part of that system in the future."

A new permanent Judge, Col Michael Campion has been appointed by the Minister for Defence Mr. Alan Shatter TD, on the 12 Sept 2012. We hope to bring you more on this in a future issue. ■



A Small Contingent delivering Big Results

BY COMDT CATHAL ESLER (VISITS & PROTOCOL OFFICER,
EUTM SOMALIA, KAMPALA HQ)



As a highly successful period of Defence Forces-led control of the second mandate of EUTM Somalia, under Colonel Michael Beary, comes to a close it is timely to look at what this important EU initiative has achieved since its inception.

Although it was only as recently as May 2009 that the UN Security Council unanimously adopted Resolution 1872, reflecting world opinion that the situation in Somalia constituted a serious threat to peace and security in the region, seismic change has already been witnessed in the Horn of Africa.

On August 2nd 2012 the Somali Transitional Federal Government (TFG) achieved a major goal when the Constituent Assembly voted overwhelmingly to adopt a provisional constitution that will provide the legal framework to govern Somalia. This huge step forward offers fresh hope for Somalia's long-suffering people, beaten down by famine and looting, and exhausted by an endless spiral of violence. The subsequent progress to date has witnessed the new Somali parliament

elect the country's inaugural president, who in turn appointed a prime minister. These are major milestones in a political devolvement that will hopefully relegate the TFG to a footnote in history.

The commitment of the international community has been enormous and the assistance it has provided in helping this strife-torn country resolve its many problems so extensive, that there are now encouraging signs of a returning stability in the new Somalia. Together with the United Nations, the African Union, the United States, and the European Union, the country has been part of a unique partnership that is finally beginning to provide protection to the Somali people and other members of the international community from harassment by armed gangs and terrorist groups.

The comprehensive approach adopted by the EU in its Common Security and Defence Policy (CSDP) has played a leading role in improving the situation in Somalia. It has been responsible for a series of important initiatives, including EUTM Somalia,

the military training mission currently deployed in Uganda. As the mission approaches the end of its second mandate it is an appropriate moment to review its achievements to date.

While it can often be difficult to measure the success of a mission, in the case of EUTM Somalia the task appears simple enough. Its very title, European Union Training Mission, makes it clear that training is at the very heart of the undertaking and its primary purpose. In that case, what have been the real outputs? How many soldiers of the Somali National Security Forces have been trained by the men and women of the EUTM contingent?

Since 2010, approximately 2,400 Somali recruits have completed their training at a military camp in Bihanga,





located 280kms west of Kampala, just north of the equator. Another 550 are currently undergoing the same programme. This has been achieved in close co-operation with the Ugandan People's Defence Force (UPDF) and with the support of the United States and the African Union. The challenge has been to deliver this training, through the use of interpreters, to young men and women with a poor educational background, far away from their home environment. EU instructors, drawn from 12 of the member states, including Ireland, are committed to playing their part in achieving this and helping to restore peace in Somalia through the supply of well trained security forces. (In the past few months, EUTM Somalia made another step forward in terms of manpower when the first Serbian military officer to deploy on a CSDP operation was welcomed to the headquarters in Kampala.)

The most recent Somali intake of 551 reached the camp in July 2012 as part of Operation 'Crested Star III'. This took place after a rigorous selection process had been carried out in Mogadishu to ensure there were no underage recruits and only those who were physically capable arrived in Uganda to begin their training. As part of the same operation, 600 fully trained personnel were returned to Somalia where they were integrated into the Somali National Armed Forces (SNAF) who, along with their African allies, are now making a real difference to the security situation on the ground.

Bihanga Training Camp is a superb facility, with all the necessary requirements for a successful training environment. Setting it up in the isolated Ugandan province of Ibanda was an ambitious project, both from a construction point of view as well as logistically. Today, however, EUTM Somalia operates in a well equipped training camp, with excellent accommodation, modern medical facilities, its own airstrip, a firing range, and a FIBUA village, as well as an abundance of open space for exercises. Importantly, its relative isolation eliminates any unwanted distractions for the recruits during their training.

The intensive training period lasts for six long and demanding months. During this time the recruits - the majority of

whom lack any previous military experience - learn to dress, act and behave as disciplined and professional soldiers. They are trained to be part of a cohesive military framework in formal company-sized infantry units. At the culmination of each training period, from the raw material that arrived six-months earlier four combat-ready units are ready to make their contribution to the safety and security of their homeland. Over two thousand graduates of this training have already been engaged in operations with the African Union Mission in Somalia (AMISOM), demonstrating true professionalism and making a significant contribution in the fight against the terrorist group, Al Shabaab.

In an important development in late 2011, the mission expanded its curriculum to include a 'train the trainers' programme. This has enabled suitable NCOs to receive further training in instructional skills. These specially selected individuals will, in time, form the core of the SNAF's training capability, passing on their knowledge to the next generation of Somali soldiers.

Beyond the formation of effective fighting units, however, the training also aims to promote good citizenship and a feeling of national pride and belonging. This is perhaps the most ambitious goal that EUTM sets out to achieve; to instil respect for the rule of law as laid down in their national constitution, as well as an understanding of the rights of non-combatants, women and children. EUTM Somalia fosters these ideals throughout the course in a series of specific lessons on human rights and gender awareness.

In summary, EUTM Somalia has proved to be a highly effective element in the EU's comprehensive approach to solving a problem that is as vast and complex as that of restoring peace to Somalia. During a recent briefing in Kampala for a delegation of ambassadors, consuls and defence attachés of ten EU nations, Mission Commander Colonel Michael Beary, outlined the significant progress that has been made during the current mandate. The contribution of EUTM-trained men and women has made a very real difference on the ground and their professionalism has been favourably reported upon in many quarters. He highlighted gains that SNAF and AMISOM have made during recent months, particularly in and around Mogadishu and later in Kismayo. Hopefully, this will all help towards forming an enduring solution to the problems faced in the Horn of Africa.

With EUTM Somalia hoping to embark on a third mandate in 2013, subject to the approval of the EU's member states, one only has to look to the success of this small contingent to date for justification of its continuance. Delivering big results as well as value for money, the Defence Forces has overseen a successful mandate and has truly left its mark on this mission. Through its work the children of Somalia can at last hope for a brighter future. ■



AN COSANTÓIR 10K ROAD RACE 2012

BY CPL PAUL MILLAR

PHOTOS SGT MICK BURKE, ARMN MURPHY & JIM O'CONNOR



The annual Defence Forces 10k Road Race and walk was held on 3rd October 2012 in the Phoenix Park, Dublin. The race, in existence since 1979, has developed into the largest Defence Forces athletics event, with over 1,200 participants taking part in this year's race. As the only road race in Ireland that has a block category, a congratulations must go to 27th Inf Bn, who won this years Block event with a time of 41mins 21secs. A special mention must go to the 4 Fd Arty Reg for the largest turnout on the day, with 84 members participating, 25 as a block, 3 x 6 man teams and the remainder who took part in Boots and DPMs. Special congratulations to three time winner Kenneth Rogers (12 Inf Bn). Congratulations to all those who took part and for making it another successful event. ■



See more photos here: www.flickr.com/photos/dfmagazine/sets/72157631689630322/





RESULTS

Senior Male

- 1 Pte Kenneth Rogers 12 Bn 32:03
- 2 Pte Paul Buckley 6 Bn 32:54
- 3 Cpl Stephen McKeigue 6 Bn 33:10

Senior Female

- 1 Cpl Valerie McGuinness BTC East 40:28
- 2 Capt Sharon Crean Equit School 42:26
- 3 Cpl Mary Molloy MPC DFTC 43:08

Male Over 35

- 1 Pte Devaney 4 COE 36:51
- 2 Comdt Conway DFHQ 38:41
- 3 Comdt Murphy DFTC 38:51

Female Over 35

- 1 Sgt Kennedy COMO 43:21
- 2 Comdt Lawlor DFHQ 51:10

Male Over 40

- 1 Pte Thompson 4 LSB 37:17
- 2 Sgt Casey HQ S Brigade 38:07
- 3 PO Daly Naval Service 40:35

Female Over 40

- 1 Comdt Finola McNamara DFLB 52:30

Male Over 45

- 1 Sgt McKiernan 107 Bn 39:59
- 2 Comdt McEvoy DFHQ 42:09

Male Over 50

- 1 Sgt Bishop DFSM 37:08
- 2 CS Murray CIS School 39:54





KFOR

Committed to Progress

BY LT COL DAN HARVEY

PHOTOS BY KFOR CHRONICLE PHOTOGRAPHER

We, the Irish in Kosovo Force (KFOR), remain a small contingent of 12 (five officers and seven NCOs), all based in Staff Sections within KFOR HQ in Pristina. The overall strength of the Force now stands at 5,600, slightly over 10% of its original 50,000 in 1999. It is made up of 22 NATO and eight non-NATO countries, the latter operating under the Partnership for Peace (PfP) arrangement. The Force is here as a 'deterrent presence' under a UN mandate (SCR 1244) to provide 'a safe and secure environment and freedom of movement for all'.

The operational situation is given as 'calm and stable' south of the Ibar river and 'tense and fragile' in the Serb-dominated region north of the Ibar.

In late July last year, while attempting to forcefully implement customs policies at the northern crossing points of the Administrative Boundary Line with Serbia proper, the authorities in Kosovo deployed members of the Regional Operations Support Unit (ROSU), a specialised police component, to take control of the Jarinje (Gate 1) and Brnjak (DOG 31) boundary crossing points.

Serbs living in the area reacted by erecting barricades on many of the main roads. In addition, alternative routes over rough paths and remote tracks were utilised or constructed to bypass the two boundary crossings and allow traffic to cross unchecked into and out of Serbia.

Local leaders were adamant that they had no desire to tolerate the establishment of a fully functioning customs regime and many Serbs living in the northern part of Kosovo saw the ROSU action as a provocative attempt to impose a 'state border' between them and Serbia proper.

In like manner to their rejection of the institutions in Kosovo, the locals rejected this effort to establish a functioning customs regime and a confrontation followed, in which one ROSU member was killed. Subsequent to an initial calming of the situation tensions flared again two days later when a masked group burned down the Jarinje crossing point. Major tensions followed, with KFOR troops confronted by roadblocks and road blockers, many of whom were woman, children and the elderly. Although KFOR succeeded in taking control of some of these barricades using surprise and swiftness, serious clashes occurred over the following months as a small group of individuals reacted violently, using firearms and grenades. KFOR's response was resolute and a series of planned roadblock-removal and bypass-blocking operations proved successful, while the focus at all times was not to cause casualties.

Undoubtedly, the last twelve-month period was one characterised by the challenge of either tolerating or confronting restrictions on freedom of movement that occurred in northern Kosovo. The barricades and the complex context within which they stood were a severe test of KFOR's resolve. However, from early on, it was identified that this intricate issue was only one symptom of a severe political burden stemming from the past conflict.

In spite of all the complexities, KFOR adopted a clear and determined approach to the barricades. Freedom of movement is a key principle for the international community. The obstructive actions of a minority of individuals - at times out of sheer self-interest - could not go unchallenged. Also, these obstructions became an impediment to progress towards the improvement of the daily lives of people living in the affected areas. KFOR reacted professionally,

proportionately, and patiently. Operations were completed sensitively and conducted without further escalation.

Those opposing KFOR's actions, however, displayed no such restraint and significant clashes in November 2011 (Jag-njencia) and June 2012 (Rudare) resulted in the wounding of many soldiers, some seriously. On both these occasions the clashes resulted from the violent reaction of a minority of individuals hiding behind peaceful protestors. (It is important to point out that vast majority of people in northern Kosovo are as respectable and honourable as anywhere else in Kosovo.)

Thankfully, other occasions in which KFOR troops skilfully, swiftly, successfully and without force seized roadblocks, were not accompanied by similar violent reactions.

KFOR troops conducted themselves throughout these roadblock-removal operations in a correct, considered and constrained, but also wholly resolute, manner.

Another operation of great importance for KFOR took place on May 6th and 20th when the OSCE facilitated balloting for Serbs in Kosovo who wished to partake in the Serbian parliamentary and presidential elections. KFOR was again on post, ready to react to any challenge to their mandate to provide a 'safe and secure environment'. The smooth process in 90 polling stations in 28 locations was a great success for all organisations involved, be it the Kosovo Police, OSCE, EULEX or KFOR.

This was a highly noteworthy event for Kosovo and its people, maintaining as it did, a joint effort to maintain democratic values. The elections passed without problems: no incidents were reported Kosovo-wide. This extremely challenging undertaking, planned and executed at very short notice, demonstrated how international organisations and the institutions in Kosovo can co-operate effectively and to the benefit of the people.

In spite of the wide range of military means available to KFOR, military action never has and never will positively influence people's minds. Real progress can only be found where dialogue and peaceful interaction takes place. This will be successfully achieved through the determined use

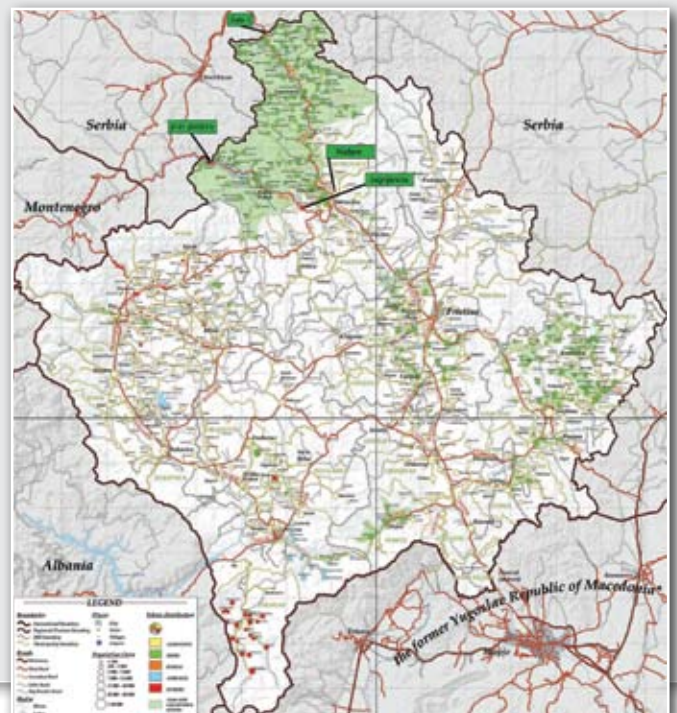
of dialogue and demonstrated understanding. While KFOR removed the physical barriers, others must render obsolete the political obstacles to progress.

Even considering all the challenges overcome to date and those yet to be faced, Kosovo will one day serve as an example for others of how



people coming out of a situation of terrible fear and political deadlock, can join forces in working for the common dreams of prosperity achieved, ambitions realised and values respected.

Kosovo has endured many changes over the years but it is fair to say that for the past 13 years KFOR has remained a constant. Consistently contributing to a safe and secure environment throughout Kosovo, KFOR has solidified its reputation as a professional force committed to progress. ■



Part-time Soldiers, **FULL-TIME COMMITMENT!**



BY CPL ERICA KEOGH (TPT COY,
62 RES LSB)
MAIN PHOTO BY BARRY GIBBONS,
OTHERS BY COY SGT ALAN LOWRY

The second RDF Standard NCO Course was conducted this year by the NCO Training Wing in the Military College, DFTC, assisted by the Reserve Defence Forces Training Authority (RDFTA). Of the 24 students who began the course in March, 17 passed-out in June.

The course comprised two modules, the first conducted over three weekends and the second consisting of two weeks full-time training. However, the commitment and work required was much broader than this would indicate as the students were required to complete study assignments and quizzes in their own time via distance-learning provided through the RDF e-learning website Restel. The use of this tool ensured students very quickly became acquainted with the work a sergeant is required to undertake and the responsibilities attached to the rank.

Assignments issued through Restel really

hammered home the importance of orders, preparation and personal administration in the field and gave the students a good grounding when it came to putting theory into practice on the ground.

The course covered all the areas necessary to turn out effective NCOs capable of understanding and performing all aspects of the role of a platoon sergeant.

The first weekend of module one quickly moved on to range management, MOI, tactical exercise planning, guards of honour and ceremonial drills. Training culminated with a run across the Curragh plains.

The second weekend wasted no time in acquainting the students with TLPP, seven-question combat estimates, leadership, man-management qualities and putting Orbats and Q cards to work. It was on this weekend that students also developed a true appreciation of what is involved in ensuring a company is resupplied through

completing a gruelling ammo resupply on day one, with a navigation exercise and tactical theory elements dominating day two.

The final weekend of module one saw students familiarising themselves with the Tank Tracks by way of a challenging run. The remainder of the theory lessons for this module were also conducted along with a written test and a navigation test. All students had to pass these in order to proceed to module two.

Throughout module one personal admin in the field and the importance of the platoon sergeant's role were thoroughly hammered home and students very quickly became familiar with, and developed a sense of appreciation for, the levels of decision-making, ownership and responsibility required. Although there was a huge sense of achievement amongst the students at the end of the module the reality of more to come was all too real: module two was

something the students knew was going to be even tougher.

The two-week, full-time training block brought with it a jam-packed programme filled with many elements that not only reinforced learning to date but also brought students to the next level of their training. Training and learning commenced straight away and incorporated a balance of both classroom and physical tasks. Day one included a navigation exercise while on day two students learned to appreciate daylight and the advantages it brings when they set out on a night navigation exercise across the Curragh.

Battle PT sessions were among the many physical challenges the students faced throughout the two weeks and another run across the Curragh plains in full CEFO and the obstacle course were both on the agenda.

Topics such as HRM, navigation, signals, military law, first aid, model making, the organisation of an infantry platoon, company and battalion, tactical elements and orders, shaped the first few days for the students along with plenty of PT and tactical movements across the ground.

The course was extremely lucky to receive a talk from Patrick Bury, a former captain in the British Army's Royal Irish Regiment and author of 'Call-Sign Hades'. Patrick very kindly shared his experiences and learning from his time in Afghanistan, giving the students plenty of food for thought regarding what it is like to have such responsibility for troops and their well-being in one's hands when the prospect of danger is a matter of 'when' rather than 'if', and with an enemy all too real.

In addition, the students also received a talk from Sgt Gerry Duff (Cadet School) who gave the students a great insight into his recent experiences on the British Army's Platoon Sergeants Battle Course. It was through this talk that the course developed the mantra "big boy's rules", a saying that was imparted through Sgt Duff and lived on throughout the remainder of the course through instructors and students alike. The understanding and logic to this being that at this stage in their military careers students would, and should, be trusted with an order, and from there it's up to them how things get done. They are entrusted and empowered to make the right decisions and to use the right resources to complete their mission.

Sgt Daly (RDFTA) gave the students a presentation on first aid, covering defibrillation, care in the field, wounds and dressings. Here the students gained a great insight into the latest medical procedures involving nine-liners, MIST cards and casevac procedures.

The first week of module two involved the students working in the classroom and out on the ground daily. Training spanned topics as diverse as model construction, platoon-in-attack,

syndicate assignments on orders, and various patrols and movements to refresh and further develop tactical skills.

Students completed their general assessment at the end of the first week and then commenced their command test appointments. This was the time for the students to bring all their learning from modules one and two together to demonstrate their skills in the areas of orders, model making, platoon-in-attack and first aid, along with displaying softer skills such as good leadership traits.

From this point the students took the reins with the instructors assessing. Over the remainder of the course students took their places within their command test appointments. During this phase the course received assistance from 62 Res Transport Coy, 54 Res Cav Sqn, 62 Res Medical Coy, 37 Inf Bn and 67 Inf Bn, who supplied personnel for security, enemy and troops to fill out the platoon. Support staff on the ground did an exceptional job and worked with and for the students at all times.

The 48 hr exercise commenced on Tuesday 19th June with the move out from the Curragh Camp to the Wicklow mountains. The first 24 hrs involved platoon-in-attack exercises before the course dug in for the night. The following morning students moved into a patrol harbour and conducted various recces and patrols, as well as a resupply.

The exercise ended with an ambush in the very early hours and from there the students marched back to the patrol harbour area where they woke the support troops with an early morning song!

Despite the continuous rain morale was high as the students loaded into trucks to make their way back to the Curragh Camp. However, it wasn't over yet! Stopping 4kms outside the camp, the course dismounted the trucks to once again put on full CEMO on and march rest of the way to the armoury at McDonagh square. Tired and wet the students pushed on using the very last of their resolve, knowing they would very soon hear those desired words, 'End ex!'

A sense of achievement that can only be gained through the toughest of endeavours was very clearly in the air when we reached the armoury and realised that we'd done it!

The course was not easy and was a real test of mental and physical strength, bringing out the best in students by challenging them and demanding the highest levels of professionalism, personal administration, leadership skills, resilience and accountability.

The final day of the course saw a debrief for everyone involved and the students were then dismissed, leaving the course to return to their units throughout the country armed with the knowledge, latest techniques and confidence to perform as effective and resourceful sergeants. ■



An Cosantóir Annual Binder

Have you ever wanted to organise your Annual Collection of An Cosantóir Magazines?

A limited number of binders are available to purchase on a first-come, first-served basis. Each binder can hold one complete years collection of magazines. The binder gives the appearance of a bound book and allows easy insertion of magazines. Each binder comes with its own AN COSANTÓIR - Title, Logo and Labels.



To Order:

Send a Cheque or Postal Order for €10/£10 Payable to An Cosantóir to:
An Cosantóir - Binder Offer
Block 5
Ceannt Barracks,
Curragh Camp
Co. Kildare

For more information contact:
The Editor - An Cosantóir
045 445307
magazine@military.ie

AN COSANTÓIR

dfmagazine.ie

YOUR ADVERT HERE!

The Irish Defence Forces; Army, Naval Service, Air Corps,
and the Reserves have a magazine founded in 1940
called An Cosantóir.

**Advertise in the only approved Defence Forces
publication, which 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 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; this will place you on both www.military.ie & www.dfmagazine.ie websites. Providing you with direct traffic from your advert to your email and website with access to powerful statistics

**There are many substitutes, but they can't beat
our statistics!**

Rates available on request to JM Publishing. *Discounted rates are available to new customers or for serial advertisements (5 or more).* Contact Joseph Nazari on +353 (0)871344135 or info@jmpublishing.ie

SUBSCRIBE AND SAVE !



1 YEARS SUBS FOR €30.00 OR 2 YEARS FOR €50.00

GUARANTEED DELIVERY EVERY ISSUE



Hotline: +353 (0)45 44 5312
Email: Subs@military.ie
Web: www.dfmagazine.ie

Subscriber's Details (BLOCK CAPITALS)

Name:

Address:

I would like to subscribe for: ☐

☐ One Year ☐ Two 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

Photocopy accepted



MILITARY DRILL

Military drill (slang: square bashing) is the training of soldiers in a formation where their movement is controlled by close-order manoeuvring known as drilling or marching. Military drill has been taught since time has been recorded. Its purpose was to train soldiers to fight and operate in close formation to maximise their combat effectiveness. Trained and disciplined troops will have a distinct advantage over untrained/undisciplined troops. The arrival of mechanised warfare made this form of combat redundant, but drilling is taught to recruits to teach them how to work and move as a team, to maintain command and control, to instil discipline and of course for ceremonial parades.

Taken from the Defence Forces Manual of Foot Drill, part one:

WORDS OF COMMAND

A word of command is a definite, distinct order given in the shortest possible form. It is the most direct means by which the superior can make their will known to subordinates. They are designed with a view to training the soldier's mind and body to habits of strict obedience to the will of the leader. When giving a command, the officer or NCO must maintain a correct soldierly bearing and thus be an example to their troops in this respect. Slovenly words of command produce slovenly movements.



ELEMENTARY FOOT DRILL

All troops must be individually grounded in elementary drill. The training of the recruit as a member of a unit follows. When based on good individual instruction, the training of a unit will progress rapidly.

“AIRE!” (ATTENTION)

The soldier should be taught to stand at attention as it is the basis of all drill movements.

It secures the whole attention of the men to the commander by requiring-

- (a) Absolute silence
- (b) The body steady and alert
- (c) Readiness to obey instantly the next word of command

“SEASAÍG-AR ÁISI!” (STAND AT-EASE)

When a recruit/soldier falls in, they will stand at ease after dressing off.

“AR-SOCRACHT!” (STAND-EASY)

The limbs, head and body, but not the feet, may be moved, so that the dressing is not lost. Slouching attitudes are not permitted.

Faults must never be overlooked.

Slovenly drill is worse than useless, it is the quality of the drill and not the length of time spent on it that matters.

In correcting or checking faults the name of the soldier will not be called out. They will be referred to by their position, e.g. “Second soldier from the left, front rank.”

HISTORY HISTORY HISTORY HISTORY

BORN SURVIVOR

BY SGT COLIN STONE (62 RES ARTY REGT)

PHOTOS COURTESY OF ADRIENNE MACCARTHY

After reading the autobiography of Irishman Dr Aidan MacCarthy, *A Doctor's War*, you would expect to have found his story in the fiction section of the bookshop. This man lived a life that would match all the exploits of Chris Ryan, Andy McNab and Bear Grylls but writes about it as if he had just been walking in the local park. Yet he is one of the great Irish heroes, like Tom Crean and Ernest Shackleton, who we as a nation do not seem to acknowledge or celebrate their momentous achievements.

Born in 1913 in Castletownbere, Co. Cork, Aidan trained as a doctor but finding his options limited he emigrated to Britain. In 1938 he signed up to serve as a doctor with the RAF. Within a year he found himself in France with the BEF facing the Germans during the Phoney War.

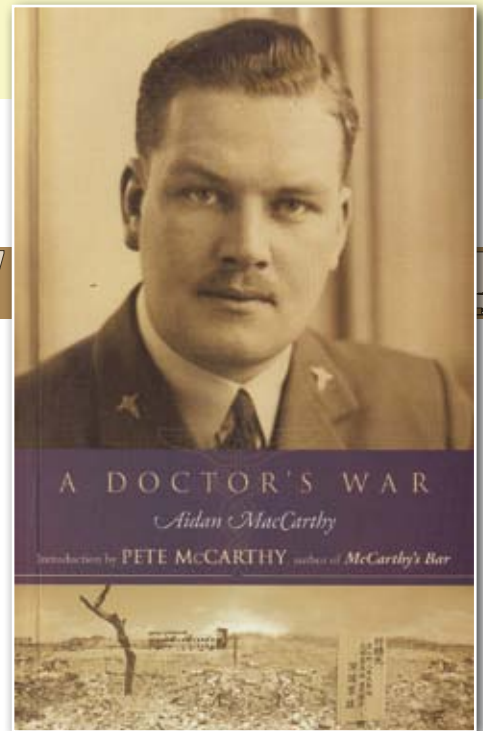
After the fighting broke out the RAF evacuated all its aircraft back to Britain and Aidan was ordered to retreat to Dunkirk where he joined over 300,000 British troops on the beaches awaiting evacuation. Eventually picked up by a ferry he immediately began emergency operations on casualties onboard. Operating is tricky enough at the best of times but operating on a dining table while the ship pitched and rolled, and survived a hit by a mine or a torpedo, made for interesting work conditions.

Many of the bullets he extracted from the wounded soldiers were British .303 rounds, fired by panicked troops from the beaches where near mutiny had broken out.

After Dunkirk Aidan was posted to an airfield in Britain. Again drama was not far away when a Wellington bomber came into land with a young, inexperienced pilot at the controls. As he made his landing approach under full power, ready to take off again should the undercarriage not be locked, he was informed that there was a German fighter on his tail. The pilot panicked and came over the boundary fence too fast. The bomber's starboard wing struck the bomb dump and burst into flames, landing on the stacked explosives. Aidan ran into the flames along with the emergency crews and got the dead and wounded clear. Luckily the bombs failed to go off. For his bravery Aidan was awarded the George Medal in Buckingham Palace.

He was next sent to North Africa but was diverted midway to Java, a Dutch colony in the Far East. Not long after he arrived, the Japanese launched an airborne assault and outflanked the Allied troops, who offered only a token resistance. They were treated relatively well by the front line Japanese troops, in stark contrast to the rear echelon troops who followed and who were among the most sadistic troops every to have been unleashed by any nation.

POWs who didn't bow before their captors were severely beaten, and when the captured troops refused to fill in a questionnaire about Allied flying procedures the senior officer was taken out, beaten and shot in front of his men. The others then filled in the questionnaire



but with mischievous answers that left the Japanese scratching their heads.

One local who fell foul of the guards had his head shaved and was buried up to his neck in the tropical heat. He was burnt by the sun and stung by insects over the next two-and-a-half days that it took him to die. Dr MacCarthy asked for permission to tend to the dying man but his requests were denied and the man died an agonising death, barely recognisable as a human being by the time he died.

Food was a preoccupation of the prisoners and everything was eaten, from rats to animals that wandered into the camp. Luckily Java had fertile soil that allowed the POWs to cultivate crops. Dysentery and starvation were the biggest dangers that the POWs suffered and its credit to MacCarthy and the other medics that so many survived.

The prisoners had little outside contact: Aidan's own family had been told that he was "missing, presumed dead" and Red Cross packages were only delivered once or twice in his years of captivity.

One day Aidan made the mistake of bowing to the guardroom when the guards were at lunch and had left their pet monkey behind. He was spotted by the returning guards who took great offence at the loss of face and proceeded

HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

to beat him to a pulp, shattering his elbow and putting him in hospital.

Curious as to why he was tied so tightly to the bed in the hospital, he soon found out when a Japanese doctor started to work on his elbow without anaesthetic, leaving him to pass out from the pain. He came around to find that the Japanese medic had no idea what he was doing and soon left after making things worse. Mercifully, a local surgeon who was assisting carried out very competent remedial work.

Eventually the prisoners were brought to Singapore for transportation to Japan. One of the crew of their Japanese coaster told how he had been torpedoed nine times and he felt that the next would be his last. The ship was rat infested and the POWs were locked below decks where the smell was horrendous. As Aidan tried to sleep one night he felt a rat and sat up to swat it away. At that moment the ship was hit by a torpedo and the men either side of him were killed, their necks broken by the shockwave.

Clambering onto the deck of the sinking ship Aidan saw the American submarine surface and then dive. The surviving prisoners were picked up and thrown back into the water by the Japanese Navy when they arrived on the scene. Eventually picked up by a whaler they were brought to Nagasaki to work on an aircraft carrier in the Mitsubishi steel works. They weakened the rivets in order to sabotage the carrier but this was unnecessary as the Americans sank the carrier at her moorings.

They were then moved to a coalmine where they were lucky to have experienced British miners in their company whose skills saved them from the fate of many other hapless prisoners whose mines collapsed on them.

Morale at this stage was at an all-time low as the prisoners could see no way home. Then in August 1945 they were given shovels and told to dig what they assumed were their own graves. However, on August 6th Aidan and his fellow prisoners awoke to 50 B-29s bombing the city. While this gave the men a stay of execution they were terrified that they would be killed by their own side.

The following day two lone bombers overflew the city and dropped something that appeared to have three parachutes attached. Instinctively, Aidan dived into his own hand-dug grave to seek shelter while some of the others sat on top of the shelters watching events unfold. Suddenly there was a blue flash, followed by a magnesium-white flash that blinded even those below ground. Then came a loud and flat explosion.

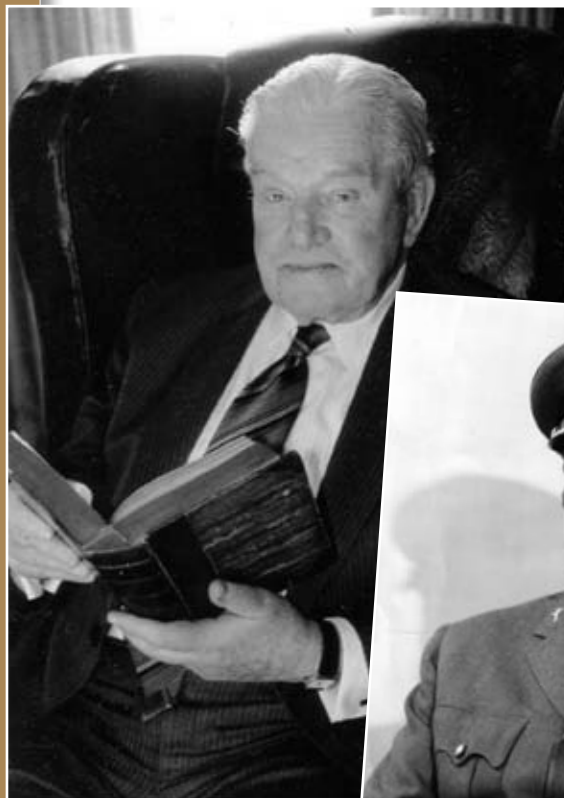
When Aidan looked out of his life-saving 'grave' the sight that met him was apocalyptic. Bodies were strewn everywhere, the POWs who hadn't taken shelter had been carbonised, and the mainly wooden city of Nagasaki was in ruins, with fires everywhere. The survivors thought that the world had ended. Nevertheless, they began to tend to the injured and dying.

It took a few weeks for the camps to be liberated, although the guards changed their tune in the meantime. However, those that were caught later by their ex-prisoners were sometimes dealt with swiftly.

Amazingly Dr Aidan MacCarthy went on to live life to the full, although he never forgot his experiences and his life was marred by the beating he received during his captivity. His survival of years of brutal captivity demonstrates the awesome power of the human spirit even under the most intense pressure.

If you are ever passing through Castletownbere, why not drop into the famous MacCarthy's Bar and raise a glass to this amazing Irishman.

Aidan published his wartime memoirs in 1979, titled 'A Doctor's War' (Republished by the Collins Press in 2005, ISBN: 978-1903464700). He sadly passed away in Northwood, London on 11 October 1995. ■



HISTORY HISTORY HISTORY



ADVENTURE RACE 2012

BY CAPT KENNETH O'ROURKE (2 E BDE HQ)

PHOTOS BQMS CHRIS WARD & CPL WILLIE KENT

There's nothing quite like turning up on match or race day to find that weather conditions are perfect and that everything is just right for a great day's sport. This is exactly what met the 93 competitors who turned up on the morning of September 19th to compete in the 2012 DF Adventure Race in Lough Dan, Co Wicklow. The course was designed and laid out by 2 E Bde PTIs, CTIs and BTC staff. They were assisted with marshalling and logs support from units across 2 E Bde, including cooks, MPs, medics, outriders, signalers and work parties, as well as 27 Inf Bn kayakers and 2 Fd Eng Dive Group boat teams.

The event involved four stages and the competitors were let off in two waves, the first leaving at 0930hrs and the second at 1100hrs. The first stage was a challenging 6km run that climbed 200m up the eastern spur of Kanturk Mountain. However, this height was quickly lost again and the last 1,200m incorporated a fast descent to the Inchavore River and along its banks to Lough Dan.

This was followed by a kayak stage that was, depending on your level of experience, either a quick sprint or a slow slog over 2.5kms in two-seater, sit-on-top kayaks.

The next transition was from kayak to bike and into 20km of biking, with 300m of steep climbing and fast descents, taking competitors to Annamoe and Laragh.

Few were still steady on their feet after the cycle stage but there was more to come as the last stage consisted of an obstacle course and short hill run, with a few surprises along the way.

The obstacle course started fairly easily in the marshes and streams along the shore of Lough Dan and included a commando bridge, wall traverses and tube obstacles. This led to the hill section, which was possibly the most difficult leg especially after 90 minutes of sustained effort. It involved a steep climb with 'spider web' rope obstacles and smaller boulder and log obstacles. At the top of the climb there was a flat section on forest track before turning down a steep 'rat

run' with gorse and brambles either side. As competitors re-entered the main transition area they had a 400m sprint, followed by a water obstacle and a scramble up and over a ship-ping container before the final dash to the finish line and a well earned race memento supplied by DFAA.

The DF adventure race is classified as a multi-sport sprint event but has proven technical enough to push the seasoned racers while being accessible to the novice.

This year's course was longer and more challenging than last year and next year's event will have even more surprises for those up for the challenge. Adventure racing is a sport that is suitable for all levels of fitness and incorporates elements of strength, endurance and robustness which are directly transferable to military fitness.

Special thanks goes to chief race marshal, Cpl Colin Robinson, and the BPEO Capt Padraig Murphy, along with the gym staff from McKee Bks: Sgt Alan Hayles, Sgt Eddie Casey and Pte Ken Forrest. ■



RESULTS

Men's

- 1st: Pte Gormley, 27 Bn (1hr 33:05)
- 2nd: Capt Coffey, DFHQ (1hr 41:12)
- 3rd: Pte Moran, 2 LSB (1hr 41:33)

Women's

- 1st: Capt NicCaba, DFPES (1hr 52:38)
- 2nd: Sgt Kennedy, McKee Bks Coy (2hr 06:07)
- 3rd: Sgt Wearen, CSSE (2hr 06:07)

Over-40s winner: Tpr McCarthy, 65 Res Bn (1hr 48:33)

Over-50s winner: Pte O'Brien, 2 Fd Engr (2hr 10:00)



DEFENCE FORCES Racket Sports Anyone???

Are You Playing Any Racket Sports...

Squash?

Badminton?

Tennis?

Interested in playing your sport in
Defence Forces competitions?

If the answer is YES! then please
contact me before the 23rd Nov 12.

Contact:

Comdt Finola Mc Namara.

Technical Stores Officer, CIS Main Tech Stores

Defence Forces Logistics Base, DFTC.

eMail: finola.mcnamara@defenceforces.ie

Tel: 045 44 5443 or Ext. 5443



BeeFit GYMS BeeFit Want You!!!



BeeFit gyms invite you to take up
the call and join their new gyms
in Limerick city for the amazing
price of **€12.99 exclusive to
Defence Force members**

Not only do we offer you
this amazing price per
month ... But you get
**two gyms for the
price of one!!**
Yes ... **BeeFit
Ballysimon** and
BeeFit city centre are
all yours to use whenever
you choose for **€12.99
per month.**

Upgrade your monthly package by
€5 and avail of unlimited classes
for the month in both gyms!

HAVE YOU TRIED THE ULTIMATE
CLASS TRX YET?

This class is the ultimate in
suspension training and offers
the best class workout to date!

Follow us on..



Contact us for details
or to book a free visit

061 444 455 | 085 760 3180

Check us out online on... www.beefitgyms.com



**KINLAY
HOSTEL**
EYRE SQUARE
GALWAY

VOTED IRELAND'S BEST HOSTEL

(Feb 2012)

Reduced
Rates For
Defence Force
Personnel



City Centre location on the corner of Eyre Square

Please visit www.kinlaygalway.ie

Tel: 091 565244 Email: groups@kinlaygalway.ie

jimpublishing & media

Proud to work with the Defence Forces

imagination is everything



JM Publishing, Co. Wicklow

Tel: +35314433476

+353871344135

Email: info@jimpublishing.ie

Web: www.jimpublishing.ie

GEAR REVIEW



Sponsored by Team Alpha.ie

5.11 TACTICAL TRAINER

RETAIL PRICE €119.99

5.11's Tactical Trainer 2.0 is a lightweight, breathable training shoe meant for the range, trail or general fitness. Its design is based on feedback from End-Users who requested a tactical boot that can be worn covertly, that also features the function, comfort, and innovation they have come to expect from 5.11 Tactical products. The Tactical Trainer 2.0 is disguised as a light hiker and when worn with jeans can help you disappear into a crowd or pair it with our TacLite Pro pants and train on the range. You can also wear these trainers to the gym or use them as hiking shoes. The Tactical Trainer 2.0 has the styling of a lightweight hiker built with from the mindset of a duty boot to meet the training needs for public safety professionals.

Made of a combination of suede and open air mesh for breathability, support and protection, the Tactical Trainer 2.0 also features an added another layer of abrasion resistance at the toe and heel for the high wear areas. The entire trainer is engineered on a new comfort platform which uses an Ortholite insole combined with the 5.11 EVA Strike Platform and compression molded EVA midsole provide lightweight, flexible, and supportive all day comfort.

The Tactical Trainer is built on a hiking boot last that offers adequate volume in the forefoot and a secure fit around the midfoot and ankle. The outsole has been redesigned with a new lug pattern and multiple flex grooves for great traction, flexibility and support. There is also TPU external heel counter for additional lateral support. The "stay tied sausage laces" and combination of lace ghillies and traditional anchored eyelets will secure all foot types.

Our tester, Sgt Wayne Fitzgerald (PR Section) says...

These tactical trainers went on the feet straight out of the box; they were as comfortable as a pair of woollen mittens on a cold day. I've used them loads of times, out walking the curragh plains, scouting with cubs, gardening and going out casually. I found them to be tough wearing, comfortable; especially around the ankle, easily cleaned with a soft cloth. They have a good grip on smooth wet surfaces which is hard to find in a runner/trainer. They are a bit more expensive but they have matched up to other leading brands and will probably out last any of them. I would certainly recommend them.

Comfort 10 - Fit (True to Size) 10 - Durability 10 - Value for money 8

5.11 ATAC L1 TACTICAL FLASH-LIGHT WITH CLIP HOLSTER

RETAIL PRICE €83.95

The ATAC™ L1 Tactical Flashlight is a powerful compact product with industry leading performance for a single Lithium battery power source. Powered by one CR123A battery the ATAC™ L1 Tactical Flashlight throws a brilliant 173 ANSI FL1 Lumens of light in a smooth tactical beam pattern while providing 25hrs of runtime on (HIGH) and 46hrs of runtime on (LOW).

The tactical Intelligent Switch is designed to silently cycle through all 3 light modes (High/Low/Strobe) using only the Momentary-On function to prevent the "Click" sound from potentially giving up your location.

The rotary Dial Lock-Out Switch allows you to instantly lock or unlock the light with just one hand using your thumb to prevent inadvertent activation. Another tactical feature developed by professionals for professionals is the Break-Away Lanyard designed to free your arm from the flashlight in the event of an emergency.

Our tester, Cpl Tony Doyle (McKee Bks Coy) says...

I tested the 5.11 ATAC L1 Tactical Flashlight on the recent All Arms Std NCO Cse, I was instantly impressed with it's small size and it's lightweight, which means it was compact enough to carry everywhere i.e. pants, smock or battle vest. Brightness from the flashlight was very impressive, as it gave out a light you would normally expect to see from a much bigger device. Battery life was not so great on full beam, about 2hrs, but much better on low beam, around 46hrs. Operating the ATAC L1 could not be easier, by just pushing the tactical intelligent switch located on the base of the unit to cycle through all 3 different modes. One of the modes is strobe mode, which can be used in any possible "real life" rescue scenario. In terms of value for money, I found it reasonable enough for what it delivered. I would possibly only really use the light for my own personal use, as the light did not come with any coloured filters which would have to be used in any military exercise scenario. Overall I would highly recommend this piece of kit.

Brightness 10 - Battery Life 9 - Ease of Operation 9 - Value for money 6



COMPETITION

This month Team-Alpha is offering a pair of 5.11 Coyote Trainers (reviewed above). For a chance to win this month's prize answer the following question: What price is the Redfield Raider™ 550 Laser Rangefinder on www.team-alpha.ie?

ANSWERS ON A POSTCARD TO AN COSANTÓIR'S REGULAR ADDRESS OR BY EMAIL TO SUBS@MILITARY.IE BY THE 22ND NOV 2012. WINNER WILL BE THE FIRST CORRECT ENTRY DRAWN.

Last Months winner of a €120 Team-Alpha Voucher is Andy O'Neill, Co. Offally.

NOTICEBOARD

This page is designed to give our readers an easy-to-follow list of upcoming events or notices for our wider Defence Forces Family. Readers who want to submit notices that may be of interest to others should keep their notices to the point, include contact details and send by email to: magazine@military.ie or by post to: Editor An Cosantóir, DFHQ, Block 5, Ceannt Bks, DFTC, Curragh Camp, Co. Kildare, Ireland. PS. Our old noticeboard will still be made available on www.dfmagazine.ie

Niamba Ambush Remembrance

Niamba Ambush (8th Nov 1960) Remembrance will take place on Saturday 10th November in Cathal Brugha Bks.

5 Inf Bn Deceased Members Mass

Stand down parade and mass will take place in McKee Bks on Saturday 24th November.

Timings as follows all invited guests to be in Bks by at 10:45hrs, parade will start at 11:00hrs followed by mass at 11:30hrs. Invitations have been sent out, all serving ex members of the 5th Inf Bn are invited to parade with the Bn, contacts can be made via the usual channels.

Uniform Services

Medal Mounting Service: Competitive prices, contact Murty Quinn 087 9394680

Lanyards made to order: Competitive prices, contact Brian on 087 2971982

Sam Browne Belts: Custom made to measure by Declan Clancy on 045 432606 or visit www.declanclancysaddlery.ie

R. Johnston Master Tailors: Phone: 01 8204378 / 086 3531664 or visit www.rjohnstonmastertailors.com

Curragh Military Museum

Opening Times: Monday to Wednesday 10am to 1pm and 3 to 5pm; Thursday 2 to 8pm; Sundays 2.30 to 5.30pm; Closed Friday, Saturday and Bank Holidays. For all queries, contact: 045-445342 or email: curragh.militarymuseum@defenceforces.ie.

SUDOKU 数独

SUDOKU NO. 013 (MEDIUM)

				6		8	4	5
	4		1	7	3		9	
		2	3	1		7		
	1		6		7		5	
		3		8	4	6		
	8		2	4	6		1	
1	2	6		9				

SUDOKU IS THE LATEST PUZZLE CRAZE TO COME FROM JAPAN; IT'S A NUMBERS GAME THAT'S DRIVING EVERYBODY MAD!

NOVEMBER Q&A COMPETITION

1. How many years has Parachuting been in the Defence Forces?

Answers on a postcard to our normal address or email subs@military.ie for a chance to win a free 1 year's subscription to the online version of An Cosantóir and a small goody bag.



Last month's winner of the Discovery Channel: War on Terror 6 DVD box set was Pádraig Hurley, Co. Sligo.

Simply fill in the blank spaces with the numbers 1-9.

Every row, column and 3x3 block must contain all nine digits with no number repeated in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3x3 boxes

8	€	†	5	6	7	9	2	1
2	9	5	1	€	8	7	6	†
7	1	6	9	†	2	5	8	€
1	2	9	†	8	5	€	7	6
6	5	€	7	2	9	†	1	8
†	8	7	6	1	€	2	5	9
9	6	2	€	7	1	8	†	5
€	1	8	5	†	6	9	2	7
5	†	8	2	9	6	1	€	7

REVIEWS

reviews

35

BOOK

ROBERT HUNTER SERIES

By Chris Carter

Not for the faint hearted, these books contain very graphic details, think 'Saw' in the city of lights. Books you will read and not put down until the killers are caught...

THE CRUCIFIX KILLER (#1)

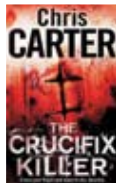
Pages: 450 approx

Publisher: Simon & Schuster UK (2009)

ISBN: 978-1847396426

ASIN: B002SW8Y1K

Price: Amazon.com €7.65 & iTunes €5.99



LAPD Homicide Special Detectives Robert Hunter and rookie Carlos Garcia are called to a crime scene where a naked woman is nailed to a cross, faceless. On the back of her neck a strange double cross is carved into it - this must be a copy cat killing because the serial murderer known as the Crucifix Killer was put away 2 years ago! Follow the two detectives on their spiralling journey as this violent killer selects his victims apparently at random and heartlessly tortures them to death.

THE EXECUTIONER (#2)

Pages: 472 approx

Publisher: Simon & Schuster UK (2010)

ISBN: 9781847375391

ASIN: B003M69WPI

Price: Amazon.com €6.80 & iTunes €5.99



This time detectives Hunter and Garcia have another serial killer in LA. With the memories of the Crucifix Killer still fresh in their minds and the crime scenes building up. Only a handful of officers have the stomach to view these scenes. Now with a new female captain, Barbara Blake under pressure from the chief and the mayor and the interfering and dangerous reporter Claire Anderson stirring it up in the press, they need to catch this killer fast. Trying to connect the victims together they discover a 25yr old tale, with the killer using their fears against them and literally scaring them to death.

Brazilian born of Italian origin, Chris Carter studied psychology and criminal behaviour at UM. As a member of the Michigan State District Attorney's Criminal Psychology team, he interviewed and studied many criminals, including serial and multiple homicide offenders with life imprisonment convictions. He departed for LA in the early '90s, and spent ten years as a guitarist for numerous bands before leaving the music business to write full-time. He now lives in London. The remaining two titles in this series are The Night Stalker (#3, Aug 2011) and The Death Sculpter (#4, Aug 2012). www.chriscarterbooks.com

DVD

PROMETHEUS

Director: Ridley Scott

Writers: Jon Spaihts & Damon Lindelof

Genre: Adventure/Sci-Fi

Certification:

Run Time: 2 hrs 4 min

Rental Release Date: 5 Oct 2012

Starring: Michael Fassbender, Charlize Theron, Idris Elba, Noomi Rapace, Logan Marshall-Green & Guy Pearce



FROM RIDLEY SCOTT the director of Gladiator and Alien. A team of explorers discover a clue to the origins of mankind on Earth, leading them on a journey to the darkest corners of the universe. There, they must fight a terrifying battle to save the future of the human race.

A thrilling, epic sci-fi action adventure with a striking and provocative premise - the journey to discover the origins of Man threatens to destroy all Mankind. A team of scientists journey through the universe on the spaceship "Prometheus" on a voyage to investigate Alien life forms. They become stranded on an Alien world, and as they struggle to survive it becomes clear that the horrors they experience are not just a threat to themselves, but to life as we know it. www.projectprometheus.com

GAME



CALL OF DUTY: BLACK OPS II

Engage in classified operations in 2025 to pull the world's superpowers back from the brink of annihilation.

IN CALL OF DUTY: Black Ops II you face your toughest challenge yet, and on home soil. Introducing the ominous villain 'Raul Menendez', who hijacks the US military infrastructure to access the power of near-future technology to further his own agenda! This game pushes the boundaries of what we have come to expect from the best selling future war franchise 'Black Ops II' as it propels players into a near future, where technology and weapons have converged to create a new generation of warfare.

Multiplayer mode introduces a re-imagined Create-a-Class, introducing players to a new "pick-10" allocation system that allows for a combination of any 10 items, making almost anything possible. www.callofduty.com

Genre: First Person Shooter - **Platform:** PS3 - PEGI: 18 - **Price:** €54.97 (PC €49.97)(gamestop.ie) - **Released:** 13 November 2012. © 2012 Activision Publishing, Inc. All Rights Reserved.

ACTIVISION **CALL OF DUTY**
BLACK OPS II

NAME GILLIAN DUNNE
RANK CORPORAL
UNIT A COY, 65 RES INF BN



In 2006 my sister, my cousin and I joined A Coy, 65 Inf Bn, based in Swords, Co Dublin. My cousin and I are still serving but my sister has taken time out to start a family.

I really enjoyed the challenge of basic training, especially the infantry tactics.

I also really enjoy annual camp as it's the only time reservists get to interact with personnel from other units. I did my NCOs course in 2010 with the BTC E. The course was conducted between Cathal Brugha Bks and the Glen of Imaal over a number of weeks and it was tough! I am currently working in the company office doing admin, and I also enjoy that side of the job.

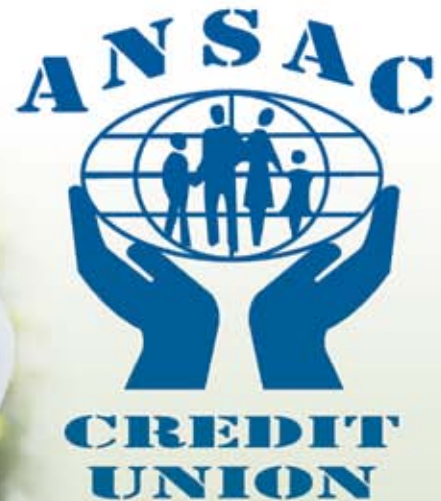
In civilian life I have worked in a variety of jobs including as a security officer in Dublin Airport for a year. Prior to that, having trained in ballet from the age three to 24, I became a qualified ballet teacher and choreographer. During a busy few years I had some 300 students who performed in TV, films and adverts, modelling, and gave dance recitals at national venues.

After the dancing I decided to take a complete change of direction and I applied for a position as an activity co-ordinator in the new, purpose-built Hamilton Park Residential Care facility in Balrothery. I think my teaching background helped me to get the position as well as being a 'people person'. I am now a FETAC Level 5 carer and am studying behavioural science. We care for 43 residents in Hamilton Park and I study their behaviour and with the psychologist try to work out what we can do to stimulate them. I make out a weekly plan to see if we can improve their quality of life and push them to their limits.

Among our residents we have two retired PDF members. They really enjoy it when I read *An Cosantóir* to them and also when we chat about the army.

I love my job - very much so - and I wouldn't change it for the world. ■

Making your money go further



SERVICES AVAILABLE

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

Members Draw

Results Sheet for 27th September 2012

1st Prize, €8,000: Dermot Roan, Convoy, Co. Donegal
2nd Prize, €5,000: Christopher Barry, Bundoran, Co. Donegal
3rd Prize, €2,500: John Duffy, Cobh, Co. Cork
4th Prize, €1,500: Liam Brady, Moate, Co. Westmeath
€500 Prize: Elizabeth Ray, Carlow, Co. Carlow; John Hadnett, Donasceigh, Co. Tipperary; Darren Ennis, Ballinagore, Co. Westmeath; Pdraig Foley, Clifden, Co. Kilkenny.
€100 Prize: Paul Field, Coolock, Dublin 17; Thomas Murrin, East Wall, Dublin 3; Darragh Skelly, Clondalkin, Dublin 22; William Lafferty, Co. Tyrone; Andrew Kelly, Athlone, Co. Westmeath; Sarah Galvin, Cobh, Co. Cork; Eamon Lawlor, Dundala, Co. Louth; Alan O'Brien, Middleton, Co. Cork; Brian Wintzer, Rathfarmham, Dublin 16; Michael Lawlor, Castaheany, Dublin 15; John McMahon, Clonsaugh, Dublin 17; Pdraig Murray, Newbridge, Co. Kildare; Kieran Murphy, Ferns, Co. Wexford; John Russell, Listowel, Co. Kerry; Brendan Gallagher, Longford.

Congratulations to all our winners

The next draw will take place in 25th October 2012.

75/76 Amiens Street, Dublin 1

Tel: 01 8554489 **Fax:** 01 8558067

Email: info@ansaccu.ie **Web:** www.ansaccu.ie



Óglaigh
na hÉireann
DEFENCE FORCES IRELAND



The Defence Forces Training Centre

Presents a

♪ *Gala Evening* ♪ *of Music & Song*

Featuring

*Baldonnell Singers
and the
Army No.1 Band*

With Special Guests

Paul Linehan & Lorraine Nolan

On

Sunday 4th November 2012 at 8pm

In

St Brigid's Church, Curragh Camp

PROCEEDS IN AID OF THE CURRAGH MILITARY MUSEUM

Tickets €15 each, available from the following outlets

Farrell & Nephew Gifts & Books, Main Street, Newbridge 045 431708

Curragh Military Museum 045 445342 • Email curraghmilitary.museum@defenceforces.ie

Curragh Golf Club 045 442694 • Centra Curragh Camp

