



THE DEFENCE FORCES MAGAZINE

# AN COSANTÓIR

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JULY/AUGUST 2018



## RECCE CONCENTRATION

DEFENCE FORCES VALUES AWARDS 2017

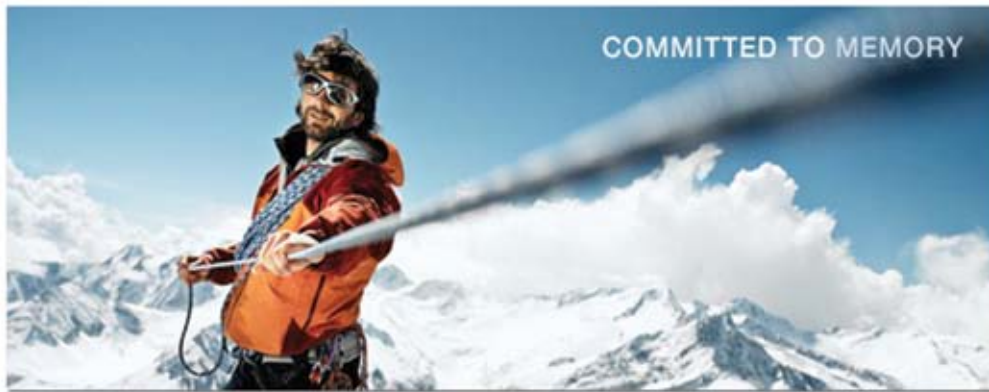
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**Front Cover**

DF Members conducting drills during the recent RECCE Concentration in Dublin. Photo by Armn Jamie Barrett

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# Editorial

**H**ello and welcome to our July/August double issue, packed with over 20 articles from the Defence Forces community, bringing you as far as the Congo and as close as the Curragh.

As usual, *On Parade* is filled with your memories, new and old. *In Focus* looks at two high-profile visits from the Nigerian National Defence College and the Italian Joint Staff College, and also covers this year's *DF Adventure Challenge* for young Gaisce participants, while *Veterans' News* looks at the presentation of medals to Jadotville veterans and their families in IUNVA HQ back in April.

Our first feature looks at the inaugural *Defence Forces Values Awards* that were presented to seven personnel who were recognised for living our DF values and acting as an example to others. This is followed by a visit to *ONE's Custume House in Athlone*, where we met with a number of DF veterans living in the former GOC's residence.

In the first of two pieces on naval matters we hear from the Jutland Memorial Society of Cobh in *Cobh Honours WWI Sailors in the Battle of Jutland*. This is followed by Lt Cdr Caoimhin Mac Unfraidh's update on a new *Ship's Command Certificate* presented by the Flag Officer to a ship's captain on his appointment.

Staying on the subject of command, Comdt Gavin Egerton gives us *Mission Command: An Introduction*. Next up, Comdt Eamonn Smyth (retd) looks to DF

personnel to answer an Irish charity's call to participate in the Great Ethiopian Run, in *VITA Needs You in Ethiopia*.

Next, army reservist Tpr Dylan Hennigan (1 Armd Cav Sqn) shares his experience of working in DFHQ CIS Coy and Air Corps CIS Sqn during work placement for his degree.

Our front cover feature, *Recce Concentration 2018*, written by Cpl Lee Coyle, looks at the recce role. This is followed by a report on 6 Inf Bn's *Exercise 'Just Cause'*, conducted in the Ox Mountains and Knock Airport to test the unit's readiness in war fighting and ATPC operations.

Sgt Karl Byrne's article on his experiences on the *60th International Military Pilgrimage to Lourdes 2018* is accompanied by Mairtín Ó Ciardubháin's feature, *Civil Defence Celebrates 25 Years of the International Military Pilgrimage*.

In the first of our *History* articles we hear about Limerick Civic Trust's quest to open a new military museum. This is followed by a report on little-known *Operation Shamrock*, carried out by 33 Inf Bn in the Congo after the Niemba Ambush.

Our *Sports* articles look at Armn Danny O'Brien's record-breaking row across the Atlantic; nutrition as *The Key to Happy Health & Healthy Training*, from a renowned sports dietician; and an amateur boxing night hosted by 27 Inf Bn to promote the sport.

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

*Wayne Fitzgerald*

**Sgt Wayne Fitzgerald**

## Correction

Apologies, in last month's Roll of Honour we incorrectly listed the 'Date Deceased' for the four members of the 86 Inf Bn (3 Inf Bn), it should read 14 February 2000.

Our sincere apologies to the family and friends of Privates Declan Deere, Brendan Fitzpatrick, Matthew Lawlor and John Murphy. May they rest in peace.

*Photo: Patrick Hugh Lynch*







### ▲ THE COL FRANK LAWLESS COMBINED WEAPONS TROPHY

Over the last number of years 2 Bde held a Small Arms Competition involving both PDF and RDF personnel firing alongside each other. The formation unit with the joint (PDF and RDF) overall score wins the Combined Weapons Trophy. This year's competition was the first time 2 Bde introduced a single Cup for the overall winners. Cpl James Whelan and Coy Sgt Paul Mulhern came up with the idea of naming this new cup after Col Frank Lawless now deceased. This year's winners from April 2018 were the 27 Inf Bn. Mrs Noreen Lawless is pictured accompanied by her daughter Anna, presenting the trophy to OC 27 Inf Bn, Lt Col Kieran Carey in the Mil Col on 23rd May 2018. Also pictured l/r is: Lt Col Howard G7, Coy Sgt Mulhern G7, Col Goulding EO 2 Bde, Lt Col Carey OC 27 Inf Bn, Mrs Noreen Lawless, Ms Anna Lawless, Brig Gen Berney GOC 2 Bde and Brig Gen Mulligan GOC DFTC. *Photo: Armn Jamie Barrett*



### ▲ REPLICA OF JADOTVILLE BRASSARD

On 25th May 2018 a presentation was made to all serving and retired in Collins Bks Cork by members of the Irish UN Living History Group and the Irish Military Vehicles Group (IMVG). Pte Tommy Collins the tailor in Collins Bks was presented with a framed replica of the brassard worn by Sean Shannahan at Jadotville. The presentation was made by Kieran Flynn on behalf of both groups. *Photo: Sgt Don Sheehan*

### CONGRATULATIONS

The military wedding of Pte Wayne O'Mahony, 7 Inf Bn and Claire Kelly took place in McKee Barracks on Friday 4th May 2018. Pictured is Best man Sgmn Tommy Dullaghan, DFHQ CIS, groomsmen Pte Mark Clancy, D Ord and Bernard Bracken CMU, they are accompanied by Chief bridesmaid Ashling Murray, and Bridesmaids Sinead Collins and Anne Creevey. *Photo: Chris Clancy*



### ▲ PTE ANDREW WICKHAM REMEMBERED

On the 6th May 2018, the family and friends remembered the memory of Pte Andrew Wickham at the Wickham Memorial in Barntown, Wexford. *Photo: Patrick Hogan*

### IUNVA POST 9

Members of Athlone Post 9 of the Irish United Nations Veterans' Association (IUNVA) held their 2nd Annual Wreath Laying Ceremony at Coosan Cemetery, Athlone, on 27th May 2018. ACOS Brig Gen Peter O'Halloran is pictured with IUNVA Post 9 Chairman Jack McKervery, and Cllr Aengus O'Rourke, Mayor of Athlone and Cathaoirleach, Athlone Municipal District.

Mayor O'Rourke said, "...I want to acknowledge the families here today, the relatives and friends of the Irishmen across our Defence Forces, An Garda Síochána and indeed civilian personnel who lost their lives while serving on UN peacekeeping missions across the world." *Photo: James Wims, Athlone Topic*



### SLIABH NA MBAN

Sgt Mick Bookle with DF Veteran Martin Rowe's grandson Sean Rowe from Naas with the the Sliabh na Mban Rolls Royce Armoured Car at the Family Day in Punchestown Race Course on Saturday 28th April 2018. *Photo: Martin Rowe*







## 18TH CTI COURSE

Pictured are members of the 18th Confidence Training Instructors (CTI) Course undergoing instruction. The course was ran from the 30th April to the 18th May. The course incorporated lead climbing, top roping, abseiling and heavy rope work, working in the Gap of Dunloe, Co Kerry, Ballyryan, Co Clare and Cloughlea in Co Wicklow. *Photo: Coy Sgt John Hynes*



## DEFENCE FORCES CLAY PIGEON CLUB

Pictured are members of the Defence Forces Clay Pigeon Club (DFCPC) along with John Murphy from the Balheary Shooting Grounds, Swords, Co. Dublin. DFCPC would like to extend its thanks to the management and staff of Balheary Shooting Grounds for the use of the grounds recently for training and development of the DFCPC. A great day was had all around with various targets that posed a challenge to the DFCPC shooters of all levels. If any member of the Defence Forces wishes to enquire about joining the DFCPC please contact: Sgt John Reynolds, Ext 2639 or john.reynolds@defenceforces.ie. *Photo: Gnr Aaron Bannon*



## BEST WISHES ON YOUR RETIREMENT

CQMS 'Stoney' Burke retires from the Defence Forces after 43 years' service. He started his career in the 11th Motor Sqn in 1974, before joining the PDF in 1975 with the 1 FAR in Murphy Bks, Ballincollig. He transferred up to 2 FAR, McKee Bks in 1977. The same year he transferred to the 2 Fd Engr Coy, Clancy Bks. The final years of his career were spent in the Curragh Camp, with promotion to CQMS in 2013 with Ordnance Base Workshops. He is due to retire in October 2018. *Photo: Armn Jamie Barrett*



## 7 INF BN FCÁ ALL ARMY WINNERS 1960

Pictured are members of the 7 Inf Bn FCÁ who won the All Army Shooting Competition and Pte Barry Monaghan who won the individual 'Best Shot'. This was the only time the FCÁ were allowed to compete against the PDF. Afterwards it was always said that because they beat the PDF they were never allowed compete openly ever again. Pictured, Back Row (l/r): Comdt Ned Curry, Sgt Denis Peelo, Pte Barry Monaghan, Pte Sean Halpin, Pte Gerard Francis, P. Sharry, Sgt Dessie 'Lepie' Francis, Lt Jim Heron and ? MacNamee. Front Row (l/r): Cpl ? Whelan and Trg Offr Lt Mick Wright. *Words/Photo: Dessie O'Hara*



## PEACEKEEPERS MEMOIRS BOOK LAUNCH

On Friday 8th June, Col Desmond Travers (retd) launched retired Col Colm Doyle's book 'Witness To War Crimes - The Memoirs of an Irish Peacekeeper in Bosnia' in the Riverbank Arts Centre in Newbridge. Pictured (l/r) is: Conor Graham, Publisher and Managing Director of Irish Academic Press, Paul Clark, 2 Inf Bn Association and Col Colm Doyle (retd.) *Photo: Des Murtagh*

## BEST FITNESS NUTRITIONIST IN IRELAND 2018

Cpl Peter O'Halloran, Sp Coy 3 Inf Bn from St Stephens Bks in Kilkenny was named as the Best Fitness Nutritionist in Ireland 2018 at the Irish Fitness Industry Awards, which took place in Crowne Plaza Hotel, on 9th June 2018. This was the first year of the Irish Fitness Industry Awards, honouring Irish fitness businesses and professionals and recognising their exceptionally hard work. Well done Peter.





# DEFENCE ATTACHÉ LIAISON OFFICE

BY CAPT ÁINE MCDONOUGH, DALO

**In May, the Defence Forces hosted two high profile visits from the Nigerian National Defence College and the Italian Joint Staff College. Both courses are requirements for officers from each country to advance to General Staff level within their organisations. As part of each course, officers are required to visit a foreign country to study the structure of its Defence Organisation.**

## NIGERIAN NATIONAL DEFENCE COLLEGE

The Nigerian delegation was made up of twenty students from the Nigerian Army, Navy and Air Force, led by Maj Gen Peter Dauke, Deputy Commandant of the Nigerian National Defence College. After receiving briefings on Foreign Direct Investment in Ireland from the Department of Foreign



Affairs and Trade, the group visited McKee Barracks on 23rd of May for a series of strategic level briefings on Defence Policy, Strategic

Planning, Operations and Training. D COS Ops Maj Gen Kieran Brennan, greeted and addressed the group on various themes including international relations and Irish history.

Their recently accredited Defence Attaché, Brig Gen Abubakar Sadiq Ndalolo, also accompanied the Nigerian delegation. Brig Gen Ndalolo is based in London with secondary responsibility for Ireland. Together with Maj Gen Dauke, he met with the Chief of Staff, Vice Admiral Mark Mellett DSM, to discuss cooperation between Ireland and Nigeria. The briefings provided the students with the information required for them to compile detailed reports on Ireland as part of their eleven month long career course. At the end of their visit, the Nigerian Ambassador to Ireland, H.E. Dr Uzoma Elizabeth Emenike, hosted a dinner.

## ITALIAN JOINT STAFF COLLEGE

On 28th and 29th of May, a group of fifteen students and five staff from the Italian Joint Staff College visited the DFTC as part of their Joint Staff Course. Rear Adm Gianluigi Reversi led the group. The students came from the Italian Army, Navy and Air Force as well as the Customs Police and Ministry of Defence.

The Italian delegation visited UNTSI and received a number of briefings on Defence Policy, Strategic Planning, Operations and Training but also more focused presentations on the 1st Joint Command and Staff Course, Brexit, Marauding Terrorists and the ARW.

On 29th of May, the Chief of Staff, Vice Admiral Mark Mellett DSM, who also hosted the Italian Ambassador HE Mr Paolo Serpi at a lunch in Pearse Officers' Mess, addressed the group.

The visit ended with a reception for the Italian National Day hosted by Ambassador Serpi at his residence Lucan House, where a presentation was made to Col Paul Kennedy and Lt Col Seán Dunne for their service in UNIFIL, where they worked in close cooperation with the Italian military.

These visits by foreign career courses provide the Defence Forces with an opportunity to showcase our expertise in relation to areas such as peacekeeping and education, and also offer avenues for future bilateral cooperation with foreign militaries.■





# GAISCE ADVENTURE WEEK 2018



DFPES instructors Sgt Tommy Deveraux and Sgt Jim Maguire with group.

BY SGT WAYNE FITZGERALD PHOTOS BY ARMN JAMIE BARRETT

**E**ach year over 25,000 young Irish people between the ages of 15 and 25 take part in a range of activities as part of the self-development programme Gaisce: The President's Award.

The core values of Gaisce (Irish for 'achievement'), which began in 1985 under the patronage of then President Patrick J Hillary, are empowerment, inclusion and equality, respect, and excellence, and there are three awards: bronze, silver and gold. The Defence Forces have been assisting Gaisce for the last 25 years by running an annual adventure challenge.

DF Press Officer, Comdt Pat O'Connor, told us: *"The Defence Forces are delighted to be involved with Gaisce and have a proud history of helping to develop the character of the young students who partake in the Defence Forces Adventure Challenge. The military challenges they undertake test the physical and mental abilities of the group and they learn to work as a team in order to succeed."*

Gaisce participant under the age of 18 were invited to nominate themselves for this year's DF Adventure Challenge and 30 lucky volunteers were selected from a large number of applicants to participate in the event, which was held from 4-8 June in Cus-tume Bks, Athlone.

Every year soldiers from 2 Bde Arty Regt run the challenge with assistance from the Defence Forces Physical Education School (DFPES), putting these young people through

their paces. This year they took part in military assault course and dive pool challenges, a timed 10km speed march across the Curragh, a 15km hike over the Slieve Bloom Mountains, rock climbing, and kayaking, before being presented with their awards at the end of the week.

This once-in-a-lifetime opportunity to partake in the DF Adventure Challenge aims to encourage young people to start a journey of self-discovery.

Prior to the start of this year's challenge Gaisce CEO, Yvonne McKenna, said: *"Gaisce is delighted that, due to the generosity of the Defence Forces, 30 Gaisce participants are being given a unique opportunity to experience military life first hand. Over the course of the next few days, these wonderful young men and women will push themselves to their limits. In the process, they'll develop skills, build confidence, learn as much about themselves as they will about military life, and create lifelong friendships and memories to cherish. It is a great achievement for them all."*

Lt Sarah Donnelly (2 Bde Arty Regt) said: *"The DF Adventure Challenge teaches these young people a lot of skills like setting up a campsite, brewing up, using pack rations, and teamwork."*

Lt Donnelly thanked members of 2 Bde Arty, Sgt Massimo Caschera, Cpls Barnicle, Curtain and Watts, Gnrs McGee, Harte, Moran, Nelson, Horgan, Phelan and Marky-Fox, and the logs staff, headed up by Sgt Fogarty and Cpl Tormey, for their assistance in running another successful challenge. ■



Adam Keogh (Ballymun) and Chenice Dolan (Santry) get to grips with the rope



Gaisce participants in the Slieve Blooms.



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

## AN BONN JADOTVILLE PRESENTATION

BY PAUL CLARKE, 2 INF BN ASSOCIATION

**O**n Saturday 14th April, three Jadotville medals were presented to James Harper and the family representatives of Maurice Doyle and Joseph Hegarty at IUNVA House in Arbour Hill; they were unable to attend the original presentation in Athlone in December 2017.

The event was organised by 2 Inf Bn Association and IUNVA and supported by 2 FAR, 2 Cav and 28 Inf Bn Associations. A very impressive IUNVA Pipe Band piped the recipients into the IUNVA Monument. Musical salutes were sounded and the IUNVA Pipe Band played a lament and concluded the presentation by playing the National Anthem. 2 Inf Bn Association President Brig Gen Colm Campbell Retd addressed the parade outlining the complexities of early peacekeeping and how a peacekeeping mission can go to a peace enforcement mission in such situations. IUNVA Post 1 led by their capable Chairman John Egan prepared for the presentation and paid attention to every detail including a reception afterwards with the impressive Marie leading the way as catering manageress (well done everyone!).



John Gorman IUNVA Post 1 Chairman, John Egan IUNVA President and Brig Gen Colm Campbell Retd



IUNVA Pipe Band



Members of IUNVA

Brig Gen Colm Campbell Retd said, "We are here to honour three of Ireland's bravest soldiers, who left these shores in 1961 as members of A Coy 35th Infantry Battalion's Peace-keeping mission to the African Congo. Little did they know what lay ahead of them especially the members of A Coy when they were tasked with providing a UN presence in the Congolese Village of Jadotville."

As if this presentation wasn't special enough having James Harper present, the person co-presenting this medal is also a Jadotville Tiger,

John Gorman. John is the man who, approx. 18 years ago set out on a journey to clear the ignominious tag of coward that was so unfairly put upon their heads, this he did when, in 2005, the then Minister for Defence, Willie O'Dea acknowledged the Jadotville Veterans bravery and said that they were, "ordinary soldiers doing extraordinary things". In addition to all the deserved accolades being given to the Jadotville Tigers, John Gorman was conferred on 27th April 2018 with a Distinguished Fellowship from the Athlone Institute of Technology.

We offer a special mention and thanks to Eddie Crawford of 28th Inf Bn Association, for his dogged research in finding contacts for these heroes.

The medal presented was unique in that the only people to be awarded and presented it are the men who served in Jadotville, no other person will ever be awarded this medal.

An Bonn Jadotville in its description is engraved with the words "cosaint chalma and misneach" which translated means Valiant Defence and Courage. These are the nearest words describing Bravery. The word 'Jadotville' is depicted on the clasp of the medal and the medal ribbon represents a combination of an Irish Tricolour and the United Nations Operation in the Congo mission medal. The Siege of Jadotville was an event that occurred during Ireland's peacekeeping mission in the Congo in September 1961. 156 Irish soldiers found themselves fighting against 5,000 Katangese troops to survive as their supplies of ammunition, food and water dwindled over the course of the 5-day battle. ■



An Bonn Jadotville



Pictured l/r: David Carrick, Rory Farragher (grandson of Maurice Doyle), Noel Stanley, Tara Scarafie (daughter of Joseph Hegarty), James Harper, John Gorman and John Twomey. Sadly, since writing this article James Harper has passed away. May he rest in peace.





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# DEFENCE FORCES VALUES AWARDS 2017

BY SGT RENA KENNEDY AND SGT WAYNE FITZGERALD  
PHOTOS BY SGT MICK BURKE

Since its inception, the Defence Forces (Óglaigh na hÉireann) has faithfully maintained a strong ethos and a set of values that have ensured a continuous and exemplary level of professionalism at home and abroad. The organisation is built on the ethos of service to the State and the values of respect, loyalty, selflessness, physical courage, moral courage, and integrity, which are central to our effectiveness and fundamental to sustaining Óglaigh na hÉireann as a steadfast pillar of the Irish State.

The manifestation of these values is ably demonstrated by Óglaigh na hÉireann personnel in their everyday professionalism and dedication to service. By living these values through their application in all operations and activities, personnel inspire pride among the people they serve and strengthen the nation.

To properly recognise personnel who demonstrate living our values, the Defence Forces Values Award were inaugurated in 2017. These awards, in addition to recognising individual acts of living our values, will act as an example to all members of the DF.

“Your Defence Forces values will be stamped on you forever.”

Jadotville veteran, Capt Noel Carey ret'd.

As an organisation we are recognised domestically and internationally for our service to the State. In the recent past the Defence Forces has received awards such as the Bar Council HR award (to the Naval Service); the inaugural Human Rights award; the 2016 European of the Year award; Gradham An Taoiseach (for service during the visits of Queen Elizabeth II and President Obama). It has also received security industry awards (for EOD); social media



awards; awards for academic achievements; and awards for innovation, to mention a few.

While military life is about teamwork, camaraderie and the military family, rather than individual actions or singular acts, these awards are, to put it very simply, to promote role models across the organisation.

PR Branch met with brigade/formation sergeants major in spring 2017 to get their feedback on the initiative and with overwhelming support proceeded with an outline plan of criteria for the nomination and selection process.

A closing date of late October saw 158 nominations received: 1 Bde – 26; 2 Bde (including DFHQ) – 67; DFTC – 19; Air Corps – 29; and Naval Service – 17.

One third of the nominations were for displaying selflessness and the stories attached to this category (and, indeed, all categories) made for fascinating reading, and choosing award winners proved extremely difficult. A committee comprising Oic PR Branch, DF Press Officer, PSO to ACOS, Sgt Major SPB, Coy Sgt to ACOS, DF Press Sgt, and Editor An Cosantóir, had the responsibility for selecting seven winners, one per value and one overall champion.

On 11 May 2018 in the United Nations Training School Ireland, Chief of Staff, Vice Admiral Mark Mellett DSM, presided over the inaugural Defence Forces Values Awards. Oic PR Branch, Lt Col Oliver Dwyer, greeted the award recipients along with their families, their unit commanders and, in some cases, their unit senior NCO. Members of the General Staff were also present.

In his address to the attendees, Vice Admiral Mark Mellett described the award winners as personnel “... *who through their service demonstrate and embody the core values of our organisation*”.

He continued: “The Defence Forces’ ethos of continued volunteer service to the State and the six values of respect, loyalty, selflessness, physical courage, moral courage and integrity, form the bedrock of the organisation and are central to our effectiveness... and are the beacons that guide us individually in our professional







life and as an organisation in our external engagement.

*"Having regard for this being the 60th Anniversary of Óglaigh na hÉireann's first foray into the international arena on behalf of the State on UN service – service that has the distinction of being unbroken since our first deployment to the Middle East in 1958 – our values have served us well in enabling our capacity to demonstrate our ability to be a force for good. Our values, and more importantly their enactment, will be a critical component as a hedge in our interactions and engagement with the wicked problems the global community faces in increasingly dynamic and complex theatres.*

*"...Our purpose here today is to acknowledge individual examples of values enactment by the award recipients, Pte Jenny O'Connor, Coy Sgt Matt Masterson, Sgt Major Noel O'Callaghan, Sgt Leona Walsh, L/Sea Ryan Carroll, Sgt Richard Mulderry and Sgt Stephen McColgan (RIP), who have all provided tangible demonstration of the enactment of our values for the illustration, emulation and encouragement of all our personnel."*

The chief of staff then introduced Jadotville veteran Capt Noel Carey (retd) who, he said, *"...through the eloquence of his recollections...demonstrates that our values can be, and are, a compass by which we can be guided, not just in routine circumstances but also in the most challenging environments"*.

In his address, Capt Carey said: *"Many have heard of the exploits of A Coy, 35th Inf Bn, at Jadotville in 1961 ...We went there to serve for people who were less well off than us – that's a value of the Defence Forces."*



Speaking about Jadotville and the overwhelming odds they faced, he said: *"Comdt Pat Quinlan was brilliant for ordering us to dig in with interlocking arcs of fire. This decision is the reason I am standing here today...The Defence Forces' values are so important in a military sphere; like courage under fire. All soldiers train to be under fire, but when it happens for real the realisation is stark; it's not like in the movies or on a PlayStation – it's fear! Afraid for yourself and your troops, but overcoming that fear is courage."*

Capt Carey went on to say, *"It gives me great pleasure to see our troops at home and overseas doing fantastic work, and how they are acknowledged in the media as doing so."*

He finished by recognising how ingrained these values become, telling his audience: *"Your Defence Forces values will be stamped on you forever."*

## Defence Forces Value Awards WINNERS

### Value: Physical Courage

#### Winner: A/Sea Ryan Carroll, Shore Ops, NSDS

During the rescue of 705 migrants on Operation Pontus on 16 June 2017, A/Sea Carroll volunteered as SAR operator; a dangerous, frontline role. He put the interests of the mission and his unit first over an extended period; injecting calm into repeatedly volatile situations and handling every individual with professionalism and aplomb. His courageous, selfless and professional input enabled LÉ Eithne to save all those in need of rescue on the day.

Of his award, he said: *"I was shocked to hear I'd won the award; I felt any one of the crew that day would equally deserve it. That said, it's a proud day for my family and myself and it's meant a lot, particularly as I was nominated by my colleagues."*

His father, Paddy, added: *"What Ryan has achieved and experienced in his young life due to service with the navy is a great source of pride to me and his mam. The Naval Service is very good to him and I would recommend any young person to join up."*

### Value: Loyalty

#### Winner: Sgt Stephen McColgan (RIP), 1 Cn Cois

Sgt McColgan demonstrated tremendous loyalty to his unit and comrades, gladly spending hours of his free time to ensure his students would receive the best possible instruction. Despite considerable achievements he retained admirable modesty. He also displayed remarkable dignity and courage during his illness and was inspirational to all.

Described as a consummate soldier to the last, Stephen won numerous brigade and all-army titles in shooting, sniping and mortars as well as representing the DF as competitor and coach in various international competitions in the UK, Canada, Denmark and the US. He sadly passed away last year.

Commenting on receiving the award on behalf of her late husband, Niamh McColgan said: *"Stephen was such a modest man he might not have enjoyed the limelight today, but for me, and the rest of the family, we are so proud to accept the award on his behalf."*





### Value: Integrity

**Winner: Coy Sgt Matt Masterson, 2 BTC**

Coy Sgt Masterson received multiple nominations across a range of values from all ranks and multiple units. He is renowned for giving his honest assessment, whatever the situation. Typical of comments heard about him include: *"Most honest man I ever came across in the Defence Forces"*; *"Never afraid to challenge the consensus, regardless of rank"*; *"Will always put the needs of the student first"*; *"Shows students tolerance and understanding."*

On receiving his award he said: *"I had no idea I was nominated, so to receive the award is a massive surprise and I am hugely honoured to receive it."*

### Value: Moral Courage

**Winner: Sgt Richard Muldarry, 6 Inf Bn**

For the greater good Sgt Muldarry set himself on a platform that many others would have shirked, when he became a key driver and enabler in the establishment of the DF LGBTA 'Defend with Pride' network, where he demonstrated a willingness to fearlessly take the lead for an initiative that has demonstrated the DF's commitment to diversity. In championing the cause of minorities he has enhanced the DF's credentials as an inclusive organisation.

Commenting on his award he said: *"I'm so proud to have won this award, particularly for my work on a cause that I'm so passionate about. I must say my moral courage was enabled by the progressiveness of the Defence Forces leadership."*

### Value: Selflessness

**Winner: Pte Jennifer O'Connor, J7 DFHQ**

Pte O'Connor was another who received multiple nominations for a range of values. She consistently places the needs of others and the DF before her own. Described as honest, sincere and reliable, her selflessness was epitomised during a time of great personal difficulty. When her mother passed away and her father was diagnosed with cancer, Jenny took two of her seven siblings (her younger brother and sister) into her nuclear family, ensuring they completed their leaving certs while remaining an exemplary mother, wife, and, above all, soldier. She takes more satisfaction from others' achievements than her own and in adversity has

remained loyal to her family, friends and colleagues.

Commenting on her award she said: *"I'm so proud to have won this award and also very humbled. I work with the finest people in the Defence Forces and have made life-long friends."*



### Value: Respect

**Winner: Sgt Leona Walsh, 1 Ops Wing, AC**

In the course of her duties Sgt Walsh demonstrates a high level of respect for everyone she deals with in her role with the air ambulance service, and has received a letter of appreciation from a former Taoiseach. On air ambulance duties her empathy and respect come to the fore, helping to make patients' and their families' journey more comfortable and dignified.

In an article in the Medical Independent about the air ambulance service, Dr A O'Connor wrote: *"They showed professionalism, kindness and humanity, and I am extremely proud that they bear our flag on their uniforms. Their sole concern at all times was the safe transfer of our patient, regardless of inconvenience to themselves; this is an attitude all too unfamiliar among many of us employed in the delivery of health services."*

On receiving the award Sgt Walsh said: *"I am very humbled to receive a nomination and indeed to win the award. Having my family here today with me is a very proud moment."*

### Overall DF Values Champion

**RSM Noel O'Callaghan, 2 AR**

RSM O'Callaghan has consistently demonstrated the values of the DF throughout his long career. He has shown commitment to his unit at all times and was a key element in ensuring its cohesiveness following reorg. He has never shirked responsibility and has been an essential enabler across all aspects of DF life, from his early involvement in BPSSO activity through to his outreach to bereaved families and extensive work on behalf of charities and his community. He has consistently sought to portray his unit in the best possible light, in word and deed and is the archetypal sergeant major. He can be depended upon to bear the load and responsibility, regardless of the challenge, with the moral courage to set out any concerns he may have but thereafter, regardless of the decision, loyally implement the commander's direction without hesitation.

On receiving his award, he said: *"I am genuinely surprised but extremely honoured to receive this award, and I am delighted to be here today with the other award winners."* ■





# CUSTUME HOUSE, ATHLONE

REPORT & PHOTOS BY SGT WAYNE FITZGERALD

**O**n 13th June *An Cosantóir* visited Custume House, Athlone, which houses a number of former soldiers who have fallen on hard times. The completely refurbished, former GOC's residence has seven bedrooms, a family room and a TV/reading room and was officially opened in November 2006. The project also received assistance from the Defence Forces, the DoD, and the local authorities in Athlone and Westmeath. The rent is means tested and kept at an affordable level.

In 2015 the original house manager, Aiden Byrne, handed over the reins to Paddy McManus, whose 40-year military career was spent in Custume Bks. His last 16 years were with the PSS, where he took a number of degree/diploma courses, including the Employee Assistance Programme (EAP) in UCC and counselling in UL. Paddy, whose father and six brothers all served in the Defence Forces, retired in 2012 and joined his local ONE branch in Athlone, where he is now branch secretary.

Over a coffee I chatted with Paddy and the residents, two of whom are there since Custume House opened, while another has only been there a few months. The oldest resident is 72 and the youngest 55, and while they all served in Athlone or Mullingar they come from many parts of the country, including Dublin and Donegal.

The cleanliness of the house was very impressive, with the rooms, kitchen, and toilets all spotless. There was also a large well-kept garden to the rear with many flowers beginning to bloom.

Paddy explained: *"It's their home and is respected as such by all residents. There are simple rules: respect for each other and the home. They are all great lads and they keep the place tidy. It also means we don't have to hire a cleaner."*

Many residents have skills that are utilised daily. These include an electrician and a carpenter, who both carry out maintenance and decorating, and a paramedic who volunteers locally as a medic.

While residents look after their own breakfast and lunch, former DF chef, Gerry Fallon, comes in most days to prepare the main evening meal.

On the financial side, Paddy's budget, provided by ONE, is broken down to cover subheads like maintenance, utility bills and food. The property also has a mortgage from Westmeath Co Council.

Speaking about the funds required to maintain the home, Paddy stressed the continual, tireless work of Trisha McLoughlin, who has fundraised €10,000 in the last few years.

The house manager also thanked OC Custume Bks and 6 Inf Bn, Lt Col Johnny Whittaker, for the much-needed support and fundraising provided by the serving members in Custume Barracks. *"This is a garrison town,"* Paddy said, *"and everyone has some-*

*one in the DF or a connection, so there is great support locally when fundraising. We like funds raised locally to stay local, so we always try to use local traders."*

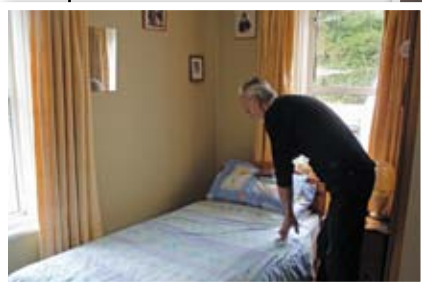
Over 700 veterans have now



been provided with a home over the last few decades, and ONE needs €600,000 annually to run its three facilities, with more needed as there are waiting lists for all homes. Discussing the reasons why veterans need the services provided by ONE's homeless initiatives, which have been going since 1994, Paddy said, *"It's a snap shot of society. If you look at other professional bodies they would have a similar percentage of their workforce who have experienced life difficulties that resulted in their need for a place to live, because of either separation or financial problems."*

On 27th June ONE launched their annual Fuchsia Appeal at the DF Monument in Merrion Square with the Minister with Responsibility for Defence Mr Paul Keogh TD and DF COS Vice Admiral Mark Mellett DSM. This is ONE's main fundraising initiative and runs throughout the year, so please support their stalwart efforts. ONE CEO Ollie O'Connor said, *"It is a great tragedy that some of our former veterans end up homeless and continue to be victims of the homeless crisis gripping the country."*

**For more info contact:** ONE HQ, Brú na Bhfiann, North King Street, Dublin 7. Ph: 01 485 0666 or email: [info@oneconnect.ie](mailto:info@oneconnect.ie) ■





# COBH HONOURS WW1 SAILORS IN THE BATTLE OF JUTLAND

BY CAPT PAUL EDWARD ROCHE MN, SECRETARY JUTLAND MEMORIAL SOCIETY OF COBH  
PHOTOS BY CPO GORDON KINSELLA, NS

**A** Remembrance Service and unveiling of a Monument took place in Cobh, on Saturday 2nd June 2018, to honour the 20 sailors Cobh lost at The Great Sea Battle of Jutland in 1916 and recognising all those who served in World War 1.

A joint service held in St. Colman's Cathedral, Cobh, was hosted by Father John McCarthy, Catholic Church and Reverend Paul Arbuthnot, Church of Ireland, highlighting that the whole community was affected by the tragic loss of life at Jutland. A packed Cathedral watched as a joint blessing then took place of twenty sailor's caps, each representing the rank of those Cobh men killed in action from the 31st May to the 1st June 1916. This included Commander Richard Herbert Denny Townsend, the highest-ranking Irishman to die at Jutland.

Ms Eithne Wright, Chairwoman of the Jutland Memorial Society said, "It was a very dignified and emotional service". Ms Wright is the great niece of Shipwright William McGrath lost on HMS Queen Mary that day.

Following the Remembrance Service, a short procession led by Piper Adam Duggan, a symbolic pall bearer detachment from the Irish Naval Service Reserve, the flag standards of the Royal Naval Association of Ireland were followed by descendants carrying the twenty sailor's caps to the Bible Gardens of the Benedictine Nuns, St Benedict's Priory, former British Admiralty House.

There a monument to their sacrifice was unveiled by County Mayor, Councillor Declan Hurley. It was jointly blessed by Father John McCarthy and the Reverend Paul Arbuthnot. Wreaths were laid and a bugler

sounded the Last Post. This was followed by a two-minute silence which was concluded with a bell being rung eight times, traditionally used to mark the change of the duty watch on ships.

The event was concluded by Chev. Adrian Gebruers of St. Colman's Cathedral where the service began. At 4.03pm, marking the time the HMS Indefatigable sank, he played on the Carillon Bells, the evocative "For Those in Peril at Sea" by John Dykes (1823-76) and then at 4.25pm, marking the sinking of HMS Queen Mary, the beautiful "Abide with Me" by William Monk (1823-89). All those gathered in the Bible Gardens had a grandstand seat for this unique performance with beautiful views across a sunny harbour.

The Jutland Memorial Society was inspired by relatives of those who died from Queenstown (now C  bh) in that battle. Chaired by Ms Eithne Wright, Secretary Captain Paul Roche, Treasurer Vincent McMahon, Committee Members Hendrick Verwey, Sonya O'Connor and Jimmy Wyse.

The monument by local sculptor, James McLoughlin, is inscribed with the names of those from Queenstown who died at Jutland on the sides and the inscription on the front reads: "Dedicated to the memory of the men of Queenstown (Cobh) lost at the Battle of Jutland, 31 May – 1 June 1916 and all those who served in World War 1. Lest we forget"

Ms Eithne Wright, Chairwoman of the Jutland Memorial Society said, "It brings home the reality of war and of the sacrifice they made and of the families they left behind. We are very grateful for the generosity of Cork County Council and the Port of Cork as main sponsors, to local Businesses and Associations and the people of Cobh, whose donations made this possible. We are especially thankful to the Benediction Nuns for allowing the Monument to be placed on their grounds." ■



Lt Cdr Patrick Doherty, Naval Service (representing FOCNS) salutes after laying a wreath





# Ship's Command Certificate

BY LT CDR CAOIMHÍN MAC UNFRAIDH, SPB, DFHQ



P63 LÉ William Butler Yeats



The certificates border detail

**C**ommand of a State ship is a fundamental aspiration of those who join the Operations Branch of the Naval Service. Military command is unique in its implications and is usually recognised in the form of a commission. In Ireland, every commission is signed by An tUachtarán, An Taoiseach and the Minister for Defence; three of the State's highest office holders. After commissioning, naval officers hold a variety of appointments throughout their careers but the one that resonates, both within the Service and without, is command of a ship. Ship's captains (OCs) are appointed by, and at the sole discretion of the Flag Officer Commanding Naval Service (FOCNS).

In order to mark this important milestone, Naval Headquarters collaborated with artist, Eve Parnell, in the design of a Ship's Command Certificate. The artist was given a brief that the Command Certificate was to echo the style of the Commissioning Certificate so that the clear, unbroken line of commissioned authority between the one and the other would be evident in the two documents, side by side. The paper was to be of equal quality and the design and artwork was to be unique, ensuring the distinctiveness of the Command Certificate versus any other official Defence Forces document or award.

Eve Parnell delivered a beautiful, original piece of art. The border consists of interlaced crossing patterns characteristic of carved Irish monuments of the ninth, tenth and eleventh century and evoking the continuous motion of waves. The female figure represents Éire, carrying an Irish battle spear, her hair plaited like a warrior yet softly resting over her shoulder like a rope. The paper is 145 gsm, acid free Zerkall with part cotton content and - like the inks used - is of archival quality. The text was hand-composed and letterpress printed by the Artist at Distillers Press in the National College of Art and Design and the wording was developed from the commission, in which the Irish

language is given priority.

The new Naval Service Ship's Command Certificate is now awarded to new ship's captains as a formal recognition of their achievement in reaching the position to which they have long aspired and, in its carefully chosen wording, as a reminder of the responsibility with which they have been entrusted. ■



Presentation of Command Certificate to Lt Cdr Patrick Doherty by Commodore Hugh Tully, FOCNS (who retired last December)



Eve Parnell with Lt Cdr Caoimhín Mac Unfraidh beside the Wardroom's portrait of WB Yeats by his father John Yeats

# MISSION COMMAND

## AN INTRODUCTION

BY COMDT GAVIN EGERTON, OIC & CI NCOTW

According to Defence Forces leadership doctrine NCOs are ‘the glue that holds the organisation together and the oil that keeps the cogs moving’ (DFDM – J2). In other words they are the lifeblood of the Defence Forces’ middle management. If this is true, we should do more to empower NCOs and encourage initiative at that level. This requires commanders to devolve decision-making authority to junior leaders and encourage a flexible and dynamic approach to problem solving. The answer to this is ‘mission command’.

Mission command is the command and leadership philosophy formally employed by the Defence Forces and it is referenced in Defence Forces leadership doctrine, as ‘a philosophy of command that promotes decentralised command, freedom and speed of action and initiative, but is responsive to superior direction’ (DFDM – J1).

The US Army’s pamphlet on mission command (ADRP 6-0) defines the philosophy as “The exercise of authority and direction by the commander using mission orders to enable disciplined initiative within the commander’s intent to empower agile and adaptive leaders in the conduct of unified land operations.”

In simple terms, mission command allows subordinate leaders to execute their mission with as much freedom as possible where the commander, through issuing

clear commander’s intent (a concise statement by the commander of his/her identified purpose) and control measures, has told subordinates *what* to do but not *how* to do it. The Defence Forces leadership doctrine recognises that in order for mission command to work there needs to be five key elements present: unity of effort, trust, mutual understanding, timely and effective decision making, and decentralised execution.

So, where did mission command originate?

In the late 18th and early 19th centuries the Prussian Army was internationally renowned for its military prowess and success, particularly under Frederick the Great, who insisted on strict obedience to detailed orders in battle. Following a shattering defeat by Napoleon at the twin battles of Jena and Auerstedt in 1806, the Prussian leadership was forced to rethink its doctrine. Carl von Clausewitz, a Prussian general and military theorist, analysed the defeat in an attempt to identify what made Napoleon’s tactics superior. He found that amongst Napoleon’s many attributes was a willingness to allow initiative from his subordinates and a flexible approach to battle; quite a stark contrast to the Prussian model.

Following Clausewitz’s death, one of his disciple’s, General Helmut Graf Von Moltke, adopted much of his former mentor’s teachings. Von Moltke, who is





famous for stating that no plan survives first contact with the enemy, emphasised the need for flexibility, freedom of action, and initiative during battle in order to quickly adapt to the changing situation. Today, Von Moltke is known as the 'Father of Auftragstaktik' or 'mission command'.

Fast forward to the German invasion of Poland in 1939 and we can see the evolution and adaptation of mission command. In the years prior to World War II the Wehrmacht invested great effort in empowering junior leaders, encouraging initiative, and emphasising commander's intent and outcomes rather than detailed orders. The employment of such flexibility and decentralised decision making during this campaign resulted in the rapid capitulation of Polish forces and vindication for the effort the Wehrmacht had spent developing mission command theory and practice. Since then, this command philosophy has been adopted by most Western militaries, including our own.

The benefits of adopting a mission command philosophy should be obvious to the reader; but let's explore some of the

come from both bottom-up and top-down. On the side of subordinates, there must be a high level of professionalism in terms of TTPs which will create trust. On the side of superior commanders there needs to be a willingness to 'let go of the reins' and relinquish some control in order to provide freedom of action to subordinates. In practical terms this means junior leaders demonstrating competence and professional knowledge of their job (which creates trust); and the commanders must be brave enough to loosen their grip. If trust is not present mission command will fail; but trust works both ways and commanders need to be seen to issue very clear intent, guidance, and parameters and to competently deliver mission orders.

How can I facilitate mission command?

NCOs and junior officers insisting on the utmost professionalism from soldiers under their command will generate trust. Senior commanders should then reciprocate and delegate as much responsibility as is practicable to junior leaders and in so doing ensure that very clear intent and parameters are issued. During



more prominent rewards. Firstly, by pushing decision making authority downward, important decisions in critical situations are accelerated, without the need to constantly check with higher HQ as the battle progresses. An example of this would be a section commander having the freedom to conduct a section attack without having to check with the platoon commander (who in turn checks with the company commander) for permission, and to ask for instructions on how exactly to carry out the attack. This allows junior leaders to get inside the enemy's OODA (observe, orientate, decide, act) loop and task and launch soldiers quicker than the enemy can, thus exploiting changes and opportunities in the battle. Secondly, by empowering NCOs and junior officers with this authority and responsibility they will develop professionally at an exponential rate, buying in to the mission and growing as leaders.

In such an environment leadership ability is put to the test, and in order to keep the new-found freedom NCOs and lieutenants should drill their soldiers in the most pertinent tactics, techniques, and procedures (TTPs), in order to maintain the trust of their commanders. Thirdly, the workload of the commander should be streamlined as he/she transfers decision making to subordinates. This means commanders can focus on the higher-level command functions that may be decisive to mission success.

Obstacles to effective implementation of mission command

the next field training exercise your unit participates in why not experiment by delivering a set of orders to your subordinates with the emphasis on the outcomes you want them to achieve and not on how they should achieve them.

The effects-based approach to operations – as enshrined in our Land Component Manual (DFDM L1) – facilitates this, where the 'effect' that a commander wants achieved is the principal factor in the orders, not an over-prescriptive and elaborate scheme of manoeuvre.

While the emphasis during command and staff courses is on effects verbs and mission orders, the use of effects-based language on NCO career courses needs to improve. The NCOTW will endeavour to achieve this, but junior leaders in units should actively seek to opt for mission orders focusing on effects-based language and on the outcome, not the means.

NCOs and junior officers are the key to mission command's widespread implementation. Particularly, the empowerment of NCOs and a conscious effort by commanders to avoid micromanagement is something that will benefit the entire organisation. This bottom-up and top-down approach to mission orders and mission command will in time result in the empowerment of junior leaders and accelerated decision making at critical times. A successful application of mission command in your unit will turn your subordinates into active leaders, rather than passive followers. ■

# VITA NEEDS YOU IN ETHIOPIA

## FOR THE GREAT ETHIOPIAN RUN (GER)

BY COMDT EAMONN SMYTH RETD

**E**amonn Smyth served 29 years with the Irish Defence Forces and was mainly stationed in the Curragh, Co Kildare. During his time he served overseas in Kosovo, Lebanon and Central America. He first heard of Vita, the Irish charity fighting hunger and climate change in East Africa, about a year ago when he met up with an old school friend, Gerry Murphy. Gerry works with Vita and explained to Eamonn that Vita's mission is about helping rural people in East Africa establish themselves and create sustainable livelihoods so they can choose to stay within their own communities and with their own families.

Eamonn liked the sound of Vita's programme and felt it was very complimentary to the Irish Naval Mission in the Mediterranean, rescuing people in danger of drowning who took the risk because they felt they didn't have a future in their country of origin.

Gerry encouraged Eamonn to get involved, and to spread the word amongst his military colleagues, so Eamonn put together his 'task force' of retired Colonels George Kerton and Declan Carberry. Their task is to raise awareness of Vita's work amongst the ranks of serving and retired personnel of Vita's work and to put together a team to participate in the Great Ethiopian Run (GER).

Eamonn is looking for members of the Defence Forces, current or retired, male or female to participate in the Great Ethiopian Run, an annual 10km run / walk in Addis Ababa, Ethiopia in November this year. Vita's programmes are in Ethiopia and Eritrea, with the main aim of assisting communities to survive in the locations they live in. This work is complimentary to the Defence Forces historical mission to East Africa in the past and the Naval Services on-going missions to the Mediterranean.

The main aim of engaging with members of the Defence Forces for the Great Ethiopian Run is to raise awareness of development challenges in East Africa, where hunger and drought are driving millions of people towards mass migration.

In 2012 BSM Billy O'Neill (Retd) formally of the Military College and DFTC ran the Great Ethiopian Run in 42 minutes for another Irish charity working in Africa to combat eye disease. *"I have great memories of the dizziness from altitude, the locals running in support of the runners, and of giving up my GER t-shirt and race number to a 17-year-old boy who was eying up my medal and cert. It really was a great experience."*





**Who is Vita?** Vita has been working in Africa for 30 years. Based in Dublin, they have offices in both Ethiopia and Eritrea which enable poor, rural people to achieve sustainable livelihoods through access to clean water, food supply and low cost household energy such as solar. When people have the opportunity to stay with their families and within their communities while generating a decent living, they are no longer forced to make the treacherous journey across the Mediterranean to Europe.

The Great Ethiopian Run is the perfect opportunity to visit Addis Ababa, the Rift Mountains and the South Omo Valley in remote southern rural Ethiopia. Over the course of the week (November 12th to 20th) participants will meet with locals such as the Dassenach, Dorze and Hammer people and see how Vita's programmes impact on their lives.

Along the way the team will travel through Konso, a UNESCO world heritage area, across the savannah to the South Omo valley and stay in a traditional lodge hotel overlooking Lake Chamo and Lake Abaye, in the Nechisar National Park. We will visit potato farmers, camel and goat herders, weavers and potters, and sample the local tippie, Tsech, in a traditional market day bar.

Towards the end of the week everyone will fly back to Addis to get ready for the 10km run. This involves dinner the night before with the crème de la crème of East African Olympics and World Record athletes, including one of the world's greatest ever runners, local hero Haile Gebrselassie at the run's official headquarters in Addis Ababa.

The following morning will see 46,000 people line up for Africa's biggest road race. This can be embraced as an all-out run, or as a gentle stroll through a fascinating African city on a Sunday morning. You choose the pace but all finishers get a medal and the bands and party atmosphere all along the way makes it thoroughly worthwhile.

This is an opportunity for members, serving or retired, to participate in an extraordinary adventure while getting to know the real Ethiopia, its people and culture. You will travel with Vita's team, and meet the extraordinary, diverse and fascinating people wherever we work. The cost per participant will be €3,000 and this covers all international and internal flights, accommodation, food, registration for the GER, transport in jeeps, drivers, guides and museum entrance fees and includes a €1,500 donation to Vita to enable them to continue doing their work. The trip starts on the evening of 12th November with a direct overnight flight to Addis and we return home on the 20th November.

**For further information please contact Céline-Fleur Halpin: [celine-fleur.halpin@vita.ie](mailto:celine-fleur.halpin@vita.ie) or call on 01-8734303 or contact Eamonn Smyth at [eamonn.smyth@yahoo.ie](mailto:eamonn.smyth@yahoo.ie) or on 086-8785635.**

Vita is a registered charity No: 9670. Address: Vita, Equity House, Upper Ormond Quay, Dublin 7. [www.vita.ie](http://www.vita.ie)





# Harnessing the 'Single Force'

BY TPR DYLAN HENNIGAN AR, 1 ARMD CAV SQN



For me, joining the Defence Forces as an Army Reservist with the reserve element of 1 Armoured Cavalry Squadron in the DFTC in September 2015 coincided with starting third-level education at Dublin Institute of Technology. I was aware that there would be a period of full-time work placement through my degree programme in networking technologies and I was also aware of the work of the Communications & Information Services (CIS) Corps. With this in mind, when the work placement period in was approaching in the third year of my course, I applied to undertake my placement with CIS. This was accepted, and already having a couple of years' experience in computer networks through college and contract work, I was attached to Comms Section, DFHQ CIS Coy, in McKee Bks under Comdt John Kenny, Network Coordinator for the DF.

Beginning June 2017, this was a particularly interesting time to join the unit - a special establishment under DCOS Ops, which has responsibility for the entire CIS network (CISN) and all services running on it, both domestic and overseas. Straight away, I got stuck in with work on the Virtual Desktop Architecture (VDA) Project, working alongside highly-skilled CIS staff and external contractors. This is an ongoing €12.8m project set out by

D J6, and is the largest ICT project undertaken by the Defence Forces to date. It will revolutionise the CISN and the services provided on it for users, and will allow thousands of military users to access multiple security domains from a single desktop interface. It will also increase centralised management and security of the network in the midst of the global cyber threat landscape.

Comms staff, in particular the technicians in the unit, took me under their wing from day one and we developed an excellent working relationship within the team. Working mainly out of DFHQ McKee and Newbridge, I had the opportunity to work in the areas of network hardware and software infrastructure, network security, and project deployment, and gained experience working with strategic satellite communication links with UNIFIL and UNDOF.

In August 2017, the opportunity

Former and current personnel of DFHQ CIS Company, McKee Bks, Dec 2017. Photo: Sgmn T Dullaghan



Students on the NATO NCI agency cyber security course in The Hague, Netherlands. Photo: Hague Security Delta



1 ACS Reserve element exercise in the Slieve Blooms in September 2017. Photo: Comdt I Stewart, AR



arose to attend a weeklong cyber security course - the International Cyber Security Summer School (ICSSS17) - run by the NATO NCI agency in The Hague, Netherlands, along with partnering institutions such as Europol, the Dutch Defence Cyber Command, academic institutions and technology companies. I was the youngest participant of 60 international students on the





Positioning rapidly deployable communication systems terminals for testing. Photo: D Hennigan



Outside Europol HQ, The Hague, in August 2017 as part of a cyber security course. Aug 2017. Photo: D Hennigan



Working on strategic satellite links to UNIFIL and UNDOF. Photo: D Hennigan

programme but could only attend in a civilian/student capacity, as reservists still cannot travel overseas in an official capacity.

After 8 months full-time with DFHQ CIS, I returned to DIT in January 2018 for the rest of my final year. Owing to my time with Comms Section, I then got the opportunity to join the Air Corps CIS Sqn in the Network Section, Technical Services Flight, under Comdt Noel Barbour (OIC Tech Services), on a part-time basis during my last semester in college. This has proved a similar experience and challenge but in a different environment where I have also been able to assist in preparation for the VDA rollout in Baldonnell.

During my time with DFHQ and the Air Corps, my home unit, 1 ACS, has been similarly busy, gaining hands-on experience with the Foxtrack ground surveillance radar (GSR) used in an ISTAR role for cavalry operations, conducting a HK USP pistol course, a skill-at-arms camp, CBRN training, a cardiac first responder CPR/AED course, a counter-marauding terrorist firearms attack (MTFA) exercise in Coolmoney Camp, a pre-PNCO course, and participating in the recent NATO Operational Capabilities Concept (OCC) exercise in Kilworth.

My time so far working with both the Reserve and Permanent Defence Force has provided an in-depth insight

into the mechanics of the military environment, and has been a massive learning curve where I have gained a tremendous amount of technical and interpersonal experience but while also being able to contribute skills to an area where they are not readily available within the organisation.

I believe this practical example of the 'single force' concept in action can be repeated in other areas of the defence organisation. Within the Reserve - Army and Naval Service - there is now an abundance of specialist skills that could be utilised in areas such as engineering, ordnance, transport, mechanics, CIS/IT/cyber defence, medical, legal, to name but a few. Working examples of this include recent major contributions to the EU battlegroup and the multinational Exercise Viking 18 by 1 Bde and 2 Bde CIS Reserve.

Sections 8.5.3 and 8.5.5 of the 2015 White Paper on Defence outline the creation of a panel of suitably qualified personnel to be known as the Specialist Reserve with examples given of 'ICT, medical, ordnance and engineering professionals' as 'individual members of the RDF, who by virtue of their professional civilian qualifications [...] have the competence to undertake such specialised tasks' and 'whose personal circumstances would allow them to undertake required tasks, including

on overseas missions.'

My personal circumstances were such that I could contribute my time and skills through both my college placement and in my spare time both full- and part-time over the course of 12-plus months, and there are many other personnel within the Reserve that could be in a position to give their time and skills in an operational capacity above and beyond of what is normally required of them. A skills survey has been undertaken in support of the formation of a Specialist Reserve pool and targeted recruitment of specialists has been strongly suggested.

It is important to remember that our primary responsibility in the Reserve Defence Force is to augment and reinforce the PDF in fulfilling its roles, and that further integration between RDF and PDF elements to achieve this end is welcome.

There are stumbling blocks around maximum man days, civilian employment protections and overseas service, but working through this will reap benefits for all stakeholders in a win-win scenario in which the Defence Forces can better fulfil its ever more sophisticated tasks.

The interim and final work placement reports submitted to the DIT School of Electrical & Electronic Engineering are available on IKON. ■



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## "He Ain't Heavy, He's My Brother"

*The road is long  
With many a winding turn  
That leads us to  
Who knows where  
Who knows when  
But I'm strong  
Strong enough to carry him  
He ain't heavy, he's my brother*



Please support the Organisation of National Ex-Service Personnel's annual Fuchsia Appeal.

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**The Fuchsia emblem is a fundraising badge of remembrance and a symbol of honour to those currently serving in the Defence Forces.**



# CORE TEMPERATURE MANAGEMENT

Core temperature management (CTM) is one of the most overlooked aspects of survival, yet is one of the most fundamental to your safety. We use fires, sleeping bags and the layering system to manage it. But how do we stay on top of our CTM when on the move in hotter climates? Hopefully these few tips below in conjunction with best field practice will help you run smoother for longer when the element of heat is against you.

BY JOE PRICE



The first thing to be aware of with your CTM is your heart rate. The faster it beats the warmer you become. Before your journey starts, avoid nicotine, caffeine or alcohol. These are all designed for quick energy boosts and as such will make your heart work harder, which will raise your body temp.

After your heart, be aware of your kidneys. Water is your friend and your kidneys are designed to work most efficiently with water. To maintain steady CTM it's best to avoid processed sugars and salts.

The stomach is the first point of contact for all of the above. When planning your trip try to only use slow release carbs such as oats, pasta and natural nuts. These are easy for the stomach to process and are slow release foods so they won't work the kidneys or the heart too hard and allow for more constant release of energy.

Water is vital, but best consumed at room temperature. The stomach can absorb more water when it is slightly lower than body temperature. It is nice to take a cold drink in the shade during the evening, but when on the move in the heat it is best to avoid cold water since it makes your stomach work harder and you can't drink as much to insure hydration.

## TIPS FOR STAYING COOL ON THE MOVE

Carrying a shemagh or scarf has 100 uses in the field, but soaking a shemagh in water or river and wrapping around your neck is a way to rapidly lower your core body temp.

Wet socks are to be avoided in the winter, but if someone is suffering from heat exhaustion or fever, soaking socks and placing them on the feet without boots will help alleviate the effects of heat.

Using a stainless-steel bottle and placing it in a wet sock will lower the temp of the water in the bottle. Placed in direct sunlight with a breeze the water evaporating off the sock has the same effect as sweat on the body, cooling it. This coupled with the wind circulates the cold air around the bottle.

Allowing a slight breeze to pass across certain surfaces of the body will drop core temps. Lay down in the "X" position. This is where you sit upright with your arms crossed over your head and legs spread. This allows cooler air to travel across all the major arteries of the body.

**Joe Price is one of the co-founders of the "Living to Learn" Bushcraft Community, a member of the Irish Bushcraft Club and an Irish Ambassador for Mora Knives.**

He works in The Camo Shop [www.thecamoshop.ie](http://www.thecamoshop.ie) and you can follow the 'Living to Learn' community online:

[www.facebook.com/groups/livingtolearn/](https://www.facebook.com/groups/livingtolearn/)





# RECCE CONCENTRATION 2018

BY CPL LEE COYLE PHOTOS ARMN JAMIE BARRETT

**R**econnaissance can be a valuable tool in a commander's tool belt on the battlefield; it can give vital information that will steer a plan of action. It can give one opponent the upper hand, it can also be the difference between success and failure. Knowing the enemy and their activities and area they are working will always be at the forefront of a commander's mind. The skills required of a recce detachment to gather this information are unique and require soldiers who are strong of will and mind.

The Infantry Weapons Wing (IWW), DFTC, Annual International Recce Concentration took place over a week in May to test the capabilities of such recce detachments. As well as to compete against each other, they also come together to learn new skills and exchange ideas. Recce Detachments from across the DF were joined from a team from the British Army.

The first day seen the detachments receive their information packs and their scenario brief that would be played out for the week. The scenario that they would be using was built around an EU mission that had been deployed on an island that had two distinct ethnic groups, and historically had poor relationships with each other. Their deployment would be a supporting role of the government, which was predominately made up of one of the ethnic groups.

For their first mission they departed for the old Odum's Factory in Dublin's Docklands. This area is the ideal spot to begin an urban scenario, with its multitude of deserted buildings. At the factory there was some instructional stands, each giving the detachments time to show off their skills and while also gaining some skills. The stands included SERE training, FIBUA training and the typical set up of an Urban OP.

After this training and prep time they then deployed to the first exercise area that was located 12Km away in a disused Ferry Terminal in Dún Laoghaire Harbour. The mode of transportation would be by RIB from Dublin Harbour to the ferry terminal in Dún Laoghaire. The DF Diving Group provided support and the RIBs, who picked up each detachment and delivered them to the ferry terminal. The first obstacle facing the detachments was an 18-foot ladder climb with all their equipment onto the pier.

Their task at the terminal would be to set up an urban OP and conduct reconnaissance and surveillance on a target building and area, in order to determine its suitability as a Coy FOB. The building and area of interest was an adjoining pier to the terminal. The outcome of such a recce would dictate a commander's course of action (COA), so it would be a high priority tasking of a recce detachment.

The ferry terminal was the perfect location, as the building provided plenty of room for each team to set up. Some of these areas proved challenging with different areas of light produced by the windows, and also with walls painted different colours, finding something that would blend in and look natural while also concealing the recce party was tricky.

The area of interest for the OPs was the opposite pier to the ferry terminal that had actors playing enemy, who would have activity running throughout the night. Keeping the teams busy, with simulated drugs and arms deals to a kidnapping of an individual, plus the odd in-





nocturnal looking individual out taking photographs and looking around the pier.

The start of day two seen a quick debrief of each team's OP, this gave them a chance to view each other and for each team to explain what materials they had chosen to build their hide and the routine they had carried out over the course of the night and why.

After the debriefs, there was a quick break for teams to sort their equipment then it was into a testing phase of stands, each one was different so the detachments could be rotated through them as they were tested. The stands consisted of signals, key leader engagement (KLE), observation (finding and judging distance), medical and FIBUA.

That afternoon a new tasking was given that moved away from the urban phase to a more traditional field phase. A change of location to the mountains of the Wicklow area where the detachments would spend the rest of the concentration. This phase would test the detachments in more conventional recce skills and would test them physically.

Following on from the EU Mission scenario, an Orders Group (O Gp) was called and the detachments were given a named area of interest (NAI), in the Wicklow Mountains area. The detachments task from the O Gp was to recce the NAI. When completed, the gathered information would be used by the Coy Comdr to determine their COA.

The NAI was located 15Km away from the drop off point, the hike across the Wicklow Mountains was broken up by a number of stands that tested the detachments in various skills including survival and another KLE with a different scenario.

To test the detachments physical capabilities, ammo runs and casevac drills put them through their paces

across the tough terrain. That evening the detachments took up their OP position around the NAI to report, sketch and range the area over a period of 18-24 hrs, when they would finally withdraw from the area. This tasking was heavily marked with all Directing Staff (DS) having strict guidelines so to keep the scoring fair.

On the evening of day three the detachments were given a rest and prep period for the following day. On day four it was another round of stands, these consisted of LFTT and stress shoots, along with AFV recognition and TGP LIVE. These were some of the more enjoyable stands, with the teams getting a chance to call in mortar fire and adjust its fire on target, which would have been a new experience for most detachments.

Completion of these stands marked the end to a successful concentration that challenged and verified the skills of the recce detachments.

We spoke with Comdt Kenneth O'Rourke OIC IWW, DFTC, about the week, "It was a very ambitious week for us with very dynamic exercises. In order to make the scenario as challenging as possible for the participants, we had to push our staff out of their comfort zones, this produced the most realistic event. The event itself focuses on developing the recce community, in order to build tangible recce detachments. Overall the standard was good, with some very impressive performances from some of the teams."

Going forward from here his message was, "We will continue to run challenging and rewarding competitions. Later this year we will submit a draft training instruction to badge test recce skills in the DF." ■

## Vox Pops



**Capt Dom Jerram Royal,  
1 Bn Irish Guards BA**

*"This is my first time in a recce competition overseas and it is going really well. There was a bit of ambiguity among us about what we would be facing when we got here. It's interesting to see the different tasking's we have been given. I'm surprised with the heavy emphasis of leadership, but it's going well. Our doctrine is very similar to yours, which is good. The ground we have been working in is very different from our own training grounds, with its mixed terrain; it changes from forest to clearings and then to marsh quickly. Adapting to this terrain has been very challenging. The KLE was the most interesting part for myself."*



**Cpl Sean Fleming,  
3 Inf Bn**

*"This is my first recce competition and my detachment are enjoying it. Working in the urban environment has been interesting, so has calling in artillery fire, which we have never done before."*

*The week has been physically demanding and intensive, but it has been enjoyable too. We have a good team and we are pulling together."*



**Cpl Ritchie Carroll,  
IWW DFTC**

*"I am a DS on the recce concentration for the first time, but I have competed in recce competitions before as part of a detachment. It is a really good concentration this year especially*

*with the urban phase, as it's something new. The most challenging part for the detachments is the new challenges like calling in mortar fire, as the teams are not really trained specifically for it. The level of the teams is really good this year and I'm impressed by the overall event."*



# EXERCISE

## 'JUST CAUSE'

BY LT MARK DALY, A COY, 6TH INF BN



**F**rom May 14-18, 6 Inf Bn conducted a unit exercise in the Ox Mountains and Knock Airport. The primary purpose was to conduct realistic training to test unit readiness in two main areas: war fighting and ATPC operations. Within each of these areas, personnel were also practised in CBRN TTPs, including Karcher drills, and tactical, logistical, rolling replenishment.





The lead up to the exercise commenced the previous week with a four-day, work-up training phase in the Carnagh training area, where activities included company-, platoon- and section-level tactics, VCPs (vehicle checkpoints), Mowag dismount drills, and CBRN training. This preparatory period proved to be invaluable as it helped members of the unit to revise many necessary skills, ranging from leadership to administration in the field and TLPP, to collective tactical training.

On Monday 14th May, after an address by OC 6 Inf Bn, Lt Col Johnny Whittaker, 200+ personnel departed Custume Barracks in convoy, led by the LTAVs and Mowag APCs, and headed to a laager just outside Tobercurry. On arrival the unit was met by the recce platoon, which had departed earlier and secured a suitable patrol harbour for the first part of the exercise.

B Coy, commanded by Comdt Jamie Feely, then conducted an insertion tab and went straight into patrol harbour routine. Over the next 48hrs the recce platoon and rifle platoon elements conducted CTRs (close target recce) of suspected enemy positions, while reacting to new inputs from the DS staff on the changing situation. This tested leaders at all levels on their ability to adapt their plans to an ever changing environment.

The following evening, Comdt Jamie Feely gave orders for a company group attack on a suspected enemy position. Thanks to the recce element, ably led by Lt Mike Fogarty and Sgt David Ryan, a secure and safe route to the objective and covered from enemy view was located. This provided a great opportunity to showcase to the younger soldiers, the benefits of recce detachments and how they aid the MDMP (military decision-making process).

At 0230hrs the company group departed the patrol harbour for the enemy location to carry out a dawn attack (H-hour was set for 0530hrs). All elements were in position by 0500hrs and at 0515hrs pre-H-hour firing commenced, with organic direct and indirect fires reigning down on the enemy. Simulated mortar fire and direct fire support by the weapons platoon helped to soften up the enemy.

The company commander then tasked 1 Platoon (+) with taking a number of challenging enemy positions on a nearby hill, with 2 Platoon securing vital road junctions to the rear.

By 0545hrs all enemy positions had been taken and the company group was retasked into their second exercise role, ATPC operations.

The unit moved in convoy to Ireland West Airport, Knock, to carry out operations in support of An Garda Síochána (GS). The unit occupied an aircraft hangar at the airport, which was then used as a forward operating base (FOB). This proved to be a valuable 24 hours, as exercise troops got to work closely with the GS on VCPs - something many of the younger soldiers have not done before - on the access roads into the airport.

Keen to keep the unit alert, the DSs constantly provided inputs. These culminated in notification of an incoming aircraft with a possible IED on board.

All members of the unit went into CBRN mode for the final few hours of the exercise. Engineer Corps and Ordnance Corps personnel arrived to deal with a suspect device, and 6 Inf Bn was tasked with providing inner and outer cordons in full CBRN equipment.

The final serial of the exercise was the decontamination line, set up by 6 Inf Bn's CBRN instructors, using the Karcher CBRN decontamination wash. The instructors then tested the troops in the correct application of clean/dirty lines in a CBRN environment. This was a crucial element of the exercise for 6 Inf Bn as it is 2 Brigade's lead unit in the event of any CBRN attack that may occur in the state.

An end-of-exercise address by Lt Col Whittaker in Knock Airport delivered a 'job well done' to everyone involved before the unit returned to Athlone at the end of a busy four days.

Overall, the exercise ran smoothly and highlighted some areas for follow-on training for the battalion. This was the first time in many years that the battalion was able to concentrate to such an extent on training and evaluating itself and was well received by all personnel involved. The exercise also proved to be a realistic test of the unit's readiness in the selected areas.

Particular thanks must go to Bde HQ and all the supporting arms, ordnance, engineers, transport, CMU, MPs, 6 Inf Bn RDF, An Garda Síochána and Ireland West Airport staff, for their support and participation in making this exercise a success. ■



## 60TH INTERNATIONAL MILITARY PILGRIMAGE LOURDES 2018

# 'Pacem in Terris' – 'Peace on Earth'

REPORT AND PHOTOS BY SGT KARL BYRNE

**T**he International Military Pilgrimage (IMP) to Lourdes or as it is officially known the Pèlerinage Militaire International (PMI) is in its 60th year. If you're not a religious person or have just never heard of the military pilgrimage to Lourdes you might ask yourself what it is all about. Well, in May every year for the last 60 years, military personnel from all over the world have converged on Lourdes to pray for peace in our world.

Why? Would be another question you might ask yourself. Lourdes is synonymous with St. Bernadette, who was born in Lourdes on 7th January 1844. In 1858 a 14-year-old Bernadette began to have visions of 'Mary mother of God' at a grotto called Massabielle (Tuta de Massaviehl). After numerous visions and what was probably interrogation style interviews by the Church authorities and the French government they confirmed that what Bernadette was saying was true. At Bernadette's request the local priest had the 'Sanctuary of Our lady of Lourdes' built over the grotto, this site is now one of the biggest catholic pilgrimages in the world. Bernadette later joined the Sisters of Charity at Nevers and spent the rest of her life working as an infirmary assistant and later a sacristan. She died at the young age of 35 on the 16th April 1879. Saint Bernadette was beatified in 1925 and canonised in 1933.

The Defence Forces have been involved since the first IMP, which had a total of 332 personnel compared to this years with over 360 personnel. The Civil Defence continued their support and travelled with 70 members. The Cadet School were present with 79 members of the 94th Cadet Class along with four instructors. There was nine DF Chaplains, and 15 members of the highly acclaimed Defence Forces Pipe Band.

We started our journey in McKee Bks on the 17th May, boarding a bus on an early Thursday morning to Dublin Airport. Here we met up with the Cadets, Civil Defence and the civilian personnel who were also travelling on the pilgrimage. A 2hr plane journey took us straight into Aéroport de Tarbes-

Lourdes-Pyrénées, which was less than a half an hour's bus journey into the town of Lourdes. After being given time to settle in to our hotel rooms, we were straight out to the first mass. This took place in the 'City of the Poor' or 'Cité Saint-Pierre', it is a place where pilgrims of less fortunate circumstances of all cultures, religions and nationalities are welcome to stay during their pilgrimage. The first mass took place in the outdoor church of the Cité Saint-Pierre, which almost seemed hidden away on the hillside. It had a very remote feel about it and as Fr Pat Mernagh celebrated mass - you couldn't help but feel it was a place of calm and peacefulness.

That evening pilgrims were given the option to attend the 'Torchlight procession', I really wasn't sure what to expect with this. I wasn't disappointed, as hundreds of people walked from the Grotto to the steps of the Rosary Basilica, each holding a candle. As darkness fell the candle light became more and more prominent, and as the chorus of Ava Maria was recited the candles were lifted into the air, an indescribable sight to which I have no comparison.

The second day began with all the pilgrims receiving there 60th PMI badges, these badges granted wearers exclusive access to the ceremonies and processions during the PMI. The parade formed up outside the Hotel Méditerranée, the DF Pipe Band led the way. They were followed by the officers, including DF COS Vice Admiral Mark Mellett DSM, and formed up behind them was the junior Cadet Class and the Civil Defence. As the parade marched off and the pipe band played - it instantly evoked a feeling of pride as shop owners, locals and other military personnel stopped to look on as the parade marched by. The parade marched to the Chapelle Saint Joseph, where the official opening mass was said by Fr. John McDonald. The Pilgrimage Candle was blessed then lit and the sick were anointed. In the afternoon the 'International Opening Ceremony' took place in the Underground Basilica. All nations attended this ceremony, with each nations flag on



Parade salutes the off going national flag party



Cadet flag party in position on the altar of the Underground Basilica



Cadet Fogarty holding the national flag outside the Grotto



Cpl Anthony Kelly playing at the Irish Memorial in the Cimetière Langelle

parade around the edge of the central altar. The Basilica of St. Pius X, as it is otherwise known,

is over 600ft in length and built entirely of concrete, it can easily hold over twenty thousand people. At the end of the ceremony each nations band marched around the alter and out of the arena. It was quite notable that the Irish DF Pipe Band got the loudest cheer on each side of the altar as they marched and played their way out.

On Saturday the parade departed for the Grotto, where an English-speaking mass was held. This was followed by the traditional group photos at the steps of the Basilica for the Irish pilgrims. The parade formed up again and march up through the streets of Lourdes to the 'Cimetière Langelle'. A prayer service was held in the cemetery at the Irish Memorial and followed by wreath laying by the COS and Minister with Responsibility for Defence, Paul Kehoe TD, in honour of the Irish pilgrims who were buried in the cemetery. Cpl Anthony Kelly of DFSM gave a spine-tingling rendition of The Dark Isle to finish the ceremony. After

The Pipe Band lead the way up the hill towards the Cimetière Langelle



Lunch the Parade departed for the 'Stations of the Cross' (High and Low Stations). We made our way up along the path, a 4ft cross was carried along route, stopping at each station Fr. David Murphy said a prayer and read out a list of soldiers who had died overseas, covering all members over the fifteen stations.

Saturday evening saw the Marian Procession, this was the military version of the torchlight procession. Thousands of soldiers and pilgrims lined up along the banks of the river Gave de Pau down by the grotto. The procession began and they made their way out towards and around the monument 'Calvaire des Bretons' and then back up to steps of the Basilica. Just like the first candlelight procession on the Thursday night, it was a sight I found hard to describe and will remember for the rest of my life. The procession seemed to go on and on as people streamed through the grounds of the Basilica, finishing the ceremony the Irish Pipe Band played Amazing Grace. As the song finished the bells of the Basilica sounded out and gave the performance a very ecclesiastical feeling to the end of the ceremony.

Sunday had a more relaxed feel about it with Fr. Des Campion celebrated mass for the overland group and Fr. Bernard McCay-Morrissey saying mass in the 'Poor Clare Convent'. After lunch the 'Au Revoir Ceremony' took place on the steps of the Basilica with all the National flags lining the steps leading up to the upper Basilica. In the evening, the parade marched to the 'Salle Notre Dame' for the Irish pilgrims closing ceremony. This afforded the blessing of objects and a presentation of 'Support' and 'Service' awards to people who had supported the running of the pilgrimage.

On the final day of the Pilgrimage a mass of 'Thanksgiving & for Peacekeepers' was held in the Upper Basilica by Fr. Gerry Carroll. This brought an end to the formal ceremonies of the pilgrimage and the rest of the day was free to either visit the infamous baths or any other tourist locations of Lourdes before the flight home the next morning.

On reflection of the pilgrimage, I look back with fond memories. The people that travel with the Irish contingent every year are very friendly and made the first timers very welcome. The DF Pipe Band were phenomenal, entertaining not just us but everyone on the streets of Lourdes and people attending the events. The Chaplains were always

on hand for any advice you might need or even just to talk. But most of all the town of Lourdes is a sight that needs to be seen with your own eyes, from the Basilica Notre Dame to the underground Basilica and many other locations of worship in this wonderful town, you will not be disappointed. ■



# CIVIL DEFENCE CELEBRATE

## 25 Years of the IMP

BY MAIRTÍN Ó CIARDUBHÁIN

**2**018 marks the 25th year since Civil Defence volunteers first attended the International Military Pilgrimage (IMP) to Lourdes, following an invitation from Monsignor Ray Fields (then Head Chaplain and later Auxiliary Bishop of Dublin) invited them to join with the Defence Forces group on the 1993 pilgrimage.

Participation went from a modest beginning of 18 volunteers in 1993 to a high point of 150 in 2008. Although at this stage nearly every local authority Civil Defence unit has been represented on the IMP, the same core group of about 12 volunteers has been there since the beginning and they will be there again this year to celebrate 25 years of attendance.

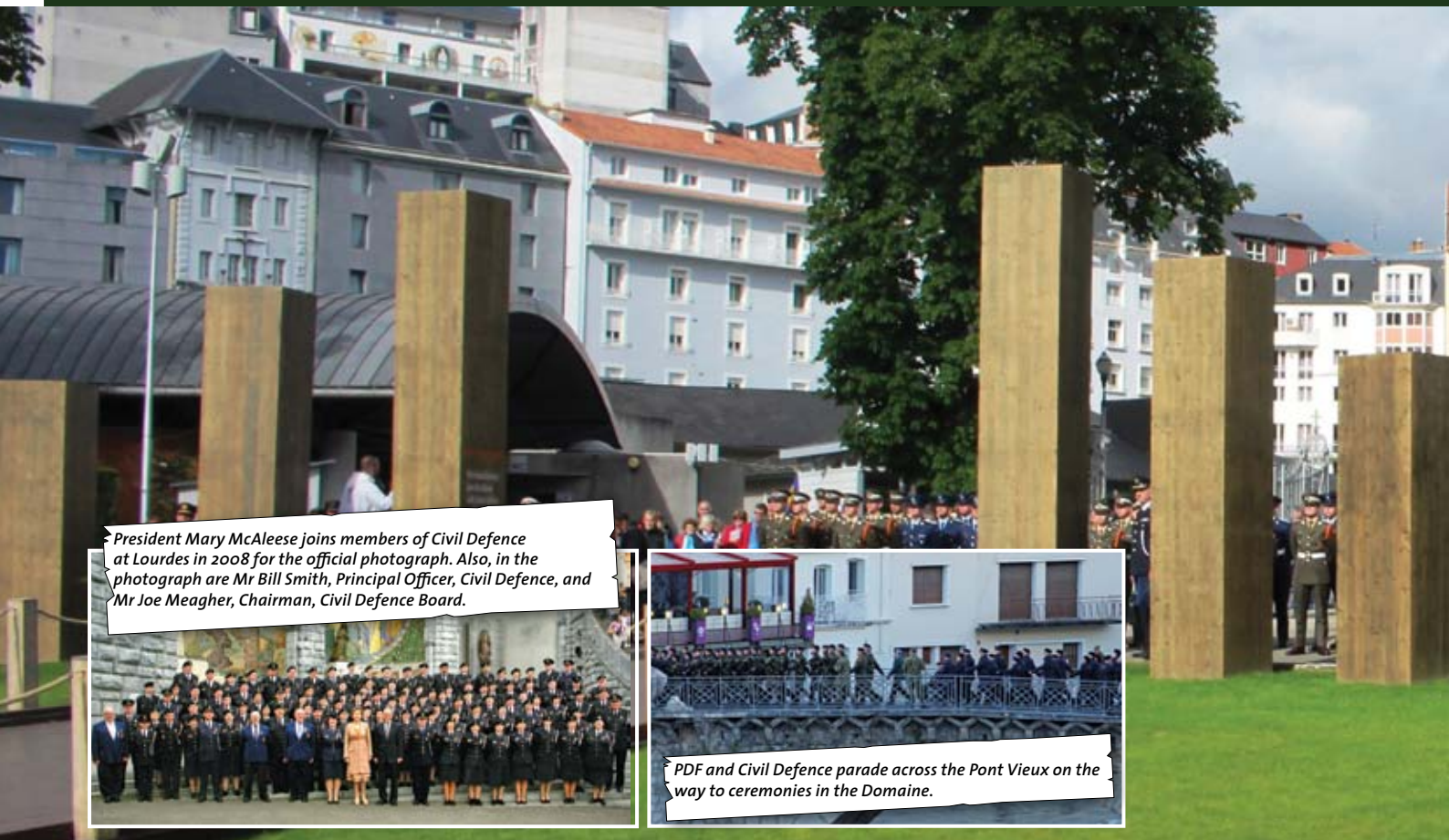
From the earliest days of their participation, Civil Defence wished to provide some service to pilgrims. Dr Gerry Kerr of the Defence Forces was medical advisor to the pilgrimage in 1993 and he suggested that the volunteers could provide basic first aid for the civilians accompanying the pilgrimage, and whose numbers were increasing at that time. He also asked that they might provide water bearers for Irish pilgrims who had often had difficulties during ceremonies due to the hot weather. The Civil Defence volunteers were happy to carry out these duties and have continued to perform them on all subsequent pilgrimages.

Every year at Lourdes is different yet the same; this is the magic of the place. Most pilgrims who come to Lourdes with the military

pilgrimage come only once and can be overwhelmed by the experience; the great military pageantry and the religious fervour that pervades all the ceremonies. This can leave little or no spare capacity to appreciate any of the other aspects of Lourdes, including the social side of the pilgrimage: walks, picnics, trips to the Chateaux Fort, or coffees at the Pic du Jer for example. However, Civil Defence volunteers on the pilgrimage regularly develop a deeper understanding of what happened in Lourdes so long ago and of its meaning for the modern world.

That meaning may be illuminated by a particular incident that happened to the Civil Defence volunteers on the first pilgrimage of 1993 when they undertook to assist a wheelchair-bound volunteer from Wexford Civil Defence to achieve his ambition to do the 'high Stations'. When they found that no wheelchair access was allowed, they transferred him to a stretcher, which they started to carry on their shoulders. The distance is over a mile up Espelugues Mountain and the volunteers soon got into difficulties. However, without a word, Defence Forces cadets stepped in and took over the carry, continuing to rotate the task on the ascent and descent. This action showed the true spirit of Lourdes and has been never forgotten by Civil Defence. Sadly, the volunteer they had carried died about a year afterwards, but with his ambition achieved.

There have been many memorable years for Civil Defence at



President Mary McAleese joins members of Civil Defence at Lourdes in 2008 for the official photograph. Also, in the photograph are Mr Bill Smith, Principal Officer, Civil Defence, and Mr Joe Meagher, Chairman, Civil Defence Board.

PDF and Civil Defence parade across the Pont Vieux on the way to ceremonies in the Domaine.





Civil Defence and DF at the 'high Stations'.



Civil Defence and DF members prepare to help with the distribution of Holy Communion at the Anglophone Mass.



Ceremony at the Holy Door in Lourdes led by Fr Robert McCabe during the Holy Year.

the IMP. In 1998, for example, the Defence Forces and Civil Defence were asked to lead the afternoon procession into Rosary Square, led by Bishop Ray Fields.

Another year, it was a privilege to see Lt Gen Dermot Earley, Chief of Staff of the Defence Forces, leading the pilgrimage. His presence gave a wonderful boost to the morale of all, but little did we know how short a time he had left in this life; *ar dheis Dé go raibh a anam*.

President Mary McAleese joined the military pilgrimage in 2008, taking part in all the ceremonies and introducing herself to the participants. The Civil Defence volunteers treasure their

copies of the group photo of that year taken with the president and her husband.

On a lighter note there was the year when the flight home was delayed and Civil Defence volunteers were to the fore in helping to dispense the teas, coffees and refreshments – a role with which they were familiar from back home.

Every year two events are the highlights of the pilgrimage for Civil Defence: the Anglophone Mass and the wreath-laying ceremony at the Irish plot in the Cimetiere de Langelle. Civil Defence volunteers under Brian Gillan (Civil Defence officer, Westmeath), always help to organise the venues. At the Mass, they secure seating for the dignitaries, provide stewarding around the Grotto and assist with the distribution of Holy Communion. At the cemetery, the Irish plot is roped off for the wreath-laying ceremony and Civil Defence volunteers secure access for the colour party, the band members and the dignitary who lays the wreath on behalf of the Defence Forces.

Mention should be made on the subject of official support for the participation of Civil Defence with the Defence Forces on the military pilgrimage. At different times, the attendance has included the current Minister of State at the Department of Defence, Mr Paul Keogh TD, and many senior civil servants of the Department of Defence with responsibility for Civil Defence. It is recognised that the contacts between members of the Defence Forces and Civil Defence at the military pilgrimage can be of great benefit when back in Ireland and the need for cooperation arises in the course of an emergency response.

Now, as Civil Defence looks forward to the 25th anniversary of their first participation in the IMP, the hope is that there will be many more to come. ■



Carmel and Paddy in Lourdes with the IMP.



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OÉ Gaillimh  
NUI Galway



CALLING NOTICE  
DF REVIEW 2018  
PEACEKEEPING  
&  
PEACEMAKING  
INTERVENTIONS

The Defence Forces are looking for submissions, from interested parties, for the Defence Forces Review 2018.  
For more information see: <http://www.military.ie/info-centre/publications/defence-forces-review/>



## MILITARY TREASURES BEING REPATRIATED BACK TO IRELAND

### Stories of Limerick's Military Past to be Told in New Museum

BY DAVID O'BRIEN, LIMERICK CIVIC TRUST

**A** campaign by Limerick Civic Trust to repatriate military and other unique artefacts back to Ireland, that have a connection to Limerick, is gaining momentum. The campaign coincides with the Trust's plans to convert a deconsecrated church into a Museum.

St Munchin's Church on Church Street in King's Island, Limerick was built in 1827 and was renovated in 1980 by Limerick Civic Trust. When the conversion to a museum is complete, the Trust plans to exhibit two military collections already in its care - the Carrol Collection, which is currently housed in Trust's headquarters at Bishop's Palace, and the Armstrong collection. To expand the museum's offering, the voluntary organisation is working with several interested parties on the repatriation of other artefacts of Irish historical significance from the UK, Europe and USA back to Ireland.

Since the start of the year, the Trust has received two significant donations. In January, the Cotswold District Council in the UK confirmed it will fund the removal of an historic oak staircase from the Cotswold's Old Memorial Hospital and transfer it to the custodianship of the Limerick Civic Trust.

The staircase – which is regarded as an official war memorial – was originally donated to the hospital by the Limerick-based family of Major Edgar James Bannatyne, who was a member of the Royal Flying Corps during World War 1 and died at Rendcomb airfield in the Cotswolds in 1917.

Limerick Civic Trust will honour the memory of the Bannatyne's by installing the staircase into St Munchin's Church which contains a number of graves and monuments commemorating the Bannatyne family.

During April the centenary of the death of Viscount Glentworth was commemorated at St Mary's Cathedral, Limerick. Originally from Pallaskenry, he died when his plane was shot down during World War 1. At the commemoration, a wooden propeller fashioned into a cross was presented by the Pery family, who have strong ties to Limerick, to the Limerick Civic Trust. The propeller will also be put on display in the new museum.

David O'Brien, CEO, Limerick Civic Trust, explained, "Our vision for the museum is to tell the military history of Limerick from the

time of the Siege of Limerick forward. The Carrol Collection gives us one vista into this colourful military history. This collection was gifted to the Limerick Civic Trust by June O'Carroll Robertson, a descendant of the Carrol's of Tulla and Lissenhall in Co Tipperary. We believe there are other families now living abroad who would consider donating items of historical interest. Artefacts related to the military history of the region are of particular interest to us."

The Trust recently launched an "Open Doors" campaign to help raise €350,000 so it can complete the conversion of St Munchin's Church into a Military Museum. Work completed since 2016 has been self-funded and this pot is almost completely expended.

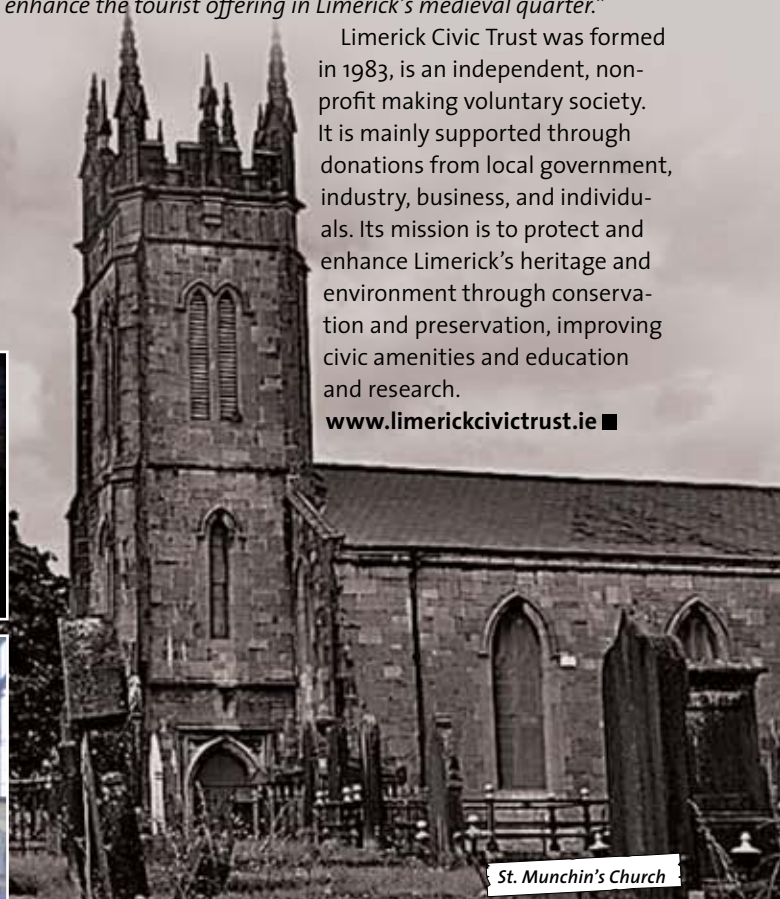
"We are happy with our progress to date but it has been slow because of the lack of funds, we need financial support if we are to open this museum by our target date of 2019. As with all large historic building projects, the conversion is costly and Limerick Civic Trust, as a voluntary organisation, is dependent on external support," said David O'Brien.

The non-political Museum, will commemorate the regiments of Limerick since the Siege in 1691 and provide a home for three historically significant collections; the Armstrong Collection, the Carrol Collection and the Patrick Casey Collection.

"The question is, 'Does Limerick need a military museum?' and I think overwhelmingly the answer is, 'yes', for two reasons," said Brian McLoughlin, Chairman, Limerick Civic Trust. "Firstly, the military history of Limerick from the time of the Siege of Limerick right up to the world war needs to be properly recorded and told. Secondly, this will become a unique visitor attraction that will greatly enhance the tourist offering in Limerick's medieval quarter."

Limerick Civic Trust was formed in 1983, is an independent, non-profit making voluntary society. It is mainly supported through donations from local government, industry, business, and individuals. Its mission is to protect and enhance Limerick's heritage and environment through conservation and preservation, improving civic amenities and education and research.

[www.limerickcivictrust.ie](http://www.limerickcivictrust.ie) ■





## OPERATION SHAMROCK CONGO, NOVEMBER 1960

THIS ARTICLE BY DES KEEGAN (IUNVA) CONCERNS A LITTLE-KNOW OPERATION CARRIED OUT BY 33 INF BN IN CONGO AFTER THE NIEMBA AMBUSH IN 1960. THE ARTICLE INCLUDES EXTRACTS FROM THE 33 INF BN UNIT HISTORY.



Members of the 33 Inf Bn, in the Curragh.  
Photo: www.curragh.info



The Military Police Section that served with the 33 Inf Bn in the Congo. Military Archives/MA\_128\_001

In July 1960 Ireland received a request from the United Nations to supply an infantry battalion as part of the ONUC mission to the former Belgian Congo. This led to the formation of 32 Inf Bn, which was duly formed and dispatched. Shortly afterwards a request was received for a second battalion. Again, the request was complied with and 33 Inf Bn was formed and dispatched, landing in Katanga province at Kamina military airport, which was still under the control of Belgian troops.

After several days the battalion received orders to move, minus C Coy, to Albertville, approximately 200 miles away. After several days in Albertville B Coy was ordered to Manono, approximately 190 miles from Bn HQ. As the road was impassable, the move was made by aircraft. A Coy, Bn HQ and HQ Coy remained in Albertville.

It was not unusual for companies to have sub units posted to outlying positions. B Coy had an outpost at Piana generating station and A Coy had an outpost at Niemba village. Both locations were remote from their parent units and transport, radio communications and ration resupply were tenuous.

On Tuesday 8 November 1960 a party of 11 Irish soldiers, commanded by Lt Kevin Gleeson left the platoon outpost at Niemba on a routine patrol. The patrol objectives, like many before and after were 'to show the flag', ascertain the natives' attitudes towards UN troops, and report on the state of road and bridges in the area of operations (AO).

At Tundula Bridge over the Leweyeye River they encountered a vastly superior force of Baluba tribesmen. Lt Gleeson approached

the situation as per SOP by offering the greeting "Jambo!" (Swahili for hello). He was unaware the tribesmen were hostile due to the recent wounding of a chief's son. Instead of returning the greeting the natives unleashed a barrage of arrows and spears, and attacked the patrol with whatever weapons they possessed. Caught totally cold and not expecting trouble, eight of the patrol were KIA in the immediate firefight; one escaped the firefight but was captured and killed later. Two survived the ambush; one of whom suffered arrow wounds.

We know nine Irish soldiers died in the Niemba ambush. We don't know the Baluba casualty figures. However, sometime following the ambush a number of native casualties were brought to the hospital in Manono suffering gunshot wounds. At the time of the ambush B Coy, 33rd Bn, commanded by Comdt PP Barry, was stationed in Manono. He dispatched a party to the ambush area seeking survivors or bodies. Neither was found, although the party did recover the ambushed patrol's two UN vehicles.

Soon after, B Coy was replaced in Manono by Nigerian troops and rejoined the battalion in Albertville. C Coy had already rejoined and the battalion was reunited for the first time since leaving Ireland.

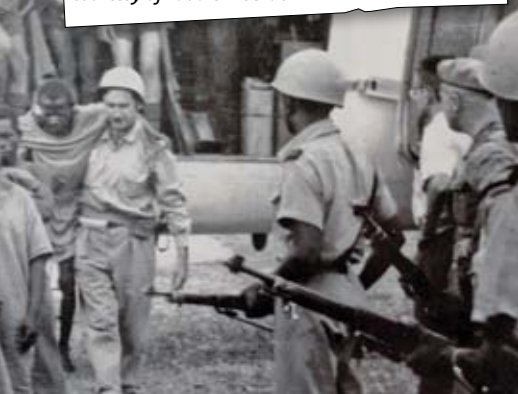
A decision was then made to seize the injured Balubas from Manono Hospital mentioned above, who were suspected of having been involved in the Niemba ambush, in order to bring them to justice. The following is Comdt Barry's report on Operation Shamrock:



# HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY

After consultation with OC 33rd Battalion at Albertville it was decided I was to command a party in an operation that had as its objective the taking of the Niemba Baluba wounded from Manono Hospital. I asked that Bn HQ and A Coy of 33rd Battalion could also have some representation in the party. The group finally consisted of (all B Coy personnel unless otherwise indicated): Comdt PP Barry, Comdt EJ Quigley (Bn HQ), Comdt L Hogan (A Coy), Lt P Condrón, Sgt M Ryan, Sgt W Maher, Cpl M Roche, Cpl E Fox, Cpl W Blake, Cpl

Comdt Beckett MO assisting one of the wounded Balubas from the aircraft at Albertville. Tpr JJ O'Connor is in the plane, armed with a Lee Enfield and with a bandolier across his shoulder. Photo courtesy of Paudie McGrath



T Cunningham, Tpr JJ O'Connor, Tpr J Harris, Lt Roland Lendholm (Swedish interpreter attached B Coy), MO Comdt A Beckett (joined the party on its arrival in Manono).

We left Albertville airport by UN DC3 aircraft on 30th November at approximately 1700hrs, arriving at Manono at 1800hrs. On arrival at Manono, after consultation with the Nigerian and Moroccan UN company commanders a plan was made to raid the hospital the following morning at 0430hrs and bring out as many as possible of the ten wounded there.

By pre-arrangement by Comdt Beckett with a Belgian doctor, bed cards of the Niemba wounded were marked with a red 'X'. If men

were not in bed we could not take them, as there was no other method of identification. The group from B Coy would enter the hospital, with different officers commanding small groups to go to each of three wards where wounded were housed.

Approximately 20 Nigerian troops would go as far as the hospital gate and remain there until the wounded men were taken out. The Moroccan platoon would go to the airport and remain there until the plane had taken off for Albertville with the wounded.

It was expected that the hospital gate (a large heavy iron gate) would not be locked. In actual fact it was open. Had it been locked it was intended to have it opened by a ruse – Lt Condrón was

dressed up as a badly wounded UN soldier. (Shooting the lock off would awaken the sleeping patients, who would get out of bed in the commotion and we would not be able to distinguish the Niemba men from others.)

For the movement from camp to the hospital (two miles) we borrowed jeeps from the Nigerian company.

Plans worked out well, but in all wards we found only seven bed cards marked with a red 'X'; we took the seven. Two of them protested they were not from Niemba but had been wounded by the Katanga Gendarmerie at Monga. After consideration I decided to bring all seven along though I felt the two Monga men were telling the truth. It was afterwards established that two of the beds were wrongly marked or that some occupants had changed beds for the night. (The Monga men were later returned by UN aircraft from Albertville to Manono). Three of the wounded were not in a good physical state and were unable to walk.

We left Manono Hospital at about 0515hrs, leaving the airport at 0600hrs, arriving in Albertville at 0715hrs.

OC 33rd Battalion and the IO arrived at Albertville Airport. The Katanga Gendarmerie also arrived – arrangements had been made that wounded would be taken away by them – this was done. (33 Inf Bn Unit History)

## The Aftermath

The five Balubas who were detained after the operation were brought to trial in Elizabethville in September 1961. The trial was adjourned because at the time the city was the scene of bitter fighting between UN and Katanga forces. It speaks well for the Katanga legal system that despite the attitude of the government towards the UN the trial was resumed in October '61.

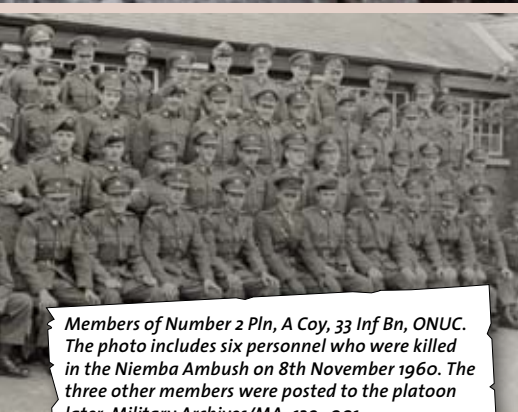
Judgement was pronounced by at Elizabethville District Court Judge A de Bevere on Monday 13th November 1961. The accused, all from the Niemba area, were found guilty of murder and attempted murder, without premeditation, as well as the offence of carrying arms in an insurrectionist movement. Two of the accused were sentenced to three years' penal servitude. The other three each received sentences of two years' penal servitude. (33 Inf Bn Unit History)

## Additional Information

The author, Des Keegan served in the Congo with 33 and 35 Inf Bns and 3 Armd Car Sqn. The two troopers from Operation Shamrock, JJ O'Connor and J Harris also served with 35 Inf Bn, during which Tpr Harris was part of the armoured section, with Capt Art Magennis DSM, involved in the capture of the Post Office, while the author and Tpr O'Connor participated in the mission to capture Interior Minister Munongo in September 1961.

Last November IUNVA hosted a group of Swedish veterans in Dublin, where, amongst other things, they laid a wreath at the Congo Plot in Glasnevin. During the visit, Des met two Swedes who had been also been part of the Munongo mission. ■

Members of Number 2 Pln, A Coy, 33 Inf Bn, ONUC. The photo includes six personnel who were killed in the Niemba Ambush on 8th November 1960. The three other members were posted to the platoon later. Military Archives/MA\_129\_001



# HISTORY HISTORY HISTORY HISTORY HISTORY HISTORY



# ROWING ACROSS *the Atlantic*

BY ARMN DANNY O'BRIEN, 401 SQN, NO 4 SP WING

**In November 2017 a team of five set off from Portimao, Portugal with a goal to row to French Guiana South America covering over 6,000km in less than 48 days.**

I grew up kayaking the rivers and climbing the mountains of Ireland, pushing my body and mind to their limits was always something I pursued. I continued these pursuits with the DF kayaking club in remote areas of the world, from Nepal to Norway. I also run ultra marathons, sometimes suffering injuries like kidney failure to long-term injuries to my shoulder and knees.

Several years ago I read a book about a transatlantic row from North America to Ireland, and that it was the hardest and most dangerous route in ocean rowing. After putting the idea of ocean rowing to the back of mind, a random newspaper advert in January 2017 sparked my interest again. I searched for teams to join and it wasn't until July that I found a suitable team, consisting of three British (two ex-military), and the skipper was a Dutch adventurer, who had previously rowed several oceans.

I had suffered a severe shoulder injury damaging three rotator cuffs and my bicep in June, with the row five months away my participation in the expedition was extremely in doubt, including being able to kayak ever again. At a training weekend in October the skipper broke his hand, leaving us with two major injuries and putting the entire expedition at risk. Following months of extensive rehab with the DF physio team and MRI scans my shoulder was functional but not ideal, and Ralph's hand had recovered partially.

In November we set off from Portugal following a six-day delay due to weather, setting off into perfect flat calm conditions, rowing in shifts for 2hrs on and resting for 2hrs. My main concern was my shoulder holding up to 12hrs rowing a day, and short resting periods. On the second night seasickness set in, normally this would be ok on a boat, but when expending 6,000 calories a day it's a big problem. At the start of the row I weighed in at 89kg, the heaviest I have ever been.

The first few nights were calm with the lights of land lighting up the distant night sky, and the busy shipping lanes keeping us busy at night with large tankers passing very close by, the day time saw large pods of visiting dolphins.

On the fifth day a bad weather system pushed large waves at us side on, so at night we deployed the sea anchor to increase stability. This meant all five of us squeezing into the two tight cabins. We would soon realise this was the most uncomfortable time on the boat. A day later with the waves still pushing us, we got back into shift work, only to realise that our rudder system had broken during the night. This left us dead in the water 500km from Portugal and 200km off the coast of Morocco. The rudder pin had snapped and the only thing that kept the rudder in place was the buoyancy of the rudder itself. Our options were to call for help, use the waves to row to Morocco, or try to keep going with the broken steering system.

We managed to jam the rudder to one side, meaning we were only rowing on one side to keep going straight. To make things worse our electrical system was not operating correctly and the batteries were not charging via the solar panels. This meant we could not produce fresh water and this was a major set back. The day following the bad weather was amazingly flat calm with clear skies and this continued into the night.

As we limped slowly towards the Canaries to attempt repairs, another weather system approached pushing waves hard against the shore. Battling hard against the waves we had to navigate a narrow harbour at night and a new sea wall that had been built and wasn't on our charts. We narrowly avoided the wall having battled a wave just 50m away from the wall for over an hour.

Once on land we set about identifying that our rudder needed a major repair and purely by chance we met a carbon fibre boat specialist who happened to be on holidays with his family. He kindly agreed to rebuild the broken rudder. Next we replaced the batteries and fuses and tested that we had sufficient electricity to operate the water maker. After several days we set off again in flat calm conditions, having appreciated the time on land to heal the body, mind, and chat to family, friends and to just get away from the boat.

With the rudder operating perfectly and the electrical system fully charging, New Year's Day came and went with new high speeds recorded of 11kts while surfing large waves. Night-time shifts under the full moon and stars are amazing compared to no moon and clouds. You can hear the rumble of waves but you can't tell their direction until you feel the boat begin to tilt to one side and instantly get hit by a wave that sweeps you off your seat. The wet windy cold nightshifts are hard to stomach. Crawling out of the cabin at 4am to bad weather wearing just shorts and shoes and then getting back into the cabin after struggling to eat food. 10 days after leaving the islands bad weather struck again, more rudder problems and the electrical issues were back again. There were on-board issues with one crewmember wanting off, so we aimed for Cape Verde, another



difficult entrance to the harbour and back onto dry land again. The search for new solar panels was to no avail, and we couldn't identify the steering issues and when attempting to leave the weather said no, and this forced us to stay an extra few days. This was one of the hardest moments, as we were itching to get back rowing and get back into the rhythm of things. With all crew issues sorted and the British boys back on board we set off again, with an escort out of the bay between the two islands.

I could see and feel how much weight I had lost, all the gym work I had done on my shoulder was now gone but after a month of rowing I had no issues and everything was good. More night shifts came and went with some amazing sunrises. Your body instantly warms knowing its breakfast time. The food was actually quiet enjoyable, on each island we restocked with fresh fruit and tinned foods, apart from that our diet was made up mostly from freeze dried packs where you just added water. Along with energy gels and bars however these were causing us to consume excessive amounts of sugar.

A satellite uplink allowed us to communicate with home via email text and short phone calls this was vital for receiving weather updates. The time from Cape Verde onwards the ocean was significantly quieter with the exception of Japanese fishing boats that struggle to communicate due to poor English.

Coming off a shift your hands are sore and are chaffed from the salty seawater drying on you. Still short on fresh water we had one person making water instead of rowing each day this made rowing harder. We slowly made our way to South America; 66 days after leaving Portugal we reached our destination at 4am following another difficult battle against heavy waves. As we entered the estuary I passed out with exhaustion and woke up to a rusty marine on the side of a river in the Amazon Jungle, it was dark and raining, with mosquitos everywhere.

The finish was extremely underwhelming and a massive anti-climax. But the time spent on the boat needless to say was difficult from having some type of flu after Cape Verde to seasickness and to hear of the passing of a close kayaking friend David Higgins, it was still the most amazing journey of my life so far.

The sunrise, the stars, being completely alone, getting in for a swim in 15,000ft of water, the phosphorescent making the ocean come alive, the wildlife in the ocean, from giant whales right beside the boat to sharks, flashing squid, flying fish jumping in the boat and giant turtles - but the amount of plastic in the ocean is disgraceful. Everyone needs to recycle more - small things can make a huge difference to the environment. ■





# NUTRITION

## The Key to Happy Health & Healthy Training

BY CPL LEE COYLE

**A**s part of the Defence Forces continuous professional development, the Defence Forces Physical Education School (DFPES) organised a lecture from renowned sports dietician Sharon Madigan RD PhD. This lecture was attended by Physical Training Instructors (PTIs) from across the Defence Forces.

Sharon's lecture entitled *Unwrapping the Power of Food* was an interesting look at the different strategies of dieting and debunking the myths and fads that plague the industry and those seeking a healthy diet.

Her lecture began with a look at nutrition and hydration and what she called the performance puzzle, this was working out the perfect fuel to training ratio, or how much food and what food is enough to sustain training.

She took a small look at weight loss and the main point she wanted to get across to the PTIs was, to go for the easy wins first, to achieve this, PTIs need to get individuals seeking weight loss to train for the simple goals first, these goals that can be stuck to permanently, this will be the building blocks towards a healthy diet.

Next, she looked at sports nutrition and the maze of information out there from the sugar vs fat debate. This she says is a controversial strategy as there is information supporting both and it can simply come down to the individual for which is best. But she added that it is better to keep it simple and to stay clear of fads and buzz words. She talked about the king of buzzwords at the minute that is 'Protein'; this simple word has been added to almost everything imaginable, from milk to chocolate bars. Buzzwords like them can lead most people astray and should be avoided and to remember that marketing people are trying to sell you something.

The key to a successful fitness standard she said should be ultimately "consistency in training and diet." To achieve this there must be some negotiation with individuals to what they can give up and realistically how much training they can do. She added that these individuals need to be reminded that restricting calories at the wrong times can have detrimental effects on weight-loss and training, this is due to stress hormones that the body releases that can counteract hard work, too much training too soon or overtraining without enough food to sustain can lead to this. So fuelling up at the correct time can be as important as the training being undertaken.

Finally she looked at the problem areas that can have detrimental effects on training and weight management, these can range from person to person. For some people they can be classed as weekend eaters, they eat excessively over the weekend and with little to no training can undo a weeks worth of training and dieting. Then there are certain foods that some people consume that can affect a healthy lifestyle, like high salt foods and fizzy drinks; these don't tend to be taken into account in a diet. Alcohol intake is another factor that should be monitored, as we don't consider the calories contained with it, a single pint of beer can have around 200 kcal. Finally resting after training can be just as important as the training, use the four Rs of Recovery: Refuel, Repair, Rehydrate and Relax.

Her closing statement was a little nugget of advice to all the PTIs present, "One size does not fit all, get to know the individual." ■





# FIGHT NIGHT

## BY 27 INF BN

REPORT & PHOTOS  
BY CPL LEE COYLE



Pte Dom 'the Bomb' Donegan, 27 Inf Bn gets the victory against Pte Dave Curley, 1 Inf Bn.



Retired Sgt Major Joe Murray presents Daniel Branigan, St Michaels Club, Belfast with his perpetual trophy.

**T**he 27 Inf Bn recently held an amateur boxing night to promote the sport and to support and connect with the boxing community near the barracks and around the country. The event was held in the Dermot Early gymnasium in Aiken Bks, Dundalk, with fighters from across the DF and a number of supporting clubs who reigned from Belfast to Dublin.

The night was organised by Sgt Brendan Murray, who is the PTI Sgt in charge of the barracks gym. Sgt Murray said, 'We organised the tournament to promote boxing within the Unit, for some of our boxers this was their first time fighting in a boxing ring, and it was a great opportunity to get them the experience.'

We also asked Sgt Murray to tell us a bit about his passion for the sport and its role in the DF, "Boxing training in general is one of the best forms of overall fitness, it makes a change to the daily fitness routines in the DF, by including boxing circuits, drills and cardio needed for boxing. It can also keep troops interested and they learn new skills as their fitness improves."

The tournament cup is named after recently retired Sgt Major Joe Mur-

ray, and it will be a perpetual cup. Sgt Murray continued, 'This was in honour of Sgt Major Murray as he was a great ambassador for the 27 Inf Bn and sport, including the whole ethos of boxing through its fitness and discipline, he really encouraged boxing training within the unit.'

In the gym the boxing ring sat centre stage on the floor, while an impressive crowd gathered in the hall, all of them eager to cheer on the fighters. Looking after the proceedings for the evening as referee was Sgt Stephen Kelly (Cook Sgt, McKee Bks) and performing the duties of MC, and introducing each fighter and the fight results was Cpl Ciaran McGeogh, 27 Inf Bn.

There were 12 fights in total on the night, some of which were exhibition fights; these had a mixture of classes, from younger fighters and even female fighters. The most energetic fights of the night came from rivalry between units, which made for great entertainment that the crowd really enjoyed.

We asked Sgt Murray to tell us about the main event and which fight was the 'fight of the night'. "The fight of the night was in the 56kg class Pte Jack Carroll from the 27 Inf Bn Vs Daniel Branigan of St Michaels Club Belfast.

These were two intermediate boxers that were very well matched. From the start of the bell in round one to the end of the bell in round three, they had the crowd on the edge of their seats with the fast pace punching. Both boxers gave it their all but it was Pte Carroll that was landing the cleaner punches with hooks to the body then to the head of Branigan, it was this that got him the unanimous decision."

"The Main Fight of the evening was in the 69kg class between Pte Dom 'the Bomb' Donegan from 27 Inf Bn Vs Pte Dave Curley from 1 Inf Bn. This fight lived up to all its expectations with Pte Donegan proven just how fast and slippery he is on the counter punching by making Curley miss then catching him with crisp shots before he moved off. But Donegan didn't have it all his own way as Curley showed how dangerous he is by the non-stop aggressive work on the inside. It was another excellent high paced action fight with Donegan getting the well-earned decision in the end.'

The evening was a great success and was very entertaining for all, I would like to thank Sgt Brendan Murray and the 27 Inf Bn for the invitation and their hospitality. ■





Óglaigh  
na hÉireann  
DEFENCE FORCES IRELAND

## Óglaigh na hÉireann 10 Mile Road Race

**Naval Base, Haulbowline  
Thursday 12<sup>th</sup> July 2018, 1130hrs**

### Prizes:

- 1st, 2nd, 3rd Senior Men
- 1st, 2nd, 3rd Senior Female
- 1st, 2nd Female Over 35
- 1st, 2nd, 3rd Over 40
- 1st, 2nd, 3rd Over 45
- 1st, 2nd Over 50
- 1st Over 55
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**Entries Close Monday 2<sup>nd</sup> July 2018**



<https://register.primoevents.com/ps/event/glaighnahireann10mileRoadRace2018>

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## PHOENIX PARK ON WEDNESDAY, 10TH OCTOBER, 2018

OPEN TO ALL SERVING AND RETIRED MEMBERS OF THE DEFENCE FORCES, ROF, DOD AND INVITED GUESTS

*Timings:*

*Blocks at 1200hrs*

*Teams/Runners/Walkers at 1300hrs*

**€10**

*Entry Fee*

*Limited Entries on the day*

*NO Timing Chip or Goody Bag*

## 2018 AN COSANTÓIR 10K

Entry Forms available on from August, 2018:

[www.military.ie](http://www.military.ie) or [www.dfmagazine.ie](http://www.dfmagazine.ie)

Entries Close on Wednesday 3rd October







# HOBBY AIRSOFT — AND — THE CAMO SHOP

## 5.11 TACTICAL UCR SLINGPACK

RRP €154



### BE PREPARED. BE READY.

5.11's UCR (Urban Casualty Response) Collection was designed with utility in mind; comfortable to wear, easy to use, and incredibly practical. From packs to pouches, this series focuses closely on med kits, but their use extend far beyond its original purpose.

The **UCR SLINGPACK** is built primarily for first responders and MLE, ensuring that it blends in with your kit. It sits comfortably over your gear out of the way until you need it! And when you need it, this piece really shines - it excels as a med pack; swinging around to your chest, you can work straight from the pack quickly and effectively thanks to its clever design.

Constructed out of high quality 1050D nylon, the UCR's primary pocket is divided into compartments, utilising bungee retention, as well as velcro dividers to ensure you have everything you need on-hand! It can hold 1-4 blow out kits, among all of the other essential supplies. And thanks to the large opening it is easy to see the bag's contents, allowing you to find exactly what you need with no time wasted. So whether it's essential medical supplies, or just your wallet as you approach the till, the **UCR SLINGPACK** has you covered!

Given its intermediary size, the **UCR SLINGPACK** is perfect as an EDC pack for out and about; keep the essentials on you, and within quick/easy access. Should you need a little more storage, thanks to the MOLLE loops on the front it's completely straightforward to further expand the approximately 14! And, you have even more MOLLE on the strap for more customisation options.

Fully loaded, it sits snugly on your back, staying put. You have a large padded sling strap, spreading the weight, as well as a secondary securing strap ensuring it stays in place whether you're under fire, or just running for the bus.

Reading this article doesn't do the **UCR SLINGPACK** justice - you really need to get hands-on to appreciate the clever design. Worn on your back, it is discreet, comfortable and practical. Yet deploying the pack is where you see its ingenuity, as you swing it around to the front, the side-zip opening makes perfect sense.

Now the zip is at the top, and as soon as you crack it open you can see everything laid out thanks to its bungee-retention compartments. It is worth spending the time to get the layout right for you! Even opening it is simple, thanks to the enlarged zip-pulls, and the rigid flap can be used as an effective platform.

Available in Black, Sandstone, and Grey.

**WIN**  
**5.11 Tactical**  
**UCR SLINGPACK**

To enter, simply answer the question below  
Presenting a valid Military ID entitles you to:

- A) Free Gift
- B) 5% off
- C) 10% off

Please send your answers to [subs@military.ie](mailto:subs@military.ie)

LAST MONTH'S WINNER: *Congratulations to Paul Doran, from Dublin.*

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## BOOKSBOOKS

### THE FIRST ANTI-TERRORIST UNIT: THE AUXILIARY DIVISION RIC

**Author:** Ernest McCall  
**Publisher:** Self-published  
**ISBN:** 978-0-9533867-6-5  
**Price:** €28.50 H/B

The controversial title to Ernest McCall's latest book comes from W.A. Philip's work *The Revolution in Ireland 1906-23 (1923)* where he states that the Auxiliaries were the world's first Anti-Terrorist unit.

Formed during the summer of 1920, the Auxiliaries were a highly decorated police force what were feared by the Irish Republican Army.

The book covers the formation of the unit, recruitment and training but it is McCall's comprehensive account of the Divisions day to day activities during the Irish War of Independence that provides an invaluable source of information.

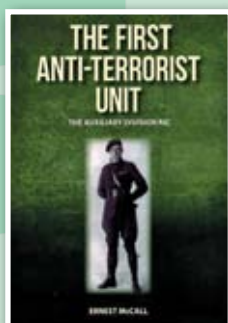
The author utilises police reports and private papers as well as IRA accounts of various actions during this turbulent time in Irish history.

This makes for fascinating reading as one can see how involved the Auxiliaries were in tracking down the IRA network and its operatives in Ireland. Bloody and violent confrontations erupted with no quarter being given or requested by either side in this war of insurgency and counter-insurgency.

The text is complemented with black and white photographs of Auxiliaries many of them never published before. The Appendices in the book are excellent and cover the Division in Ulster, unit members in Palestine and pay and conditions to name but a few.

This book is one of those 'must haves' for the student of this period as not only is it a great read but will also be an outstanding and essential reference of Auxiliary police actions.

Though this work is not available in the shops, it can be delivered directly to your door and can be ordered from [www.theauxies.com](http://www.theauxies.com). **PO'B**



### NAVAL AVIATION IN INISHOWEN WORLD WAR 1

**Author:** Guy Warner  
**Publisher:** Inishowen Maritime Heritage Co. (May 2018)  
[www.inishowenmaritime.com](http://www.inishowenmaritime.com)  
**Price:** €12

I found this booklet, filled as it is with clear photographs of the period, chimed with my own experiences and local knowledge of the area to which the material refers. Having passed many weeks on detachment with the 28 Inf Bn in Finner a few short decades ago I can say from a helicopter viewpoint that the weather conditions in the Donegal and Inishowen region can be many and varied, but seldom described as either tranquil, warm or placid! I am sure my former Naval Service colleagues who patrolled the seas offshore would agree with those broad statements, they having been face to face with the weather on exposed bridges and decks more than I ever was, enclosed in a heated and relatively dry and stable helicopter cockpit!

This booklet outlines a small part of the antisubmarine war fought off Ireland's north coast in World War One, with crews spending five hours in exposed open airship or kite balloon baskets or biplane cockpits. Even in an Irish summer, things can be challenging but as autumn gave way to winter it must have been a bitterly cold experience. Patrolling over a barren unforgiving ocean using rudimentary navigation devices to detect and attack lurking submarines was an endurance test and significant challenge to the crews' courage and determination. Given the rudimentary level of aviation technology and air navigation techniques at the time it is amazing that more crews weren't lost. But courage they had and operate they did, and the stories of some of their remarkable experiences and combats are retold within these pages. These will interest anybody with a curiosity about all and any forms of early aerial warfare. It contains also the record of military command and control systems but also the 'boots on the ground' narrative of the challenges to the building of the United States and Royal Navy air bases.

From the training of the pigeons (they had to be combat ready too and have a proven homing record before long range operations could commence!!) to the party's and social interaction between the sailors and the local community, it is an intriguing read and well worth devoting the afternoon to it that it will fill.

It can be purchased at the Inishowen Maritime Heritage Co. Maritime Museum & Planetarium or ordered by phone 07493 81363 or email [greencastlemaritime@eircom.net](mailto:greencastlemaritime@eircom.net) - P&P is National €2.50, EU €3.50 US €4.90.

**Reviewed by Brig Gen Paul Fry (Retd)**





# NOTICEBOARD

## DF 10 MILE ROAD RACE – 12TH JULY



The annual Defence Forces 10 Mile Road Race, hosted by the Naval Service, and takes place in Haulbowline on the 12th July, and is now firmly cemented in the DF annual athletics calendar. This successful event is now entering its 6th year and has added the 'Dermot Bates Perpetual Cup' and the 'Tomas Kelly Perpetual Cup' for the male and female champions. Both Dermot and Tom are retired Warrant Officers (Sgt Maj equivalent) and were champions of athletics in the Naval Service during their service.

The route leads out to Ringaskiddy and then through winding country roads to Currabinny Woods to the halfway mark. The return leg back to the Naval Base with undulating terrain is a challenge even for the experienced runner.

### Entries taken by post and online at:

<https://register.primoevents.com/ps/event/glaighnahireann10mileRoadRace2018>

**For more info contact:** Coy Sgt Mick Daly at ext: 4855 or CPO Cian McParland [cian.mcparland@defenceforces.ie](mailto:cian.mcparland@defenceforces.ie)

### UNIFORM SERVICES: Medal Mounting Service:

Competitive prices, contact Murty Quinn 087 9394680

### Lanyards made to measure:

Competitive prices, contact Brian 087 297 1982



## COMPETITION €50 VOUCHER

### Q. HOW MUCH IS AN AIRLINE BAG ON WW.PROTAC.IE?

Post your answer along with your name, address and contact number to us or email [subs@military.ie](mailto:subs@military.ie) for a chance to win a PROTAC €50 Voucher to use in store or online.

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Ph: +353 (0) 45 441798 or visit us on: [www.facebook.com/protacmilitary](https://www.facebook.com/protacmilitary)

Last month's winner of the PROTAC €50 Voucher was Mary Ryan, Co Limerick. Closing date is 20th August 2018.

## WORD SEARCH

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

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

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

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TULIN

## NAME

DANNY O'BRIEN

## RANK

AIRMAN

## UNIT

401 SQN, NO 4 SP WING

BY SGT WAYNE FITZGERALD

PHOTOS ARMN JAMIE BARRETT



**D**anny, from Graiguenamanagh, Co Kilkenny, has been involved in scouting most of his life (his mother is an adult scouter in Kilkenny), where he learned a lot of adventure skills that he still uses today.

He enlisted in the Defence Forces in December 2010 and completed his recruit training with 2 Cav Sqn in Cathal Brugha Bks. After three-star training he completed recce and dispatch rider courses. As well as carrying out a number of presidential escorts he also participated with the EU battlegroup.

After successfully applying for the Trainee Technician Scheme, Danny was discharged for the purpose of re-enlistment to undertake a nine-year aircraft maintenance apprenticeship with the Air Corps. "I had to take a drop in pay to undertake the apprenticeship," he says, "but I wanted to learn a trade that I could use for life."

Danny also had to undergo recruit training again with the Air Corps. "This was a very different experience from the Cavalry Corps," he recalls. "Now I was in a classroom from 9am to 5pm every day and there was lots of technical information; you have to use different parts of your brain."

Danny is now working in 401 Sqn, which carries out 2nd line maintenance, such as installing new parts or blending minor chips on compressor blades.

Danny's sport is kayaking, in which he is qualified as a level-2 instructor. He has also completed a swift water rescue course and a level-3 remote emergency care course. He also underwent a beach life guard course in Galway to allow him to work at DF triathlons and open-water swimming camps.

Danny also instructs on kayaking courses with the DF and has travelled to Nepal and Norway with the DF Kayaking Club, and has travelled to the US to kayak off 100ft waterfalls. However, he rates his best achievement on the water as rowing across the Atlantic.

"I got it into my head that I wanted to row across the Atlantic because I kept hearing people say it couldn't be done," he says. "Then when I was away representing Ireland as a judge at the kayaking championships, I met a team called Atlantic Allies, consisting of one Dutch and three British rowers, who planned to kayak to America, and I was accepted onto the team." However, during training Danny got a shoulder injury that put his participation in doubt. With time against him, Danny turned to DF physiotherapists Eimear and Dave in the CMU, St Brigid's Hospital. The pair managed to successfully treat Danny's injury, for which he will be eternally grateful. "Without them I wouldn't have made the crossing," he says.

Despite facing Atlantic storms and other trials and tribulations, the Atlantic Allies in their Rannock 45 rowing boat made the crossing in 66 days, entering the Guinness Book of Records in the process for rowing the Trade Winds 2 Route across the Atlantic. They also recorded the youngest and oldest team members. Read full story on P38.

Danny is now looking forward to taking part in the Canoe Freestyle World Cup in Spain in July.

Professionally, Danny recently passed his Tech 1 interview, this will allow him to work unsupervised.

On his future ambitions, Danny says: "I want to get an NCOs course soon and I would like to serve overseas. I would also like to qualify in the spray shop, to do plastic welding, composite repairs, panel beating, and spraying." ■











# **SOFQ BRAVO-TWO**

**COURSE COMMENCES: 09 SEPTEMBER 2018**

**MORE THAN JUST A JOB**