Oct 14th 2009
AN COSANTÓIR
10K fun run & 5 walk

Open to PDF, RDF,
DoD, retired personnel
and invited guests.
Pre-registered entries only.

Race numbers available from
McKee Bks: 1100hrs
Walkers start: 1215hrs
Blocks start: 1230hrs
Main race starts: 1330hrs

Fees
Individual: €10
Team: €50
Block: €200

Closing Date
Submit completed forms and fees by
Oct 5th to
2009 An Cosantóir 10k
DFHO, Infirmary Road, Dublin 7.

Entry forms available from your
BPED office or from dfmagazine.ie

October 14th
Phoenix Park

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Lessons Learnt
Overseas commanders retell their experiences in conflict.
Report by Wesley Bourke

Tour de Force
Defence Forces prepares to host CISM Cycling Championships.
Report by Comdt Michael Doyle

Operation Atalanta
Irish Naval Officers participate in EU-led Naval Force in combating piracy.
Report by Lt Col Martin Brett

The '69 Rangers
The original group of Army rangers gather for a very special reunion.
Report by Wesley Bourke

Caught on Camera
Photo Montage from the UNSG Visit and the National Day of Commemoration.
Photos by Armn Billy Galligan

Energy Aware
Defence Forces Energy Policy goes from strength to strength.
Report by Capt Sharon McManus

Peak Performance
A former soldier climbs a mountain for charity.
Report by Sgt Rena Kennedy

Life, Liberty and Security of Person
The Chief of Staff contributes to Amnesty International book.
Report by Lt Gen Dermot Earley

Fit to Fight in Kosovo
Irish troops take part in endurance march and 10k run.
Report by Comdt Sean Dunne & Capt Diarmuid O’Sullivan

A Helping Hand
RDF help out in Special Olympics projects.
Report by Lt John McCandless, Capt Bernard Morgan & Sgt Eamon Lenihan

Book Reviews
Not While I have Ammo: and Yesterday We Were in America.
Report by Sgt David Nagle

On Exhibit
The Kilkenny Militia.
Report by Mr Gareth Prendergast
Farewell
Recently, the Defence Forces said a fond farewell to two long-serving soldiers and a nurse. They were:
Left: BQMS Joe Quigley (4 LSB) is pictured here with his wife Catherine on the occasion of his stand down parade in May. A native of Athleague, Co Roscommon, Joe joined the Defence Forces in 1967 and served in the 6 and 28 Inf Bns, 4 W CTD, 4 Grn Ord Coy and 4 LSB. He served 17 times overseas in Cyprus, Lebanon, Kosovo, Bosnia and Sudan and was a keen sportsman, taking part in many athletic and orienteering events. Photo by Sgt Dermot Kelly (HQ 4 W Bde).

Bottom (left): Col Billy Nott (DLS) who retired in June is seen here with members of his cadet class (37) outside the Offrs Mess, McKee Bks. Col Nott was the last serving officer of a group of cadets that in 1963 travelled to Washington to render military honours at the graveside of US President John F Kennedy. Photo by Armn Billy Galligan.

Below: In July, Matron Emily McDonagh (LBH) retired from the Army Nursing Service after 40 years of service and she is seen here with Lt Gen Dermot Earley (CDS), who wished her the very best in the future. Photo by Armn Billy Galligan.

We are the champions
The 3 Inf Bn soccer team won this year’s Cunningham Cup held at the Peamount Grounds, Co Dublin in June, beating the 5 Inf Bn 3-1 in a tightly fought match. Photo by Armn Billy Galligan.

Top Marks
Congratulations to Capt Niall O’Hara (DFHQ) who in July was named best student of the 19 Jr C&S Cse. Pictured here in the Military College (l-r) are: Dr Ian Speller (NUIM), Brig Gen Sean McCann (GOC DFTC), Capt Niall O’Hara, Col Tom Doyle (Sch Comdt Inf Sch) and Lt Col Tom Aherne (Chief Instr Inf Sch). Photo by Sgt JJ Ryan (HQ DFTC).
Go West
Just before they headed out on a long-range patrol, the gunners from 4 Fd Arty Regt, currently serving in Chad with the 100 Inf Bn MINURCAT stopped to pose for the camera. Photo courtesy of Sgt Maj Noel O’Callaghan (100 Inf Bn MINURCAT).

Running Man
Gnr Alan O’Brien (HQ DFTC) pulled off a major coup on June 20th by winning the 1,500m event at the European Team Championships in Slovakia. Alan from Celbridge, Co Kildare won in a time of 3:50:17 beating Croatia’s Slavko Petrovic and Austria’s Felix Kernbicher. Photo by Armin Billy Galligan.

Ahoy
In June, the Naval Association brought a group of Midshipmen from the Fragata ARA Libertad on a tour of Dublin City. The Argentinean training vessel was on a five-day visit and some of the crew are pictured here with Declan Pendred and Herbert McManus (Both Naval Association) at John Rogerson’s Quay. Photo courtesy of Declan Pendred.

Mourne Men
Pictured (l-r) are: Lt John Forde (2 Cav Sqn), Pte Declan Forde, Cpl Peter Maguire, Pte Kieran McAleavey, Cpl Pat Carville (All B Coy 5 Inf Bn) who took part in the Mourneway endurance Marathon on June 12th. Photo courtesy of Lt John Forde.

Slán
In July, the Chief of Staff called into Gormanston Camp to meet the PDF and RDF Air Defence gunners who were on their annual shoot. Lt Gen Dermot Earley is pictured here with Capt Denis O’Donovan (4 AD Bty) who is due to retire this year. Photo by Armin Billy Galligan.

Eyes Front
In May, His Excellency Mr Brian Nason (Ambassador to Belgium and NATO PfP) took time out of his busy schedule to meet Irish troops serving with 40 Inf Gp KFOR in Kosovo. He is seen here inspecting a guard of honour on his arrival in Camp Clarke. Photo by Sgt Coffey (40 Inf Gp).
So That Others May Live

Photographs by
Air Corps Photographer Section

On June 26th Air Corps personnel gathered to remember the late Capt David O’Flaherty DSM, Capt Michael Baker DSM, Sgt Patrick Mooney DSM and Cpl Niall Byrne DSM, who tragically died while returning to Waterford Airport from a search-and-rescue mission on July 1st 1999. At the ceremony, attended by family, friends and colleagues of the crew, a wreath was laid at the Air Corps memorial outside the Church of the Loreto following Mass, celebrated by Fr Jerry Carroll CF. The Chief of Staff, Lt Gen Dermot Earley, was also in attendance and took the opportunity to talk to the families and Air Corps personnel.

Last year, the crew were posthumously awarded the Distinguished Service Medal (with honour).

Right:
Lt Gen Dermot Earley with Davina O’Flathery, daughter of the late Capt David O’Flatherty DSM.

Far right:
Pictured (l-r) are: Lt Gen Dermot Earley (COS), Brig Gen Ralph James (GOC AC), Col Paul Fry (CAS Ops) and Fr Jerry Carroll CF (Padre Casement Aerodrome).

Below:
An honour guard presents arms; and (inset) A wreath is laid in honour of the crew.
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**Sports Round-Up**

**2009 Defence Forces Golf Championships**

The Defence Forces Golf Championships took place in Fota Island Golf Club, Co Cork in early July with over 140 military golfers playing on the world famous course. Congratulations to Sgt Kieran Kennedy (31 Res Arty Regt) shown left, winner of this year’s championships. Photo by: Arnn Billy Galligan.

**Marlborough Cup**

The Cathal Brugha Golf Society won this year’s Marlborough Cup held at the South County Golf Club on July 13th. Now in its fifth year, the Marlborough Cup is a golf competition between McKee, Pronto (DFHQ CIS Coy) and Cathal Brugha Golf Societies and the brainchild of Sgt Colin Campbell (DFHQ CIS Coy).

**2009 Medical Services Cup**

On July 18th, a combined DFTC team beat the 28 Inf Bn 1-9 to 1-8 in a closely fought Medical Service Cup.

**Winners of the 2009 Marlborough Cup:**
Cathal Brugha Golf Society. They are standing (l-r) are: Mr Jim Wilson, Pte Brian Gibney, Pte Anto Kelly, Mr Damian Bailie, Sgt Stephen Bailie, Pte Noel McDonnell, Mr Tony McDonnell, Mr Mick Caffrey and Sgt Maj Andrew Murphy.

Seated: Mr Jim Redmond, Coy Sgt Aidan Power and CQMS Jack Burgess. Photo by: Sgt David Nagle.

Left: Sgt Colin Campbell pots his final ball on the 18th hole. Photo by: Sgt David Nagle.

**Medical Services Cup Winners**

Below: Arnn Paul Daly’s photo (bottom) shows the DFTC team in jubilant mood following their win at McDonagh Pitch, DFTC, Corragh Camp.
How to prepare men and women for the realities they may face on overseas operations is never easy. A soldier can learn drills and follow orders but an officer, on the other hand, has to be able to see through the ‘fog of war’, ameliorate the effects of friction, look after troops under their command, implement orders, and at times, if cut off from headquarters, be able to think and act on their own. Who best to learn from than those who went before?

In 1999 the Cadet School Association was founded to help cadets in their training. Through research, conferences and seminars, cadets can learn from officers who have built up a vast amount of experience through years of service. This year’s lecture on June 10th entitled ‘Leadership at a Platoon Level in a Conflict Situation’, took cadets and guests back to three of the most significant overseas engagements in Defence Forces history; Jadotville (Congo September 1961), At Tiri (Lebanon April 1980) and Caglavica (Kosovo March 2004). The three speakers were Capt Noel Carey (Retd), Lt Col Tom Aherne and Capt Ed Holland. The lecture was not a recital of the principles of war as described by Carl von Clausewitz, Antoine-Henri Jomi or Sun Tzu, but rather an honest and humble account of the officers’ experiences while holding platoon leader appointments on peacekeeping and peace-support operations.

It was fascinating to listen to all three speakers and at times you felt yourself tensing up with anxiety to find out what would happen next, with Capt Carey and his company under continuous fire from the surrounding jungle and by air, and Capt Holland and his platoon holding a thin line in Kosovo.

However, it was Lt Col Tom Aherne’s story that really hit home with me. At the time he was 21 and single. A farmer’s son from Waterford! First time overseas and his first time on an plane! He had deployed to Lebanon in October 1979 as a platoon leader with C Coy, 46 Inf Bn, UNIFIL. The winter had been tough and by April 1980 the battalion was getting ready to go home. What ‘chalk’ you were on was the talk of the day. However, in the final days of their tour, Lt Aherne found himself and his platoon in the village of At Tiri.

‘I had joined in 1975 with An Céad Cath. At the time ‘aid-to-the-civil-power’ was the order of the day.

The ‘use of force’ and ‘return of fire’ were big issues.

As a platoon officer it was hammered home that if you used force you had to know what you were doing and be able to justify that action. That had a major impact on how we conducted ourselves.

At Tiri was a village of about 700 to 1,000 people, with narrow streets and narrow buildings. To the south were the IDF and their...
Christian Militia allies. To our rear was Hill 880, which was a significant terrain feature. Company HQ was to the rear of Hill 880.

We had set up HQ in the village, operating two checkpoints and an observation post near the water hole. The road to our north was named the North Circular Road and the one to the south, the South Circular Road. At my disposal I had an infantry platoon and a recce section, consisting of a Panhard APC and an AML 90.

The afternoon of Sunday April 6th was warm and sunny, and several of the lads were playing football in the village school grounds. Everyone else was manning the checkpoints, observation post or providing security at platoon HQ.

All of a sudden word came that the militia were at the checkpoint and breaking through. It was with disbelief that I asked ‘Are you sure?’ because the militia were regularly coming up to the checkpoint, talking to the lads and heading off. The report was confirmed.

Our SOP in such an eventuality was for the driver of the APC at the checkpoint to drive the vehicle into a blocking position. He did that but he didn’t close the hatch. A militiaman climbed up the APC, put a gun to the driver’s head and ordered him to move the APC.

They were in, and immediately took up several positions in the village. My first thoughts were ‘How can this be happening to me? ‘Why do I have to be the one in this place, on this day, when this is happening?’ I recall that clearly. In my head I was already going to go down in the annals as the officer who had lost the village.

I was trying to recall all my troops and I remember walking down the road with my Gustaf when I met a few militias. One of them took out his pistol, fired three rounds in the air…and handed me a cigar.

So what to do? We reported to Company HQ and secured the positions we had left. Then one of my corporals said ‘Sir, the road to Hill 880?’ I would love to be able to say I was the one who thought of the hill’s strategic nature but it is to his eternal credit that he did and straight away we deployed 84mm teams to this key location.

It was with some relief that I saw the Company Reserve come over the hill an hour later. And it was with even further relief that I saw the Company Commander, Comdt Taylor, arriving with the Battalion Reserve a short time after that. We were there all night but do you think I remembered to implement some sort of platoon routine? I did not. We were up all night wondering what was going to happen the next day.

Almost from daylight the militia started firing on the Irish positions that had been set up to contain them. Eight Irish prisoners were taken and one soldier, Pte Steven Griffin, was fatally injured (He died the following day wondering what was going to happen the next day.

Unfortunately, those guys were regarded as ‘wimps’ by the rest of the platoon. They couldn’t ‘hack it’ and they were treated badly I have to admit.

On Wednesday there was sporadic shooting. There was a standoff and the situation was rather tense. At our level we had no idea what was going on.

One thing I have to say was that the visibility of the commander, Comdt Taylor, was very important. He seemed to be everywhere and this had a huge impact on the morale of the troops.

At first light on Thursday one of my platoon turned out in full piper’s uniform and stood up on the roof, visible to everyone and played for about five minutes.

When he was finished there were cheers from all around the perimeter. Shortly after that a young soldier came to me and asked, ‘Sir, can we take off these blue hats and put on our black berets?’ Of course we couldn’t, but looking back I can see that by that Thursday, the platoon had gelled. They had been under fire, returned fire and were supporting each other. The rest of the day was very similar to the previous day with sporadic shooting. Re-supply convoys came in at night, the militia fired at them and we fired back.

On Friday when a convoy from Battalion HQ and Force HQ tried to get through, a big firefight resulted. Israeli liaison officers were very much in evidence that day, and three more Irish prisoners were taken in
Capt Noel Carey (Retd) discussed the topics opinions on give their leaders military Future problem getting kerosene as the DFF were stopping and I knew it could all start again. I met the local sides pulling back. However, this was the most difficult to maintain control during this time. Sherman tanks started coming in. Thankfully the after this that fire from 120mm mortars and three and we could see them with their wounded. It was just the South Circular Road. They had taken casualties prisoners. We could see the militia pulling back past armoured vehicle, cleared the village and took two prisoners. We could see the militia pulling back past the South Circular Road. They had taken casualties and we could see them with their wounded. It was just after this that fire from 120mm mortars and three Sherman tanks started coming in. Thankfully the Sherman tanks were only firing solid shot, but it was very difficult to maintain control during this time.

The following day the fighting ended, with both sides pulling back. However, this was the most difficult time for me as I was left on my own in the village and I knew it could all start again. I met the local Mukhtar who told me the villagers were having a problem getting kerosene as the DFF were stopping them from going to the next village. He also told me they had been offered a huge sum of money for the body of an Irish soldier.

There are several lessons to be learned from this conflict. During pre-deployment training, get to know your men. If they are married they will have a totally different approach to those that are single. Cover all aspects of training, including basic soldiering skills. Professional knowledge on your part is essential. In-theatre you need to appreciate the difficulties of stress management and be culturally aware.

You need to have integrity. You need to be seen by your platoon to have values and standards. This builds trust and your troops will be loyal to you. Communication - this is difficult and you have to be prepared to give two-way feedback. Practice humility and know your own fallibilities. No one is perfect and we all have weaknesses. You need be aware of your own!

Capt Holland, for example, always referred to his men and how he took on their advice. When he spoke about himself he referred to his faults and what he could have done better. You don't find many people that will admit their mistakes.

Capt Holland then took us through to Kosovo. At this stage of the evolution equipment and training is second-to-none. We have continuously learnt from past experiences and our standard of peacekeeping is improving all the time. Much of the leadership training we get to prepare us for overseas missions comes from learning from those that went before us.'

Cdt Darragh Coffey

‘When you listen to all three speakers it shows a clear evolution in the Defence Forces! Their anecdotal stories bring to life the realities of overseas operations. Capt Carey, for example, showed how ill prepared we were for such a mission in Congo! Soldiers in ‘bull’s wool’ uniforms in the heat of the jungle.

In Lt Col Aherne’s case in Lebanon the equipment and training had improved somewhat, but the opposing force was not bound by a UN mandate and was being directly supplied by Israel.

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Cdt Ciara Sheehan

‘I found it fascinating that they were the same age as me at the time of the incidents they spoke about. The adaptability of their leadership was amazing and when confronted with situations they were able to fall back on the training they had learnt in the Cadet School.

They were also able to ‘think outside the box’ and utilise the skills and experiences of their men. Capt Holland, for example, said that they had very little civil disorder training prior to deployment. Yet he still had to deal with the situation at hand.

I was amazed how they were in full control of the situation, they didn’t panic and were still able to influence and lead their troops. It was very inspiring.’

Cdt Billy Hearty

‘What I took from tonight was the humility of the speakers. They all spoke frankly and gave great credit to their NCOs and men. Behind it all you could see that it was through their leadership that their men gelled and created a cohesive force, and that doesn’t happen overnight. It is a credit to their training and skill and how they handled their situations that few Irish troops were injured or killed and that, in the case of At Tiri and Kosovo, the situations did not escalate out of hand.

They were very honest and modest. Lt Col Aherne, for example, always referred to his men and how he took on their advice. When he spoke about himself he referred to his faults and what he could have done better. You don’t find many people that will admit their mistakes.’

Cdt Brian Halley

‘I took two things away from tonight. The first being communication and the second, knowing your troops. You could see how this has changed over the years. In Kosovo Capt Holland had constant comms with his NCOs and this proved vital to the success of the operation. The more information and knowledge you have, the better you are at understanding your situation and are best placed then to make a clear informed decision.

The importance of having the ability to listen to your troops was also made very clear. At times they are more aware of the situation then you are. By listening to them you can be aware of the level of their morale, their fears and concerns.’

There are several lessons to be learned from this conflict. During pre-deployment training, get to know your men. If they are married they will have a totally different approach to those that are single. Cover all aspects of training, including basic soldiering skills. Professional knowledge on your part is essential. In-theatre you need to appreciate the difficulties of stress management and be culturally aware.

You need to have integrity. You need to be seen by your platoon to have values and standards. This builds trust and your troops will be loyal to you. Communication - this is difficult and you have to be prepared to give two-way feedback. Practice humility and know your own fallibilities. No one is perfect and we all have weaknesses. You need be aware of your own!'
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The shortfall between income and expenditure has to be made up from Dividends on Investments, a small number of voluntary donations and Fund Raising events such as Band Concerts run by the Branches.

"Each year almost 1000 deserving cases receive assistance from all branches"
From September 9th-14th, the Defence Forces will host the 22nd CISM World Cycling Championships in Clonmel, Co Tipperary. The championships will incorporate a time-trial race from Carrick-on-Suir to Clonmel, which will cover the famous Seán Kelly time-trial route and a road race around Clonmel town. Eleven countries (Austria, Belgium, France, Germany, Italy, Netherlands, Poland, Slovenia, Sri Lanka, the United States and Ireland) have indicated their participation in the event.

The Defence Forces cycling panel (PDF and RDF) includes 2/Lt Michael Barry, Cpl Colin Robinson, Pte Philip Maher, L/Sea John O’Brien, Tprs Michael Concannon, Michael Fitzgerald, Brendan Lacey, Seán Lacey, Mick O’Reilly and Stephen O’Sullivan. They commenced their CISM preparations back in November 2008 and some have competed in the FBD Rás in May and in the Suir Valley Three-Day event in August.

Cycling as a sporting discipline presents a challenge to the Defence Forces, not solely from an administrative and logistical perspective, but also in the technical area.

Our team will be supported by Clonmel Cycling Club’s Eddie Keogh (Race Director), Paul O’Donoghue (Technical Director) and Declan Byrne (Event Director). They will work closely with Capt David Coughlan, Sgt Steve McSherry, Cpl Karen Robinson, Pte Ger Ivory, Lt Col Jim Lynott and Cpl Gary McIlroy as part of our technical/support team.

In preparing for this event, a Defence Forces race group attended the 21st CISM Cycling Championships in Slovenia in October 2008. The organising of such an event draws heavily on logistical, engineering, transport, medical and media resources, as well as technical expertise, in its successful execution. GOC 1 S Bde appointed Lt Col Liam O’Carroll as chairman of the organising committee. All SOs and SSOs of Bde HQ, as well as various barracks and post commanders, have met regularly over the past few months in Kickham Bks to formulate a plan for the event, drawing on resources from around the Defence Forces. Clonmel Urban Council, Clonmel Rugby Club and Moyle Rovers GAA Club have also offered their facilities to the committee for use during the event.

The teams will be accommodated in Kilworth Camp and apart from the races the championships will also involve opening/closing ceremonies, an open-day in Kickham Bks, a cultural day, a competition for local juvenile cyclists and visits to local schools by participating teams.

The Defence Forces, conscious of the importance of sport in the development of the links between nations, has consistently supported CISM since it joined the organisation in 1964. As well as participating in many CISM competitions the Defence Forces has also organised and hosted several major competitions. Among these were Cross-Country in 1969 (Ballincollig), 1979 (Mallow) and in 1994 and 1998 (Curragh); Boxing in 2002 (Curragh); and Golf in 2007 (Ballinrobe Golf Club).

Col Andy Kilfeather (D DDFT) currently represents Ireland in the CISM General Assembly as chief of the Irish delegation.

The championships will be formally launched on August 25th by the Chief of Staff, Lt Gen Dermot Earley and Irish cycling legend Seán Kelly. This will be followed by a media launch in Kickham Bks on August 27th. RTÉ sports presenter Shane O’Donoghue will provide commentary for the races.

This championships will be a major undertaking and a new departure in technical terms for the Defence Forces. However, with the expertise on board from both civilian and military personnel this challenge should prove to be a memorable one for the Defence Forces and especially for all participants in the 22nd CISM World Cycling Championships.

In this article
Comdt Michael Doyle (BTO 1 S BDE) outlines the upcoming CISM Cycling Championships taking place in Ireland this September...

Cycling legend Seán Kelly with Cpl Colin Robinson during the FBD Rás in May.
Over the past number of years, piracy and armed robbery off the Horn of Africa (HoA) has become a major concern to the international community as 12% of the world’s supply of crude oil transits through the Gulf of Aden (GoA). In total, 20% of world trade passes through the region and over 25,000 ships transit these waters annually. Pirates use fast skiffs to approach merchant vessels and with the aid of ladders or grappling hooks they climb onboard and take control of the ship, often using automatic weapons and rocket-propelled grenades.

Once in control they force the pirated ships to divert to ‘safe havens’ off the coast of Somalia. Once pirated there is little chance for military personnel in the region to retake the ship, for to attempt to do so would place the lives of the merchantmen onboard in grave danger.

Since December 8th 2008 the European Union has been conducting a military operation to help deter, prevent and repress acts of piracy and armed robbery off the coast of Somalia. European Union Naval Force (EU NAVFOR) Somalia, designated Operation Atalanta is being conducted in support of UN resolutions 1814, 1816, 1838 and 1846, adopted in 2008 by the UN Security Council.

The aim of Operation Atalanta is to contribute to the protection of vessels of the World Food Programme (WFP) delivering food aid to displaced persons in Somalia; the protection of vulnerable vessels sailing in the GoA and off the Somalia coast; and the deterrence, prevention and repression of acts of piracy and armed robbery off the Somali coast.

Operation Atalanta is the European Union’s first naval operation, and is being conducted within the framework of the European Security and Defence Policy (ESDP). In June, the Cabinet cleared the way for Ireland to contribute to the mission and two senior officers, Lt Cdr Anthony Heery and myself deployed to the Operational Headquarters (OHQ) at Northwood, near London on June 15th joining over 70 other European naval, army and air force personnel at OHQ. Although not the first time that Defence Forces personnel have served on a European Union OHQ in support of United Nations mandates (OHQ EUFOR Chad, Paris), this is the first time Irish naval officers have deployed on a EU naval mission.

Operation Atalanta represents many firsts for the EU. In addition to being the first naval mission, it represents the first time for the EU that civilian representatives from industry are fully integrated with the military HQ staff. From the mission’s start, merchant navy liaison officers (MNLO) have been an embedded component to the Joint Operations Command (JOC), where they maintain watch side-by-side with military watch keepers over the vast volume of shipping activity transiting the GoA/HoA area. The invaluable contacts and influence this partnership has created have enabled EU NAVFOR to take a leading role in the co-ordination and monitoring of shipping activity in the region.

On deploying to the OHQ, I was appointed to the role of CIMIC (Civil/Military Co-operation) Commercial Liaison Officer. Much of the work, in association with the MNLOs, focuses on how best to help the maritime industry make a sustainable, measured and effective response to protecting the global trade that transits this vital region on a daily basis.

This work includes direct interaction with the shipping community through the mechanism of ‘best management practice’. This ‘code-of-conduct’ has been endorsed by industry and promulgated by the Maritime Security Centre HoA, EU NAVFOR’s innovative and award winning web service for merchant operations in the GoA-HoA-SB area.

Lt Cdr Anthony Heery is assigned to the Planning cell within the OHQ, with particular attention on the Force Generation and future developments in Ship Protection Measures (SPM). This role requires detailed analysis of future Force requirements to maintain and sustain a suitable EU naval presence within the region, in order to effectively implement the overall mission.
mandate and the Operations Commander objectives.

In addition to his primary task, much of Lt Cdr Heery’s efforts are directed on the planning and considerations for Focused Operations, conducted by the Task Group (TG) in theatre. Such operations take particular elements of the Naval TG operating as part of Atalanta, and for short durations, conduct specific operations in a local region. The outcomes of such operations adds to the overall mission picture and develops a greater understanding of the local situation in the coastal regions of the AOO.

The World Food Programme is a UN agency, which aims to provide food to malnourished and starving people throughout the world. In Somalia, it is estimated that over three million people are in need of humanitarian assistance. Piracy and regional conflict in Somalia has made normal shipping in the region impossible. In response to requests for protection of WFP shipping delivering humanitarian aid to the people of Somalia, EU NAVFOR provides a Naval escort to WFP ships delivering vital aid to the port of Mogadishu. As a measure of success in this role, no WFP ship has been successfully pirated whilst under EU NAVFOR protection.

As the number of pirate attacks and attempted attacks continues in the area, ships transiting through the region are continuously developing SPM, in order to deter an attack, or to extend the time it takes for a potential pirate to get onboard. Such SPMs give EU NAVFOR and other military forces operating in the region, enough time to come to the aid of vessels under attack. The images of the Sirius Star are a stark reminder that unprepared vessels, regardless of their size, are easy targets for determined pirates. In an effort to develop a range of SPM for the wide variety of shipping and maritime activity in the region, as Irish Officers we are leading EU NAVFOR efforts, in cooperation with industry, to deliver a comprehensive package of measures from which, individual ships can select the most appropriate combinations for themselves. Given our extensive experience in boarding operations, both routine fisheries and Naval Drug operations, Ireland can make a significant contribution to the overall effort. The Naval Service conducts thousands of boarding operations each year, many of them in difficult conditions. Using the knowledge this experience creates, we can visualise how to make the task of boarding a merchant vessel as difficult as possible for a would-be pirate. If we can increase the time it takes for the pirate to get onboard, we can dramatically improve the response to an attack, and not only prevent the attack from being successful, but also arrest the pirates for subsequent legal proceedings. In many cases, determined self protection measures and a well trained crew onboard a merchant vessel, will be sufficient to deter the pirates from making an attack in the first place, or encourage them to call off an attack if it draws out for too long.

Operation Atalanta is part of the EU comprehensive approach to deal with the Somali crisis and has political, security and humanitarian aspects. It is acknowledged that the problem of piracy will not be solved by military action at sea alone. Dealing with the root causes of piracy ashore, and providing protection for shipping at sea will, as a combined effort, enable the people of Somalia come to terms with the problems of piracy.

The EU Joint Strategy Paper for Somalia (2008-13) is an important tool in contributing to the social and economic development in Somalia. €250 million euros has already been allocated to cover areas such as governance, education and rural development. EU NAVFOR, which supports these efforts, has proven to be a considerable success. The level of cooperation with multinational military forces, the level of engagement with industry and the confidence and trust established with regional interests all enable EU NAVFOR to achieve its mandate. The mission has been enlarged to cover an area of over two million nautical miles and has been extended from its original end date of December 2009 to December 2010. Ireland is making an important contribution to the mission. Our Naval experience and proud contributions to UN/EU mission in the past, enables Ireland to be an integral part of this evolving mission profile, which is leading the EU in a new direction for how it conducts ESDP operations around the globe.

*Safety at Sea International - 2009 award winner (Management and Operations)
The '69 Range

There are only a relatively small number of men, serving and retired, who have worn the Fionóglaich badge and can call themselves Rangers. They have displayed the skill, stamina and ability to operate in extreme conditions, undergo rugged combat conditioning and survival training, and carry out missions that the rest of us only read about.

The Army Ranger Wing (ARW), however, did not just emerge from the mists of the Glen, but from an elite group of volunteers known as the '69 Rangers'.

On June 19th, the ARW honoured their founding fathers, the men of the first Army Ranger course with a reception in the Curragh Camp.

During the 1960s with tension mounting in Northern Ireland, the Government tasked the Defence Forces with the establishment of the Special Assault Groups (SAG) to meet the security challenges from across the border.

In order to select and train soldiers for these groups, a number of army officers were sent on a US Army Rangers Course at the Ranger School, Fort Benning, Georgia, USA.

Having passed the course and acquired the necessary skills to introduce special-forces operations into the Defence Forces, this initial group of officers returned to Ireland and conducted the first Army Ranger Course in 1969.

Subsequent Ranger courses quickly followed and the new-established SAGs in each command had 40 Rangers trained in all-arms, engineering and ordnance techniques. By the mid-70s, the Defence had over 300 fully trained Rangers who conducted special support operations on the request of An Garda Síochána.

Coincidentally, during the same period there was an increase in international terrorism. The activities of terrorist groups such as the Baader-Meinhof Gang, the Red Brigades and the London Iranian Embassy siege in 1980 indicated a need to enhance the Defence Forces anti-terrorism skills.

In 1978, following an assessment of the SAG, it was decided to consolidate the Rangers into a newly-established special forces unit with an anti-terrorist capability and as a consequence, the Army Ranger Wing became operational in 1980.

Today's Ranger is a highly skilled special-forces soldier on par with his counterparts around the world with regard to training. Operationally the ARW is 'on call' to respond to any security situation that may arise at home and since 1999, the unit has participated in special-forces operations as part of UN-manned missions in East Timor, Liberia and more recently as part of the Initial Entry Force for the EUFOR Chad mission.

In June Wesley Bourke met up with some very special soldiers who led the way in regards to the initial development of special-forces operations in the Defence Forces.


Above: The original class of '69.
Right (top):
A Ranger explains the finer points of modern weaponry.

Right (2nd):
Lts Brian McKevitt and Enda Savage crossing a water obstacle during the first Ranger Course.

Right (3rd):
Lts Tom Hodson and Wally Freyne preparing dinner.

Right (4th):
The students stop for lunch. They are (l-r) Lts Mattie O’Brien, Jim Murray, Brendan McCann, Dermot Earley and (standing) Lt Tom Hodson. On the track in the background, Lts John Vise and Joe Fallon.

Right (5th):
The Chief of Staff talks to a Ranger at the recent reunion.

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**Once a Ranger, always a Ranger**

Instructors and students give their account of the first Army Ranger course.

**Brig Gen Jimmy Farrell (Retd)**
Instructor (then a Captain)

‘There was a great interest from the rest of the Defence Forces in what we were doing, which was very different and challenging from the norm at the time. After the first course it opened up to the rest of the army and there was a huge number of volunteers, with very large courses conducted in the Military College. This, of course, added to the Defence Forces as a whole. For when more and more soldiers were trained up, units going overseas were able to bring these men with them adding to the resources available to the commander.

You can see here today the evolution from when we started. The necessity to have a unit of men so well trained and equipped has not changed and is vital to the Defence Forces and the nation.’

**Col Harry Johnson (Retd)**
Instructor (then a Lieutenant)

‘I suppose at the time it was a completely new kind of concept in the army. All training in our younger days was very formal and straightforward, more marching and minor tactics, and things like that. This was the first time you could get out on the mountains and really challenge you against the environment. Our equipment was somewhat better than the rest of the army but nothing like what you see here today.

Our equipment allowed you to stay out in the rain or the snow while learning to survive in extreme weather. That was a huge departure from the ‘bull’s wool’ and the greatcoat.

We had great support from the rest of the army, and from the Naval Service and the Air Corps. Anything we wanted was there for us. The army realised that if they wanted to get a unit of that calibre going they needed to give it maximum support.’

**Col Don O’Keeffe (Retd)**
Student (then a Second Lieutenant)

I can assure you that what we had in comparison to today’s ARW was extremely basic. I remember at the time that specialist equipment ordered from the UK didn’t turn up and the start of the course was delayed. Today the ARW conducts ‘green’ and ‘black’ operations but these concepts didn’t exist back then. Basically, what we received was just more advanced training than we would have received in recruit or cadet training. The Ranger principle has developed and enhanced since our day. Our training was more concentrated on enhancing your individual skills and working as team.

Looking around here today I can see a very impressive evolution of the whole concept.’

**Lt Gen Dermot Earley (Chief of Staff)**
Student (then a Second Lieutenant)

‘I suppose it was a bit daunting in the sense that we were going into the unknown. We had an idea of what would be required in terms of fitness, but we were unsure of our ability to carry out the tasks the instructors had put in place for us. However, from the training we had already received as cadets we were well capable of bringing our fitness up to the required level and we adapted very quickly to the roles, tactics, procedures and techniques that were required on the day. Although it was daunting, it was a wonderful experience conducting operations in Wicklow and along the West Coast. When it was all over there was a great sense of achievement.’
UNSG visits McKee Bks

During an official visit to Ireland from July 7th-8th, United Nations Secretary General Mr Ban Ki-moon made time in his busy schedule to visit McKee Bks. This was on top of a series of other engagements that included meetings with President Mary McAleese, An Taoiseach Mr Brian Cowen TD and with the Minister for Defence, Mr Willie O’Dea TD.

On his arrival in McKee Bks, the Secretary General was greeted by Chief of Staff, Lt Gen Dermot Earley, who was accompanied by Brig Gen Denis Murphy (GOC 2 E Bde).

Mr Ban then inspected a guard of honour, drawn from the 5 Inf Bn before he laid a wreath at the memorial to Irish soldiers who died in the service of peace. After the parade, he got an opportunity to meet soldiers currently in training for overseas service later this year and with former soldiers and members of both ONE and IUNVA.

Artn Billy Galligan is probably one of the busiest staff members of An Cosantóir and gets to cover some of the biggest events in the Defence Forces. In any typical day he could be taking the Chief of Staff’s photo or on the ground or overseas capturing life in the forces today. In early July, he was present at two particular events and his photographs certainly capture a flavour of each occasion. Sgt David Nagle reports…

Caught on Camera
On Sunday July 12th, President Mary McAleese led the nation in remembering all Irishmen and women who died in war and on UN service overseas. In the cobbled concourse of the Royal Hospital Kilmainham, the invited guests of government ministers, the opposition, judiciary, clergy, diplomatic corps, veterans and their families watched as the President laid a wreath in honour of our dead.

As an official state ceremony, the Defence Forces played an integral part with honour guards, band, flag bearers, ushers, representative bodies, military police and an Air Corps fly-pass, all contributing to making this a very special occasion.

Though the Secretary General didn’t give any interviews to the media, during an address to the Institute for International and European Affairs the night before, he stated that, ‘Every day for more than half a century, an Irish soldier has been walking point for peace under the UN’s blue flag.

Today, nearly 500 Irish men and women are stationed in the Middle East and across Africa in support of UN-mandated missions... Ninety of your citizens have made the ultimate sacrifice while rendering this vital service. I pay tribute to your fallen personnel and I express my deepest appreciation to Ireland for its long-standing commitment to these operations.’
Energy consumption in buildings contributes to air pollution, impacts on public health and damages the environment. Carbon dioxide emissions from fossil fuels cause global warming and ultimately lead to climate change. Other harmful emissions include oxides of sulphur and nitrogen, which cause acid rain. Much of Ireland’s electricity is generated from fossil fuels and because of the inefficiencies and losses in generation and distribution, carbon dioxide emissions from electricity are relatively high compared to other energy sources.

Following the launch of the Defence Forces Energy Register in 2008, energy management teams (EMTs) are now established at barracks-, aerodrome-, and Naval Base-level throughout the Defence Forces, with each team having received training on how to operate the Energy Register at a local level.

Energy use varies from location to location and a degree of flexibility has been given to each team on how they can implement the DF Energy Register. However, key functions like recording energy usage; establishing key performance indicators; filling out daily energy use checklists and holding monthly meetings are carried out by all teams. Troops in all military installations have been briefed on simple energy-saving measures that can be carried out throughout the working day.

In February Maj Gen Dave Ashe (D COS Sp) added the Formation/Brigade Executive Officers to the DFEMTs. They are now in effect Energy Managers, leading their Formation/Brigade EMTs in co-ordinating and assisting the work of the EMTs at installation level.

Checklists have been developed by the DFEMT to enable energy use throughout the Defence Forces to be monitored monthly and to ensure targets are achieved. The information received and collated by the DFEMT is vital for the efficient application of scarce resources, including capital investment.

Appropriate projects are prioritised through the Capital Works Programme and budgets for smaller energy management projects are targeted in a similar manner.

Currently, the DFTC, Curragh Camp and Custume Bks, Athlone are undergoing the first comprehensive energy audit in the Defence Forces. The DFTC was selected because it is the most significant energy user, with the largest geographical spread, greatest number of troops (including transient troops on courses) and the greatest mix of buildings and energy use. While Custume Bks was selected because it is a large installation of old building stock, but with many excellent refurbishment projects completed over the past number of years.

Third-year civil and mechanical engineering students from USAC on work placement with the Engineering Corps, are putting every aspect of energy use under the microscope. Building Energy Ratings are being completed for all locations, giving a rating from ‘A’ (best performing) to ‘G’ (worst performing). This will enable benchmarks to be set for different building categories throughout the Defence Forces, with future performance of buildings being measured against these figures. With such a mix of building stock the audit is proving a real challenge! To date, the investigation has returned some interesting results and the full report will be completed shortly.

This will lead to the prioritisation of engineering works to improve the energy use of the buildings, both in terms of retrofit measures and future refurbishment programmes.

The DFEMT has also commenced work, with the assistance of the staff of Coolmoney Camp, Glen of Imaal on a feasibility study to making the Camp carbon neutral by 2020. Similar studies are carried out on residential, commercial or industry buildings and this will be the first time such a study will be carried out on a military installation.

By evaluating the data collated, the Defence Forces can optimise energy use in Coolmoney Camp while minimising the impact on the environment. The results of this study will be published later this year.

Though only launched last year, the Defence Forces Energy Register is proven a success on the ground. Energy inspections throughout the Defence Forces have already revealed a marked improvement in performance in energy management across the board.

Finally, congratulations to Stephens Bks, Kilkenny and Finner Camp, Co Donegal who were recently announced joint winners in 2008. Each barracks received a €15,000 prize to spend on barracks welfare or on energy saving projects.
Children's Poster Competition
3 Nintendo Wii Consoles to be WON

Meeting the Energy Challenge throughout the Defence Forces

As part of their ongoing Energy Awareness Campaign, the Defence Forces is looking for some new, original and interesting designs to be included in its next series of posters. This competition is open to children of Defence Forces' personnel to design a poster, which depicts scenes from Defence Forces' life with an element of Energy Efficiency and Management aspects.

The three winning entries will each receive a Nintendo Wii Console and have their posters displayed throughout the Defence Forces, at home, overseas and at sea.

Upper age limit for children is 15 years of age on September 1st 2009. The judge's decision is final and closing date for entries is September 30th 2009. For more information, contact: sharon.mcmahon@defenceforces.ie or bernard.lyhill@defenceforces.ie

Telephone: 01 804 5021.

Return completed entries to: Defence Forces Energy Management Section Corps of Engineer Section, Office of Deputy Chief of Staff (Support), Defence Forces Headquarters, McKee Barracks, Blackhorse Ave, Dublin 7.

Closing date for entries: September 30th 2009

Child's Name: ____________________________________________

Date of birth: __________________________________________

Address: _______________________________________________

Parent's name: __________________________________________

Contact details (tel or email): ______________________________
DEPARTMENT OF DEFENCE

FOR SALE BY TENDER
No. 25 Orchard Park, Curragh Camp

2 bed, mid-terrace house with front and rear garden

This tender competition is confined to serving members of the Permanent Defence Forces and Overholders of Married Quarters who have not previously purchased a property from the Minister for Defence.

A letter from your lending agency, Bank or Building Society, should be submitted along with tender, confirming that there are sufficient funds to complete the purchase.

Please contact the Department of Defence, Property Management Branch; telephone (01-8042461) with regard to the date the property will be open for viewing.

Offers should be in a sealed envelope and marked “Tender: No 25 Orchard Park, 28th August 2009” and forwarded to:

The Secretary General,
Department of Defence,
Property Management Branch,
Coláiste Caíomhín,
St. Mobhi Road,
Dublin 9.

and will be received up to but not later than noon on Friday 28th August 2009.

THE MINISTER FOR DEFENCE WILL NOT BE BOUND TO ACCEPT THE HIGHEST OR ANY TENDER.
A recent segment of the BBC2 Beyond Boundaries series followed a group of men and women, each of whom have varying degrees of physical disability. As they trekked across the rainforests, deserts and mountains of Nicaragua, the arduous route took them from the Atlantic to the Pacific. (Incidentally, the last Westerner to attempt this route was Christopher Columbus in 1492 and even then he only made it halfway).

The group began their quest on the treacherous Mosquito Coast, escorted by armed soldiers to protect them from bandits and drug traffickers. They covered 228 miles in 28 days through jungle, crossing crocodile-infested rivers and even climbed an active volcano on the way to the Pacific Coast.

After the broadcast, The Times referred to it as 'one of those rare examples of inspired television that might well change the way you look at the world.'

One person who did look at the world a little differently after seeing the programme was retired sergeant Gerry Behan. So much so that he was inspired to undertake his own challenge to climb to the Mount Everest base camp in October. This is Gerry's story...

Gerry, a Dubliner, joined the Defence Forces in 1978 and completed his recruit training with the 2 Inf Bn. He underwent an Potential NCOs course in CTD (E) in 1980 and remained in the Depot until his return to 2 Inf Bn in 1988 on his promotion to Sergeant Physical Training Instructor.

One of Gerry's many achievements during his 22-year career was receiving a hat trick of Best Soldier awards on his recruit, Potential NCO and Standard NCO courses. However, it is for his sporting and shooting prowess that Gerry is best remembered and he has the distinction of winning All-Army titles in no less than nine disciplines: rifle, soccer, gymnastics, swimming, athletics, volleyball, pentathlon, trampoline and the Millennium Sword. He also won nine international soccer caps with the Defence Forces soccer team and represented the Defence Forces in CISM pentathlon events in Rome and Munich, as a competitor and coach.

Since he retired, the two things Gerry misses most are his involvement in shooting teams and instructing. He says wryly, 'in 'civvy street' you can't just jump into your car and go shooting for the day.'

After leaving the Defence Forces Gerry worked with An Post for over five years until he took up a position as Security Operations Manager for Croke Park Stadium, where he worked until March of this year, when he decided to take a year off work to throw all his efforts into preparing, training and fundraising for his Everest venture. He actually sees raising the funds as the biggest challenge!

Gerry ascribes a large part of his decision to take on such a difficult project down to his military background! 'Military life and training taught me that regardless of age or the difficulty of the task, there's always something left in the tank. So when I chose to climb a mountain I thought... Why not the highest one?'

Gerry is undertaking the trip to Everest base camp to raise funds for the charity Fighting Blindness Ireland, a group which funds world-leading research into treatments for blindness, and also provides a unique counselling service for people with visual impairments and their families.

In 2003, he got his first taste for charitable work, when he became a volunteer for the Special Olympics, which culminated in him refereeing the semi-finals of the soccer competition. Indeed, he continues to referee in a league for visually impaired people.

In preparation for the expedition, Gerry is undergoing a tough, daily cardio-vascular fitness regime, combined with regular hikes in the Wicklow Mountains. The trek up to Everest base camp is
Gerry needs to raise a minimum of €6,000 for the expedition and all monies raised go to Fighting Blindness. He has organised a number of events that include; a Golf Classic in Westmanstown Golf Club, Co Dublin on September 3rd (Teams of three cost €300 which includes golf, prizes and dinner) and a raffle for more than 20 prizes of four-ball golf. Tickets cost €10 each and can be bought directly from Gerry: 087-2042497. Donations can also be made to mycharity.ie. Follow the link to sponsor a friend and then search for Gerry Behan. Again, all monies pledged go to Fighting Blindness.

It’s not the mountain we conquer but ourselves.

Sir Edmund Hillary

arguably the most famous in the world and will take Gerry to a staggering 5,357m (over 17,000ft) above sea level. Although the route generally travels along well-graded paths there are some tough sections along the way and these, combined with the altitude, make it a tough challenge and one not to be taken lightly!

Nepal itself is a fascinating country and the Everest trek route gives an insight into the lives and culture of the Sherpa people. Eight of the world’s 14 highest peaks are found in the Nepalese Himalayas and among the highlights that Gerry will experience along the way will be witnessing the sun rise on the snow-capped peaks above Khumbu Glacier, where it is said that due to the height, you can actually see the Earth’s curvature.

Gerry’s attempt at taking on this daunting venture is a great example of self-sacrifice and personal motivation and I would like to wish him all the best in his ‘mountainous’ task.
Article 3 of the Universal Declaration of Human Rights (UDHR) brings together and guarantees three key rights. The full text of the article reads, simply: ‘Everyone has the right to life, liberty and security of person.’ The articulation is elegant, comprehensive and irrefutable. However, it is not self-explanatory and so later work by the UN necessarily expanded on and exemplified the principles on which this and the twenty-nine other articles of the UDHR are based.

This work includes the International Covenant on Civil and Political Rights 1966, which prohibits ‘arbitrary arrest or detention’ and goes on to stipulate that: ‘No one shall be deprived of his liberty except on such grounds and in accordance with such procedures as are established by law’ (Article 9.1). The significance of Article 3 is best reflected in the fact that it has been incorporated verbatim into the constitutions of countries as far apart as Germany, Japan, Canada and, most recently, South Africa. Indeed, as Amnesty International has noted, it has become a staple of many subsequent human rights standards and statements.

The right to life is universally accepted as the most fundamental basic human right. Ireland fully supports this principle and we can be particularly proud that it is explicitly enshrined in the 1937 Constitution, which every individual member of the Defence Forces takes an oath to defend.

All other human rights cascade from this basic human right, as do arguments for pluralism and tolerance. As a people, we are increasingly global in our perspectives and our concerns. Perhaps this is one of the reasons why in more prosperous times Ireland was one of the few countries in the world to contribute €200 per capita in foreign aid via Irish Aid, making it the sixth largest aid donor in the world in terms of GNP.

This global vision is certainly a factor in the idealism of Ireland’s youth, who continue to volunteer to work in Third World countries through excellent organisations such as Concern, Goal, Trócaire and Amnesty International, to mention but a few. And it also plays a part, arguably, in why so many Irish people work with the United Nations, including in the UN Headquarters in New York, the World Health

In June, Amnesty International published a book entitled 60 Years, 30 Perspectives: Ireland and the Universal Declaration of Human Rights. This article by Chief of Staff, Lt Gen Dermot Earley features in the book and here he gives a soldier’s perspective...

Life, Liberty and Security of Person
A Soldier’s View
Everyone has the right to life, liberty and security of person.

Organisation, the World Food Programme and the UN High Commissioner for Refugees. The latter office alone has assisted an estimated 50 million people over the last five decades.

We in the Defence Forces contribute in a very practical manner to this project by pre-positioning emergency supplies in our training centre in the Curragh on behalf of Irish Aid and by providing training to the recently established Rapid Response Corps through the United Nations Training School Ireland, a component of our Military College.

Similarly, the Irish Defence Forces have to date contributed to seventy-four UN-mandated overseas peacekeeping missions, consisting of almost 60,000 individual tours of duty. Eighty-five Irish soldiers have lost their lives in the service of peace overseas, a number of whom I am proud to have known and served with. It is to the challenge of honouring Article 3 of the UDHR within a military life that I now wish to turn.

Those in the Irish Defence Forces reflect the times and the wider community in which they live and so take pride in the contribution Ireland makes to world peace and security through the medium of peace-support and crisis management operations. The Defence Forces is relatively small but operates well above what mere numbers might indicate.

Our defence forces are recognised worldwide for their professionalism, quality and leadership. To achieve high standards, we train and prepare our personnel for peace-support operations in a manner rooted distinctly in UN doctrine and practices. Increasingly, we are mindful of culture, gender and heritage, and civil-military co-operation (CIMIC) is an integral component of this process. We seek to develop military practices that integrate more efficiently and effectively within comprehensive arrangements for multidimensional and increasingly complex UN-mandated missions where military personnel, UN agencies, UN police and other international agencies work together to create and maintain peace. To further this, overseas experience and conceptual peacekeeping studies are integrated in the Centre of Excellence in Human Rights and Law of Armed Conflict, established in the United Nations Training School Ireland. Most importantly, Irish peacekeepers seek to fulfil, in a very true sense, the principles articulated in Article 3.

Irish involvement in peace-support operations is premised on a UN mandate normally given under Chapter 6 or Chapter 7 of the UN Charter. We place central importance to being a member of the UN, which carries considerable moral authority and emphasises humanitarian interest in its approach to international crises. Any use of force must, first and foremost, be legitimate in accordance with international law, proportionate and impartial. This is particularly important when we send Irish troops into troubled places as witnesses to events and aspects of human nature that can shock and appal. It is crucial to us as soldiers that we never lose sight of Article 3 of the Universal Declaration. It serves as our guide to judgement and our personal touchstone. A deep understanding of Article 3 facilitates the essential measured approach to peace-support operations from the force commander to the peacekeeper on the ground. Each Irish soldier on overseas service carries a card that states: ‘Defence Forces personnel engaged on peace-support operations have international obligations under the United Nations Charter, the Universal Declaration of Human Rights and the European Convention on Human Rights to act to prevent violations of human rights, to react against violations of human rights and to act to rebuild human rights when violated.’

The United Nations has seen many changes and challenges since its establishment in 1945. From the outset it has been a place where traditions have met - the late nineteenth to early twentieth century traditions of great power and of universalism in particular. It is a project that has always had its critics as well as its passionate advocates. But there can be no doubting the central role that the UN has played in international affairs since its inception. Justice for individuals has come to be accepted as a concomitant of international peace and order largely because of the efforts of the UN organisation and its various organs and commissions.

It is important to view the origins and the framing of the Universal Declaration of Human Rights in this context. When in 1947 a UN delegation chaired by Eleanor Roosevelt was tasked with drafting what was described in 2002 by Glendon as ‘the world’s first standard statement of human rights’, they took up a challenge that seemed ‘both impossible and supremely necessary’. That we are now celebrating the sixtieth anniversary of the document they produced is testament to the success they made of that task.

Soldiers, as participants in peace-support operations, must deal with broken societies, lawlessness and a negation of human rights on a scale that is almost incomprehensible to those who have not experienced it. The ‘right to life, liberty and security of person’ is taken for granted on this island - others are less fortunate. Irish Defence Forces personnel deployed on a UN-mandated mission are bound to uphold both the highest ethical and moral standards in accordance with the UDHR. Article 3 may be a statement of an ideal best appreciated when read alongside the other twenty-nine articles of the declaration. Ideals are necessarily aspirational, particularly when they manifest themselves as a desire to uphold human rights in all their forms and in every way possible. The relevance of this to Ireland in 2009 and the influence it has in our beliefs and value systems reaches far beyond our shores: the men and women of the Irish Defence Forces - and indeed those who seek out roles in UN and NGO activities - take it with them when they go out in the service of peace.
Czech Endurance March

In June, 24 Irish soldiers serving in Kosovo with 40 Inf Gp, KFOR, participated in a gruelling 25.7k-loaded march. The event, organised by KFOR's Czech contingent, took place in the environs of Camp Sajkovac, the Czech HQ, with over 450 participants from various KFOR and EULEX units taking part.

After an early reveille (0330hrs) in Camp Clarke, the Irish participants had a quick breakfast and a final equipment check before boarding transport for the hour-and-a-half drive to the Camp Sajkovac.

Following registration at 0530hrs, participants were checked for uniform and that they were all carrying a minimum of 10kgs, including personal weapons and ammunition (excluding water and rations), before setting off at 0630hrs.

The organisers had given a seemingly generous cut-off time for the march of 10 hours, but we soon realised why, as the first two kilometres included a 150m climb!

The terrain mostly consisted of road and tracks, making tough work on our feet and the route took us through some very scenic areas, including an eight-kilometre stretch around lake Baslavsko Jezero.

By 0800hrs it was as if someone had turned on the central heating! The immense heat put extra pressure on everyone as the temperature climbed to over 30°C and most counted themselves lucky that they weren’t walking in the midday sun. Because of the heat, the organisers were out on patrol issuing bottles of water and offering words of encouragement.

The hardest ascent of the day was the last kilometre up to Camp Sajkovac, a tough yet rewarding finish. As Lt Eoin Doyle and I crossed the finish line we were awarded with our certificates and medals. The

In this article, Comdt Sean Dunne and Capt Diarmuid O'Sullivan (40 Inf Gp KFOR) report on two recent sporting events that our troops serving in Kosovo participated in...
Firecracker 10k
by Comdt Sean Dunne

On July 4th, a contingent of 20 Irish troops serving with 40 Inf Gp donned their running gear and travelled to US Camp Bondsteel to take part in the ‘Firecracker’ 10k road race, one of a series of events organised by the US troops serving in Kosovo to celebrate their national Day of Independence.

At 0800hrs, the 150-strong international field of military competitors headed off on the 10k course, marked along the camps’ roads, one of the biggest military installations in Kosovo.

The Irish runners were surprised to find a few hill climbs along the route, as most were use to the flat terrain around their own base at Camp Clarke.

There were excellent performances from Pte Gavin Sweeney (Home unit 4 Inf Bn), who won the men’s race in a time of 34mins 15secs and Cpl Jemma Donovan (Home unit HQ 1 S Bde) won the ladies race in a time of 46mins.

Throughout the various age categories, there was further success for the Irish and all represented Ireland and the Defence Forces in a positive light. No doubt the complimentary t-shirts each received will be worn with pride around Camp Clarke.

Results of Firecracker 10k

Men U-30
Winner: Pte Gavin Sweeney

Men U-40
Second Place: Sgt Trevor Horgan
Third Place: Comdt Patrick Maher

Men U-45
Winner: Pte Michael Walsh
Second Place: CQMS Michael McGrath
Third Place: Lt Larry Scallan

Men U-50
Second Place: Cpl John Cashman
Third Place: Coy Sgt David Murphy

Ladies U-30
Winner: Cpl Jemma Donovan

Ladies U-40
Second Place: Comdt Liz O’Neill
The 2009 Special Olympics Ulster Games took place for the first time in Letterkenny, Co Donegal, from June 12th-14th and troops from A and B Coys, 58 Res Inf Bn, were only too happy to help. Over 550 athletes from across the nine Ulster counties, accompanied by family, friends, coaches and club members, were part of an estimated 7,000 crowd.

Following an initial brief on the first day, the reservists were broken up into small work parties. Some headed to Arena 7, the venue for the ten-pin bowling event, were they assisted the organisers in controlling traffic, securing key locations and assisting athletes for their day’s competition.

At Aura Leisure Centre, reservists controlled access to the track, ensuring that only athletes and accredited personnel gained entry, while others directed spectators to their seats.

The official opening ceremony kicked off at 7pm with a magnificent display of music and dance in O’Donnell Park. Members of 58 Res Inf Bn had responsibility for looking after the VIP area, keeping clear the emergency exits and controlling entry to the pitch. An Tánaiste, Mary Coughlan TD and Deputy First Minister of Northern Ireland, Martin McGuinness MLA were among the VIPs who attended the ceremony.

At 9pm, flanked by members of An Garda Síochána and the PSNI, the Special Olympics athletes carried the game’s torch into the stadium to a standing ovation.

For me there were many highlights during the games, but two stand out. Presenting medals to the winning athletes and leading the athletes out of the arena during the closing ceremony.

Although we had our various duties to perform we also had many light-hearted moments with the athletes and their families, and I don’t think any of us stopped smiling for the whole three days.

The Special Olympics’ athletes, or ‘superstars’ as we called them, brought out the best in everyone they came in contact with! It was a great honour and privilege for us to be there and we wouldn’t have missed it for the world. We wish all the athletes taking part in the national games the best of luck and a successful 2011 World Games in Athens.

In this article Lt John McCandless (58 Res Inf Bn) and Capt Bernard Morgan and Sgt Eamon Linehan (65 Res Inf Bn) report on two recent Special Olympics-supported events in which reservists helped out…
out a bit of foot drill and sample the delights of an army ration pack.

In addition to providing a day out, Support Company personnel collected over €5,000 from family, friends and from fellow soldiers within the battalion and barracks. A special mention is due for Cpl Jonathan Carroll who single-handedly raised over €1,300.

Finally, thanks to Comdt Brian Carey (OC McKee Bks Coy) and Sgt Maj Philip Shevlin for their help in making the event possible.

In appreciation of the efforts of the men and women of Support Company in organising an enjoyable day out, the Lucan Hedgehogs penned this short poem.

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**Operation Hedgehog**

By Capt Bernard Morgan and Sgt Eamon Linehan

Photographs by Cpl Sarah Jane Morrissey

On June 27th, soldiers from Sp Coy, 65 Res Inf Bn put on their boots to undertake a 10-mile march along the Royal Canal from Leixlip, Co Kildare, to McKee Bks, Dublin in aid of the Lucan Hedgehogs Special Olympics Club.

The reservists were accompanied on the march by members of the club, one of 402 clubs that provide year-round training and competition for some 34,000 people with an intellectual disability.

The battalion maintains close links with various community groups within its recruiting areas and the Lucan Hedgehogs are one such group that are visited regularly. The Reserve Defence Forces can clearly identify with the volunteer ethos, dedication and hard work demonstrated by Special Olympics’ athletes and volunteers.

Out of this relationship came a proposal that Support Company would organise an event in which the athletes could participate and raise much-needed funds at the same time. Thanks to the efforts of Sgt Damien Richards, who volunteers with the Lucan Hedgehogs, Operation Hedgehog was born.

On the day over 50 participants (reservists and Lucan Hedgehogs) gathered at Leixlip Confey GAA grounds, next to the Royal Canal Way. The march was a fantastic and rewarding experience for all and was well supported by passers-by as we made our way through Clonsilla, Coolmine, Castleknock, Blanchardstown, Ashtown and Phoenix Park.

On arrival in McKee Bks, all the tired but jubilant walkers were treated to a barbeque. The Hedgehogs also got an opportunity to see some of the battalion’s weaponry, try out a bit of foot drill and sample the delights of an army ration pack.

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Saturday, June, as the sun split the sky.

10 miles of a walk had the Hogs on a high.

Their friends in the Army had promised a day,

That was made up of exercise, eating and play.

Confey we started, the Leixlip locale,

For a hike into Dublin along the Canal.

The Hogs and their minders were split in to groups,

Under the care of the RDF troops.

They guided us round all the paths in the region.

With pride we all felt like the French Foreign Legion.

‘Til we came to the Park and walked into McKee

Where your lads had laid out a military spree.

There were rockets for launching and guns made by Steyr

Which we held and we played with, but weren’t allowed fire.

There were backpacks and helmets and paint for your face

Soldiers and jeeps were all over the place.

McKee was just heaven and not just for boys

But the girls, too, adored all the wonderful toys

Then to cap it all off was the fabulous food

Which definitely raised the already high mood.
**Not While I have Ammo**

*The History of Captain Connie Mackey, Defender of the Strand*

Author: Jim Corbett  
ISBN: 978-1-84588-916-6  
Publisher: Nonsuch Publishing  
Price: €15.99  
Reviewed by Sgt David Nagle

This book is a fine account of one ordinary Irishman and how the extraordinary events during Ireland’s struggle for independence saw him play a pivotal role in the conflict against the British Crown and the Irish Free State. The man in question is Limerick-born Cornelius McNamara, aka Connie Mackey to his family and friends. In outlining Connie’s story, the author, his grandson Jim Corbett, used transcripts and archival material to give the reader a clear picture of the events that shaped his grandfather.

Aged nineteen Connie joined the Limerick City Battalion Irish Volunteers in 1915 and was mobilised with his battalion for the 1916 Rising, though they didn’t play an active part.

In the aftermath of the failed rising, the volunteers regrouped and in Limerick, Connie joined the Irish Republican Brotherhood. Throughout the War of Independence he was active in capturing arms, destroying RIC stations and generally causing havoc for the British Crown forces operating in the region. He was imprisoned twice and was held in numerous prisons in Ireland and the UK before he was released in December 1921.

With the Irish Free State declared in 1922, Connie was unwilling to take a pledge to the new government and took up arms with the anti-Treaty side.

In preparation for the upcoming civil war, Connie, now a captain, was given command of the Strand Bks, one of a series of republican strongholds prepared in advance of the expected Free State assault. This eventually came on July 15th 1922 and Connie’s foresight in training his troops, stockpiling essential ammunition, food and water, enabled his garrison to hold out for five days against constant attacks from Free State troops equipped with armoured cars, machine guns and artillery.

On his surrender, a Free State officer commended Capt McNamara for his defence of the barracks and even offered him a commission. Connie refused and led his men into captivity and he was released in December 1923.

In civilian life, Connie worked tirelessly for the plight of ex-republican prisoners, securing pensions and grants for them. Connie moved to New York where he worked for a while before returning home to marry Sally Donnelly with whom he had a daughter, Patsy.

In 1935, Sally died and Connie remarried and settled in Limerick working for the city corporation until his death in 1957.

Not While I have Ammo is a concise, well-written tale of struggle, hardship, love and devotion to a cause by a man of high standards and respected by both his peers and his enemies alike.

**Yesterday We were in America**

*Alcock and Brown - First to Fly the Atlantic non-stop*

Author: Brendan Lynch  
ISBN-10: 1844256812  
Publisher: J H Haynes & Co Ltd  
Price: €26 (Hardback)  
Reviewed by Sgt David Nagle

Yesterday we were in America tells the story of two 20th Century aviators, who completed the first non-stop, east to west transatlantic flight in 1919. Pilot Capt John Alcock and navigator Lt Arthur Whitten Brown flew their Vickers Vimy aircraft the 1880 miles from Newfoundland to Ireland in a 16-hour endurance flight.

The author, Brendan Lynch traces their story as amateur pre-war flyers, like many young men of the time, who sought adventure by designing, building and flying some of the first powered aircraft.

In feeding this frenzy, The Daily Mail put up a £10,000 prize for the first to fly across the Atlantic Ocean. Though the Great War had postponed any attempt of a crossing, the surviving wartime aviators, once de-mobbed, quickly assembled their crews and aircraft and headed to Newfoundland for a crack at winning the prize and setting a record.

On June 14th 1919, Alcock and Brown took off from Lester’s Field, Newfoundland and headed for Galway, Ireland. Sitting side-by-side in their cramped open cockpit, they endured rain, wind, icing, fatigue and the noise of the engines on their flight. With Alcock at the controls, Brown using sextant and compass, kept them on course and after 16-hours of strenuous flying, they landed on Derrygimla Bog, Connemera, Co Galway close to a Marconi radio station.

Almost overnight, Alcock and Brown became famous and as both men were veterans of the Great War, their epic flight caught the imagination of a world still reeling from the tragedy of war. Their flight spurred others to attempt similar aviation records, but it would be nearly eight years before Charles Lindbergh would complete the first solo non-stop transatlantic flight.

This book is a fine retelling of a somewhat forgotten story about two men who pushed themselves and their aircraft to the limit and secured their place as pioneers in the annals of aviation folklore.
Situated on the banks of the river Liffey opposite the Guinness Brewery, Collins Bks was once the oldest occupied barracks in Europe, before the Defence Forces moved out and it took on its present role as a National Museum. Built by the British in 1702 the Royal Barracks was one of the earliest public buildings in Dublin and was built on a site originally intended for a mansion for the Duke of Ormonde. In 1922 a fledgling Free State Army took over the barracks from the departing British Army and it was renamed Collins Bks.

Throughout its tenure as a barracks it was occupied by numerous military units, both Irish and British. When the last soldiers marched out of the barracks in 1997, the ghosts of its previous incumbents were left behind.

Thankfully, the barracks has now been restored to its former glory by the National Museum of Ireland and at the moment the very impressive ‘Soldiers and Chiefs’ exhibition is ongoing in the Museum. This exhibition outlines the numerous armies and campaigns that Irish soldiers have participated in throughout the ages. From Fontenoy to Fredericksburg and Sevastopol to Spion Kop, Irish soldiers have fought and served with distinction in most of the world’s conflicts over the last 500 years. The exhibition also contains a section on the foundation of the state; 1913-23; the history of the Irish Defence Forces; including its proud record of overseas service from Lebanon in 1958 to its current mission in Chad.

Of particular interest for the people of Kilkenny is a very ornate bandsman’s uniform from the 20th Kilkenny Militia, dating from the mid-19th century. Early military bandsmen wore special uniforms, often influenced by continental fashions, particularly noticeable in the cylindrical headdress. It became the fashion for infantry bands, both regular and militia, to wear white with the regimental facing colour, in this case yellow. This practice ceased around 1871 when they began to wear a red tunics like the rest of the regiment. They did however wear shoulder wings and lace on the seams of their tunic sleeves to distinguish themselves.

In 19th Century Ireland, the British Army often gave free band concerts on Sunday afternoons, such performances provided inexpensive entertainment for the local population, while reminding them of the presence of the army in their country.

In 1861, the Irish militia were first formed into county regiments by the then Lord Lieutenant of Ireland, the Duke of Ormonde (mentioned above), head of the renowned Kilkenny-based Butler family. Henceforth the county title was the official title of the associated militia regiments. Until the outbreak of war with France in 1793, Irish Catholics were forbidden to bear arms or join any branch of the armed forces. The potential threat of an invasion of England and the need for more soldiers caused the London Parliament to enact a law to remove the prohibition on the recruitment of Catholics and make them, like Protestants, liable for militia service. The Kilkenny Regiment of Militia became more representative of the people of the county.

In 1881, with the application of a territorial system, all British Army infantry regiments, both regular and militia were ‘localised’ (allocated a specific depot barracks and prescribed counties to form their recruiting areas). The 18th Royal Irish Regiment - the oldest Irish infantry regiment in the British Army - was allocated a depot in Clonmel, and the counties of Tipperary, Kilkenny, Waterford and Wexford formed its recruiting area. The militia regiments in those counties became battalions of the 18th Royal Irish Regiment. The Kilkenny Regiment was designated the 4th (Militia) Battalion of the Regiment. In 1908 it was redesignated the 4th (Extra Reserve) Battalion.

The Royal Irish Regiment was heavily involved in World War I, seeing action on the Western Front, and at Gallipoli, Salonika and Palestine. Numerous men from Kilkenny and the South-East fought and died in these theatres of war. The 4th (Extra Reserve) Battalion Royal Irish Regiment was predominately stationed in Ireland and England 1914-18 and acted as a feeder unit for the more active battalions.

The regiment, along with the other Irish regiments raised in Southern Ireland, was disbanded in 1922. This also ended the Kilkenny Militia.
25 Pounder last shoot

Dear Sir

As a retired gunner I was fortunate enough to be invited by the Director of Artillery, Col Ray Quinn, to the decommissioning shoot for the 25 Pounder Gun which took place in the Glen of Imaal on Thursday 30th July.

A large group of retired and serving Artillerists gathered for a light lunch before the shoot got under way. There were a number of stands displaying modern artillery equipment and a vintage gun tower with 25 Pounder and ammunition carriage attached. An army band was on hand to keep us entertained as we reacquainted ourselves with former colleagues.

A choir was hastily assembled to give a rendition of Artillery songs. A valiant effort but it was agreed that such anthems are better sung, and, let’s be honest, heard, after a shoot, in a bar!

The Chief of Staff, Lt Gen Dermot Earley, welcomed the guests and gave a resume of the history of the 25 Pounder. Then off to the viewing stands.

The initial shoot was a 105mm ‘quick action’ following a heli deployment. Then the venerable 25 Pounder took centre stage. A gun line representative of the three Brigades fired on ZT 1002; how many times has that target been engaged and still it is not neutralised!

The final round to be fired had Sgt Maj John ‘Mingy’ Morris as the gunner, the Master Gunner, Col Quinn, as Detachment Commander, and Batt Sgt Johnny Murphy as loader. The final impact was greeted with cheers and applause from the spectators.

As tradition would have it the next target was the Imaal Lounge, better known to old gunners as Fentons. Not surprisingly this target was hit hard and heavy with rounds flying everywhere.

A great day was had by all and I would like to thank everyone involved in organising the day. It was a fitting way to bid farewell to gun which has been part and parcel of the Artillery Corps for so long.

May I also take the opportunity to say how much I enjoy receiving An Cosantóir through the post every month, it is a great read. Keep up the good work.

Yours sincerely
Roger McGrath Capt (Retd)

Ranger Reunion

Dear Editor

I would like to make contact with former soldiers who were on the first Ranger course (All Ranks) in 1969 with a view to arranging an Annual Ranger Reunion.

I am the International Representative for Soldiers of Peace International Association and founder of the IUNVA, Post 3, Co Wexford.

My contact details are:
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Co Wexford
Email: eddiepdoyle@gmail.com
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Thanking you for all your help.
Edward P Doyle
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