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To commemorate the 50th anniversary of the first deployment of a Defence Forces troop mission overseas to the Congo, all surviving ONUC veterans are invited to attend a celebration to mark their service in Africa between 1960 and 1964.

On July 23rd in Casement Aerodrome, former Congo comrades will have an opportunity to gather and remember their participation in the service of peace.

This unique ceremony will include a religious service, the unveiling of a commemorative plaque, a modern and vintage equipment display and a reception.

Over the coming months, every effort will be made to contact as many surviving Congo veterans, informing them of the celebrations. Both veteran’s associations, ONE and IUNVA will assist to get the message out.

Priority for tickets will be given to Congo Veterans.

For more details, please contact:

CONGO 50TH COMMEMORATION
OIC A ADMINISTRATION
DIRECTORATE OF ADMINISTRATION
COALISITE CAOMIN, GLASNEVIN,
DUBLIN 7, IRELAND. T +353 1 8042000

OR

ORGANISATION FOR EX-SERVICE MEN AND WOMEN
T +353 1 4850600 www.onecollect.ie

IRISH UNITED NATIONS VETERANS ASSOCIATION
T +353 1 6791262 www.iunva.com
This month there is a definite tactical feel to the magazine as we have a number of features dealing with training. Recently the Army Ranger Wing celebrated its 30th Anniversary in existence, providing a dedicated special forces’ capability, both at home and overseas. Our lead article will give readers a unique insight into the working of this group of highly trained and motivated warriors. We have also included the Connect, which is entirely devoted to the Army Ranger Wing. Also, have a look at our strategic review, which is on the future roles of special forces’ operations into the 21st century.

We travelled down to Haulbowline last month and got an opportunity to see some of the training the Naval Service carries out in preparing its sailors for armed ship boardings at sea. Over the past couple of years, the Naval Service has invested money and time in honing its skills and upgrading its training syllabi, safety equipment and base facilities.

In the Glen of Imaal, we got embedded with a Live Fire Tactical Training course and in this article we feature how our troops and instructors safely conduct realistic exercises using live ammunition.

In sport, we have a report on a St Paddy’s Day soccer match in Chad between Irish troops and local Chadian team from Goz Beida. Also we look at a recent kayaking course and how the sport is developing within the Defence Forces.

Apart from the above, we have our regulars – DefTech, Tac Aide, Gadgets, Reviews, History and What I Do. Finally, we value our reader’s suggestions, comments and observations, which all go to making a better magazine. Also, you can now view back issues online at: www.dfmagazine.ie

David Nagle
Editor

New Minister for Defence

On March 23rd, Mr Tony Killeen TD was appointed as the new Minister for Defence, succeeding Mr Willie O’Dea TD. In accepting his new appointment, Mr Killeen stated, ‘I am hugely honoured to have been afforded the opportunity to serve as a senior minister in government and serve the people of Ireland as Minister for Defence.’

A native of County Clare, Minister Killeen is a qualified school teacher before serving on Clare County Council. He was elected to the Dail in 1992 and the minister comes to Defence from his last job as Minister of State at the Department of Agriculture, Fisheries and Food. Previous to that, Mr Killeen held junior ministerial roles in the Department of Communications, Energy and Natural Resources; the Department of Environment, Heritage and Local Government; the Department of Enterprise, Trade and Employment and Minister for Labour Affairs.

He is married to Lilly and they have five sons.

Writing articles and letters

Ideally we would like submitted articles and letters in by email or on disc. Hardcopy articles are also accepted.

As a general rule, we look for two to three-page articles with 600 to 700 words per A4 page. Larger articles are considered, though they may be spread over two issues or submitted to the Defence Forces Review with the author’s approval.

All material submitted should be of a military related topic.

Sending in a photograph

When sending photographs in, especially by email, please consider the following:

- Save as jpeg format
- File size: No less than 1.5Mb and no bigger than 3Mb (as jpeg)
- Resolution: 300 DPI
- Dimension: 150x100mm (6x4in) minimum

Naturally, if you are sending in a number of digital photographs, burn them to disc and post in!

Clearly mark envelope ‘CD with Photographs’.

Also submit a short note with details like:

- Who took the photograph
- What was the occasion
- Where did it happen
- Who is in the photograph (left to right, back to front, rank, first and surnames)

If sending in photographic prints, avoid writing on the back of them.
Blast from the past
Left & above: Pictured here outside the Offs Mess, Collins Bks, Cork is a group of 1 S Bde retired officers who were part of a Potential Officers course in 1970. The class held a reunion in February to mark the occasion and present on the day were (l-r): Comdt M Keohan, Capts A Fogarty and L Hayes. The black and white photo shows some of the potential officers leaving Collins Bks for the course. They are (l-r): Sg t J Robinson, QM S R Irwin, Sgts P Casey, R Seward, QM S M Keohan, Capt A Fogarty, Sg t L Hayes and Col Carl O'Sullivan (OC S Comdt). Photos by Sg t Barry McCarthy (HQ 1 S Bde) and The Irish Examiner.

Tralee Calling
Right: In March, Brig Gen Paul Packenham (GOC 1 S Bde) visited Ballymullen Bks in Tralee, Co Kerry. It is home to the headquarters of the 32 Res Inf Bn and pictured here (l-r) are: Col Matt Murray (OC 1 S Bde RDF), Comdt W O'Connor (OC 32 Res Inf Bn), Brig Gen Packenham and QM S John Healy (QM 32 Res Inf Bn). Photo by Sg t Barry McCarthy (HQ 1 S Bde).

Top Marks
Above: Congratulations to Tpr Jason Walsh (4 Car Sqn) who in March attained first place in his Leaving Certificate Construction Exam, receiving an award from the Techno Teachers Association. Jason completed his Leaving Certificate as part of the Df Education Scheme with Moyne Community School. Tpr Walsh is pictured here with Comdt T Ging, (OC 4 Car Sqn) and Brig Gen Gerry Hegarty (GOC 4 W Bde) who both congratulated Jason on his recent success. Photo by Comdt R Corcoran (HQ 4 W Bde Bde).

Go West
Left: In February, the Athlone based band Re-seisun paid a courtesy call to the troops in Costume Bks. The band reached the semi-finals of this year’s hit TV show Ireland’s Got Talent and two of the band, Stephen and Patrick Heffernan are the sons of Pte Stephen Heffernan (6 Inf Bn), Brig Gen Gerry Hegarty (GOC 4 W Bde) is seen here with Pte Heffernan and his sons, along with troops based in the barracks. Photo by Comdt R Corcoran (HQ 4 W Bde Bde).

Congo Calling
Right: Congo veteran, John Galvin is looking for help in identifying these soldiers who were part of the HQ Coy, 33 Inf Bn ONUC Hurling Team in the Congo 50 years ago. John is sure he knows the following: Back row left: Joe Burke RIF and centre Cpl McCormack (6 Inf Bn), Centre row: Pte Shields, Gnr Forsan and Galvin (4 Fd Arty Regt) and two MPs Eastern Command, Front row: Pte Ford (6 Inf Bn) and Cpl Curran (1 Cn Coy). You can contact John at: 093 25200.
Energy Awards

Below: Well done to the DFTC and Coolmoney Camp, Glen of Imaal, who both received awards for their effort in making their respective military installations more energy efficient over the last 12 months. Pictured here at the recent award’s ceremony are: Col John Courtney (EO DFTC) accepting the award for the DFTC from Maj Gen Dave Ashe (Acting COS). Also pictured is Col Jim Foley (D Eng). The other photo includes Capt Sue Remsbottom (HQ DFTC), CO MS Tommy Whitley and Comdt Derek Hanley (OC Coolmoney Camp). Photo by Armin Billy Doyle (AC Photo Sec).

What the papers say...

■ Operation Somalia

Five top Army officers will travel to Africa in April as part of a EU task force to train 2,000 troops from Somalia. The soldiers will spend six months in the region to instruct the Somalian armed forces in the face of a growing al Qaeda presence.

*News of the World*, March 7th

■ Navy Ship sails for Business Prospects

The Irish naval vessel LE Niamh will be sent to the Americas in order help sell Ireland as a suitable business location. The trip to take place from May to July 2010 will visit Mexico, Argentina, Columbia and Chile. It is anticipated that the South American deployment will provide a unique opportunity to highlight the fact that Ireland is open to business.

*Irish Sunday Business Post*, March 14th

■ Messages From Abroad

Troops serving overseas sent messages to their families and friends for the recent Mother’s Day and St Patrick’s Day celebrations. Troops stationed in Chad and Kosovo communicated through online media and gave their families at home a heartfelt thought for the special occasions. Check out the messages, pictures and videos at www.facebook.com/IrishDefenceForces

*Irish Daily Mirror*, March 13th

■ Boom and Busted

The Army bomb disposal team were called to deal with two explosive devices left outside two premises in Athlone, CoWestmeath. The locations are two of the controversial ‘Head Shops’ that have recently come under public scrutiny.

*Sunday World*, March 14th

■ Conjoined Twins Travel to London

The Air Corps flew the twins—Hassan and Hussein Banhaffaf to the RAF base at Northolt in London to undergo their separation surgery. The twins’ mother, Angie, who is from Togher in Cork and her Algerian born husband flew with a medical team from Cork University Hospital. Conjoined twins are a rare phenomenon occurring from 1 in 200,000 births.

*Irish Examiner*, March 22nd
St Patrick’s Day

Our national day, St Patrick’s Day is now a global phenomenon with nearly everyone on the planet claiming Irish descendants. Naturally, for the Defence Forces serving at home and abroad, it is an opportunity to mark the day with parades and festive cheer. Here are just some of the events captured on camera.

Kosovo

Below (inset): Brig Gen Denis Murphy (GOC 2 E Bde) accompanied by Lt Col Brendan McAndrew (OC 41 Inf Bn KFOR) reviews troops during the medal parade on March 17th in Camp Clarke, Kosovo. The other pictures show some of the contingent on parade during and after the medal ceremony. Photos by Lt Paul Shore (41 Inf Bn KFOR).

Limerick

Pictured at the presentation of the parade sashes in Sarsfield Bks, Limerick are (l-r): Sgt Maj Patrick Hogan (12 Inf Bn), Keith Earls (Parade Grand Marshal), Cllr Kevin Kiely (Mayor of Limerick), Lt Col Matt Murray (OC 12 Inf Bn) and Nastasia Vashko (Parade Junior Marshal). Photo by Capt John O’Sullivan (Adjt 12 Inf Bn).
Afghanistan

Left: US Gen Stanley McChrystal (Comdt ISAF) is seen here accepting a bowl of shamrock from Comdt Brian Cleary. Also pictured (l-r) are: Comdt Norton, Coy Sgt Graham and Comdt Clarke. Photo courtesy of Comdt Cleary (HQ ISAF).

Bosnia

Right: Our troops serving with EUFOR in the Balkans held a St Patrick’s ceremony in Camp Butmir and Austrian Maj Gen Bernard Bart (Comdt EUFOR) is seen here with Lt Col’s Clancy, Lenihan, Sgt Maj Dowling, Lt Col McDermott and Sgt Fox. Photo by Comdt Gavin Young (HQ EUFOR).

New York

Left: The 58 Res Inf Bn, based in Finner Camp, Co Donegal took part in the New York City parade and are seen here on the City Hall steps following a meeting with Mayor Bloomberg. Photo courtesy of Lt John McCandless RDF (58 Res In Bn).

Dublin

Above (top): COMS Thomas Lenihan and Pte Stephen Woods from Dundalk on parade.

Above (centre): Lt Col Murray (OC 102 Inf Bn) and Brig Gen Aherne (DFC MINURCAT) enjoying the St Patrick’s Day celebration in Camp Goz Beida.

Above: Comdt Kevin McDonnell (OC Recce Coy) is seen here presenting shamrock to Pte Hugh Moran during a parade in Camp Goz Beida, Chad.

In the capital’s parade, a reserve representative party took part with the troops coming from the 62 Res Arty Regt. Photo by Armn Billy Galligan.
people, including soldiers, academics, journalists and politicians.

In March, President Mary McAleese visited Turkey and she travelled to the Gallipoli peninsula, where she laid wreaths at Green Hill cemetery. She also unveiled a memorial plaque dedicated to the Irishmen who lost their lives during the ill-fated Gallipoli campaign in 1915.

In France, Spanish Prime Minister José Luis Rodríguez Zapatero joined French President Nicolas Sarkozy at the funeral of a French police officer who was shot dead by an alleged member of ETA.

Despite having used France as a staging post for years, it was the first time ETA killed a member of the French security forces. In March, the suspected leader of its military wing, Ibon Gogeasootxoa was arrested in Normandy with two other terrorist suspects.

\[ \text{Europe} \]

Police in Turkey detained more than 40 high-ranking military commanders for allegedly plotting to overthrow the Islamic-rooted government. The military’s image was already tarnished by allegations it was secretly planning to depose the government for undermining secularism in the predominantly Muslim but officially secular country. In total prosecutors have charged more than 400 Israeli diplomats after finding evidence that Israel forged UK passports, which were linked to the killers of a Palestinian Hamas commander in Dubai in January.

\[ \text{Middle East} \]

Our Minister for Foreign Affairs, Mr Michéal Martin TD visited the Gaza Strip in February, the first foreign EU minister to do so. The purpose of his visit was to assess how the people of Gaza were coping with the blockade imposed on them by Israel. The minister called for an end to the blockade and he also got an opportunity to meet former army officer John Ging, who is working on behalf of the United Nations Relief and Works Agency (UNRWA) in Gaza, which Irish Aid is actively supporting.

On March 23rd, Britain expelled an Israeli diplomat after finding evidence that Israel forged UK passports, which were linked to the killers of a Palestinian Hamas commander in Dubai in January.

\[ \text{Africa} \]

Sudan’s President Omar al-Bashir has threatened to expel international election monitors, following a call for a postponement of the country’s first multiparty elections in 24 years.

Last year, the President expelled 13 foreign aid agencies, accusing them of spying for the International Criminal Court.

Across the border in Chad, UN Under-Secretary-General Youssef Mahmoud arrived on March 24th in N'Djamena to lead talks with the Chadian Government on the future of the UN peacekeeping force in the African country and the neighbouring Central African Republic (CAR). Earlier in March, the Security Council extended the mandate of MINURCAT until May 15th. A peace party from the 103 Inf Bn have recently returned home to Ireland from Chad.
Thirty years ago the Defence Forces took on a new shape. Following an upsurge in both international and national terrorism throughout the 1970's a new Special Forces counter-terrorism unit was established. This unit was the Army Ranger Wing (Sciath an Fianógach an Airm).

The men selected for this elite unit received rigorous specialist training in insertion, weapons, unarmed combat and covert operations. Their names and identities were classified, though they were known only to friends as 'Rangers'.

The ARW received its colours in 1981 – Black, Red and Gold, signifying Secrecy, Risk and Excellence.

A decade later in 1991, the unique nature of the unit was recognised when the ARW where granted permission to wear the Green Beret. This beret is the most distinguishing feature of the ARW, which sets it apart from other units within the Defence Forces.

Over the years, the ARW has maintained a high state of readiness. Rangers are constantly in training, continuously modifying their skills and equipment to meet the changing face of warfare.

The thirty years has seen the ARW move from a primarily anti-terrorist (black role) unit to operating as a Special Operation Group (green role) on Defence Forces overseas missions; such as in Somalia, East Timor, Liberia and Chad.

As part of their anniversary celebrations, the ARW invited retired rangers back for a visit on March 19th. As well as recognising their former colleagues' service, there may understandably have been an element of wanting to show their predecessors that the unit's ethos has not changed and that today's rangers are ready for anything that they still hold firm to their motto: Glaion ar gcor, naírt ar ngíog agus beart de réir ar mbríathi (The purity of our hearts, the strength of our limbs and our commitment to our promise).

For more on the ARW, see page 24 – the 'Strategic Review' article and also this month's Connect.

By Wesley Bourke
Photographs by
Armin Neville Coughlan and Paddy O'Reilly
VOX POP

We asked some former rangers what life was like for them and what they are doing now.

Aiden McHugh
I was a company sergeant in the ARW from 1981 to ‘83 and my time here was magic. I absolutely loved it. I had been in the Special Assault Groups (SAG) which were formed prior to the establishment of the ARW, and I was also in Oak Leaf, which was around before the SAG. So I have seen our special forces evolve right from the start.

It was hard work in the early days, with the ‘boss’ Dick Haslip and the rest of the team trying to get a new unit up and running and there was a lot of trial and error. We were parachuting; doing seaman’s courses; endurance exercises in the mountains; using different weapons and everyone was trained as a driver – which were things that nobody else in the Defence Forces was doing at the time.

I retired from the Defence Forces in ‘83 and worked in Killtown Stud until ‘92. Then I went on to IAWS for ten years before working as a driver for my son for five years. I took early retirement as I wanted to enjoy life, while I still could. I still have a taste for adventure, probably due to my time with the ARW, and in the last three years I have walked the West Highland Way and climbed Ben Nevis and Carrauntoohil. I’ve also been paragliding, skydiving, parachuting, and white-water rafting. Although, the most harrowing thing I’ve done was an aerobatics flight in a Tiger Moth at 4,000ft. That was unbelievable!

John Deegan
I did my selection course around 1996 and I left the unit sometime in 1997 after coming back into it before finishing up in 2003. I joined as an airmen and finished up as a sergeant. I had a great time here and met some fantastic people. The camaraderie within the team was second to none.

Back in ‘80s and ‘90s the equipment wasn’t what you see here, but we had a drive to be the best. We worked and trained very hard to compensate for what you might say, looking back, were limited resources. Nevertheless, what we had was still very good compared to the rest of the army at the time.

In the early years it was a bit like living in a monastery. You lived in, and the pay wasn’t great. We were all waiting for someone to ‘break the glass’ and then we would grab our kit and go.

It was very nice to come back here today. Some guys I served with are still here, but there are a lot of new faces, which is good to see.

Danny Cluskey
I was here from 1986 to 2006 and while there were huge changes in the ARW during my time, I can see there has been a lot more in the few years since I left, particularly in the amount of new faces.

Throughout the time I was here, you could see the unit’s momentum gathering all the time. The equipment, skill levels and training were constantly changing and improving. At first it was slow, but now you can see the way equipment and training can change overnight: That’s the nature of the job.

We spent the first ten years primarily focusing on the counter-terrorist role, mainly because of the domestic threat, but after the IRA ceasefire and the end of the conflict in the North, we started to focus more on overseas operations with East Timor being our first major deployment as a unit. The ARW really gathered pace from there and we have regularly been
deployed overseas in a conventional special forces role since then.
When I left I worked in private security and have since then set up my own business, Eastern Hill Security International, where we do everything from close-protection to consultancy work.

Willie Rock
I joined the ARW in 1989 and I stayed for six years. Then I took two years leave of absence to go rock climbing, ice climbing, skydiving and travelling around the world. I came back to the ARW after that and left the Defence Forces in 1999.
When I joined the Wing at 21 my passions were rock climbing, skydiving and physical fitness, and needless to say, the ARW catered for everything I was looking for. Passing selection was tough and of the 72 who started only ten finished and only eight of us were taken into the unit. I was a bit lucky, because prior to the course I had done a tandem parachute jump with a civilian club and it somehow got back to the i/c of the course that I'd been talking about selection with people there. All hell broke lose and he told me he was going to see that I didn't pass. However, I duly stuck at it and saw it through in the end.
Now work in Cork City Fire Brigade and I have found that the self-discipline I developed in the ARW has stayed with me. I am now in a different team and 'assaulting' houses in a different way but the principles are the same; you need to know your drill and your kit, with you and your team buddy watching out for each other.

Tony O'Reilly
I was in the ARW from 1982 to '89. Life back then was going at 300 miles an hour; it was all 'go, go, go'. Although we were young and living-in, most were married, so it was tough. Because selection had a 97% failure rate the 'select' few that made it into the unit really stuck together and I'll never forget the camaraderie and the esprit de corps. We trained for offensive and defensive operations, long-range reconnaissance patrolling and counter-terrorism. You were constantly training and carrying out drills and spent a lot of time in the mountains. Thank God I was only 20! At the weekends we used to compete in marathons just to pass the time and get that bit of extra fitness in.
After the ARW I went to the Eastern Command Training Depot and I like to think I helped to bring the Ranger ethos into the army. I was also involved in bringing the Battle Sergeant's course, which had formerly been carried out with the British Army, into the Defence Forces.
After that I emigrated to the United States. I have been heavily involved in Kempo for years and had been to the US many times in competition, so I'd made a lot of friends there. I started off running a dive store but before long I was approached and asked to join the US army, which I did, through the National Guard, and a whole other career opened up for me.
I went through basic combat training in Fort Knox, Kentucky, then rigger school in Fort Lee, Virginia. Then I went back to Boston to join a mechanised infantry reconnaissance unit. After that I went to the National Training Centre as part of an air-mobile operational training force, which is basically a 'hunter-killer' force. When 9/11 happened, I went back to my unit, which changed from a mechanised to a light infantry unit, so I had to go back to infantry school.
Although I was 43 at this stage I decided to try for the US special forces, which meant I had to do selection all over again. Out of 300 guys, 110 of us passed selection and since then I have been on active service on several occasions in Afghanistan, both working as an instructor and on operations. So there is my life, happy living in the US, with a family, and with 35 years served in the military at home and in the States.
Haiti Disaster

You Can Still Help!

The people of Haiti are slowly rebuilding their country following the recent earthquake.

The UN and the international community is in Haiti assisting their government in providing life-saving relief to the Haitian people.

Numerous Irish aid agencies are on the ground in Haiti playing their part.

You can also play your part by donating to the following charities:

- www.trocaire.org Tel: +353 1 6293333
- www.unicef.ie Tel: +353 1 8783000
- www.redcross.ie Tel: +353 1 6424600
- www.concern.net Tel: +353 1 4177700
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Recent Sponsor of An Cosantóir 10 Km Race
Live Fire Tactical Training (LFTT) is as close to combat as any soldier will get, involving all the chaos of a live fire situation while aiming to create a safe environment for troops to learn.

Taking place in the Glen of Imaal, the Infantry Weapons Wing (IWW) run the course to train the next generation of live fire instructors, culminating with a night attack that will challenge everything they have learnt over a seven-week period.

As we observed the students finishing their battle preparation, The Glen, recognisable to most soldiers, had created a range of seasons all within the space of a couple of hours. As the exercise began, a para-illumination turned night into day, lighting the ground up, casting the shadows of soldiers silently advancing towards the enemy position. Weapons roar into action, with tracer rounds zipping through the air, identified by the sporadic streaks of red.

The heat of both soldier and weapon hovered with the smoke from the rounds, above their heads in the night cold.

The advancing force had a tough time at the beginning with instructors monitoring every movement, but slowly the troops manoeuvred under their own initiative.

It is essential that the troops get comfortable and are able to work on their own accord. In a real life situation, the troops must be alert and capable to work under the live fire situation.

‘This course allows us to feed the trained instructors back into the units and push the LFTT concept throughout the Defence Forces, using a range of weapon systems and have the men working in a safe environment,’ explained Lt Stephen O’Byrne, (Instr IWW).

The course began in mid-January and initially circles around the theory - with students progressing to conducting exercises out on ground. Dry and blank drills develop into the buddy pair’s stage and then onto platoon level attacks, culminating in night attacks.

With the enemy position destroyed, the students safely unloaded their weapons and it was my opportunity to get some of their views on the course.

‘At the start, everyone was apprehensive working with live ammunition, which would make anyone cautious, but it soon became an enjoyable and challenging experience,’ explained Lt Padraig Duggan.

‘There was a clear transition throughout each leg of the journey, as both the students and troops became more confident in a live fire situation.’

Lt Brian Dent continued, ‘When it comes to the end of the course, the troops involved are now at a higher level, because of the training. From the point of view as a newly qualified instructor, we can go back to our home units and work with groups on a continual basis to bring standard training to a higher intensity and you could not get a better result than that.’

The night attack had clearly proved the point that practise makes perfect, as even in the cold and pitch-dark conditions of the Glen, the exercise had gone off without a hitch.

The newly qualified LFTT instructors are now back in their units and training the next generation of soldier on developing a stronger constitution in live exercises and learning to deal with real life conflict situations in a safe and effective manner.

Expanding the Comfort Zones

By Dean Kiernan

Photographs by Armin Billy Galligan
Most members of the Defence Forces think in terms of land-based security such as carrying out patrols or establishing vehicle checkpoints or OPs. However, security on the high seas is also an important issue for the Defence Forces. Piracy, smuggling and gun running are just a few of the activities the Naval Service is looking for as it patrols our seas 24/7 all year round. If a vessel is suspected of being involved in such activities, an armed boarding party may be sent to investigate. The sailors involved in these operations never know what awaits them and they have to be prepared for any eventuality.

Armed boarding training, which is conducted in the Naval College, is currently entering a new phase in its development. Naval instructors have recently returned from training with the United States Coast Guard and Navy, and the Royal Canadian Navy, bringing back with them the latest in armed boarding drills and procedures, which they are now passing on to their students.

"A while back, we realised that we had holes in our drills for boarding a vessel," explained LTJG Jerome McCarthy. "Since then we have now in place a new set of drills laid out for the teams: What part of the ship do you secure first? How do you handle the crew of the vessel? How do you speak to them? What do you do if they are armed? How do you secure the crew? How do you search the vessel? And what do you do if you find contraband?"

Each Naval vessel has an armed boarding team but due to the small size of our Service we do not have dedicated teams. Instead various members of the crew - such as the ship’s electrician, the navigation officer, a cook, a deck hand or a gunner, will be trained in armed boarding and will come together as a team, when the need arises.

On a routine patrol, intelligence may come in from the Maritime Analysis Operation Centre (Narcotics) in Lisbon or the Joint Task Force (Customs, Gardaí and Naval Service), to carry out a drug, arms or smuggling interdiction. On the Captain’s orders, the boarding team assembles for a brief and gets their kit ready.

"These guys are, in effect, maritime enforcement officers," said Lt Damian McCormick, "and they are taught maritime law. This is because if something illegal is found on the vessel they are boarding it then becomes a crime scene, which has to be preserved, and the crew detained."

Another reason why our sailors are ideal for this type of operation is that if a interdicted vessel needs to be detained, we have the requisite skills needed to sail the vessel (yacht, merchant vessel or a fishing boat), back to harbour. Furthermore, a detained crew may try to destroy evidence by scuttling the ship or setting it on fire, and all Naval Service personnel are trained in damage control and fire-fighting.

"Generally, a interdicted crew will not put up a fight," continued Lt McCormick. "If we arrive on the scene, they know the game is up; there’s nowhere for them to go, so the worst they will do is try to sink their ship. However, it is possible they may decide to try to stop the boarding party by force and we must be prepared for this eventuality, however remote the likelihood."

If a crew decides to resist, the boarding party simply returns to their ship and there is a standoff. If necessary the Air Corps are called in to provide top cover. If the vessel tries to run beyond our territorial waters, maritime agreements allow for the belligerent to be handed over to the neighbouring coast guard or navy.

Back in base, the Naval Service has built a ‘TAC’ house - which looks like a FIBUA (fighting in built-up areas) complex, but is actually a ship, comprising a
bridge, gangways, engine room and living quarters to practice their boarding drills.

While we hope that, our presence at sea will be a deterrent in itself, we put the students through both compliant and non-compliant scenarios,' L/Sea McCarthy told us. 'And we use a 'force continuum' in their training, where we are able to escalate or de-escalate the situation as we see fit.'

As we observed, moving around in the simulated ship didn't look easy for the students, as there were a lot of confined spaces. However, like all other military manoeuvres it is down to drills, drills, and more drills. These drills don't just apply to boarding and securing the vessel, but also deal with all the other situations that arise. 'For example, you may come across a crewman with a slash-hook in his hand,' said L/S Derek Nagle. 'Now, if he's a fisherman, this could be one of his working tools: You have to be able to judge if something is out of context or not.'

In the use of lethal force, the Navy train, using the HK pistol with 'simmulation' - a washable soap round, similar to a 'paintball', that the instructors say is excellent for carrying out close-quarter, ship-boarding drills. Blue rounds are used by the boarding party and red rounds by the crew of the 'belligerent' vessel.

In a real situation however, the pistol is the last resort and boarding parties are well drilled in the use of the baton and unarmed combat. 'We use a tac triangle of 'weapons, opportunity or action' to gauge the justification for discharging a round. Whether it is lethal force, containing shots or warning shots,' L/S Nagle explained. 'It is up to the individual to assess the situation. They have to be prepared for the worst-case scenario, but must be able to deal with it in the correct and safest manner. All it might take to resolve a particular situation is to draw the weapon and that's it. No one gets hurt, which is the ideal result.'

'At present, we are in the process of training-up instructors for all the ships,' L/S McCarthy told us, 'which will ensure that all armed boarding drills and procedures will be standardised throughout the Naval Service.'

It is comforting to know that with our armed boarding teams being trained and equipped to the highest international, professional standards, the security of Ireland's territorial seas is in good hands.
Utility Helicopter

Aircraft Type
Twin-engine medium-lift utility helicopter

Number in Fleet
Six

Callsigns
274, 275, 276, 277, 278 & 279

Crew
Pilots 2
Aircrew 2

Configurations
Army Co-Op: Carry up to 10 troops
VIP: Carry up to 12 passengers

Roles

Engine Type
Two Pratt and Whitney HT6C-67C turbo shaft engines controlled by a Full Authority Digital Engine Control (FADEC) system

Technical Specifications
Length 16.6m
Height 4.9m
Rotor diameter 13.8m
Takeoff power 2x1252kw
Maximum takeoff weight 6,000kg
Maximum cruise speed 310kph
Service ceiling 6,096m

Manufacturer
Jointly made by Augusta Westland (Italy) and Bell Helicopter (USA)

Mission Specific
Rescue hoist
Cargo hook
Fast-roping and abseiling
Emergency medical
Wire strike protection
Honeywell Primus 650
Skyforce moving map
Forward looking infrared
Emergency floating marsh
Marine and Slinging
Crew Night Vision

Weapon System
Two pintle-mounted general purpose machine guns
Equipment

- Ceiling capability
- Rotor
- 0 weather radar
- Thra-red - FLIR (optional)
- In system
- Radios
- Goggles
- 7.62mm machine guns
Military history is primarily taught to officers throughout their careers. It is used as a way to develop their leadership skills and for them to develop an understanding of tactical and strategic situations they may encounter while on operations. The three main courses in which they will study military history are during their cadet, junior command and staff (C&S), and senior C&S courses.

In the Cadet School, you have a bunch of individuals that have to learn an awful lot in a very short space of time. Most of their studies relate directly to their professional education, from shining their boots to learning how to be junior leaders. Military history can also be useful in their professional transformation.

Cadets in general usually have little or no previous direct experience of the military. You gain experience either by doing it yourself or by studying what somebody else has done; and with military history it is the latter case. The only way to learn from the past is to study military history, whether it’s the campaigns of Julius Caesar or what happened in Chad last year. The cadets do not do huge amounts of military history but they do look at battles or particular company- or platoon-level actions, as these give them an insight into what it would be like to be a platoon commander and the problems they, as young officers, may face.

By the time an officer (now a captain) starts his junior C&S course, he or she will have built up a lot of professional experience, with most by then having served overseas in junior command appointments. On this course they receive a range of lectures from various academics from the National University of Ireland Maynooth who identify core aspects of military history for debate and research. They then go off and do some of their own research, which involves visiting former battlefields, like the Operation 'Market Garden' sites or the D-Day beaches in France. They then have to do a detailed, in-depth analysis of those campaigns, which requires them to really dig into it.

Anyway can get a book of the shelf and read about a campaign and think they know about a battle. But unless you really dig into it in forensic detail, you will not really know or understand how the opposing military commanders thought. These tours allow them to actually walk the ground, which I think gives them a very sophisticated feel for the study.

Just to be clear, it is not about knowing what happened in Normandy. It is about understanding why it happened in a particular way. Hopefully, that will give them a useful understanding about leadership. Standing on Omaha Beach can help you to feel how a junior commander felt as all order breaks down and his platoon is being cut to pieces. It is an excellent way to learn.

The campaign they are studying is broken down into areas of study that will benefit them in their professional careers. For example, how men react under certain conditions, and the role of logistics or intelligence.

The senior C&S students (now commanders) have an enormous amount to cover, primarily focusing on the operational level. This is a level in which military history can be very useful. Very few officers in any armed forces get to command at the operational level, so the best you can do is to try to prepare for it. Even if they are not operational commanders, these senior officers may be on staffs supporting operational commands, either at home or overseas.

Students on this course will look at what commanders did in particular situations and campaigns; such as Rommel in North Africa or MacArthur in Korea. One of the big problems the students face is the vast amount of work they have to do on the course and it is hard to fit everything in.

On the senior C&S course they are looking at the operational level of war, the development of operational art. This is very important in the way NATO countries are thinking these days and understanding the way in which they operate. This is examined through a series of lectures provided by military historians.

To truly benefit from military history you have to understand why things happen. This requires an engagement to some degree with theory. For example, to understand a naval campaign properly you have to understand the theory behind it. Theories are like a key that helps you unlock a problem, and if you have those keys it is much easier to understand any situation.

Also, you have to recognise that the commanders at the time of a campaign you are studying might well have been following principles derived from earlier works by noted military thinkers such as Sir Julian Corbett, Sun Tzu or Carl Von Clausewitz. For example, an American admiral in the Second World War would have been brought up on the works of Alfred Thayer Mahan. So if you have not read Mahan, how can you understand American naval strategy during this time?

It is worth pointing out that many of the military history exercises look at peacekeeping operations. And it is also worth pointing out that peacekeeping operations can turn into something a bit more serious very quickly, without any warning, as the Irish experience in the Congo in the 1960s demonstrates. Therefore, troops on peacekeeping operations need to have an understanding of all forms of military activity. The Irish Defence Forces are unlikely to find themselves storming the beaches of Normandy, but that does not negate the relevance of these operations. When you break these campaigns down into their different levels you end up looking at things like how did junior officers face their particular problems on a particular day, or how you motivate your men under fire after everything has broken down; and it is not unconceivable that Irish officers could find themselves in a similar situation. They may not be General Eisenhower but they might be that lieutenant or captain cut-off with his platoon in a difficult situation.

Finally, as Ireland is a significant and respected contributor to UN peacekeeping missions, Irish troops regularly find themselves working with multinational staffs where they need to have an equivalent level of understanding to their colleagues and counterparts. All major military forces recognise the value of studying and understanding military history and the Defence Forces should not be, and are not, an exception.

Dr Speller is also a program co-ordinator for the Department of History's MA in Military History and Strategic Studies and is a regular guest speaker in the Military College.

Interview with
Dr Ian Speller,
Director for the
Centre for Military
History and
Strategic Studies
at NUI Maynooth

Past Masters

By Wesley Bourke
An Bonn Seirbhise Dearsca

The Distinguished Service Medal

The Distinguished Service Medal (DSM) was introduced in 1964 and like the Military Medal for Gallantry (MMG) will not be awarded for war service, but is awarded for gallantry, courage, leadership and devotion to duty arising out of service in the Defence Forces not meriting the MMG.

The medal designed by Oisin Kelly and manufactured by P Quinn, Dublin can be awarded in three classes (1st Class: With Honour, 2nd Class: With Distinction and 3rd Class: With Merit).

Obverse - The front of the medal has Cuchulainn, the ancient Irish warrior riding in a chariot with an upraised sword, drawn by two horses at the gallop. A charioteer standing beside Cuchulainn drives the chariot with a whip in his right hand raised.

Reverse - The back is plain with the inscription 'An Bonn Seirbhise Dearsca' around the outer edge and the silver medal has an Irish hallmark and the maker's initials on the bottom.

Defence Forces Barracks

Casement Aerodrome

Casement Aerodrome, the home of the Air Corps is situated at Baldonnel, west Dublin between Clondalkin and Rathcoole. In 1917 it was one of five sites selected as airfields by the British.

In 1922 Free State troops took over the newly built base with hangars and billets used to house aircrews and the base garrison.

Almost immediately, pilots with previous training and experience gained in the First World War flying with the Royal Flying Corps flew sorties from Baldonnel in support of Free State ground forces against anti-treaty forces during the Civil War.

As the bug for flying gripped the country in the 20s and 30s, Baldonnel became a hub for domestic and international aviators setting flying records. One Air Corps officer, Col James Fitzmaurice flew with two German crew in a Junkers W33 'Bremen' aircraft and were the first aviators to cross the Atlantic from East to West in April 1928.

During the 30s, a major building programme took place and saw the base facilities upgraded to include more permanent base headquarters, catering, guardroom, parade ground, church and accommodation - which are still in use today.

The national airline, Aer Lingus maiden flight (a DH84 aircraft called 'Iolar') took off from Baldonnel for Bristol in 1936 and they continued to operate from Baldonnel until Dublin Airport was opened in 1946. During the Emergency, the Air Corps primary role was defending Neutral Ireland's airspace and the number of aircrews and aircraft increased.

The 50s saw another major upgrade of the airfield facilities with two new concrete runways laid in 1956, just in time for the Air Corps first jets, the DHVampire to touch down at Baldonnel. Just four years later, Baldonnel was the disembarking point for our first troop missions overseas to the Congo with the UN. Air Corps ground crews and Army support staff assisted the USAF crews in loading men, vehicles and stores onto transport aircraft for the airlift to the Congo.

Another milestone in Irish aviation took off from Baldonnel in 1963, when the Air Corps first Allouette III helicopters commenced Search and Rescue operations from the aerodrome.

In 1965 Baldonnel was renamed Casement Aerodrome in honour of executed Irish patriot, Sir Roger Casement. In fact, the Aer Lingus flight that brought his remains home was piloted by Air Corps reserve officers.

At the time the Irish film industry was booming and Air Corps pilots found themselves as flying extras in films such as The Blue Max, My Darling Lily and The Red Baron, with Baldonnel itself hosting several scenes, due to the fact that the base hangers were of genuine World War One vintage.

Since the 60s, the aerodrome's facilities have been constantly upgraded with the Air Corps providing the latest technology in regards to: Air Traffic Control; Fire Rescue; Refuelling and essential ground support - all necessary in maintaining the airfield and keeping the aircrafts safe and the fleet flying. In 2000, a new larger hanger was built to accommodate the Air Corps growing fleet of fixed-wing and rotary aircraft.

Barracks and Posts of Ireland Numbers 1-15

Compiled by Sean Shinnors

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First Salvo

"When Britannia's sons with their long-range guns rang out in the Glen."

By Liam Kenny

The Glen has many stories to tell, going back to the days of Michael Dwyer and the 1798 rebels but its establishment as an artillery training range dates from a more recent era. The issue of the Kildare Observer newspaper (June 3rd, 1899), vividly described the interest aroused among locals by the arrival of the British Army's Royal Artillery in west Wicklow. The peace and quiet of the historic Glen of Imaal has of recent been very much disturbed by the thundering of artillery. Detachments of the Royal Horse and Field artillery were for days passing through Baltinglass en route to the Glen from the south of Ireland... at 10.30am, May 23rd, the first shot was fired by the Royal Artillery on the newly-acquired land range in the Glen of Imaal."

The range immediately won favour among gunners in the British Army of the day being described as 'a range for field guns, which has no equal in the United Kingdom'. But how did this remote West Wicklow valley become one of the most notable military training grounds in the British Isles? The Kildare Observer set out a sequence of events driven by the evolution of artillery guns in the late 19th century, which had the power to fire a shell for a distance of several miles. The existing training grounds, such as the Curragh plains, were not able to accommodate such long-range fire without risking injury to neighbouring populations. For some years, the gunners based in Ireland had been obliged to practice their craft by firing out to sea, but it had been felt that firing at floating targets was no preparation for the reality of land battle.

Thus, in the year 1887, several Artillery officers, who wished to give their particular discipline the best possible training opportunities, set out at their own expense to travel the mountain regions of Ireland looking for long valleys denuded of population where their 'far-ranging, highly dangerous projectiles, might be fired with impunity'.

Such a valley was found at Aughavannagh in south County Wicklow on lands partly owned by Earl Fitzwilliam and the descendants of Charles S. Parnell MP. Agreement was reached with the landowners and their tenants for the stationing of two artillery guns to make practice shoots, to determine the suitability of the valley for more intensive firing. While they were engaged in the survey of the Aughavannagh lands the artillery officers crossed to the northern side of Lugnaquilla and were impressed by the amphitheatre disposition of the Glen and its surrounding mountains. No doubt proximity to the Curragh also played a part in the selection. However, the tenants in the Glen were not keen to have their farms over-shot by artillery shells and the British Army representatives found themselves having to look further a field than Wicklow. For a number of years the sandy peninsula of Glenbeigh in County Kerry became a live firing range before the military looked again towards County Wicklow, this time to the north of the county where an infantry training ground had been established at Kilbride. However, preliminary tests at Kilbride revealed the alarming prospect that the artillery projectiles would fly over the hills and crash into the valley beyond, where according to the observer report 'there is a shooting lodge right in the line of fire belonging to Mrs Cobb'.

The military negotiators returned to the Glen of Imaal and armed with the threat of compulsory purchase orders, managed to acquire a large portion of the Earl of Wicklow's mountain property. The tenants on the estate were purchased out with a payment of twenty-five years value of the annual rental that they paid to the Earl of Wicklow. There were also a number of tin houses erected for those tenants whose cottages were considered close to the line of fire.

The negotiations were completed, the War Department leases signed, and the first gun battery wheeled into position in the Glen firing the first shell in May 1899. Since then hardly a year has passed when the corries and crags of Lugnaquilla have not echoed to the sound of heavy artillery, first in the charge of the British Army and later as an integral part of the Defence Forces of the Irish state.
Warfare, by its very nature, changes constantly. Therefore, we have to constantly keep abreast of the international changes in special forces' capabilities and equipment. Asymmetric warfare has become very prevalent in today's conflicts, and in these situations, where conventional forces can find themselves ill-equipped and ill-trained for the particular job, special forces step in.

To keep on top of these changes the Defence Forces has an ongoing information and personnel exchange programme with other armed forces around the world, particularly in Europe. This means we stay aware of the latest equipment and best international practices in the international special forces community, and we are aware that our equipment is on a par with our international comrades.

We maintain land, sea and air capabilities, which allow us to deploy and operate as a special operations task group (SOTGs) in any of these arenas, either in a 'green' (conventional) or 'black' (anti-terrorist) role.

Our conventional role has seen us participating in large multinational missions overseas, such as those in East Timor, Liberia, and, more recently, Chad. We have operated as initial entry forces and within multinational SOTG, and our teams are capable of operating on their own up to the strategic limits of a force's area of operations.

To be able to carry out these tasks efficiently means we have to train to be interoperable with other nations. Our personnel also have to maintain their specialist training to be able to operate in multinational special operations task forces (SOTFs). We also have other specialists that can operate in SOTF HQs and Combined Joint Special Operations Component Command HQs.

There is a compelling need today for a military anti-terrorist capability. The strategic environment is constantly changing and we have to train for situations both on land and at sea. To this end our specialists train in countering hijackings on aircraft or terrorist attacks on oil rigs for example.

Assisting us to maintain these capabilities is the very close relationship we enjoy with the Air Corps and Naval Service. Both organisations are very professional and train their personnel to carry out joint operations with us. If we approach them with a plan for a new capability we wish to develop, as has often happened, they go away and train their specialist staff in order to facilitate us in implementing the new capability. Sometimes this requires the purchase of new equipment and in such cases we conduct joint testing with our sister services to perfect the drills required for new and existing roles. Maintaining this interoperability with the Air Corps and the Naval Service is vital to maintaining and evolving our skills and roles.

There is an understanding at the highest level of the Defence Forces of what the ARW can bring to any mission area and the capability we have to deploy not just as an initial entry force but also as a standalone, niche deployment capability. With that in mind I would see the numbers of ARW personnel growing over the next number of years.

An interview with OC ARW by Wesley Bourke

Over the last decade there has been a rapid expansion in the role of special forces internationally. The realisation that special forces act as a force multiplier has led to a huge growth in the number of such forces and their usage to combat many threats that have emerged in recent and ongoing conflicts around the world. While we are all aware that special forces units have been tasked to conduct insurgency and counter-insurgency operations in Afghanistan and Iraq, their role is also expanding in peace-support operations (PSOs), such as the recent operations with the EU Special Operations Task Force in Chad.
Over the coming months, we will look at some of the practical aspects of military training and show you how the Defence Forces prepares soldiers for service, at home and abroad. Though informative, the articles however are not designed to replace the military instructor, but we hope they will spur on our readers to want to learn more. Likewise, it might rekindle in former soldiers, memories of how they were taught. All suggestions for future articles are welcomed.

**HELICOPTER DRILLS**

Airborne operations, in particular when working with helicopters are becoming a regular occurrence for our troops at home and overseas. This is why it is important that soldiers know how to tactically and safely deploy from an aircraft. Similar to dismounting a Mowag APC, once the drills are learnt, then it means the aircrew and your section can feel safe and secure when working with helicopters.

**Hazards**
- Rotors
- Noise
- Rotor wash
- Antennas and Tubes
- Intake and Exhaust
- Weapons and counter-measures

Once these hazards are identified the rest is easy.
- Wear ear defenders and goggles when an aircraft is taking off and landing. This will protect you from noise and any dust from the rotor wash.
- Do not try and put your hand up to see what moving rotors feel like. You will lose your hand.
- Do not touch Antennas, tubes, weapons or counter-measures on the aircraft. Some of these are delicate and damage easily.
- Stay away from engine intake and exhausts.

**Landing Zone**

These are either a designated landing zone or one, which your section has to marked out.

If you have to mark one out, make sure the ground is as flat as possible, clear of debris and away from trees, telegraph, electricity poles and cables.

The landing zone must also be secured, so no civilians can wander onto it when the aircraft is approaching.

Keep your troops at a safe distance, at the edge of the landing zone. When the aircraft has landed remain where you are until the crew give you further instructions.

**Loading the Aircraft**

The engines may be turned off or still running. Either way the drills are the same.
- At all times the crew is in charge and will direct you by using hand signals.
- You will be given the thumbs up by the crewman to approach the aircraft.
- Approach the aircraft in single file from either the 10 or 2 o'clock positions, depending on the crewman’s instructions.
- If carrying weapons make sure they are on safe.
- Never approach from the rear.
- If in a section you may be required to approach from both the 10 and 2 o'clock positions. Your section (stick) commander will take one half of the section via the 10 o'clock position and your section 2ic the rest of the section via the 2 o'clock position.
- Do not run. Walk briskly, slightly bent but looking up.
- Stick commander gives headcount and gives crewman the thumbs up.
- When strapped in put your hand up to let the crewman know.
- Keep ear defenders on in flight. The stick commander will be given a headset to keep in comms with crew.
- If carrying weapons, invert them and make sure they are on safe.
- Remember where you are coming from and where you are going too.

**Deploying from Aircraft**

When nearing the landing zone the crewman will give you the get ready signal. Make sure you have all your kit and put your goggles down.
- You will then be given the signal to un buckle.
- You will disembark to the front of the aircraft in single file. Stick commanders will lead the way.

The aircraft may not land and shut down. You may be required to jump.
- Move out of the rotor arc.
- Stick commanders will give a pre-located assembly point.
- Orientate yourself.
- Do not disembark to the rear of the aircraft as the tail rotor may swing around.
Basketball

By Comdt Brendan Mc Guinness (Chair DF Basketball)

The DF Basketball Championships took place on February 3rd and 4th in the DFTC gym. The Men's and Ladies' competitions were very successfully run together for the first time in some years.

The men’s competition produced some fine basketball and very competitive matches. Unfortunately the Naval Service was not able to compete this year due to operational commitments.

Pool 'A' saw the DFTC, Air Corps and the 2 E Bde battle for the two semi-final spots. The Air Corps and the 2 E Bde prevailed after two particularly tight matches, where 2 E Bde defeated the DFTC by 26 to 21 and the Air Corps beat the 2 E Bde by 26 to 24.

Pool 'B' saw the 1 S Bde and the 4 W Bde qualify as semi-finalists with the 5 Bde winning that match by 26 to 16.

The semi-finals were very entertaining as the Air Corps just lost out to the 4 W Bde in a thrilling match on a score line of 22 to 21. In the other semi, the 1 S Bde favourites accounted for the 2 E Bde on a 40 to 21 score line.

In the final, the 1 S Bde justified their favourites billing with an extremely powerful performance. They were fast and accurate in offence and tenacious in defence. They defeated a sporting 4 W Bde team by 72 to 33 to earn a deserved victory.

The tournament proved to be very successful with all the players, coaches and mentors present throughout the tournament. As always, a lot of hard work goes into the preparation and in this case the DFTC Basketball reps, Lt Gemma Fagan and Capt Dave Slattery deserve the credit. Thanks to our referees, Sgts Paul Dempsey (ASM), Des O’Reilly, Joe Dempsey (both 4 W Bde), Paula Mullins and Sarah O’Neill (both DFTC).

The DF Basketball Committee now looks forward with great enthusiasm to the DF Basketball league taking place through the summer. If you wish to play, contact your Brigade or Service rep and join in the fun.

We would like to thank the DFTC for their co-operation with accommodation and the use of the gym. A final thanks to the staff in Ceann Catering Centre and NCOs Mess for their excellent service.

Kayaking

By Wesley Bourke

You may have noticed recently posted on your unit notice board, courses ran by the Defence Forces Kayak Club. The club is currently being rejuvenated by enthusiasts all around the brigades and are looking for anyone with an interest to come along and try it out. At one recent Level One Basic Kayak Course ran on Laxlip Lake, we spoke to Cpl Cornelius McNamara (3 Sp Wing) about what kayaking is all about.

‘Kayaking is an adventure sport. You can take it as seriously as you like and become a pro athlete or simply just go out and do a bit of exercise, said Cornelius. ‘We would like to see the club back up there with the Defence Forces Diving Group or the Rock-climbing Club. It is also a great way to keep fit as not everyone is into soccer or GAA. A lot of people at the moment are doing adventure races and this is one of the skills you need to know.’

There was no doubt that the eight students were having fun. Under the tuition of Pte Shane Glenn (27 Inf Bn). In their helmets and buoyancy jackets the students were leaning how to do forward; back and sweep strokes; how to stop and how to get out of a kayak if it capsized. Some students picked it up straight away, while others ended up spinning in circles to the amusement of their colleagues.
On the Ball... in Chad

By Capt David Sweeney (PIO 102 Inf Bn MINURCAT)

On Saint Patrick's Day, while the rest of us enjoyed the parades here at home, Irish troops laid down their weapons, for a couple of hours at least to do battle with a local Chadian team in a much anticipated soccer match in Goz Beida.

The match was a closely fought affair, with both teams evenly matched in regards to fitness and football skills. At full time, neither side had conceded a goal and the 3000 passionate locals, along with a small away group of Irish and Finnish supporters were treated to a dramatic penalty shootout.

On two occasions, the Irish failed to capitalise on a chance to seal victory and in the end it was the Goz Beida goalkeeper Mahamat Manguita who proved to be the hero of the hour, pulling off a number of fine saves to inspire his side to a 7-6 win.

The game was a unique opportunity for MINURCAT forces and the people of Goz Beida to interact and enjoy a sporting occasion together. It proved to be a simple yet hugely effective means of raising awareness and bolstering the popularity of MINURCAT within the local community.

The CIMIC team from SECTOR SOUTH liaised with the local Chadian Delegation of Sport to arrange this fixture and presented the local team with a brand new set of jerseys as a symbol of their appreciation. MINURCAT engineers prepared the pitch and the Secretary General of Dar Sila, Mr Abba Saradinger presented the trophy to the winning team. Already there is talk in the town of a much-anticipated replay.

That evening ended with a BBQ in camp, playing of the video highlights and analysis of the match and penalty shootout, followed by crazy bingo and some traditional Irish music. All Irish and Finnish alike enjoyed the event.

And finally, though the losers, the Irish team played their hearts out and are worthy of a mention in sporting dispatches. The team and support staff included: Lt Gary Mulligan, CQMS Joe Dyas, Sgts Dave O'Brien, Willy Dunleavy, Cpl Liam Swift, Gns Ken Roche, Conor Crawley, Tpr Patrick Knowles, Ptes Michael Jackson, Mick McGown, Stephen Smith, Dave Sweeney, Aidan O'Brien, Kevin Bull, Paul Murphy, Eamon Lawlor, Ciaran Haughton, John Agnew, John Paul Brennan and Luke Dunne.
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www.militarychaplaincy.ie
An apple a day keeps the doctor away.

Unknown

Nutrition is an important factor in determining optimal sports performance. An inadequate diet can prevent you from reaching your true potential.

**Energy**
Energy from our diet is provided by carbohydrate, fat and protein. Carbohydrate is an essential fuel for athletes. About 50-60% of your diet should come from carbohydrate-based foods such as breads, breakfast cereals, rice, pasta, potatoes, scones, rolls, crackers, cous-cous, noodles, peas, beans, fruit and fruit juices. Sugar, jams, soft drinks and sweets can be used to top up your carbohydrate intake.

**Protein**
Protein is essential for growth and daily repair of your body cells. Your protein needs increase with adolescence. This can easily be met by a well-balanced diet. High protein foods include red meat, chicken, fish, eggs, cheese, milk, yoghurts, nuts and pulses. Include these foods in your diet at least twice a day.

**Fat**
As per the rest of the population, athletes should avoid excessive intakes of fat. Try to reduce your intake of fatty foods and choose low fat cooking methods such as grilling, roasting or microwaving.

**Iron**
The mineral iron is involved in the transport of oxygen around the body. An adequate iron intake is essential for all athletes, as intense training can lead to increased iron losses. Females need even more iron than males so it is vital that they choose foods that are high in iron. Red meat is an excellent source of iron. The iron in red meat can be absorbed up to seven times more easily than iron in vegetables, cereals, fruits or nuts. Vegetarians and women on weight reducing diets are especially vulnerable to iron deficiency. Signs of iron deficiency anemia can be fatigue, shortness of breath and weakness.

**Fluid Intake**
Dehydration can lead to fatigue, impaired performance and can also be a threat to life. For this reason, anyone who exercises should make sure they have a good fluid intake, especially during warm weather. During exercise you should aim to drink 150-200ml fluid every 10-15 minutes.
- Start well-hydrated drink before exercise
- Get well-hydrated drink during exercise
- Stay well hydrated drink after exercise
- Other nutrients that need attention in young sports people

**Nutrient Food Sources**
- **Folic Acid**: Whole grain cereals, dark leafy vegetables, liver, fortified breakfast cereals
- **Calcium**: Dairy produce, tinned fish with bones or dark green leafy vegetables
- **Vitamin D**: Sunlight exposure, oily fish, eggs or dairy produce
- **Vitamin A**: Liver, red meat, dairy produce or oily fish
- **Zinc**: Red meat, fish, eggs, shellfish or dairy produce
- **Magnesium**: Red meat, nuts, cereals or green vegetables

**Seek Advice**
If you are looking for help in developing a healthy eating regime, coupled with your training programme, talk to your unit PTI.

Thanks to Bord Bia for allowing us permission to reproduce this article. For more information on food, checkout their website at: www.bordbia.ie

**An army marches on its stomach.**

Napoleon Bonaparte

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DEADLINE FOR RECEIPT OF APPLICATIONS 30 MAY 2010
APPLICATIONS AVAILABLE ONLINE AT WWW.KINGSINNS.IE
This month we feature a number of products that might just make your life a bit more comfortable when out on the ground. Thanks to The Great Outdoors for supplying all the products for review.

**MSR Reactor Stove**
Price €199.99
The Reactor stove is one of the most revolutionary stove designs on the market. In tests it is consistently at the top for how fast it boils a litre of water - three minutes for those who are interested. It is also noted for its fuel efficiency. The secret to the efficiency is that the burner is enclosed in a heat exchanger that protects it from even the strongest gales and a pressure regulator means that you get most out of every drop of fuel from the canister. The combined 1.7 litre pot with handle and see-through lid act as storage for the stove and gas when not in use and new for this year is the availability of an optional 2.5 litre pot for cooking for bigger groups.

**Light My Fire Mealkit**
€22.95
When you first see the Light My Fire Mealkit, the first thing you notice is that it looks pretty cool. But after using it you really discover that behind the good looks lies a seriously functional mealkit. Inside the triangular lunchbox you will find a cup with a lid and drinking hole that has measurements on the inside making it ideal for measuring out rice etc, a chopping board that doubles as a drainer, a waterproof box and a spork. The lunchbox itself can be used as a bowl and a plate too. The lack of any sharp corners means that you can usually slide it into really tight spaces in your pack without it catching on the fabric.

**Marmot Stretch Man Jacket**
Price €179.00
The new Stretch Man jacket from Marmot is super lightweight, tipping the scales at only 360 grams. But what it lacks in bulk it more than makes up for in performance. The fabric uses Marmot's MemBrain with a 4 way stretch face fabric that gives the wearer incredible freedom of movement for a waterproof, windproof shell jacket. The zip is water resistant as are the pocket and ventilation zips and the hood is designed really well. Hands down one of THE best lightweight shells on the market.

**Lowe Alpine TFX Expedition Pack**
Explosion Pack from €75.95 to €215.00
The new range of Lowe packs are nothing short of exceptional and the Expedition is their flagship model. A true workhorse of a pack offering incredible comfort even when carrying very heavy loads. The construction is robust but lightweight, utilising a dynema fabric for unmatched weight to strength ratio. The TFX10 backsystem gives the wearer a huge amount of options to customise and find the best possible fit. A modern classic.

**April's Competition**
This month we have a pair of Meindl™ Safari Boots to give away, kindly sponsored by The Great Outdoors Store. To be in with a chance to win this excellent piece of kit, answer the following questions, which all relate to this month’s magazine.
1. In what St Patrick’s Day Parade did the 58 Res Inf Bn march in?
2. What unit celebrated its 30th Anniversary in March?
3. What is Declan Power’s book called?

Competition closing date is May 20th. Send all entries with your name and address to:
- April’s Competition
- An Cosantóir
- DFHQ
- Infirmary Road
- Dublin 17
Or by email to: subs@military.ie

**February’s Winner**
The answers for the February competition were:
1. Loyalty
2. Mitsubishi Pajero
3. Heaslip

Congratulations to: Mr Paul Johnston
Inverness
Scotland
A pair of Meindl™ Safari Boots are on their way to you.

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NOTICEBOARD

This page is designed to give our readers an easy-to-follow list of important numbers, addresses and websites. Readers can also submit notices that maybe of interest to others. Please keep notices to the point, include your contact details and send by email to: magazine@military.ie or by post to:
Editor An Cosantóir, DFHQ, Infirmary Road, Dublin 7, Ireland.

Important Contacts
Staffcare 1800 406 388
www.alone.ie 01 6791032
www.samaritans.org 1850 609 090
www.citizeninformation.ie
www.teenline.ie 1800 833 634
www.aware.ie 1890 303 302
DF Benevolent Fund 01 8046185
www.cafnb.com 01 6711841
www.caoga-defenceforces.com 01 8042785
www.ansaccu.ie 01 8554489
www.mabs.ie 1890 283438
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www.oneconnect.ie 01 4850600
www.inkuva.com 01 6791262
RACO www.raco.ie 01 8042517
PDFORRA www.pdforra.ie 1800 200 250
RDFRA www.rdfra.ie 045-445204

Chaplaincy News
Lourdes 2010
Bookings are now being taken for this year’s Military Pilgrimage to Lourdes May 21st-23rd. Forms are available from your chaplain, from Sgt John Kellett 01-8942271 or through www.militarychaplaincy.ie.

Thought for the month
Since light travels faster than sound, some people appear bright until you hear them speak.

Disneyland: A people-trap operated by a mouse!

Family Income Supplement
PDFORRA have issued an information circular pertaining to the Family Income Supplement and how members of the Defence Forces may be eligible to claim. For more details, checkout: pdforra.ie or welfare.ie

War and Security Studies Studies Spring Seminar
New Ways to Remember Fontenoy: The Professionalisation of Soldiering in Eighteenth-Century, France by Professor Hervé Drévillon, April 12th at 4pm in room C9002, Arts Bldg, TCD. All welcome. For any queries, contact Joseph Clarke at joseph.clarke@tcd.ie

ANSAC Credit Union March Draw
1st Prize €7000 T Moloney, Co Longford
2nd Prize €3500 S Griffin, Limerick
3rd Prize €2500 P Buckley, Co Clare
4th Prize €1500 P McGrath, Dublin 15

£250 Winners
G Scanlon, Co Clare
D Ryan, Co Cork
B Byrne, Co Dublin
P Mc Ardle, Dublin 14

£100 Winners
W Ready, Co Laois
W Morcuff, Co Cork
M Delahunt, Co Kildare
J Monagle, Co Donegal
J Mills, Dublin 10
C Cotter, Co Cork
K O'Halloran, Co Wicklow
M McMenamin, Co Donegal
D Forde, Co Down
F O'Toole, Co Wicklow
D Cashman, Co Cork
P Fannon, Co Donegal
D Duffy, Dublin 22
M Farrell, Co Tipperary
M Fennerssey, Co Tipperary
Next draw will take place on April 26th.

Charities
Childaid www.childaid.ie
Charity Run
The ARC (cancer support centre) men’s mini marathon, Monday 3rd May 2010, Phoenix park at 10am. Log into www.arc-challenges.com to register online, great goodie bags for the 1st to 1000 runners or walkers registered.

Hill Run
The Jack & Jill Up the hill charity run and walk will take place in Kenmare, Co Kerry on April 24th in aid of Our Lady’s Hospital for Sick Children, Crumlin. For more details checkout: www.jackandjill.ie or www.kennaretri.com

Building Blitz
The Niall Molloh Township Trust is looking for volunteers to join their next Building Blitz in November. For more details, checkout: nmtownshiptrust.com

Mountain Survival Challenge
This will take place from May 1st-3rd in the Wicklow Mountains and all money raised will go to the Mercy Hospital Foundation. For more details, checkout: mercyhospitalfoundation.ie/survival

Haiti Appeal
The following are just some of the Irish charities currently raising much-needed funds for the people of Haiti in the aftermath of the recent earthquake.

www.concern.ie
www.redcross.ie
www.goal.ie
www.trocain.org
www.unicef.ie
www.msf.ie
www.oxfamireland.org

DF Contacts
Defence Forces HQ
DFHQ/DOD 01 8046000
www.military.ie or www.defence.ie
Finance Branch DOD 01 743000

2 Eastern Brigade
Cathal Brugha Bks 01 8046000
Aiken Bks 042 9232295
Gormanstown Camp 01 8412102
Kilbride Camp 01 4582169
McKe Bks 01 8046000
Military Archives 01 8064657
St Bríon’s Hospital 01 8042000

1 Southam Brigade
Ballynagall Bks 086 7121871
Collins Bks 061 4514000
Kickham Bks 054 21222
Kilworth Camp 025 24011
McCann Bks 0504 31503
Sarsfield Bks 061 314233
Stephens Bks 056 21174

4 Western Brigade
Custom Bks 09064 21000
Carna Camp 09064 89133
Castlebar Bks 084 21275
Columb Bks 044 43091
Finner Camp 072 41488
USAC 051 710001

Defence Forces Training Centre
Curragh Camp 045 445000
Coomonley Camp 045 404626
Range Service 045 404653
Waterford Bks 061 574425
Wexford Bks 053 22573

Air Corps
Casement Aerodrome 01 4037689

Naval Service
Naval Base 021 4894700

32 AN COSANTOIR April 2010
Siege at Jadotville

Author: Declan Power
Publisher: Maverick House
Price: £25 (Limited Edition)

Plop, plop went the mortar rounds as they left their barrels only to erupt as a shroud of shrapnel around the Irish positions. It was September 1961 in the rebel province of Katanga, located in the very bowels of the Congo. 157 men from the Irish 35th Battalion’s A Company had been sent to a mining town called Jadotville to protect the largely white Belgian inhabitants from massacre by marauding tribal groups.

UN authorities against the advice of senior military advisors only to be attacked by the very people they were sent to protect.

The book details Ireland’s involvement in the UN’s first large-scale peacekeeping operation in the Congo in the early 60s. It reveals how the ineptitude of arrogant and naïve UN civilian administrators caused the deaths of the international troops sent to keep the peace, including the Irishmen who were killed at Niemba.

The book focuses on A Company of the 35th Battalion, the Irish soldiers who were almost massacred when

Jadotville veterans. This book explains why this episode, though widely reported at the time, was allowed to fade into the background of Irish military history.

It catalogues the series of errors, ineptitude and naiveté foisted onto Irish troops and their UN allies as they attempted to deal with rapidly escalating violence.

All the while the UN authorities in New York kept changing mandates on paper but not giving the troops on the ground the equipment and support needed to contain the violence.

Much of the book is told from the perspective of the men who fought there. They tell how they regularly rounded up mercenaries and disarmed them only to have the UN order return of the arms and to have those same weapons turned on them at Jadotville.

There are tragic-comic moments too, like when a madcap Norwegian pilot was the only one who volunteered to fly helicopter with water supplies to the besieged Irish.

Having landed under fire with his aircraft destroyed it turned out the water supplies were unusable having been put in jerry cans that previously stored petrol. This was the only attempt made by the UN to re-supply the troops while they fought it out for a week.

Young soldiers at the time, men such as Pte John Gorman and Lt Noel Carey told of their terror of having to hand up their weapons and go into captivity under a force the Irish had inflicted 300 casualties on. Fear of reprisals was huge. The book also tells of the enormous personal strain Comdt Quinlan was put under when he had to enter ceasefire negotiations without recourse to accurate information or direction from higher authority.

The UN kept telling him jets would be sent to support him but none came. Such was the strength of the mercenary-led force that they beat back two attempts by Irish and Indian forces to rescue the Jadotville men.

Siege at Jadotville was first published in 2005 and this second limited edition will go on sale shortly. Declan Power is a former soldier who now works as security analyst and lecturer. He is also a consultant to UN peacekeeping missions on civil military coordination.
Every Naval Service vessel has a diving team onboard and it includes a: Supervisor; Coxain; Standby Diver; Divers Attendant and Diver in the water. Though we have our regular jobs on ship, we are called upon to carry out various tasks when needed. For example, if the ships propeller gets fouled or if the hull requires maintenance or inspection.

When you are based onshore, the Diving Section is on call and responds to a variety of details. These can include; Search and Rescue operations looking for bodies and cars, hull inspections for drug on a suspected vessel and berth clearance (this is done if foreign naval vessels come in). Naval Divers are constantly upgrading their skills and if they want can qualify and become a Remote Operated Vehicle (ROV) operator or a decompression chamber pilot or supervisor. The maximum depth for a diver is 50m and after that the Remote Operated Vehicle (ROV) can be used. The decompression chamber is used to get rid of the bends after a dive or doing workups before a deep dive.

A diver's main equipment is his stab jacket; demand valve; square mask; hood; gloves and fins. After that, if you go into polluted waters you then wear a full-face mask, which protects you from contamination.

For deeper dives or to prolong a diver's time underwater, say for welding or cutting jobs, we can wear a helmet that feeds us air from the surface via an umbilical cord. The helmet is also fitted with lights and an intercom to the surface.
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For further information: ARW duty room at ext 5248