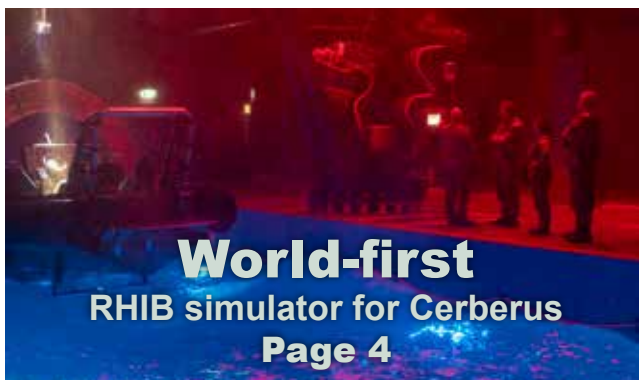


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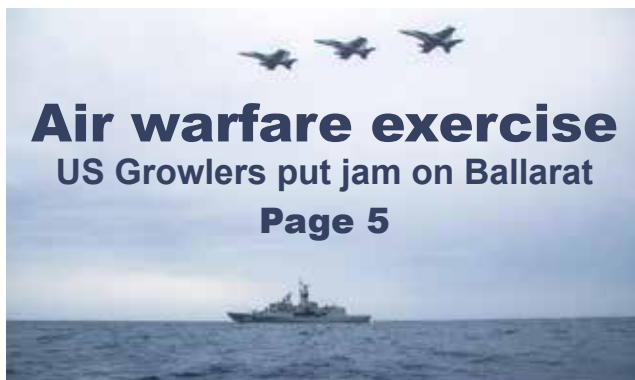


Supply throws Eden a line
Page 3

ABBM Thomas Kapitoures throws a heaving line as HMAS Supply comes alongside Eden, her ceremonial home port.
Photo: LSIS Daniel Goodman



World-first
RHIB simulator for Cerberus
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Air warfare exercise
US Growlers put jam on Ballarat
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HMAS *Parramatta* sails in company with Royal Brunei Navy ships KDB *Darulehsan* (07) and KDB *Syafaat* (19) while conducting maritime manoeuvres.
Photo: LSIS Jarrod Mulvihill

Training builds bond with Brunei

LS Jarrod Mulvihill

HMAS *Parramatta* joined Royal Brunei Navy ships *Darulehsan* and *Syafaat* for shared training during a recent visit to Brunei.

The three ships conducted a range of contactless training activities, including communication exercises, replenishment-at-sea approaches and maritime manoeuvres.

CO *Parramatta* CMDR Anita Nemarich said the chance to train with Brunei was a great success for both navies.

"The in-company training built upon the strong relationship between the RAN and Royal

Brunei Navy," CMDR Nemarich said.

"It was wonderful to spend the day working alongside such professional units, and it provided excellent training opportunities for our crews.

"Australia and Brunei share a strong bilateral defence relationship and are like-minded regional partners. Events like this continue to build on those great connections."

Parramatta officer-of-the-watch phase two trainee SBLT Jacqui Dendle said it was a valuable experience to work alongside the Royal Brunei Navy.

"Being able to put my training into action while conducting officer-of-the-watch manoeuvres was a great opportunity for me," SBLT Dendle said.

"Working with the Royal Brunei Navy was a great experience and a highlight from my time on board *Parramatta* during this regional presence deployment."

Parramatta is conducting a regional presence deployment with HMAS *Ballarat*. The two Anzac-class frigates are conducting a number of navy-to-navy engagements with partner nations across the region.

Growlers try to put *Ballarat* in a jam – Page 5

COVID plan in place for TS21

INTERNATIONAL forces participating in Exercise Talisman Sabre, Australia's largest bilateral training activity with the United States, will arrive in Australia throughout June and July.

Participating foreign military personnel from the US, Canada, Japan, South Korea, New Zealand and the United Kingdom will undertake 14-days mandatory quarantine in approved Defence-managed facilities.

France, India and Indonesia will participate as observer nations.

CJOPS LTGEN Greg Bilton said the scale of this year's exercise would be reduced because of COVID-19, with about 17,000 personnel expected to participate.

"About 1800 foreign military personnel will arrive in Australia for this year's exercise. We will also have part of the Marine Rotational Force – Darwin participating, as well as naval and air assets exercising exclusively off-shore," LTGEN Bilton said.

"The ADF, together with our US and visiting partner nations, are committed to delivering a safe exercise, not just for the personnel involved, but the community as well.

"The exercise is fundamental to our alliance with the US and critical to maintaining ADF combat readiness."

The exercise will take place at a range of Defence bases and non-Defence training areas, predominantly across central and northeast Queensland, but also off the east coast of Australia.

"Talisman Sabre would not be possible without the cooperation and ongoing support of the local com-

munity, councils, state authorities – including chief health officers – and traditional owners," LTGEN Bilton said.

"Defence will keep the public well-informed of planned activities and movements, implement COVIDSafe plans agreed to with the states and territories to mitigate the risks of COVID-19."

With agreement from relevant state and territory authorities, the majority of international forces will quarantine in either Bladin Village in the Northern Territory or ADF-managed hotels in Queensland. A small number will also quarantine in ADF-managed hotels in NSW.

International forces will arrive gradually, in tranches of up to several hundred, from early June to mid-July. All international forces entering Australia will comply with mandatory quarantine and travel requirements, including:

- Presenting a negative COVID-19 PCR test before departure to Australia.
- Mandatory 14-day quarantine in facilities approved by the relevant state or territory chief health officer.
- COVID-19 testing on arrival and before exiting their mandatory 14-day quarantine period.
- Daily health checks that include screening for COVID-19 symptoms.

No military member entering Australia will take the place of an Australian returning from overseas.

For more information on Exercise Talisman Sabre 2021 visit: www1.defence.gov.au/exercises/talisman-sabre-21



SMN Jack Foulstone and other ADF members practise correct application of personal protective equipment in preparation for their deployment.
Photo: CAPT Kristen Daisy Cleland

Extra ADF support to help with outbreak

UP to 160 Victorian-based ADF members have deployed as part of Operation COVID-19 Assist to support the Victorian Department of Health with the Household Engagement Program. The program involves visiting close contacts and returned travellers to ensure they are aware of their status, and to provide information and support services while in isolation.

The role is vital in assisting the Victorian Government authorities' response to the current COVID-19 outbreak and state-wide lockdown.

Before deployment, the members were mobilised rapidly from across the state, and concentrated at Simpson Barracks in Melbourne where they were trained, equipped and prepared for their tasks.

The members are drawn from Victorian elements of all three services, including 108 members from Army's 4th Brigade.

The 160 personnel are in addition to the 252 ADF members already deployed in Victoria on Operation COVID-19 Assist, supporting the COVID Quarantine Victoria program.

Big supply of goodwill



Members of HMAS Supply's ship's company make their way into the town of Eden.



AB Tegan Bradley gets a warm welcome from one of Eden's four-pawed residents.



Krista Dodsworth, left, of the Eden Netball Club, competes for the ball during a friendly game against HMAS Supply.

Photos: LSIS Daniel Goodman



ABML-C Kieran Nieves prepares food in the galley on board HMAS Supply. The image has been digitally altered. Photo: ABIS Sittichai Sakonpoonpol

Ingredients for a top career

ASLT Jack Meadows

ABML-C Kieran Nieves has served food to people on and off HMAS Supply since she commissioned earlier this year.

One of the community engagement events Supply hosted while in Eden was an official reception on the bridge.

AB Nieves prepared and served the food for the function, hosted by CO Supply CAPT Ben Hissink.

"It was terrific to serve platters of locally bought oysters, fish, cheese, meats and bread to guests, including the mayor," AB Nieves said.

"The food looked great and the view from the bridge did, too.

Twofold Bay was a beautiful backdrop."

AB Nieves also participated in a friendly netball game with Eden residents at a sports ground by Lake Curalo.

"The people are super friendly and really excited for Supply to be in Eden," he said.

He visited the town for Anzac Day this year and also last year to support bushfire-affected communities.

"It was humbling to see the impact the ADF had helping communities get back to their feet following the horrific bushfires," AB Nieves said.

He joined the Navy in June 2018 via the Indigenous pre-

recruitment program.

"It was really rewarding. We were mentored by an Indigenous Elder with military experience," AB Nieves said.

He said he was heartened by the crew of Supply's engagement with Indigenous communities in its home port of Sydney and ceremonial home port of Eden.

"My mother was part of the stolen generation and my Indigenous heritage is very important to me," AB Nieves said.

"It's good to see the ship's commitment to building bridges with Indigenous communities."

Supply's logo features a killer whale against an Indigenous art background.

ASLT Jack Meadows

THE fleet's newest support ship, HMAS Supply, made her first visit to her ceremonial home port of Eden, NSW, on May 29.

The ship berthed at the town's cruise wharf ahead of a program of community engagements that will further cement a relationship between the town and the ship.

COMAUSFLT RADM Mark Hammond said while some members of the crew had visited Eden before, it was the first time the ship had visited.

"Navy and Eden have a long shared history, and this visit is a great opportunity for Supply to strengthen ties with the Bega Valley Shire," RADM Hammond said.

"The Navy can't do the important work that is required of us without the strong support of the Australian community."

CO Supply CAPT Ben Hissink said the crew was excited to showcase their recently

commissioned ship to the community.

"We have already done so much with the Eden community, from hosting a smoking ceremony on board in Sydney with the local Indigenous peoples to helping Eden locals recover from the bushfire crisis by rebuilding fences and infrastructure," CAPT Hissink said.

"It's a privilege to bring Supply to Eden – the first port we are visiting since commissioning."

While in Eden, the ship's company conducted a range of community engagements, including visits to a primary school and a high school and a walk down the main street to interact with locals and buy snacks and souvenirs.

They also participated in a series of netball games played against a local team at Lake Curalo.

Supply is the first of two Supply-class auxiliary oiler replenishment ships that will add significantly to the fleet's capability.

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Deputy Fleet Commander CDRE Jon Earley is given a demonstration of the simulator.

Photo: LSIS James McDougall

Simulator a world-first

LCDR Dave Devlin

THE first RHIB training simulator of its type in the world has been installed at HMAS *Cerberus*.

Deputy Fleet Commander CDRE Jon Earley toured the newly built facilities at the Maritime Survival Training Centre on May 19.

The simulator has the ability to simulate boat capsizes in a range of sea states and various weather conditions.

Deputy Director Mariner Skills Centre CMDR Ashley Shanks was responsible for bringing the new capability into service and providing the evidence to support the interim operational release.

"This simulator is the first time an open-air boat has been designed and manufactured for escape training and will provide a very realistic experience," CMDR Shanks said.

"We will be able to enrich the

level of training provided to not just those new-entry recruits, but also our boarding parties, transit security elements, boat coxswains and they will be able to receive this training in realistic, albeit simulated environmental conditions."

The MSTC also has a 25m-by-15m training tank, a wave ball capable of generating 1m waves, fans that can generate winds of up to 60km/h, and rain, fog, sound and lighting effects.

The MSTC also includes a fixed marine evacuation system and a helicopter winching simulator.

CDRE Earley also visited the School of Survivability and Ship Safety at the new facilities.

"Survival at sea has always been a vital part of the training continuum," CDRE Earley said.

"The safety of our people is of the utmost importance. With the introduction of these new state-of-the-art capabilities, we will enhance the world-class training

we provide for our people."

CDRE Earley also watched training at the West Head Gunnery Range, the Boatswains Faculty, the RAN Recruit School and had the opportunity to engage with many personnel undergoing their initial entry training.

CDRE Earley completed his visit by presenting the 2020 Shore Force Safety Award to Command Safety Adviser Darren Adams and the command team of *Cerberus*.

Presented annually, the award recognises the shore establishment that has excelled in all areas of safety.

"Last year was particularly challenging with extended periods of lockdowns and restrictions," Mr Adams said.

"The excellent safety culture we have established among all resident units and across the command is a testament to the cohesive working relationships and teamwork of everyone."

Team extracts most out of dental suite

HMAS *Brisbane*'s aviation workshop was transformed into a dental surgery recently for the first trial of a Deployable Dental Operating Suite (DDOS).

Aviation maintenance tools were replaced with dental equipment as the Fleet Mobile Dental Team (FMDT) took charge of the oral health of the ship's company.

The RAN has three FMDTs, each comprising a dental officer and dental assistant.

Two of these teams are based at Fleet Headquarters and one operates from HMAS *Stirling*.

Defence recently took delivery of the new DDOS, which can be used in triservice deployed environments.

Represented by Fleet Dental, the RAN is the first service to use the DDOS in an operational setting.

LEUT Naresh Shah and ABDEN Laura Rudken joined *Brisbane* from Fleet Base East for a two-week deployment to the NSW South Coast region to provide emergency and routine dental support to ADF members and thereby maintain force readiness.

It was a bumpy start for the FMDT with *Brisbane* hitting sea state five on the first day of sailing, but the team soon found their sea legs and adjusted to the ship routine.

CO *Brisbane* CMDR Aaron Cox said the FMDT played a pivotal role in attaining and maintaining individual readiness to enable *Brisbane* to meet her 2021 schedule.

"LEUT Shah and AB Rudken integrated comfortably with the ship's company and it was wonderful to be the first DDG to host the FMDT," CMDR Cox said.

In preparation for *Brisbane*'s upcoming overseas deployment, the FMDT conducted examinations of more than half the 160 embarked personnel and rendered them dentally fit. The FMDT also liaised with the supporting garrison dental facility regarding ongoing dental care.

It was not all work and no play for the FMDT. AB Rudken especially enjoyed the flying operations involving an MH-60R Seahawk from 816SQN.

"It was fascinating to see the helicopter control officer coordinate the take-off and landing exercises with such precision," AB Rudken said.

"When the ship was alongside in Eden for ammunitioning, LEUT Shah got the opportunity to participate in the whole-ship evolution.

"It was good to take a break from clinical duties and spend some time helping load the ammunition on the ship," LEUT Shah said.

"It was really intriguing to learn more about a few of the weapon systems aboard the warship."

FMDTs specialise in providing routine and emergency care in the maritime environment. The successful deployment has demonstrated the enhanced capability of Fleet Dental and its ability to assist the Major Fleet Unit when required.

LEUT Naresh Shah and AB Luran Rudken conduct treatment on AB Zach Woodruff aboard HMAS *Brisbane* while underway of the coast of NSW.



Lounge for all members

CPL Veronica O'Hara

VETERANS, serving members, transitioning members and their families are encouraged to come together over a coffee at the Wounded Heroes Veterans' Lounge in Brisbane.

Honorary patron of Wounded Heroes Australia CJOPS LTGEN Greg Bilton, and the charity's founder, Jim Shapcott, cut the ribbon to open the facility in Alderley in March.

LTGEN Bilton said the lounge was a place serving members, veterans and their families could go to for company, friendship or support if they found themselves in difficulty.

"It really is a place of connectedness – for linking people up, helping

establish themselves in a new locality, or to seek support," he said. "We don't judge or ask questions; we just want to help people, and we've got a wonderful group of volunteers who are dedicated to doing exactly that."

Wounded Heroes president Martin Shaw said the lounge, located close to Gallipoli Barracks, was specifically designed as a gambling-free and alcohol-free place to make social connections.

"We're trying to achieve a community and a safe place for veterans and their families, without the noise of poker machines and alcohol," Mr Shaw said.

More information about Wounded Heroes can be found at: www.woundedheroes.org.au

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Three US Navy EA-18G Growlers in formation over HMAS *Ballarat* during the training activity.
Photo: LSIS Ernesto Sanchez

Growlers try to put *Ballarat* in a jam



LSML-SC Tayler Hawkins and ABML-SC Katie Nattrass Russo perform a stores muster on board HMAS *Ballarat*.

Pandemic supplies new challenges

LEUT Gary McHugh

RESUPPLYING a Navy ship with essential fuel and fresh produce during an overseas deployment takes significant planning at the best of times.

The task is made more challenging during a pandemic.

While on deployment, HMAS *Ballarat*'s resupply and port visits have to be conducted in a COVID-safe manner.

Ballarat's maritime logistics officer LCDR Shannelle McKellar said it was not business as usual, with contactless engagement the new normal.

"Everything has to be carried out in a COVID-safe manner, which requires us to go totally contactless," LCDR McKellar said.

"This means there's a major difference in how we conduct port visits, resupply the ship – for example, everything we take on board has to be

sprayed with disinfectant before it can be stored for future use."

LCDR McKellar said there were also changes to how the ship's company interacted with the various parties involved in the extensive supply network.

"Normally on a deployment, the ship's agent would be the same person, following the ship around from port to port to coordinate our logistics needs wherever we need," she said.

"But with restrictions on international travel, we now liaise with different sub-contractors at each port, which makes it a little more challenging to build an effective working relationship.

"Similarly, on a no-contact deployment, we can no longer bring on board representatives from the local authorities or staff from the Australian Embassy – all this interaction has to be carried out either by phone or from the ship to the wharf."

LEUT Gary McHugh

HMAS *Ballarat*'s crew felt the full force of eight United States Navy EA-18G Growler electronic warfare aircraft when they flew overhead during the ship's Regional Presence Deployment in late May.

CO *Ballarat* CMDR Antony Pisani said this provided valuable realistic training for the ship's company and the US aviators from VAQ-132SQN.

"This activity enabled *Ballarat* and VAQ-132 to conduct realistic high-end warfighting training," CMDR Pisani said.

"It supported both units in maintaining their readiness and preparedness to respond to any contingency in the Indo-Pacific region.

"It also illustrated the strength of the Australia-United States alliance, the mutual trust and respect both countries have for each other, and the precision and skills of our sailors and aviators."

The aircraft made a number of passes over

Ballarat, conducting various profiles and jamming procedures, while the ship's crew attempted to counter those measures.

The high-tempo activity gave the ship's company an opportunity to hone their air warfare skills, particularly the combat systems operators.

AB Wynita Franklin said the high-tempo environment of the activity provided her with invaluable training.

"This was my first time working with Growlers, and it was very exciting and completely different to working in a training environment," AB Franklin said.

"My training throughout my career has set me up in preparing for these activities and today was where all that training came together.

"A realistic scenario like this allowed me to use all sensors available to me to provide a clear tactical picture to command."

Ballarat is on a three-month deployment to South-East and north-east Asia.

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Honouring all lives lost at Kuttabul

LEUT Brendan Trembath

THE 79th HMAS *Kuttabul* memorial service was held at Garden Island on Sydney Harbour to remember the 27 lives lost in a World War II Imperial Japanese Navy midget submarine attack in 1942.

COMAUSFLT RADM Mark Hammond and Japan's Consul-General Kiya Masahiko laid wreaths at the *Kuttabul* memorial and visited the Naval Heritage Centre where the conning tower of submarine M-22 is on display.

The master of ceremonies, CO *Kuttabul* CAPT Matthew Shand, recounted how on May 31, 1942, three Imperial Japanese Navy midget submarines raided Sydney Harbour with devastating results.

"On a Sunday night 79 years ago, the harsh reality of war came to Australia's biggest city. A torpedo detonated under the converted ferry HMAS *Kuttabul*, killing 21 RAN and Royal Navy sailors," CAPT Shand said.

"The naval depot at Garden Island was named after the ship as a lasting tribute to their sacrifice."

Of the three midget submarines that attacked that night, two were destroyed.

The remains of four Japanese submariners were recovered, cremated and returned to Japan with the assistance of neutral Switzerland.

Through Switzerland's consul-general, the Japanese Government thanked the RAN for returning the submariners' ashes.

"The fate of the third submarine and its crew of two remained a mystery for decades," CAPT Shand said.

"In 2006 a group of recreational



COMAUSFLT RADM Mark Hammond and Consul-General of Japan Kiya Masahiko prepare to lay wreaths during the memorial service.

Photo: LSIS Leo Baumgartner

divers located M24 about 5km off Bungan Head, Sydney.

"Each year we honour the lives lost in the Sydney Harbour midget

submarine attack, including the crew of M24, whose submarine was left on the seabed as a war grave."

The memorial service includ-

ed a blessing by Senior Chaplain Rainer Schack and the playing of the national anthems of Australia and Japan.

New health centre open for business

JOINT HEALTH COMMAND (JHC) has begun delivering comprehensive health services from the new \$33.4 million ACT Health Centre at RMC Duntroon.

The new centre is part of the \$212 million JHC Garrison Health Facilities Upgrade projects across Australia.

The new ACT centre will incorporate a modern health care environment and operate with an integrated multidisciplinary service delivery model to provide health care through primary health care teams (PHCTs).

Surgeon General ADF and Commander Joint Health RADM Sarah Sharkey said delivering upgraded, modern and fit-for-purpose health centres was a priority for JHC.

"JHC delivers health care that enables the force," RADM Sharkey said.

"The health care enabled through the construction of this brand new health centre will ensure we can deliver high quality health care that maintains the ADF's warfighting capabilities.

"This new health centre will ensure the Defence health workforce can operate in a contemporary care setting that optimises teamwork and collaboration in delivering health care for ADF members."

The services being provided by the existing Duntroon Health Centre and Russell Health Centre will now be provided at the new ACTHC.

The Bungendore Health Outreach Services located at HQJOC will continue to provide health care services to ADF members.

The ACT Health Centre provides most primary care services between 0700-1900 Monday to Friday. Ph: 02 6265 9008 or email jhusnsw.acthc@defence.gov.au

Wreaths laid to honour fallen of Sandakan

LEUT Sarah Rohweder

CONSTRUCTING an airstrip in Sandakan, British North Borneo. That was the initial task for thousands of Australian and British military personnel who had been captured and declared prisoners of war by the Japanese Imperial Forces during World War II.

It all changed in 1944. When the Allied forces began their advance towards Borneo the Japanese marched about 2000 prisoners west to Ranau.

On foot, they trekked more than 260 kilometres across jungle tracks, growing weak and their health suffering severely.

Many died as a result of the journey, their bodies never to be recovered. Those who were unable to continue were killed or left behind.

Of the 1000 Australians sent to Ranau, just six survived.

The shocking trek later became known as the Sandakan Death March – one of the most harrowing prisoner-of-war experiences of the war.

On May 28, the fallen were remembered during a ceremony at the Sandakan Memorial at the Australian War Memorial in



DCN RADM Chris Smith is handed a wreath to lay during the Sandakan memorial service, left, and speaks with Secretary of the Australian War Widows ACT Dr Kathryn Spurling afterwards.



Photos: POIS Bradley Darvill

Canberra. It marked the 76th anniversary of the march.

It was attended by the sons of two Sandakan Death March survivors – Emeritus Professor John Brathwaite and Richard

Moxham. Dignitaries representing Australia, Britain, Japan, Malaysia, the Netherlands and Singapore also attended.

Representing the RAN, DCN RADM Chris Smith laid

a wreath in memory of those who lost their lives.

"It was an honour to represent the RAN at the National Sandakan Remembrance Day wreath laying ceremony,"

RADM Smith said.

"Many Australians paid the ultimate price during the death march and our thoughts are with the families and friends left behind."

The Sandakan memorial features a granite, sandstone and glass sculpture commissioned by the AWM. It is open to the public daily from 10am-5pm.

Grads ahead of schedule

LEUT Kate Millward

THIRTEEN junior officers have graduated from the two-year Maritime Warfare Officer Course six weeks ahead of schedule.

The cohort on MWOC 06 were awarded their bridge warfare certificate in a graduation ceremony at HMAS Watson on May 3.

MWOC is conducted over two years and teaches MWOs how to safely navigate and fight ships at sea.

MWOs, as officers of the watch, are the CO's representative, responsible for the control and safety of the vessels at sea.

Course implementation officer LEUT William Hall said the advanced graduation of so many students was evidence of Training Authority-Maritime Warfare's hard work in providing capability to fleet units.

"The students should be proud of their hard work and achievements," LEUT Hall said.

"This [early graduations] has freed up over 320 hours of dedicated training in our simulators, along with the associated resources and instructors, to assist the remaining standard stream trainees on course in achieving their bridge warfare certificate."

Deputy Director Command Navigation and Warfare Training CMDR Simon Gregg commended the graduates for completing the course early, and their instructors.

"This is an outcome of the tailored, flexible and agile training that TA-MW are providing to students to ensure that the fleet is provided with highly skilled and trained MWOs," CMDR Gregg said.

Under the newly developed four-stage course structure, students who show advanced aptitude for skills and development are offered the opportunity to sit their staff captain assessment for the BWC earlier than the standard training timeline.



The 13 graduates from MWOC 06 proudly display their bridge warfare certificates at HMAS Watson.

Photo: LSIS Daniel Goodman

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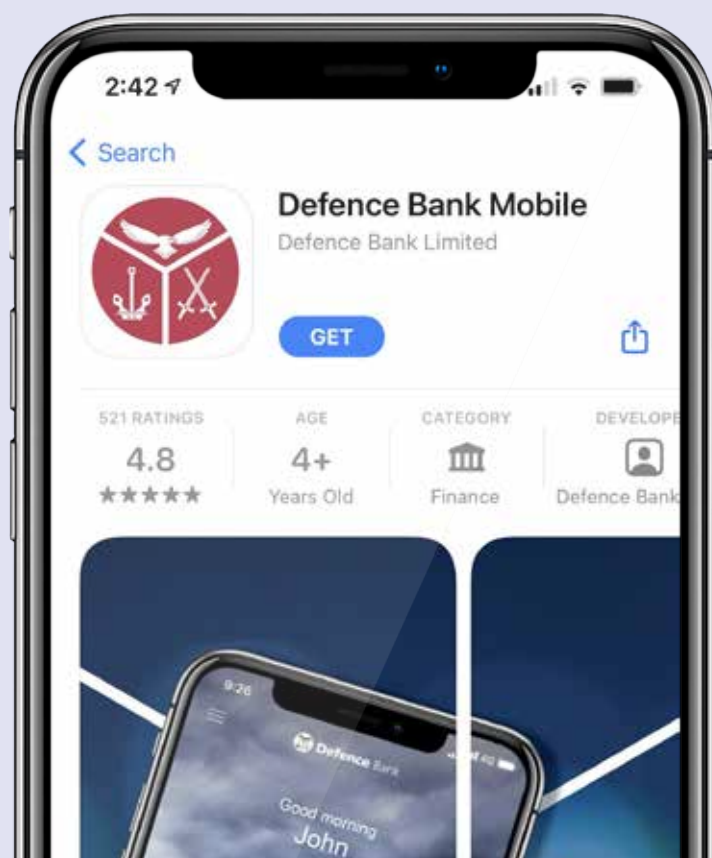
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Continuing the journey



ABBM Kristen Hansson is a descendant of the people of the Badu and Boigu Islands in the Torres Strait. Photo: LSIS Kayla Jackson

Taking pride in her service and culture

WO2 Max Bree

WHEN ABBM Kirsten Taylor Hansson said she was thinking of joining the Navy, her grandmother was unimpressed.

“She said ‘don’t do it’, but I went ahead to recruiting anyway with my mum,” AB Hansson said.

Now, AB Hansson is the only grandchild to have a photo up in her grandmother’s house.

“She has a lot of grandkids but I’m the only one who she has a photo of on her wall – up there in my uniform.”

“It’s funny because once upon a time she didn’t want to know, but now always asks me ‘how’s work?’”

After completing the Indigenous Pre-recruitment Course in 2017, AB Hansson left Mackay to enlist as a boatswains mate.

“Being outside was something that appealed to me as well as being hands-on with the weapons,” she said.

“I wanted to travel, to help people and experience what life was like outside of my hometown. I enjoyed a bit of direction and doing something completely new.”

Following a posting aboard ex HMAS *Melbourne*, AB Hansson is now at Defence Force Recruiting – Wollongong working in the Indigenous area of the specialist recruiting team.

The highlight of her career thus far has been working closely with Indigenous candidates and assisting them on their recruitment journey.

“I never thought I’d say it, but I do miss being at sea,” she said.

“My favourite sea posting has been on board ex HMAS *Melbourne* because of the crew, so I am looking forward to having that mateship and camaraderie back,” she said.

AB Hansson is a descendant of the people of the Badu and Boigu Islands in the Torres Strait.

During WWII her family was moved to Cherbourg, before resettling in Mackay.

“What my nationality is does come up very often in conversation,” she said.

“Some people say I don’t look like a Torres Strait Islander, but my response is, ‘what does Torres Strait Islander even supposed to look like?’”

The other side of her family is Swedish and Vanuatuan, and despite being proud of all

cultures forming her identity, AB Hansson was raised practising Torres Strait Islander traditions and culture.

Her totems are yam leaves and the shovelnose shark. Most First Nations family groups have totems – or sacred symbols – that represent a tribe, clan or family.

“It’s something you don’t pick, it is passed down from our ancestors,” AB Hansson said.

Reconciliation Week for AB Hansson means coming together as one to learn, share and explore First Nation’s cultures.

“Even I have a lot to learn. I am Torres Strait Islander and am learning about my Aboriginal brothers and sister cultures,” she states.

In the spirit of this year’s Reconciliation Week theme – More than a word: Reconciliation takes action – Defence Force Recruiting – Wollongong set aside time for AB Hansson to tell her story.

“I’ve always been an open book when it comes to culture because as uncomfortable as these conversations can be, we cannot grow and become one without it,” she said.

DEFENCE continues to support National Reconciliation Week, which it celebrates each year from May 27 - June 3.

Defence celebrates the week as part of its commitment to the National Agreement on Closing the Gap and in line with the fourth Defence Reconciliation Action Plan 2019-2022.

This year’s theme is ‘More than a word: Reconciliation takes action’.

All Australians play an important role when it comes to reconciliation, and in playing its part, Defence collectively strengthens respectful relationships between Aboriginal and Torres Strait

Islanders and non-Indigenous peoples.

A long-term advocate for Indigenous participation within the organisation is the Defence Indigenous Champion, Steve Grzeskowiak.

Mr Grzeskowiak continues to drive proactive cultural awareness through Defence-specific and broader Australian Government initiatives.

“National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and a way for us to explore how we can contribute to achieving genuine reconciliation,” Mr Grzeskowiak said.

“For more than a decade Defence has played a meaningful role in formally progressing reconciliation through successive Reconciliation Action Plans.

“We will continue to increase our understanding and appreciation of Aboriginal and Torres Strait Islander culture. Strengthening the relationships between Indigenous and non-Indigenous Australians will create a more inclusive and agile workforce which builds Defence’s capability.”

A variety of resources, including stories, images and video are also available on the Reconciliation Australia website: reconciliation.org.au/.

Commendation a highlight

SBLT Nancy Cotton

HARD work has paid off for ABBM Lancaster Mara, acknowledged through a recent CO’s commendation he describes as a highlight of his career so far.

Recognised for upholding the positive culture on board HMAS *Launceston* and being a valued and integral member of the crew makes it understandable why AB Mara enjoys his job so much.

“I love working in a patrol boat, it’s such a good job and crew. I’ve enjoyed every minute of it,” he said.

Having joined Navy via the Navy Indigenous Development Program (NIDP) course 11 in 2019, AB Mara sees the value in NIDP and recommends the program whenever he is back home with his Umagico community in Cape York.

“I am the only one from my community to have done anything like this so they are really happy for me,” AB Mara said.

“I try to get home when I can, but it’s not always easy so I do miss family but we stay well connected.

“My local knowledge from living in the Torres Strait has made the job easier at times when we do any work in the area as I can

speak and understand Creole so communicating with locals is easy.”

Commended for conducting all tasks with grace and a positive demeanour with an outstanding competence as a boatswains mate has led to AB Mara being valued as a highly trusted member of Launceston’s ship’s company.

AB Mara said he is just doing his job but



ABBM Lancaster Mara casts a line from the forecandle of HMAS *Launceston* alongside HMAS *Coonawarra*. Photo: LSIS Shane Cameron

in doing so, he also finds time and willingness to teach and mentor others on board.

AB Mara is looking forward to seeing where his Navy career will take him.

“I really love the patrol boats so I am keen to transition to OPVs later on,” AB Mara said.

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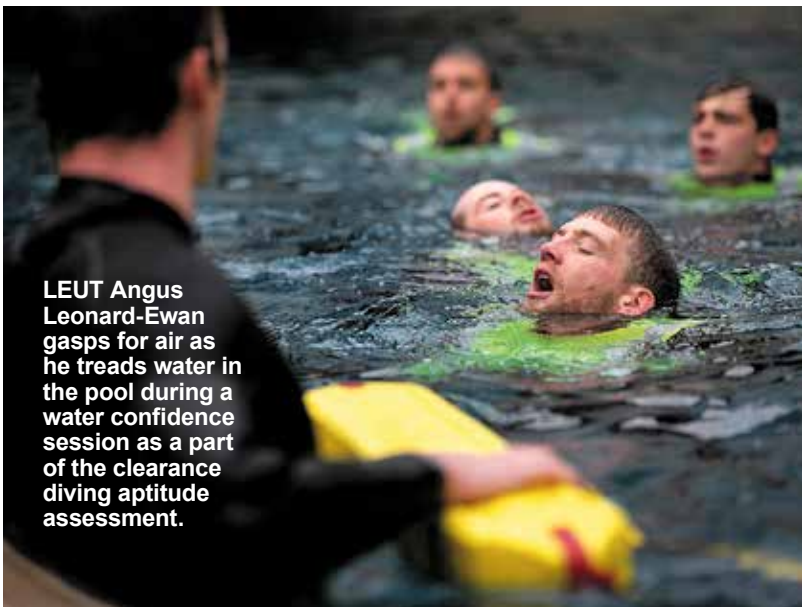
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THE RIGHT S



SMN Brad Stanway and SMN Reece Taffurelli lead a pack march as part of the clearance diving aptitude assessment at HMAS Penguin.



LEUT Angus Leonard-Ewan gasps for air as he treads water in the pool during a water confidence session as a part of the clearance diving aptitude assessment.

In the first of a three-part series, **POIS Lee-Anne Cooper** im

AS each minute ticks over, candidate X treads water holding a 4kg bar in the air with one hand, changing as the PTI dictates... right hand, left hand, right hand.

If you really wanted something, how far would you go to get it?

"You look around and you see your team-mates starting to go under, that's hard, because you are hurting both mentally and physically," candidate SMN Reece Taffurelli said.

It's a small club but once you are in, you are in for life, according to OIC ADF Diving School CMDR Paul Doble.

With a common completion rate of 50 per cent, the Clearance Diving Aptitude Assessment is not for the faint of heart.

Over the five days at HMAS Penguin, candidates undertake physical training, ordnance lessons, night diving, pack marches, camouflage, concealment and observation post lessons, psychology assessments, medical assessments and loads of time in the water.

"There is a lot of memory-type activities. When you are fatigued your brain does not function the same, but it has to because of the job we are going into," SMN Taffurelli said.

At the start of May 24, candidates from Clearance Diving Initial Entry Training (CDIET), Army and fleet, went through the revised aptitude assessment.

Far beyond their burpee capability, candidates were assessed on emotional stability, cognitive ability and teamwork.

"There is a lot being asked of them in a short period and they need to maintain their composure," CMDR Doble said.

"Keeping composure and completing tasks in a fatigued state is realistic of potential exercises and operations they will undertake in the future."

In the cover of darkness, candidates



OIC ADF Diving School CMDR Paul Doble sits in the conference room surrounded by participant profiles.



SMNCSO mine warfare participants rehydrate during a diving aptitude assessment.

took to the water to fin in Hunter's Bay over a period of four hours.

The wind was up and the water icy cold as they approached Balmoral Beach for a hydration break and mandatory medical check. Locals walking dogs stopped and stared as candidates emerged from the water, reminiscent of a Bond film.

"My legs started to hurt, but we put our heads back in the water, finned as a team and kept communication and morale up," SMN Taffurelli said.

"You look to the side and make sure

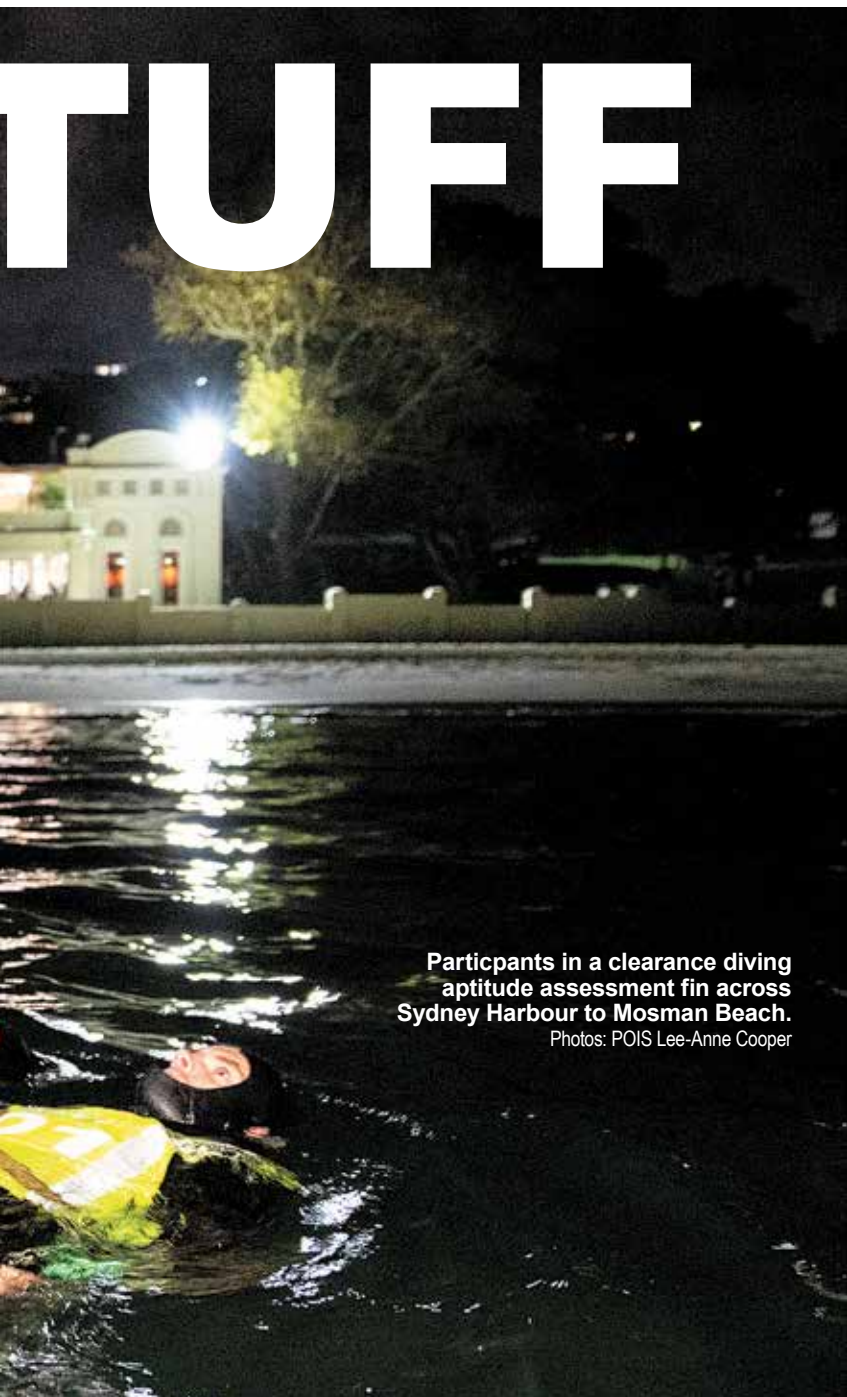
your team mate is okay. Checking in making sure they are not cramping up."

This team-building activity was a pivotal point of assessment, according to instructor CPOCD Timothy Peaper.

"Finning is a mode of transport and it presses the importance of working as a group to achieve an objective," CPOCD Peaper said.

The revised assessment goes back to diving roots, with in-water confidence activities the main theme.

"I don't know what time it was



Participants in a clearance diving aptitude assessment fin across Sydney Harbour to Mosman Beach. Photos: POIS Lee-Anne Cooper

immerses herself in the culture at Penguin.



Jack Mather and fellow participants taking a break in a clearance assessment on Mosman Beach.



SMNET Emma Farrante walks back to the group after weighing her pack. Photo: LSIS Tara Morrison

because they took our watches off us," SMN Taffurelli said. "Every morning we were getting in the icy cold water to start off. That is when it is most mentally tough; it shows true character." Assessment changes were part of an evolution to reduce training failures on career courses. The Clearance Diver Course requires a high level of fitness and the necessary aptitude and resilience to last the arduous 12 months it takes to complete it.

According to CMDR Doble the new assessment went well, with 18 proceeding to CDIET and CDOC training. "We had officers, TOCs [transfer of category] and CDIETs on the assessment. The CDIETs probably had a more focused preparation but the officers and TOCs brought strong teamwork, and they have really brought each other up and got through it together," CMDR Doble said. "These people will be friends for life now; they only met five days ago."

A deep dive into an extraordinary career

FROM the depths of the ocean to the peaks of the Himalayas, POCD Bill Denholm's career is studded with more adventures than Aquaman.

Tassie boy PO Denholm grew up in and around the water and maintains a connection with the ocean, still diving twice a week at 62 years of age.

At 15, he worked with abalone divers and was destined for a life under the sea.

"An ex-British Navy diver told me to go join the Navy and learn how to dive properly and then he would sell me his abalone fishing licence. I thought it was a good deal," PO Denholm said.

"When I went home after a couple of years the price had moved right up and I was enjoying what I was doing then."

The dive instructor said the dive helmet on a clearance diver's rate badge symbolises friendship and trust with the people you work with.

"I can go down to the dive site and everything is set up; I don't have to second-guess myself. I have complete faith in the guys that have set it up and especially the ones I am just about to jump in the water with," PO Denholm said.

"I am firmly entrenched in the culture of loyalty and trust. We are united and undaunted."

PO Denholm's first posting was to CDT1, where he met Jake Linton, a lower deck changeover and CDT3 member from Vietnam, whose leadership left a lasting impression.

"He instilled a sense of pride in us. It was, 'you guys go and do the job, learn and you will be looked after. We will make sure you get to use the skills'," PO Denholm said.

His first trip overseas was to the Philippine jungles, working with special warfare groups, like US Navy Seals and Army Rangers.

Developing an appreciation for what everybody had to contribute was a glimpse of what the future held.

"The Philippines Special Forces would take us deep into the jungle and show us how to catch monkeys, various wildlife, roots and vegetables we could survive on," PO Denholm said.

"They would take us back to camp, help us cook it up and then leave, returning every couple of days to make sure we were all still alive."

Seeing an ad in *Navy News*, then AB Denholm applied for a position on Expedition Snow Leopard in Nepal.

The Army Alpine Association was looking for volunteers as pit crew supporting a team climbing Mount Kangchenjunga, the world's third-highest peak with an elevation of 8586m.

They worked with the Sherpas, setting up camps, carrying food and medical supplies for a crew associated with the Fred Hollows Foundation, going into the highlands.

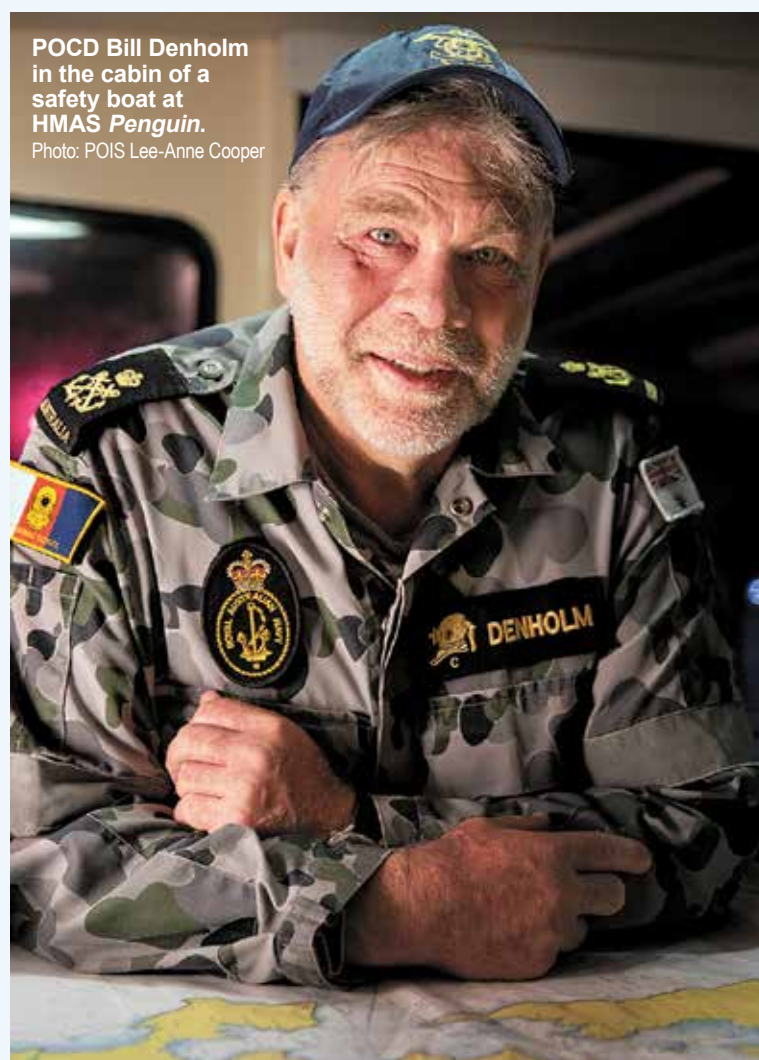
"The Sherpas watched as we struggled with the heavy backpacks and after a few days of slowing them down, they converted us to their woven cane carry baskets you put over your head and shoulders," PO Denholm said.

"At the end of the day after setting up camp we would go off with the Sherpas to their villages and meet their families and have a drink and dinner with them."

Feeling like he was going to die after the first seven days, by day 15 their bodies had conditioned and PO Denholm was the fittest and thinnest he had ever been.

"We ended up giving all our warm clothing and wet weather gear to the Sherpas," PO Denholm said.

"When I got home, I walked



POCD Bill Denholm in the cabin of a safety boat at HMAS Penguin. Photo: POIS Lee-Anne Cooper

through the airport in my Kathmandu hippie clothes and my wife almost walked straight past me.

"A few of the Sherpas have come out to Australia and I took them sailing. You don't get many yachts in Nepal!"

"I am still in contact with them; we still exchange Christmas postcards 30 years later."

A humble man, PO Denholm offers one piece of advice.

"If you look for opportunities you will find them," he said.

Volunteering for Ex Longlook in 1991, PO Denholm – a keen sailor – participated in the Cuttyshark series in the UK.

“The sea is a great levelling field. I've sailed alongside prime ministers, CEOs from some of the world's largest companies, royalty, fishermen and Jack Tar.

The tall ships race went around England and to Delfzijl, Netherlands.

PO Denholm attributes his love of sailing to working in a small team of like-minded people, speed and the natural wonders of the sea.

He has completed 19 Sydney-to-Hobart races, winning two on *Ragamuffin*.

"The sea is a great levelling field. I've sailed alongside prime ministers, CEOs from some of the world's largest companies, royalty, fishermen and Jack Tar," he said.

"During a long race or Navy deployment when conditions deteriorate, we need to trust and rely on each other's skills and motivation. My training as a clearance diver has enabled this."

With more than 1000 hours of logged dives, the ocean is still a mystic place for PO Denholm.

"I have heard whales all around

me and not seen them. It's calming for me, but when it is almost dreadfully quiet and you see shadows in the distance, it gets a bit unnerving," PO Denholm said.

"I think I look pretty damn scary to them; I am eight foot long with my fins on, I have a bright yellow helmet on and there are bubbles going everywhere."

"I'm sure they think 'struth, I'm keeping away from that'."

The most amazing thing PO Denholm has seen underwater was a large octopus following him around as he gathered scallops in Jervis Bay.

"It changed colour several times, then got used to our presence, came

closer and took the shelled scallops from me," he said.

PO Denholm's least "sexy" job was diving in a swamp that received waste from a sewage plant as he and colleagues assisted the police search for weapons.

"When we go over to GI, the people on the ships look down and see the guys sitting on the back of the boats with wetsuits rolled down and think 'that's the life'," PO Denholm said.

"It's a strenuous and sometime dirty job, and I will miss it."

Hoping to extend his contract to the end of the year, PO Denholm will not be hanging up the fins anytime soon.

"I will keep diving and sailing but the thing I am looking forward to is spending time with my family," PO Denholm said.

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You should obtain independent financial and taxation advice before commencing any salary packaging or novated lease arrangement.

Interoperability the aim



Clearance divers from CDT4 and officers and soldiers from 11/28RWAR fire at targets as part of an enhanced combat shooting exercise at the Bindoon Defence Training Area.

Photo: LSIS Ronnie Baltoft

Captain Sandra Seman-Bourke

AN enhanced combat shooting course held recently in WA not only honed the ADF participants' skills but also improved the interoperability of the three services.

Divers from CDT4, soldiers from 11/28 Battalion, Royal Western Australia Regiment, (11/28RWAR) and Air Defence Guards from No. 3 Security Force Squadron took part in the course at the Bindoon Training Area.

The course, run by combat shooting instructors from 11/28RWAR and CDT4, focused on teaching modern shooting techniques.

Instructor WO2 Damian Woods said a broad range of skills were shared, taught and tested.

"As part of the course, participants from across our services gained experience with close-combat shooting techniques," WO2 Woods said.

"This included using cover while engaging threats with speed and accuracy from less-than-ideal firing positions with in-service rifles and pistols.

"These concepts better align traditional marksmanship with a combat mindset."

Conducting and participating in joint courses gives ADF members the opportunity to refine their personal skills while enhancing and strengthening the interoperability between Navy, Army and Air Force.

CO CDT4 LCDR Fletcher Wall said interoperability, as part of a joint force in Western Australia, was a priority.

"As a Defence Force, it is critical we train to fight and win as a joint force," LCDR Wall said.

"These training opportunities enable us to come together with our Army and Air Force counterparts to ensure we understand how to integrate and fight effectively, while simultaneously increasing our capability."

It's a view supported by Commander 13 Brigade BRIG Brett Chaloner.

"Constantly evolving, adapting and sharing our training reflects 13th Brigade's commitment to be an agile joint force, which is increasing our capacity to become future ready," BRIG Chaloner said.

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What lies beneath

Data from the Laser Airborne Depth Sounder Flight team has led to a rare find, writes **POIS Lee-Anne Cooper**.

THE collection of navigational data by Navy hydrographers has led to the discovery of giant doughnut-shaped sediment deposits in the northern Great Barrier Reef.

Mapped over an area of more than 6000 square kilometres, it is the largest known area of halimeda bioherms in the world.

Growing out of the sandy seabed, large areas of the seasonal green algae – halimeda – regenerate each year, shedding a fragile limestone skeleton resembling corn flakes.

Over a period of about 10,000 years, the “corn flake” debris has formed doughnut-shaped sediment mounds, according to Robin Beaman, of James Cook University.

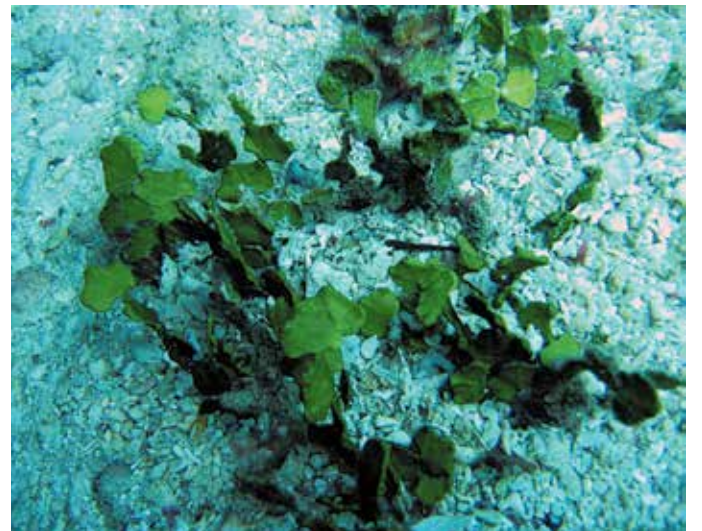
“If you could imagine standing on a sand dune that was circular and 20 metres high, reaching 300 metres across that you could look into the bottom of, that is a bioherm,” Dr Beaman said.

Like plants on land, the halimeda growing on the bioherms needs light and nutrients and the northern Great Barrier Reef appears to provide the perfect conditions for it.

Dr Beaman said that apart from being fascinating because of their doughnut shapes, they also played an important role as carbon sinks.

“The algae soaks up carbon out of the water column and locks it up in its skeleton, which then stays on the seafloor and becomes home for lots of other invertebrate animals and algae, as a self-perpetuating, thriving ecosystem,” Dr Beaman said.

With 93 per cent of imported goods coming into Australia by sea, map-

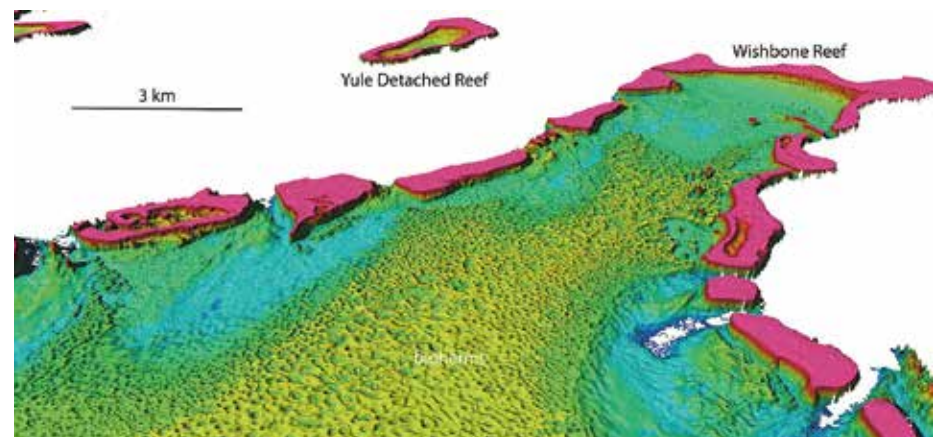


Halimeda growing on Day Reef (above left), a close-up of the green algae (above right), and an image showing the extent of some of the bioherms (below).

Photos: Dr Robin Beaman and Emma Kennedy

“It was the work of the RAN LADS Flight that revealed the shapes of the bioherms.

– Dr Robin Beaman



ping of the Great Barrier Reef was one of the most important programs ever done for reef preservation, according to Dr Beaman.

After serving 20 years in the Navy, then LEUT Beaman left in 2000 for academia, concentrating on the use of multi-beam echo sounders to better understand seafloor processes and marine life.

“I was fascinated with the geological structures on the seafloor and was curious why they were there and what the rest of the seafloor looks like,” Dr Beaman said.

For nearly 30 years, hydrographers posted to Laser Airborne Depth Sounder (LADS) Flight charted the reef using a remote sensing technology that measured depth by illuminating a targeted area with a laser and analysing the reflected light.

LADS Flight targeted complex waters where there were unknown dangers in the Great Barrier Reef and beyond.

“It was the work of the RAN LADS Flight that really revealed the shapes of the bioherms on the shallow-water shelf that led to our discovery,”

Dr Beaman said.

Charting the reef for safe navigation passage is important to the safety of vessels and the preservation of the reef, according to former CO LADS Flight CMDR Mark Matthews.

“It may be years before we realise the full value of our data, but we like to think of it as collect once and use many times,” CMDR Matthews said. “Before LADS, the only technology was single beam echo sounding and all you would get would be a line of soundings 200 to 500 metres apart.

“There was no way of visually see-

ing the seafloor features with the data available at the time.”

Dr Beaman said for most people the ocean floor was invisible, so he and his team were trying to “drain the ocean” so it’s easier for people to view the Earth.

“We hope they will understand it, to care about it and protect it, knowing what is in their backyard,” Dr Beaman said.

“Creating 3D depth models of the whole Great Barrier Reef is an ongoing project and the data collected by LAD Flight is critical in doing this.”

Biography ‘a piece of naval history’

LEUT Sarah Rohweder

GUY Griffiths was just a teenager when the warship he was serving in as a young midshipman sank after a devastating air attack by Japanese bombers in World War II.

It was December 10, 1941, when the Royal Navy battlecruiser HMS *Repulse* was struck while sailing in company with battleship HMS *Prince of Wales* off the east coast of Malaya.

Eight hundred and forty sailors died.

By a stroke of luck, *Repulse* recorded 1000 survivors – among them, 17-year-old Australian Guy Griffiths, four years into his career, on exchange with the Royal Navy.

What later became known as the Naval Battle of Malaya would become a defining moment in the story of now RADM Griffiths (ret), a man who is considered one of RAN’s most distinguished leaders.

For the first time, that story is being shared publicly in his biography, *Guy Griffiths: The Life & Times of an Australian Admiral*.

Authored by VADM Peter Jones

CN VADM Mike Noonan with RADM Guy Griffiths (ret) at the launch of his book at the Australian War Memorial in Canberra on May 27.

Photo: POIS Bradley Darvill

(ret), the biography was launched at the Australian War Memorial in Canberra on May 27.

RADM Griffiths, 98, who is the last remaining Australian survivor of *Repulse*, said the biography was a “piece of naval history”.

“Vice Admiral Jones had been asking me for some time to write this biography and although I didn’t want to do it at first – I have always felt my story is not unique – it came to a stage when I thought ‘oh hell, let’s do it,’” RADM Griffiths said.

“I have both good memories and bad memories from my career – surviving *Repulse* and two reasonably intense years aboard *Shropshire* – from 1930 to the end of the Second World War when we were up against the Japanese, as well as the battle in the Surigao Strait.



“This is all documented in the biography, of course.”

RADM Griffiths commissioned to the RAN as a cadet midshipman in 1937 at age 13 and was posted to *Repulse* in 1941.

Following the attack in Malaya, he

joined battleship HMS *Revenge* and later served in destroyer HMS *Vivian* before posting to Australian cruiser HMAS *Shropshire* upon its commissioning in 1943. For the next two years, he saw conflict in the southwest Pacific, including the Leyte

and Lingayan Gulf operations in the Philippines and the Battle of Surigao Strait.

RADM Griffiths was awarded the DSC for his contribution to the Lingayan Gulf operation.

The momentum of his career continued at full steam and included service in both the Korean and Vietnam wars, and saw him in command of the aircraft carrier HMAS *Melbourne* – the Australian Fleet’s flagship – from 1973-75.

In 1976, he was promoted to RADM and appointed to Chief of Naval Personnel, a position he executed in high esteem until his retirement in 1980.

He was awarded a DSO in 1967 for “devotion to duty in the presence of the enemy as Captain of HMAS *Hobart* during the Vietnam War, and the Order of Australia in 1979 for his service to the RAN over a period of 42 years.

RADM Griffiths lives in Sydney with his family.

For copies of the book, go to: www.awm.gov.au/shop/item/9781922454683

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Action plan for the mind

LCDR Kate Meyer

THE *Navy Mental Health, Wellbeing and Resilience Action Plan 2021-2023* has been re-released to incorporate the Navy Resilience Plan.

Developed to deliver the objectives of the *Defence Mental Health and Wellbeing Strategy 2018-2023*, the action plan aims to enhance the mental health, wellbeing and resilience of our people, resulting in a workforce that is 'Fit to Fight', 'Fit to Work' and 'Fit for Life'.

Director Navy Psychology Jennifer Wheeler said that like physical health, a member's mental health was an important part of remaining an effective and capable sailor or officer, as well as leading an enjoyable and fulfilling life.

"Navy has outlined a detailed and comprehensive plan to meet the objectives of the Defence strategy. This ensures the mental health, resilience and wellbeing of Navy members is supported in a holistic way at all points throughout their career, using best-practice initiatives and programs," Ms Wheeler said.

"The release of the action plan is also a timely reminder of the importance of maintaining our mental health and wellbeing as we continue to tackle the ongoing challenges of COVID-19, in addition to managing common life stressors, as well as those associated with military service.

"Another important part of looking after yourself is seeking help when you need it."

Navy members have a range of men-

The priorities

- Promote and maintain physically and psychologically resilient personnel.
- Promote suicide and self-harm prevention strategies.
- Enhance mental health support and screening.
- Build and promote mental health literacy among leaders and peers.
- Reduce and manage occupational stressors.
- Promote recovery and rehabilitation policies and programs.
- Enhance data collection and reporting of mental health and wellbeing outcomes.

tal health and wellbeing support services and resources available to them.

This includes Navy psychology sections, garrison health centres, chaplains and the ADF Mental Health 24/7 support line which provides confidential telephone service for ADF members and their families on 1800 628 036.

The ADF Health and Wellbeing Portal 'Fighting Fit' has a broad range of ADF health services and support for members, families, reservists, veterans /ex-serving members and cadets.

The re-released action plan is available via the Navy intranet toolbox and hard copies have been printed for distribution on the Navy intranet site: dmet.defence.gov.au/navy/Documents/Navy_Mental_Health_Wellbeing_and_Resilience_Action_Plan_2021-2023.pdf



CHAP Jenny Schleusener, right, and LSA Jacob Kambanaros conduct the service for the late CMDR Ken Barnett and his wife Rita over Jervis Bay in an MRH-90 from 808SQN.

Photo: CPOIS Cameron Martin

Ceremony reunites brothers at sea

Cpl Julia Whitwell

AFTER a lifetime apart, brothers LEUT Robert Barnett and CMDR Ken Barnett were reunited for eternity during a special sortie on May 3.

Members of 808SQN released Ken and his wife Rita's ashes over Jervis Bay, the site of Robert's fatal crash exactly 70 years earlier.

"As fellow naval aviators, the aircrew were proud to be part of the continued story of 808 Squadron," aircraft captain LEUT Josh Callan said.

"It was humbling to be able to honour them in this way, and to pay respects for their faithful and distinguished service to the Fleet Air Arm."

The brothers' careers began in 1943 when Ken, 13, joined the naval college and Robert, 18, enlisted as a RAAF pilot.

Ken graduated in 1944 and

served in HMA Ships *Warramunga* and *Shropshire*, while Robert flew Kittyhawks against Japan in New Guinea for No. 78SQN until the end of the war, then joined Naval Fleet Air Arm when it was raised in 1949.

In 1951 danger struck the Barnett brothers.

In April, while Ken was aboard ROK *Apnok*, a North Korean air strike damaged the ship. The midshipman took control of the battle damage repair team and compartmentalised the flooding, saving the ship and her crew from sinking.

Just weeks later, Robert was killed during work-ups off HMAS *Sydney* for deployment to Korea.

His Sea Fury cleared the deck before barrel-rolling into the water.

Heart-broken, Ken continued his brother's legacy, joining the Naval Fleet Air Arm and flying almost every kind of naval aeroplane in that era: Firefly, Sea Fury, Vampire, Gannet and the Iroquois helicopter.

He attended Staff College in the UK and was CO 816SQN, HMAS *Albatross* and Commander Air in Australia's last aircraft carrier, HMAS *Melbourne*.

When he retired Ken directed his efforts towards supporting veterans and their families, and was awarded an OAM for his work.

His son, Mark Barnett, described him as a very giving man.

"I think he should be remembered as being exceptionally good at what he did, yet humble about it," he said.

"My father had a huge amount of respect for my uncle and looked up to him."

Ken expressed his wishes to be reunited with his brother at sea, and his wife, Rita, wanted to be by his side.

The couple died in 2019 and after restrictions during 2020, were committed to the sea on the 70th anniversary of Robert's accident.

Tribute for ground-breaking WO

Cpl Julia Whitwell

DESCRIBED as a trailblazer, legend and role model, Navy's first female warrant officer to be promoted in the Women's Royal Australian Navy (WRANS), was remembered in a memorial service at HMAS *Moreton* on May 6.

WO Agnes Lenore 'Lennie' Maiden was the first person in Navy to be formally addressed as 'Miss' after promoting in 1972, a little over halfway into a career of almost 30 years.

"During that period in the Navy, it was difficult for a woman to be able to pursue a long Naval career and obtain the rank of warrant officer. Lennie's achievement signifies a lot of personal sacrifice," CO *Moreton* CMDR Phillipa Hay said.

"Women had to resign when they married or became pregnant, but WO Maiden's was a life of service."

WO Maiden enlisted in 1956 at the age of 19, as a WRAN steward. She promoted a year later to leading hand, to petty officer two years after that, and to chief WRAN



in 1963 before her history-making promotion to WO nine years later.

Her roles varied from overseeing the officers' quarters and various messes, to training new recruits.

"Lennie was known for her tough love. She had such pride and love of all the WRANS she was training and they all respected and loved her," CMDR Hay said.

"She had a strong sense of duty and was committed to making sure other women were able to fulfil their own desire to serve."

Throughout her service, which ended in 1984, WO Maiden was known for her wit, no-nonsense approach, and "Lennie-isms."

At the memorial service, her colleagues and recruits recalled their favourites, including "get out of here before I see you," and "righto, youse dames," as well as a time when someone spoke up when she asked on the mess deck if there were any complaints.

"One WRAN said she had a fly in her food. Without hesitation, WO

Maiden said 'now everyone will want a fly,' and walked away," colleague, and now Naval Association of Australia Secretary, Helen Yench said.

WO Maiden was diagnosed with lung cancer in 2017 and died in 2020 aged 82.

During the service, in the presence of friends and colleagues, a memorial stone (inset) was laid for her in the Lachlan King Memorial Garden at *Moreton*.

"She had a big voice, but a bigger heart," Ms Yench said.

"She will be remembered for being fair, firm, warm, and definitely humorous."

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Women's team 3rd after strong start

PTE Jacob Joseph

AFTER a strong start against Victoria, losses to Western Australia and First Nations Gems crippled the ADFRL women's chances of taking out the Harvey Norman National Championships in Redcliffe last month.

At the end of the four-day, round-robin competition, Defence finished third behind WA and First Nations.

The championships kicked off with back-to-back, 20-minute games against Victoria and WA.

Tries to PTE Lauren Dam and SGT Ashlee Makim resulted in a 12-4 win over Victoria.

However, ADFRL was held scoreless in the second match, going down to WA 6-0.

Despite sustaining an injury, PTE Dam was fit to play against First Nations Gems on day two.

The big-hitting invitational side scored the only try of the match, beating the ADF women 4-0.

"The girls we have in our team are tough, but when you go up against players who are bigger and stronger, it can be daunting," five-eighth LS Shannon Evans said.

"The girls rose to the occasion but unfortunately it was one of our off days where we didn't get to play to our full potential."

Wins in both games on day three against Northern Territory and South Australia helped the team regain momentum going into the finals with second rower AB Alison Dennis scoring a double against the NT. The marine technician posted to HMAS Hobart was instrumental in the side's 24-0 win.

A 6-0 win over SA immediately followed.

AB Dennis was the team's high scorer, crossing the line again in the semi-final against Victoria on day four, the ADF women winning 12-0 to secure third place.

Following the likes of Jillaroo PTE Julia Robinson, who debuted at the national championships in 2019, it was a chance for players to showcase their skills ahead of the next NRLW draft.

"I think there might be a few young players in our current squad that will see the same opportunities from the performance that they gave at the nationals," LS Evans said.

"One of the youngest, PTE Kiara Hawkins, was outstanding and I think she has the potential to go all the way."



LS Kirsten Wilson charges players from the Western Australian team during a game in the 2021 Rugby League Women's National Championships held at Dolphins Stadium in Brisbane.

Photo: LSIS Steve Thomson

ADF nets 6 medals at skeet titles

Cpl Julia Whitwell

ADF Clay Target Association (ADFCTA) shooters came away with six medals from the Australian Skeet Nationals held in Wagga Wagga from May 16-22.

Olympian LCDR Paul Adams came first in the AA-Grade 11-target Commonwealth skeet and CPO Darren Bertholini placed third in the C-Grade 50 pair skeet doubles and 100-target 12-gauge competition, which ended in a shoot-out against CFN Sam Crawford, who placed fourth after dropping her second shot.

CPO Bertholini said CFN Crawford was a gracious competitor and a really good shooter.

"I had mixed feelings – it would have been great for both of us to be on the podium," CPO Bertholini said.

In skeet shooting, two targets are launched simultaneously from a high and low tower on opposite sides of the range, with shooters taking position sequentially on eight plates between those towers. The winner is the shooter who hits the most targets out of 100.

As squads of competitors progress through the course, they have just five or 10 seconds at each plate.

CPO Bertholini said the sport required calm, concentration and a correct stance to perform well – skills he honed over the week-long event.

"I picked up a lot of tips through the week from other ADF competitors, in regards to body position and keeping my heart rate down in an event," he said.

The next event on the ADF Clay Target Association's calendar is a coaching serial run by Olympians Russell and Lauryn Mark in Werribee, Victoria, from June 28-29.

Personnel interested in trying the sport are encouraged to contact ADFCTA Assistant Secretary WO Michael Bryan or join the ADFCTA Forcenet group.

Sailors taken out of comfort zones



Navy Sailing Team Captain LCDR Nathan Lockhart and LEUTs Kate Millward and Tori Costello sail RAN offshore racing yacht Navy One during the 2021 ADF Ladies of the Sea event.

Photo: ABIS Leon Dafonte Fernandez

Cpl Julia Whitwell

I HAD a choice: stay comfortable and coast through the regatta or push myself while I had a coach and supportive peers around.

Reaching for the tiller, I pushed my nerves aside.

I was at Ladies of the Sea, a two-day skills development camp hosted by the ADF Sailing Association and Royal Sydney Yacht Squadron from May 20-21.

Led by squadron captain and former Olympian Karyn Gojnich, and staffed by coaches from the squadron, the event encouraged women across the ADF to join or further their learning in the sport.

We covered theory – of wind awareness, right of way, racing rules and start sequences – in the mornings, then rigged our Elliott 7s before lunch and raced in the afternoons.

Everyone's level of experience and knowledge varied: some had

sailed since they were kids, others hadn't set foot in a boat.

Before each race, our three small boats tacked and gybed along the start line as we set our watches to the flags. We got into position, washed off speed and waited till the flag was about to drop before pulling our sails in tight and racing off.

The breeze was perfect – strong enough to get us moving, light enough to fly our spinnakers on the downwind runs.

After working the main sheet at previous regattas, I was stoked to be in a new role on day one. I was learning how to work the bow, which deepened my understanding of the other parts of the boat.

In the first race we adjusted our rigging, by race two we found a rhythm and in the last two races of day one, our boat nosed over the line first.

The next day we switched roles again, putting me squarely outside

my comfort zone and in charge of the helm, steering us around the course.

My confidence dipped. I felt every change in the boat, unsure if I'd caused it or should correct it, and apologised to my team regularly.

I started to get the hang of it when there was wind, then felt very uncertain again when there wasn't, and persevered until we crossed the finish line. I'd gotten us through the race.

The nerves were still there, but I had more confidence than when I started.

As we debriefed for the day over dinner, we realised how much we learned from the Ladies of the Sea, and what we could take to our next regatta.

ADF personnel interested in sailing are encouraged to visit the ADF Sailing Association intranet site: collab/vcdf/org/ADC/ADFSC/ADF_Sailing/SitePages/Home.aspx

Battle for supremacy



Hooker SMN Indiana Lewis makes a break through Army's defence during the ADFRU Championships final. Photos: PTE Jacob Joseph



Army fullback PTE Alesha Sands tries to fend off a tackle by SMN Belita Gadd as AB Courtney Frankl runs in to provide support.



MIDN Joshua Bloor is tackled by Army's CFN Shaun Coel during the ADFRU Championships final.

LEUT Kiz Welling-Burtenshaw

THE future of Navy Rugby Union (RANRU) is in good hands after the ADF Championships at the end of May.

Apart from battling for supremacy, the titles provide a platform for experienced players to lead and less experienced players to develop.

Set across three game days at Portsea Oval, RMC, the event exposes all players to a semi-professional rugby environment for a full two weeks.

The prospect of being selected in the RANRU women's or men's squads is as much about the honour of wearing the jersey as it is about the scoreboard.

The youngest ever RANRU women's captain, SMN Indiana Lewis, said to lead RANRU women on their 25th anniversary made her feel proud.

"Women have come such a long way in sport but still have so much further to go," SMN Lewis said.

"To be able to wear a RANRU jersey makes it even better. RANRU-W have been around for 25 years now and to be part of this growing family is the best feeling."

The RANRU women and men convincingly won against Air Force 38-14 and 51-10 respectively.

On the final day of the championships, the Navy Old Salts drew with the Army Leopards 9-9.

The RANRU women ran out against Army wanting to build on their last match against them in 2019.

With only 14 players, they held Army scoreless in the second half. With the talent, grit and determination on display Army had to work hard for their 17-0 win.

RANRU women were rewarded with six selections in the ADFRU merit squad.

AB Indiana Lewis was awarded best player, and newcomer AB Brooke McManus was awarded best rookie.

The reigning RANRU men's champions faced an epic challenge to retain their title.

With only five players from the 2019 squad, the Navy side was full of youthful, raw talent.

They gave Army a head start and Army proved to be a dominant force, with a final winning score of 51-10.

There were moments of brilliance, and it was only the lack of experience in the big moments that let Navy down.

RANRU men's captain LS Lachlan Taylor said his team expected Army to be a tough opposition.

"It was always going to be a physical game," he said.

"There weren't many guys from our 2019 squad that played this year and experience got the Army guys through at the end of the day."

However, he said the future looked bright. "There is a stack of potential in these men," LS Taylor said.

"The improvement they made as individuals and as a team over the two weeks is huge. I'm very excited to see what we can bring next year and beyond."

RANRU debutant ABBM Terry Waia was named RANRU best rookie and best player.

ADF merit squad

Men

1. Jack Kent - Army
2. Joshua Allen - Army
3. Connor Hogan Navy
4. Lachlan Taylor - Navy (vc)
5. Sam Farmor - Army
6. RAAF
7. Thomas Hiramatsu - Navy
8. Apaïta Matalau - Army
9. Kyle Galloway - Army
10. Fraser Baird - Navy
11. Maleli Motonicocoka - Army
12. Shan O'bree - Army (c)
13. Joshua Gray - Army
14. Terry Waia - Navy
15. Jackson Pearson - Army

Women

1. Bree-Anna Cheatham - Army
2. Indiana Lewis - Navy
3. Luizah Nomoa - Navy
4. Jordan Neal - Army
5. Yolanda Forsythe - Army
6. Mahalia Ellis - Navy
7. Mia McChery - RAAF
8. Mikayla Crisp - Army
9. Terri Ellis - Army
10. Shannon Evans - Navy
11. Courtney Frankl - Navy
12. Brooke McManus - Navy
13. Nicola Emsley - Army (c)
14. Isabella Atkinson-Smith - RAAF
15. Jess Sami - Army

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SPORT

Navy vice-captain LS Scott Hogan runs the ball during the ADFRU Championship finals against Army at Royal Military College-Duntroon.
Photo: PTE Jacob Joseph



GIVING IT THEIR ALL

Fight for rugby
union supremacy

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