

The Messenger

Official Newsletter of the Royal Australian Signals Association (SA) Inc.



RASIGS Association, PO Box 881, Kent Town. South Australia. 5071. JUNE 2019

Web site address www.rasigs.com

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Hello Members,

The year of events has started well with a great Anzac Day turnout. On the parade RASigs had two groups with RASigs Vietnam and the 2nd group RASigs group 12A. Our 2nd group was led by Lt Nikki Castle 2IC of 144 Sig Sqn, a big thank you to her for doing this. We had a good number of 144 Sig Sqn members marching and look forward to more next year. The annual Anzac Day Lunch went well with good number attending. Hopefully next year a few more will come along. As usual the Strathmore put on a great meal.

For the second committee meeting this year the committee agreed to try an electronic committee meeting. The issues we normally have are the loss of committee members at meetings due to weather, health or work commitments. Whilst the meeting is spread over a week or two, everyone has the chance to have input in to the meeting. Whilst it is in the early stages and needs a little tweaking I think this is a good way to involve all committee members instead of only a few turning up.

Now the big event of the year will be the RASigs Dining in Night. This year it will be held on Saturday 23rd of November at 144 Sig Sqn Keswick Barracks. Invites have been sent to Head of Corps, our Colonel Commandant Col Brennan and other Corps members. Please mark that date in your diary so we can achieve some good numbers. Also remember on the night our Sigs Museum will be open for all those that would like to take a look.

Once again I would like to mention the National Reunion is being held next year in Townsville 17-23 June 2020. All the details are on the website under Reunion www.rasigs.com please come along. Also, the Head of Corps and staff are planning for a major event to celebrate 100 years of the Corps (2025) keep your eyes and ears open for news of this event.

Well that will do for now, the committee and I wish you all good health in this time of the year with so much sickness.

Also we hope to have your support for this years RASigs Dining in Night at 144 Sig Sqn 23rd of November 2019.

“Certa Cito”

Regards

Bruce Long

President

RASigs Association (SA)

ANZAC Day,

ANZAC Day was a great success once again at both the Dawn Service at Kensington Park followed by our march, then off to the Strathmore Hotel for a lovely meal .



Dawn Service Kensington Park



Gettina Ready for the event

RASigs Dinning Night



Please put the **23th November 2019** in your diary, negotiations are in progress as to venue and time, it is hoped that it will be held at 144 SIG Squadron.



When further details are available as to timing, menu etc.

Our Sigs Museum will be open on the as well for all those that would like to take a look

Membership

Members ----Please Note

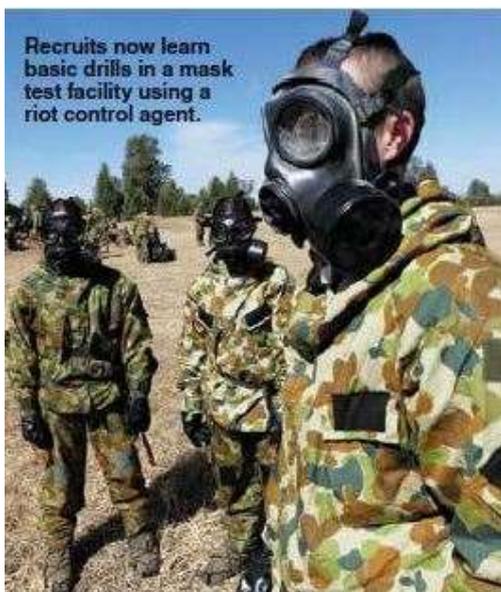
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New physical Conditioning

(ARMY newspaper May 30 2019)

APPLYING a single fitness standard across a diverse range of people is difficult and at the start of military training this difficulty is coupled with the added risk of injury from new, unconditioned trainees.

The 1RTB warrant officer physical training instructor WO2 Dean King said the all-corps PESA coupled

with Army's recent emphasis on conditioning helped deliver soldiers fit for the rigours of their future roles from a wider pool of recruits. "The PESA provides a field-ready indicator for recruits by assessing job specific aspects of fitness through the use of occupational tasks," WO2 King

said. "It sets a standard of physical preparedness that is gender and age neutral, providing confidence that recruits can perform to standard without sustaining injury"

Protective training

1RTB has introduced basic operator training to prepare soldiers for use of future chemical, biological, radiological and nuclear (CBRN) protective equipment. Lt-Col Roger McMurray said the training conducted at 1RTB was an introduction to self-protection skills and individual equipment.

"Recruits are instructed on the basics of CBRN to provide foundation skills that are further developed at initial employment training schools or once in units," he said. "They learn the basics on CBRN threats, practise individual drills and complete a respirator confidence test utilising a mask test facility. "The use of a riot control agent to confirm drills is a daunting prospect for recruits, but they gain complete confidence in their equipment and there is universally positive feedback on the experience."



Revised recruit course

(ARMY newspaper May 30 2019)

A modern recruit course will reflect a modern force, reports Capt Aaron Oldaker

HAND-TO-HAND fighting and combat-focused marksmanship now feature on a revised Army recruit course after changes were approved at the end of last year. Recruits will also receive foundation training in chemical, biological, radiological and nuclear defence and be required to pass a PESA before marching out of Kapooka.

The Army swim test and the basic fitness assessment are conducted, but are diagnostic assessments only. CO 1RTB Lt-Col Roger McMurray said the course was modified to prepare every soldier to be ready for the physical, mental and moral rigours of close combat. "Our goal is to deliver world-class foundation combatants who are physically robust, possess grounded combat behaviours, ethics and values and be set up to succeed at their initial employment training," he said. "We are very fortunate to live in an advanced, respectful and relaxed modern society, but our challenge at 1RTB is to draw people from that society and transform them into confident and capable soldiers." While drill and navigation remain in the course, some elements have been removed including movements in slow time.

Aiming off, bypassing and conducting resections have been removed from the navigation syllabus. 1RTB plans to have 4500 part-time and full-time recruits in 2019.

"That's an enormous responsibility that necessitates a considerable workload for staff," Lt-Col McMurray said. "That said, the opportunity to train the next generation of Army's soldiers is one of the most worthwhile and rewarding opportunities that Army offers."

Shooting to exploit enhanced lethality

WO2 Anthony Pratt,
1RTB Master Coach

(ARMY newspaper May 30 2019)



THE Army Recruit Course has modified shooting lessons to exploit the enhanced lethality of the EF88 and place greater emphasis on combat marksmanship.

1RTB Master Coach WO2 Anthony Pratt said the new series of rifle practices was intended to replace the legacy live fire (LF) series and place the focus on combat. "The purpose is to engender a conceptual shift in Army's approach to small-arms live firing.

They will enhance the shooting skills of Army while instilling a combat mindset and building combat behaviours," he said. "Rifle practice 3A is the new gateway for field firing that recruits must pass, replacing the old LF6.

"All recruits are trained on the EF88 and the

Combat Marksmanship Continuum (CMC), and must achieve an RP3A pass standard as a march-out requirement. "Rifle practices provide graduated combat marksmanship training designed to develop soldiers' combat shooting skills at ranges from 100m to 300m using a combination of static and moving targets WO2 Pratt said recruits responded well to the new methods despite the challenge of

progressing trainees to a state of "unconscious competence" during the course "The major differences between the legacy LF program and the CMC is the intensity of shooting and the level of survivalist combat behaviours expected to be displayed by the firer,"

They will enhance the shooting skills of Army while instilling a combat mindset and building combat behaviours

he said. "The CMC program places an increased responsibility on the firer to make decisions that are not unlike the decisions that would need to be made in actual combat; for example, the firer decides on how many

rounds to fire to neutralise a threat; when to apply safe; when to utilise cover; and when to conduct tactical or emergency reloads. "The end state is far superior to what was being produced under the legacy shooting program, recruits have demonstrated higher levels of weapon confidence, proficiency and safety.

"Skill degradation between the completion of the qualifying practice and Exercise Challenge is minimal, demonstrating that the level of training and repetition is more than sufficient and beyond expectation for the all-corps environment.



Instilling a combat mindset

THE Army Combatives Program (ACP) aims to promote combat effectiveness, increased lethality and survivability through the development of combat skills, instilling a combat mindset and building combat behaviours. Lt Rhys Faulder, Platoon Commander of 2 PI, A Coy, 1RTB, said instilling combat behaviour in recruits was a key foundation of recruit training. "The ACP is a safe and effective hand-to-hand fighting program," he said. "It provides a structured and graduated progression of self-defence and non-lethal response options, through to lethal fighting techniques. "The focus is on instilling recruits with basic skills to survive a close fight through a combat mindset and the development of combat behaviours, with the goal of bringing the recruits to a level where they could survive an encounter, retain their weapon and continue the fight

From the Brits, but appropriate for Australia as well.... J

On the day I attended the Army Selection Centre, I was able to spell my name... this exempted me from the Royal Pioneer Corps.

I had also washed shaved and could speak a known language...so Infantry Units were ruled out . I explained to the Interviewer that as I could mend a puncture on a bicycle, so overqualified for the Royal Electrical & Mechanical Engineers.

I had no desire to jump out of a perfectly good aircraft so the Parachute... Regiment was out too.

I knew the name of my father so the Royal Military Police were also out of the question.

I had turned up with the right kit at the right place at the right time... so the Royal Corps of Transport was pointless. I disliked the thought of sitting in a metal box with four or more smelly men, playing cards all day , so this ruled me out of the Tankies.

I explained I could boil an egg without burning the water, so Army Catering Corps was also out of the question. He asked me if I liked girls and as I had one or two on the go, I said I did,



and he struck me off the Army Air Corps.
I could count to more than five, so no Royal Army Ordnance Corps. As I liked a drink or maybe a lot to drink, the Royal Engineers was put to one side, quick smart.
So with a sigh, he duly opened his top drawer and took out a large golden envelope. It was marked "For Issue To The Most Magnificent Bastards Only" and he gave it to me
There and then I enlisted into Her Majesty`s Royal Corps of Signals and behold a Signalmen was Born !!!! and never regretted a single day.....

Veterans' Health Week 2019



26 October to 3 November

This year Veterans' Health Week (VHW) will be held from Saturday, 26 October to Sunday, 3 November and the theme will be *mental wellness*.

DVA will support ex-service organisations (ESOs) and community organisations with established links to the veteran community to deliver a range of events to highlight the importance of improving and maintaining good mental health. Mental wellness is essential for an individual's overall health and wellbeing, which in turn strongly influences our physical health and social connectedness with family, friends and community.

ESOs and community organisations can apply for VHW funding or to register an event. **The closing date for registration and funding applications is 12 July 2019.**

Please refer to the VHW funding and registration guidelines for more information. www.dva.gov.au/health-and-wellbeing/health-events/veterans-health-week , or Contact DVA Community Support NSW at COMMUNITYSUPPORTNSWACT@dva.gov.au or 02 9213 – 7805.

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