



BROADSIDE

November 2023

Volume 13 Edition 11

Editorial



This month's guest editor is:

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Lieutenant Colonel

Artistic Director

ADF Arts for Recovery, Resilience, Teamwork and Skills Program

ADF Art for Recovery, Resilience, Teamwork and Skills Program (ADF ARRTS)

The Royal Commission into Defence and Veteran Suicide has, among other factors, focussed a spotlight on the delivery of health services to Defence personnel. While it has until June 2024 to finalise its report – it received 5,889 submissions during its 27-month public consultation period to mid-October 2023 – the commission has revealed the five most common themes identified in submissions as: suicide and suicidal behaviour; ADF culture, governance and accountability; mental illness; Department of Veterans' Affairs claims and compensation; and ADF mental health support and responses.

The commission's ten terms of reference laid scope for enquiry into multiple angles of defence service. In the second of these, a sub-element requires the commissioners to query *'the availability, accessibility, timeliness and quality of health, wellbeing and support services (including mental health support services) to the Defence member or veteran, and the effectiveness of such services'*. For decades current serving or former-serving personnel have held varied access to a wide range of traditional rehabilitation programs through defence and veterans' affairs providers, including clinical, psychological, physical, pharmaceutical, and spiritual options. Utilising creative practices for wellbeing, though, is still relatively new.

Since 2015, the ADF has delivered the 'Arts for Recovery, Resilience, Teamwork and Skills Program' (ADF ARRTS), a four-week long residential program held biannually at the University of Canberra's ACT campus. The aim of ADF ARRTS is to provide access for serving ADF wounded, injured and ill personnel to explore artist/educator led non-clinical creative

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Events Calendar

(see [Calendar](#) for full details)

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01 Dec – 1000 – HMAS Armidale Service – Shrine Sanctuary

09 Dec – 1200 – Pearl Harbour Remembrance Service – Shrine – Sanctuary

10 Dec – 1100 – Armed Merchant Cruisers/landing Ship Infantry Service – Shrine – Sanctuary

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Latest Videos, Podcasts and News Headlines

Keep up to date on all the news by visiting our website:
<https://navyvic.net>

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VIDEOS.....

- *HMAS Adelaide family day at sea*
- *Exercise Haedoli Wallaby 2023*

engagement opportunities in creative writing, music & rhythm, and visual arts. The stated participant objectives include building confidence and resilience; enhancing self-expression; gaining new skills and exposure to new experiences; reducing social isolation; enhancing communications with their families; enhancing initiative and teamwork; and having a voice and a chance to express their individuality.

It is significant to note this program is not based on the psychological pedagogy of arts or music therapy, as they involve clinical judgement. Rather, the mentors are all professional artist educators – expert practitioners in their fields – who foster the all-important non-judgemental environment the program requires.



FLTLT Vicky Irvine reading from her poetry works in the Creative Writing Studio on the ADF ARRTS Program. Image: Department of Defence

- HMAS Toowoomba ceremonial sunset Busan, South Korea
- AUKUS Integrated Battle Problem 23.3 Exercise
- Maritime Heritage Issues in Melbourne
- MEMORIES - Sailors in the Making
- Free medical benefits in Navy
- What's it like being parents of a Navy member?
- Women in the Navy
- HMAS Toowoomba took on a Damage Control Exercise
- Royal Australian Navy visits Blue Mud Bay
- Sea Power Conference 2023
- Fit to fight with Leading Seaman Physical Training Instructor Jesse Pinto
- Royal Australian Navy Initial Training
- Regional Presence Deployment HMAS Toowoomba Replenishment at Sea with MV Asterix
- NCIS Sydney Trailer
- Welcome to Able Seaman Kabai's Crib!

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NEWS shorts.....

The first female Chief of the US Navy is warning Beijing to respect international law and practices, just days after a Chinese warship caused minor injuries to Australian defence personnel.

China is building submarines at an impressive rate and has the capacity to build them at levels unrivalled by any other country.

Squeezing into the roll cage of a Monster Energy Gen3 Mustang and hitting speeds of up to 242km/h is not an average day at the office for

Over 16 programs to date (to November 2023), 357 personnel have become 'ARRTS Alumni' – 328 from the ADF and 29 from the ACT Emergency Services Agency, Australian Federal Police and recently transitioned DVA personnel. Plans are afoot to increase the number of programs per year to include more veteran cohorts and emergency services personnel, but it is noted this may take some years to co-ordinate all stakeholder agencies.

Results

For many Defence personnel there exists the lingering belief they are less of a person when not in uniform, as uniformed service – and the uniform itself – is the keystone to their chosen identity. Behind that, though, is the larger issue of what to do in a post-service setting where the *identity* of rank had been removed as, for some, the very idea of not being a rank is very confronting. ADF ARRTS, as a no uniform and no rank environment, can provide them with an insight into the possibilities of what their identity (or identities) may be in post-service life.

Exit surveys of program participants, unsurprisingly, consistently indicated an uptick in personal wellbeing and resilience, however it was unknown if that transferred to any long-term benefits. Recent research, conducted on the first six program cohorts (2015-17), queried the *Impacts, Benefits, Challenges and Outputs* of program engagement. With three to five years since attendance, 85% of researched personnel continue to utilise creative engagement for their wellbeing. A heightened understanding of self-identity emanated from multiple arenas, including enhanced self-confidence, optimism for life, skills acquisition, and trust, transpiring for many to the realisation they have multiple identities, and are *allowed* to do so.

The case study respondents viewed ADF ARRTS as a useful vehicle to assist in a successful and meaningful career transition from Defence, whether that transition had been planned by personnel themselves, or service initiated. It also assisted those who were remaining in service, with effects including anger reduction, return of focus, adjustment of life balance (in relation to the 24/7 ADF readiness ethic), recharged purpose, and a renewed sense of connection for those who experience team detachment through injury and illness.

The research has revealed new life directions and career decisions by respondents. With an immersion in alternate ways of approaching tasks and applying a creative approach to everyday life, it's not difficult to foresee a sense of achievement, with its accompanying confidence growth, as also being of benefit to those in the military who aren't unwell, and to other vocations where their remit is also to head towards danger, such as first responders and trauma care specialists.

Further research is warranted into non-wounded, injured and ill personnel, i.e., the main ADF population, and a new study to assess the transferral of existing ADF ARRTS practices into the after-hours realm of serving

Petty Officer Jenna Shiel and Leading Seaman Amanda Bourke.

Australia's Samoan friends received the newest Guardian-class patrol boat SPB Nafanua III during a ceremony on November 22.

A record number of Technical Charge Qualification Common Course (TCQCC) students have graduated from the Technical Training Faculty at HMAS Cerberus.

The government is securing continuous naval shipbuilding at Henderson Shipyard in Western Australia.

USS Thomas Hudner (DDG-116) shot down multiple one-way attack drones launched from Houthis-controlled areas in Yemen on Wednesday night.

The Arafura class offshore patrol vessel (OPV) NUSHIP Eyre has been launched at the Osborne Naval Shipyard in South Australia.

An enduring sustainment capability is under development to ensure Navy's current fleet, and the fleet of 2035, is materially ready, capable and lethal.

The Government is supporting almost a thousand defence industry jobs and strengthening national security, with a new \$2 billion contract to maintain and sustain Australia's naval fleet in Sydney

Almost \$17 million will go towards improving veteran and families services, supports and coordination where they're needed most.

The Australian Government has expressed its serious concerns to the Chinese Government following an unsafe and unprofessional interaction with a People's

personnel on ship-bound deployments is underway. This is an extension of local command initiatives regarding the promotion of at-sea downtime application of creative engagement, and may provide cause for the ADF to consider introducing creative engagement to all personnel in the early stages of their training, and to formalise the effectiveness of non-military, arts-based activities to its entire workforce.

This study will also explore alternative, highly portable methods of creative engagement for deployed personnel. Importantly, the mediums used for this creativity will not involve technology, as internet connectivity is unreliable at sea and the researcher sees no reason to provide further reasons for personnel to stare at their phone screens for any more hours in a day.



Music and Rhythm stream participants take to the stage in the end-of-program celebration showcase on the ADF ARRTS Program. Image: Department of Defence

Conclusion

With 85% of researched personnel indicating they are still utilising creative engagement for their wellbeing several years later, there is substantial evidence of the ongoing value of the ADF ARRTS Program to the ADF Organisation and veterans' community through enhanced wellbeing of its wounded, injured and ill uniformed personnel.

Turning to our commemorative program for December at the Shrine of Remembrance:

[Corvette Association / HMAS Armidale](#)

01 December 2023 – 10:00 am

A wreath laying to honour the service and sacrifice of those aboard HMAS Armidale.

HMAS Armidale was one of 60 Bathurst-class minesweepers –

Liberation Army-Navy (PLA-N) destroyer.

The crew of HMAS Toowoomba have supported United Nations Security Council sanctions against North Korea during a regional presence deployment.

The U.S. Navy has requested an increase on the capped number of marine mammals it is allowed to unintentionally harm during Pacific training after the service's vessels struck a number of whales in recent years off the coast of Southern California.

Personnel from Army's 1st Brigade, Maritime Border Command and HMAS Coonawarra embarked one of Navy's newest assets - ADV Cape Capricorn - for a taste of life at sea on a Navy patrol boat.

Chief of Navy Vice Admiral Mark Hammond launched the Navy Coaching Academy at Indo-Pacific 2023 in front of a packed crowd at the International Conference Centre, Sydney.

A commanding officer of an Australian warship has been removed from his position while an inquiry begins into alleged "unacceptable behaviour" involving alcohol, which is prohibited when Navy personnel are at sea.

Australian shipbuilder Austal has shown off a sleigh of new models and concepts at last weeks Indo Pacific Maritime Exposition in Sydney.

The Government has introduced the Australian Naval Nuclear Power Safety Bill 2023, which will establish a new, independent regulator to ensure Australia applies the highest standards of nuclear safety across its nuclear-powered submarine enterprise and can continue to implement AUKUS without delay.

commonly called corvettes – built during the Second World War. She was commissioned in June 1942 and would serve for only six months. Service held in the Sanctuary

Shrine Representative:

- Shrine Governor Commander Terry Makings AM

[American Ex-Servicemen's Association](#)

09 December 2023 – 12:00PM

A wreath laying in remembrance by the American Ex-Servicemen's Association. On this day the American Ex-Servicemen's Association remembers the lives lost in the attack on Pearl Harbor.

Service held in the Sanctuary

Shrine Representative:

- Shrine Governor Colonel John Coulson OAM RFD ED

[Armed Merchant Cruisers and Landing Ship Infantry Association of Victoria](#)

10 December 2023 – 11:00AM

A wreath laying to honour the service and sacrifice of Armed Merchant Cruiser and Landing Ship Infantry crews.

Service held in the Sanctuary

This service honours those who served aboard HMA Ships *Westralia*, *Kanimbla*, *Manoora* and *Assault*. During the Second World War, these ships were turned into armed merchant cruisers and infantry landing ships. From late 1943 onwards, they took part in many landings throughout the South West Pacific.

Shrine Representative:

- Shrine Governor Commander Terry Makings AM

For information on all Shrine ceremonies:

Phone: 03 9661 8100

Email: ceremonies@shrine.org.au

OUR NOVEMBER HERO



Florence Violet McKENZIE OBE

All around Australia, former WRANs and navy men regard the woman they know as Mrs. Mac with a level of reverence usually reserved for saints. Yet today no-one has any idea of who she was and how she rescued Australia's communication systems in World War II.

A University of Adelaide and Oxford University study has discovered asbestos exposure led to a higher incidence of asbestos-related lung cancers in British and Australian naval personnel than in other armed forces.

Naval and maritime experts from the across the globe gathered in Sydney from November 7 to 9 for the Indo-Pacific 2023 International Maritime Exposition, the largest conference of its kind in the southern hemisphere.

Navy people, ships and aircraft added authenticity and action to NCIS: Sydney, the first international edition of the highly successful US television series.

Patrol ship HMS Tamar has strengthened ties with the Australian and US Navies in the Pacific – and tested a keystone capability of the Royal Navy's future fleet.

Australia is often accused of 'sea blindness' and a lack of appreciation of the need for a strong navy to protect our vital maritime trade routes.

The Defence Department has conceded it had a "poorly executed" process for selecting a British company to build Australia's \$45 billion future frigates, where "sufficient attention" was not given to risks associated with choosing an immature design.

China's new naval base at Ream in Cambodia is well documented. It will provide the Chinese Navy (PLAN) with a base at the southern end of the highly contested South China Sea. However the base now appears even more expensive and capable.

Following six months of intensive training, the first initial-entry

As you climbed the rickety stairs of an old woolshed at Sydney harbour in 1944, you would hear the thrum of clicks and buzzes. Rows of men and women in uniforms and headsets would be tapping away vigorously at small machines, under the careful watch of their young female trainers. Presiding over the cacophony was a tiny woman, known to everyone as 'Mrs. Mac', one of Australia's wartime legends.

A smart girl from a poor mining town who loved to play with her father's tools, Violet McKenzie became an electrical engineer, a pioneer of radio and a successful businesswoman. As the clouds of war gathered in the 1930s, she defied convention and trained young women in Morse code, foreseeing that their services would soon be sorely needed. Always a champion of women, she was instrumental in getting Australian women into the armed forces.

On 28 April 1941, Florence McKenzie accompanied 14 of her WESC trainees to HMAS Harman in Canberra, where they quietly became the first members of the WRANS.

Continue reading about this fascinating pioneer at:

<https://navyvic.net/heroes/mckenzie.html>

Update to the October edition of BROADSIDE.

Following the publication of last month's newsletter, we have been informed that there are another four Australian Navy Korea Veterans that we've inadvertently missed and are still alive and well living in Victoria. They are:

- ☛ POEM Stanley James GOLDSMITH, R30484, aged 96.
HMAS *Tobruk*. 255 days service in Korea.
- ☛ AB Leslie Vincent HUGHES OAM, R38732, aged 92.
HMAS *Warramunga* and *Arunta*. 481 days service in Korea.
- ☛ STO MECH Colin James SCHOFIELD, R/46659, aged 90.
HMAS *Sydney*. 219 days service in Korea.
- ☛ AB Ronald Jeffries KENNEDY, 39942, aged 91
HMAS *Tobruk*. 431 days service in Korea.

Yours Aye!
NVN Team

streamed Communications and Information Systems – Information Systems (CIS-I) sailors will join the fleet. The new structure of streaming on entry ensures the CIS workgroup remains agile and capable of delivering a workforce that meets emerging demands.

Australia will be sold its first new American nuclear-powered submarine in 2038, according to a senior US naval officer who has also revealed that initial sales of second-hand Virginia-class boats will likely take place in 2032 and 2035.

The close connection Navy has with the Saltwater people of Blue Mud Bay was honoured when artist and Madarrpa clan Elder Djambawa Marawili presented a bark painting at the Indo-Pacific Sea Power Conference.

Navy will change the way it trains and prepares its people, placing a focus on career flexibility and life-long learning through skills acquisition and competence.

A roster of dogs are reporting for morale duty at HMAS Cerberus Recruit School in Melbourne, keeping recruits chipper as they go through initial training.

Australia's troubled future frigates could receive a dramatic boost to their firepower under proposed design changes unveiled by the British company in charge of the \$45 billion program.

Austal, Covic and Navantia Australia have partnered to offer the Australian Government a proposal to deliver six corvettes in recognition of the navy's urgent need for increased strike capability.

A year after being appointed chief of the Royal Australian Navy, Vice Admiral Mark Hammond admits to



If you know of any of our Navy family who has crossed the bar and don't appear on our list below or Memorial Wall on our website, please don't hesitate to [contact us](#). If possible, list their Rank, Name, Number, the date of their passing and their age.

- † CMDR D.G. Debus, R51524/O.1341, November 2023. Aged 85.
- † CK A.J. Andrews, R96010, November 2023. Aged 72.
- † ROS P.J. Hartwell, R94033, 18 November 2023. Aged 76.
- † ABSR G.D. Evans, R59779, 12 November 2023. Aged 78.
- † ABQMG J.W. Turner, R55967, 11 November 2023. Aged 82.
- † AB J.P. Healy, R46918, 10 November 2023. Aged 92.
- † CPORS(S) G.E. Cooper, R59364, 10 November 2023. Aged 78.
- † AB J.W. Fulton, 2356NS, 10 November 2023. Aged 89.
- † LEUT N.W. Knappstein, 09 November 2023. Aged 93.
- † AB D.C. Haggarty, PM8245, 05 November 2023. Aged 97.
- † LSWTR R.S. McGrath, R104694, 01 November 2023. Aged 70.
- † LCDR R.F. Grezl, 31 October 2023.
- † CAPT M.H. Fowler, PA/3386, 30 October 2023. Aged 99.
- † T.J. Biggs, R103650, 23 October 2023. Aged 75.
- † LSMED R. MacInnes, October 2023.
- † ABSTD T. Manders, October 2023.
- † LWTR K.W. Black, R63376, 11 October 2023. Aged 76.
- † ERA H. Boonstoppel, R43472, 10 October 2023. Aged 72.

All of the above names now appear on the special [Memorial Wall](#) on our website.

Lest We Forget

The Melbourne Naval Committee (MNC)

The MNC is a not-for-profit, tax exempt, charitable organisation which, within the limits of its income from investments, provides financial support to Victorian-based serving and ex-Navy personnel, Navy Ship and Branch Associations.

The following is a list of associations they supported during 2022/23.

- NAA - SW Sub Section
- NAA - Dandenong Sub Section
- Naval Commemorative Committee of Victoria
- Fleet Air Arm Association of Australia (Victoria Division)
- RAN Communications Branch Association (Victoria Division)
- Frankston Naval Memorial Club
- NAA - Victorian Branch
- Victorian Naval Health Services Association
- Naval Historical Society of Australia (Victoria Chapter)
- Maritime Trust - HMAS Castlemaine
- Naval Warfare officers Association
- Navy Victoria Network

If you need support but are not sure if you qualify, visit: <https://mnc.navyvic.net> and go to **Statement of Purposes**.

frustration when he's asked why Australia needs a potent navy.

*National defence and the RAN (part 1): achieving deterrence by denial
(part 2): tasking for deterrence by denial
(part 3): structuring the fleet for deterrence by denial*

The wars raging in Europe and the Middle East remind us that conflicts erupt suddenly. It's a point that some AUKUS critics have seized on to say Australia and its partners are not making sufficient progress to be battle-ready in the Indo-Pacific.

A Royal Australian Navy task group is deepening ties with friends, partners and allies across the Indo-Pacific as it continues a regional presence deployment.

Admiral Lisa Franchetti was sworn in as the 33rd Chief of Naval Operations on Thursday in a ceremony following her Senate confirmation. The Pentagon ceremony followed her confirmation by the Senate in a 95-1 vote.

The second group of Royal Australian Navy sailors have graduated from the U.S. Navy's nuclear power school in Charleston, S.C., the service announced this week.

From today it will be easier to access a GP for more than 276,000 Australian veterans. In line with the tripling of the bill billing incentive, the Government is investing \$33.3 million to triple the Veteran Access Payment (VAP) for certain GP services.

Visit our [website](#) or [Facebook](#) page for more news articles not included in this newsletter.