



BROADSIDE

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Editorial

Program's Making A Difference

The World Health Organisation defines mental health as “a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to her or his community.” Over the years, society has become more aware of the issues relating to mental health and is more willing to discuss and accept it.

It is hard to believe that after WW1, WWII and the Vietnam War, Defence members would return home from combat and were expected to simply fit back into society after experiencing horrendous and life changing experiences. The terms Railway Spine, nostalgia, irritable heart, disordered action of the heart and shell shock are all names referring to what we call today, Post-Traumatic Stress Disorder.

From my own experience, the procedures and process in which Defence manages mental health in the field have changed dramatically. The 18 month period between my first and second deployment to the Middle East Area of Operation saw more robust and thorough screening during the pre, post and follow up health screenings conducted by Defence Health.

One Defence program that has had outstanding results in dealing with mental health is the ADF Arts for Recovery, Resilience, Teamwork and Skills Program (ARRTS). ARRTS is an arts-based program to assist permanent ADF and Reserve personnel facing health and well-being challenges or seeking to 're-set' themselves by rebuilding their confidence and resilience. The program also benefits those members who will shortly transition to civilian life.

Events Calendar

(see [Diary of Events](#) for full details)



NOTE: Due to COVID-19, it is advisable to check with the coordinators to confirm whether the event you were planning to attend is still going ahead.

We will endeavour to keep the Diary updated as news comes to hand.

At present the Shrine of Remembrance is closed, but ceremonies are still being conducted and they are live streamed on the Shrine's [Facebook page](#).

01 Dec – HMAS Armidale service – Shrine

05 Dec – AMC / LSI Service – Shrine

06 Dec – Pearl Harbor Remembrance Service – Shrine

Latest Videos, Podcasts and News Headlines

The full articles of the news items listed below can be found on our website:

<https://navyvic.net/news/news.html>



VIDEOS.....

- 79th Anniversary of the sinking of HMAS Sydney II
- Blue Angels FINAL F-18 Hornet Flight - Sunset Beach Buzz Legacy Hornet Send-Off!
- Australia's submarines need east coast base
- Luke's Story – Doggy Day Care Farm Trips
- Mine Clearance Diving Task Group Exercise CUTTLEFISH 2020
- ADF's naval presence in the Middle East is changing



ARRTS is a supportive, non-rank, military uniform-free learning environment. No previous experience or training in the arts is required as training and mentoring is provided by civilian and defence arts experts.

The four-week residential Canberra-based program comprises three artistic streams: visual arts; music and rhythm; and creative writing. The program is held at Canberra

University's Inspire Centre.



The program assists personnel to address wellbeing issues and individual recovery. Injuries or illnesses do not need to be service related or as the result of operational deployment. The acquisition of new skills in a positive learning environment encourages improved self-esteem, initiative, and teamwork. Exposure to new experiences, sharing stories, fears, and concerns with like-minded peers, assists individuals to reconnect with families, the community, and the workforce. Previous participants have reported significantly improved wellbeing including increased self-confidence with an enhanced ability to 'move on' in their lives as a result of participating in the program.

At the end of the program, the music, rhythm and creating writing participants put on a concert as well as the visual arts participants displaying their art and photography work. The concert involves, acting, short skits, comedy and music.

NEWS.....

There are a lot of moving parts involved in the ramp-up of the government's naval shipbuilding enterprise. It's hard for anybody to keep track of them all, particularly as new pieces of information are sporadically disclosed in a range of forums and sources.

The last thing Australian Defence Force personnel, their families and our veterans need right now is your judgement. They need our support. In the wake of the release of the Inspector-General of the Australian Defence Force Inquiry into Afghanistan, there has been plenty of media commentary quick to judge our servicemen and women.

The submarine game in East Asia is heating up, with multiple new submarines being constructed. Japan recently launched the first of the new Taigei-class. South Korea launched the second KSS-III class boat, and there is evidence that China is building new nuclear submarines. Not to be left behind, Taiwan is moving forward with its first indigenous submarine design.

On Nov. 24 (local time) USS John S. McCain (DDG 56) asserted navigational rights and freedoms in the vicinity of Peter the Great Bay in the Sea of Japan. This freedom of navigation operation ("FONOP") upheld the rights, freedoms, and lawful uses of the sea recognized in international law by challenging Russia's excessive maritime claims.

Interest in joining the Royal Navy has surged during the pandemic – prompting a third naval base to begin turning civilians into sailors.

The ship's company of HMAS Arunta is not resting on its laurels when it comes to maintaining the high tempo that has been a feature of the ship's five-month deployment.

Newly commissioned Lieutenant Ian Boddy is using his previous experience as a Royal Marines' commando to shape Navy land combat training.

Australia's domestic intelligence agency, the Australian Security Intelligence



More information on the ARRTS Program can be found at: <https://www.defence.gov.au/jcg/ARRTS/resources.asp>

A second program which is achieving outstanding results is the ADF Adaptive Sports Program (ASP). This program focuses on assisting serving and former-serving wounded, ill and injured (WII) personnel prepare for domestic and international adaptive sporting events such as Invictus Games, US Warrior Games, Canadian Allied Winter Trials and Australia City to Surf.



The purpose of the ASP is to enhance the personal, mental, and physical qualities of wounded, injured and ill personnel. It encourages personnel no longer able to participate in mainstream sports to continue to pursue and gain benefits from sport.

Organisation, released a rare public statement last week aimed at raising awareness about the use of social media and professional networking services for espionage purposes.

Able Seaman Denzel Taylor comes from a long line of family who have served in Navy, dating back to his great-grandfather who joined in 1919. "To follow in their footsteps is something I am very proud of," Able Seaman Taylor said.

Royal Navy helicopters have flown vital reconnaissance missions over devastated Honduras as relief operations continue in the wake of Hurricane Eta and Iota.

MORE than 2700 young Australians in years 10 and 12 have shown they are on track to tackle the science, technology, engineering and mathematics (STEM) challenges of the future, being presented inaugural Australian Defence Force (ADF) Future Innovator Awards.

According to information released by the Iranian press agency FARS on November 19, 2020, the Iranian Islamic Revolution Guards Corps (IRCG) Navy received a new home-made ocean-going, helicopter and drone carrying warship named Shahid Rudaki on Thursday, November 19, 2020.

Japan has launched the first of a new class of multimission frigates, which will incorporate increased use of new technologies such as unmanned systems and reduced radar cross-section.

Maritime forces from Australia, India, Japan, and the United States on Nov. 20 completed Phase II of the multi-lateral naval exercise Malabar 2020.

A new Maritime Underwater Tracking Range will be built in Western Australia as part of the Morrison Government's \$270 billion investment in defence capability over the next decade.

With a little over two months left in his tenure, US Navy Secretary Kenneth Braithwaite has rocked the proverbial boat, calling for the reactivation of the

Participants are both current and former serving members, of all ranks, ages, genders, and backgrounds. The program assists participants to overcome mental and physical barriers and ensures rehabilitation retention of personal and organisational worth.



The ADF's 'Adaptive Sport' vision is to 'maximise the inclusion of adaptive activities at all levels of sport in the ADF and to encourage the broadest participation possible by current and former serving members.' The ASP is one of three sports programs managed by the ADF Sports Cell. The other two are the ADF's Main Sports Program which represents the ADF's 29 Sport Associations and the Pacific Sports Program.



US 1st Fleet, to be focused on the Indian Ocean theatre of Indo-Pacific Command.

The inaugural Commander of the Australian Maritime Task Group, Captain Andrew Quinn, has handed over the role to Captain David Tietzel following a successful two-year appointment.

HMAS Arunta is on her way home after completing her deployment on Operation Argos, which is Australia's contribution to the enforcement of United Nations' Security Council sanctions on North Korea.

HMAS Arunta has conducted a passage exercise with Japanese Ship Shimakaze after a two-day logistics' visit to Sasebo, Japan. This was Arunta's fifth interaction with the Japan Maritime Self-Defense Force (JMSDF) during her deployment.

Russia will establish a naval logistic center and repair yard in Sudan under a new agreement signed by Prime Minister Mikhail Mishustin on Nov. 6 but just made public this week. According to the agreement's text, the naval logistics center will host up to 300 people.

PARTICIPATION in the Australian Defence Force (ADF) by women and Aboriginal and Torres Strait Islander peoples has increased in the last four years, revealed in the 2019 Defence Census Public Report released today.

HMAS Arunta's marine technicians have been praised for their ingenuity and resilience in repairing one of the ship's forecastle doors, with the initial work undertaken when the door was damaged during a storm while at sea.

SUPPORT for veterans and their families was enhanced today with the passage of the Veterans' Affairs Legislation Amendment (Supporting the Wellbeing of Veterans and their Families) Bill 2020 through Parliament.

Statement from Chief of Navy

I reject the premise in the ABC article 'Veteran warns Australia's Collins Class submarine fleet has limited ability to save trapped submariners' (11

The ADF partners with RSL National and Veterans Sports Australia to deliver the Invictus and United States Department of Defense Warrior Games. Unfortunately, due to COVID-19, the 2020 Invictus Games which were to be held in 'The Hague', Netherlands in May have been postponed until 2021.

Mental Health is a serious topic in modern society and it is pleasing that Defence is on the front foot in proactively seeking ways to assist our current and ex-service community.

Yours Aye!
NVN Team.



If you know of any of our Navy family that has crossed the bar, please don't hesitate to let us know (webmaster@navyvic.net). We will list their names in perpetuity on our special [Memorial Wall](#) on the website. If possible list their Rank, Name, Number, the date of their passing and their age.

- † WO R.N. Pierson, R42282, 21 November 2020. Aged 77.
- † CPOSN A. Zajer, R94153, 21 November 2020. Aged 73.
- † PORS H.N. Husk, R94657, 18 November 2020. Aged 72.
- † ABUW S.J. Oliver, 17 November 2020.
- † AB W.L. Leary, R64846, 17 November 2020. Aged 72.
- † Surg CMDR D.K. Faithfull RANR, 16 November 2020. Aged 84.
- † LEMP G.E. Morgan, R55122, 13 November 2020. Aged 87.
- † CDRE O.R. Cooper, O238, 11 November 2020. Aged 84.
- † ABSIG J.T. Williams, R28988, 09 November 2020. Aged 92.
- † AB P.L. Stanton, R66825, 08 November 2020. Aged 71.
- † ABCD W. Curtin, R117493, 03 November 2020. Aged 62.
- † ERA W.W. Black, R43361, October 2020. Aged 70.
- † CAPT D.H. Ruffin, October 2020. Aged 78.
- † AB A. Sherwell, R50107, 26 October 2020. Aged 84.
- † CPOEWE B.F. Carrol, R58638, 25 October 2020. Aged 76.
- † CMDR J. Tredrea, 23 October 2020. Aged 94.
- † LCDR G.L.C. Falkiner, 17 October 2020. Aged 84.
- † AB R.M. Watson, PM5116, 04 September 2020. Aged 95.

Lest We Forget

November 2020) that our submarines are not safe, or that Defence is not providing a safe work environment for our submariners.

MMHN November 2020 Update

As Melbourne tentatively emerges from Lockdown and the 'Ring of Steel' springs open ending months of 'virtual' engagement with maritime heritage and allowing the possibility of "actual" engagement, we will again venture forth – if only around our Marvellous Maritime State!

ON the eve of Remembrance Day, the final resting place of five previously unidentified Australian soldiers who served and died in France during the First World War have today been confirmed.

DESCENDANTS of Australian veterans are set to benefit from a new Australian Veterans' Children Assistance Trust (AVCAT) Alumni Network launched today. AVCAT administers a range of tertiary education scholarships and bursaries for the children and grandchildren of Australian veterans, assisting them to achieve academic and personal goals.

As the political and economic centre of the world shifts from the Atlantic to the Indo-Pacific, and geostrategic competition increases, Germany, the EU and NATO want closer defence cooperation with nations such as Australia.

China military watch
How China plans to fight
The RAND Corporation put out a fascinating study on the operational concepts that are supposed to guide the People's Liberation Army in combat. The report begins with a detailed explanation of how the PLA produces its doctrine.

Defence Minister Linda Reynolds has congratulated the collaboration between Defence and defence industry in the Autonomous Warrior Genesis – the first of Navy's flagship events exercising robotics, autonomous systems and artificial intelligence (RAS-AI).

Our November Navy Hero – LCDR Leon Verdi Goldsworthy GC DSC GM RANVR



Leonard Verdi Goldsworthy (1909–1994), naval officer and factory manager, was born on 19 January 1909 at Broken Hill, New South Wales, second son of South Australian-born parents Alfred Thomas Goldsworthy, miner, and his wife Eva Jane, née Riggs.

Soon after the outbreak of World War II Goldsworthy applied to join the Royal Australian Navy (RAN) but was rejected for failing to meet

the required physical standards. His records show he was 5ft 5ins and he was missing the small toes on his left and right feet. Undeterred, he reapplied through the Yachtsmen Scheme, and was appointed as a probationary sub-lieutenant, Royal Australian Naval Volunteer Reserve, on 24 March 1941.

Perhaps the most famous and certainly the most highly decorated group of Yachtsmen Scheme volunteers and other members of the RAN were those brave men engaged in what was known as 'Rendering Mines Safe' or RMS. The British government had decided that rendering mines safe did not fall within the ambit of the criterion 'in the face of the enemy', although when crouched over a German firing mechanism which was designed to blow one to pieces on a dark, cold night in the middle of a destroyed city, it must have seemed so to the practitioners. The outcome was that RMS officers could only qualify for 'civilian' awards, the highest of which was the George Cross - the Victoria cross equivalent. Some measure of the collective achievements of this group of Australian officers to the war effort is their collective total of four George Crosses (GC) and ten George Medals (GM), with many other awards for gallantry.

For a man initially rejected as being physically unfit for the Navy, Leon Goldsworthy finished the war as the Australia's most highly decorated naval officer of World War II, the acknowledged underwater mine disposal expert in Europe, the conqueror of over one hundred weapons in European waters and about thirty in the Pacific. His full story can be found on our website:
<https://navyvic.net/heroes/goldsworthy.html>



Award of ASM for Operation Bursa
Operation Bursa was the counter-terrorist operation which commenced in 1980 to defend the Bass Strait oil and gas platforms against potential terrorist attack.

Navy provided air support to Special Forces (SF) operations from the commencement of Op Bursa, until the task was handed over to Army Aviation in 1990. While eligible Army personnel were granted the ASM for Op Bursa, recognition of the contribution of Fleet Air Arm personnel was denied. This situation has now been rectified. Go to the Fleet Air Arm Association website for background information, advice on eligibility of FAA veterans and the process of applying for the award.
<https://www.faaaa.asn.au/operation-bursa-recognition/>

HMAS Ballarat has joined the Japan Maritime Self-Defence Force and the navies of the United States and India, to take part in Exercise Malabar 2020.

One of the Royal Australian Navy's largest ships, the landing helicopter dock HMAS Canberra, has entered the Captain Cook Graving Dock at Garden Island, Sydney.

The recent 2020 Defence Seaworthiness Symposium was an astounding success with 60 people in attendance physically at the Australian Defence Force Academy, Canberra and over 400 logging in from around the world.

The Australian Government's Pacific Maritime Security Program has reached a new milestone today as the Kingdom of Tonga received their second Australian-built Guardian-class Patrol Boat at a ceremony in Henderson, Western Australia.

A Navy hydrographic survey team could not get a drink from an old watering hole they found during an exercise in Far North Queensland recently, even though it was surrounded by water.

Australian Defence Force (ADF) personnel transitioning from military to civilian life will be better supported with \$17.7 million provided for the establishment of the Joint Transition Authority (JTA) as announced in the 2020–21 Budget.

The graves of around 150 First World War veterans have been identified and appropriately marked through the Government's Unmarked First World War Graves program.

FlyBy – A periodical of the Fleet Air Arm Association of Australia. [November issue....](#)

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