



HMAS BALLARAT

DEFEND THE FLAG



5th Edition - February 2010



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A Note from the Editors

Apologies go out to those who were eagerly anticipating the December/January edition of the Shaft. The editorial team were on leave visiting family and friends like the majority of the BALLARAT crew.

That is not to say that we haven't been busy planning and making important amendments to the Shaft. No Sir, it's just that some of us had to eat way too much ham, and watch not nearly enough cricket over the break. But I digress...

There were a few departures from the editorial team prior to the break. All the best to ABCSO Ash Speight and ABET Tim Sharpe in your future endeavours. A big thankyou goes out to MIDN Nick Adriaanse for his assistance whilst sea-riding with us to Hobart. All the best on your degree studies in S.A. Nick, and we hope to catch up with you in the fleet in the near future.

It has also been great to have a Navy public relations team onboard to cover Triton Storm and our port visit to Hobart. LEUT Tony White, AB Morgana Ramsey and AB Dove Smithett have been taking footage, writing articles and interviewing crew members to help showcase BALLARAT, the Triton Storm exercise and the R.A.N. as a whole. It has been a busy time for the crew, so keep an eye out in the mainstream media and even YouTube for more details.

Strap yourselves in for yet another edition of The Shaft!

From the Captain's Chair.....

Well supporters it certainly has been a busy start to 2011. It seems only just yesterday we were wrapping up 2010 and waiting for Santa to arrive. All that has come and gone. Our Christmas Party that was held on 11 December was a tremendous success with over 120 friends and family attending and Santa arriving to provide small gifts for the children. Following close on the heels I conducted our first family deployment information night at the Naval Heritage Centre on 21 January where we had over 100 of our supporters come and join us to discuss what is going to happen throughout the year. The information we provided at the evening is important to ensure we keep you well informed and supported during what will be an incredibly hectic year. Thank you to all who attended and particularly those who travelled from far afield. Your support and interest is greatly appreciated. We left Sydney on 31 January, after over 20 per cent of the crew posted in new for 2011, ready to take on the world....and the world came calling. We have fought off jets, submarines, mines, missile sites and all known evils as we progress our training. What we are seeking is to achieve Unit Readiness which means we are can deal with pretty much anything the evil world might throw at us, and with a little bit more training (which will come later this year) deal with a whole lot more. We were triumphant at the Fleet Sports Day and I direct your eye to the musings of our new Physical Trainer (aka Club swinger....you will find out why). His energy simply exemplifies that of *Ballarat* and I am pleased to state that we are going well. I have directed that we try and take some time in the week prior to our deployment to get everybody home. We will leave Sydney for three and a half months on 01 March and an open invite is there for you all to see us off. If you would like to be there please email our Deputy Supply Officer, Lieutenant Adam Sharp (Adam.Sharp2@defence.gov.au) to ensure we get you access for the day. Alternatively have your loved one let him know. On a final note we decided last year on a song for the ship....Rose Tattoo's "We can't be beaten". It is your ships song and one which we will be playing loudly (is there any other way) as we progress to staving off the evil peril. To you all thank you again for your support as we embark on a huge year. Without your support we couldn't do it. Now sit back and relax as you enjoy your newest edition of your *Eureka Shaft*. Cheers.



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Exercise Triton Storm Sports Day

By LEUT Tony White

The HMAS Ballarat rebels proved all conquering at Navy's Fleet Sports Day held during a mid-Exercise Triton Storm rest day at HMAS Creswell on 5 February.



The Sports Day, which included participants from HMA Ships Sydney, Parramatta, Ballarat, Darwin, Gascoyne and Diamantina was held in sweltering conditions that proved testing for some sports but was ideal for beach based versions of soccer and volleyball.



With match durations cut back to allow for the weather, the emphasis was on short sharp fun matches with many of the competitors and spectators alike taking advantage of the clear, cool water and pristine sands of Captain's Beach in Jervis Bay.

Awarding the overall winner's trophy to HMAS Ballarat, Commodore Training, CDRE Daryl Bates, thanked all the participants and volunteers who had made the day such a great success.



"Days like these are important both in supporting our individual fitness requirements and in providing a break from the demanding schedule of Exercise Triton Storm.



"I congratulate the Navy PTIs and all the volunteers who have made this day such a success. I also congratulate Ballarat on a convincing win, against stiff competition."

[Continued next page...](#)



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Accepting the winner's trophy for BALLARAT, the CO, CMDR Guy Blackburn paid tribute to his crew and thanked the organisers. "The Ballarat rebels are a great team, whether it is in sport or work good teams deliver good results and I congratulate my crew on this great win."



The event results were as follows:

EVENT	VICTOR
Touch Rugby	BALLARAT
Golf	BALLARAT
Basketball	PARRAMATTA
Beach Soccer	BALLARAT
Beach Volleyball	BALLARAT tied SYDNEY
Tennis	PARRAMATTA
Women's Biathlon	LEUT Nothdurft - BALLARAT
Men's Biathlon	LSCIS Berush - SYDNEY
Tug-of-War	GASCOYNE
OVERALL	BALLARAT



In an unannounced exhibition match the divers from the Gascoyne just managed to drag a team of PTI's over the line in a final tug of war.

STOP THE PRESSES!!

BALLARAT is now due to sail on Tuesday, 01 March 2011

Monday, 28 February will be a Sunday Sea routine. This will allow most of the crew to enjoy an extra day with loved ones prior to our western workup & South East Asian deployment.

Western Australia Work-Up and South East Asian Farewell

Plans are underway to ensure that families and loved ones can say goodbye to the crew from Fleet Base East when they depart on the South East Asian Deployment on Tuesday, 01 March 2011. Car parks are limited, so apply early to avoid disappointment.

Please email Lieutenant Adam Sharp (Adam.Sharp2@fleet.defence.gov.au) to attend.



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Don your anti-flash, shovel the boilers, it's time for a Warrie with the Chief Tiff? By LSMT Scott Giffin

He's been serving longer than most of us have been alive, and his travels have spanned the 7 seas, lets all gather round as we find out the truth behind CPOMT (Tiff) Glenn Pope...

So Chief, when, where and why did you join the 'PUSS' (RAN).

Well, it was that long ago, I can barely remember. I think it was the allure of the sailing ships that did it..... I joined in 1980 (when were you born Giffo?) and came through the RAN's apprentice training establishment Nirimba. Why did I join the Puss? My old man was in the Air Force and they go nowhere, and the Army walk everywhere. The Navy seemed a more enjoyable job. Oh, and I got a trade.

BTW Chief, I was born in 1984...

Briefly explain what the 'Tiff' does and where the expression comes from.

The Tiff does as little as possible whilst giving the impression of great endeavour..... However the job description is something along the lines of managing the day to day running of the propulsion plant and associated systems, as well as facilitating training. The term 'Tiff' comes from the term Artificer; specifically from Engineeroom Artificer. These guys were the

tradesmen who maintained the propulsion systems back in the days of steam, as opposed to stokers, who shovelled coal and later on 'punched sprayers'.

So being in the navy that long you've got to have travelled, Lets all don antflash as you spin us your best or most memorable warrie.

How many pages do you have? I could spin some warries that would make the OH&S stiff at Comcare implode (disclaimer: I'm sure all the folk at Comcare are nice people and imploding is not their thing), but I think a story that I personally find amusing is more suitable. On the good ship STALWART (destroyer tender, long since departed our waters) we had a brand new stoker boy who, at times, would crack us all up with his apparent lack of understanding of simple processes. Anyway, we were in Penang and a number of us, including stoker boy, travelled to the top of Penang Hill for a bit of sightseeing. At the top of the hill is an old naval cannon, the type you would find in a wooden carriage on Nelson's VICTORY, however, as the carriage has long since rotted away/been turned into firewood, the gun sat in a concrete block. A mate and I were discussing whether the cannon would have had the range to reach the harbour, some 4-5km away. Stoker boy wanders into the conversation and after a bit of reflection, pipes up with "they wouldn't have fired it anyway", to which we enquired as to why not? His reply: "The concrete would have cracked".

What do you get up to in your limited time off, hobbies/family etc?

Sleep. If I had to list a hobby, it would be painting our house. We started 7 years ago and it's nearly done!!

Why do you "love it"? What keeps you coming back year after year?

Have you seen how much a CPOMT on Tier 4 seagoing gets paid?? What keeps me coming back? I have to pay for the house paint somehow, and if I wasn't here, who would tell Burkey to put his shirt on and Erica to roll down her sleeves?

Where do you see yourself going in the future, AWD's/LHD's/ staying on ANZACS?

I expect at some point in the future I will be declared insane and be quietly wheeled away. Before that happens I would love to go to an LHD. Big ships rock!!



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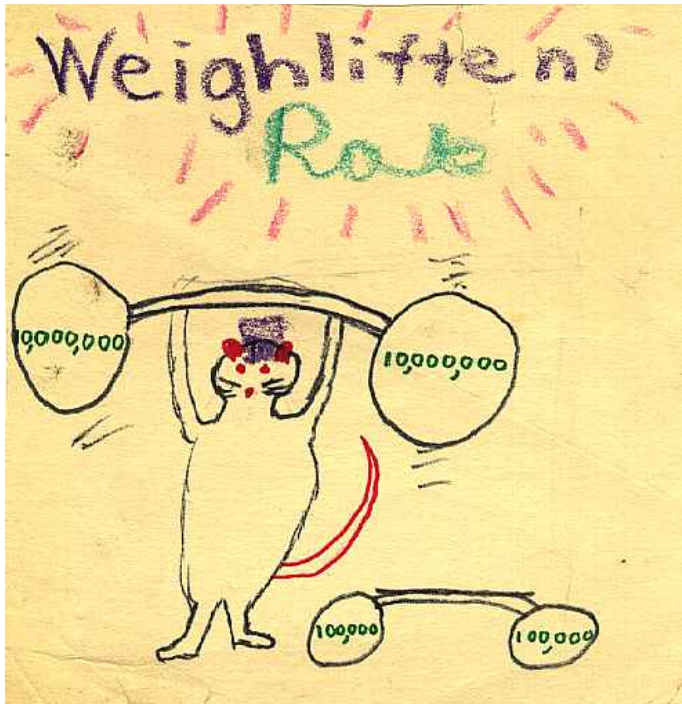
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“Is Clubs Awesome or What!?”

Words by LSPT Matthew Croese
Collated By MIDN Nick Adriaanse



Leading Seaman Physical Trainer Mat Croese may have only been with a short time, but he is already starting to make an impact. The energetic and fun-loving club-swinger can be spotted anywhere from the Bridge to Aft Steering.

The following are excerpts from emails sent by clubs to the crew prior and post Fleet Concentration Period Sports Day. He makes most of us smile, and we hope he will brighten your day also!

Prior to the Sports Day whist fostering esprit-de-corp:

...‘I would like to refer to us all as ‘Rats’. However, as it stands we are not various medium-sized, long-tailed rodents of the superfamily Muroidea. “True rats” are members of the genus *Rattus*, the most important of which to humans are the black rat, *Rattus rattus*, and the brown rat, *Rattus norvegicus*. Many members of other rodent genera and families are also referred to as rats, and share many characteristics with true rats. I digress...’

One of many entertaining tangents:

‘I know what you are thinking... “Is this guy a ‘Care bear’ in PT’s clothing??” No suckers I’m not, just emotional. However there was a massive bear in that show I think he was yellow. How was that evil dude in that cartoon? What was his name? The Freezer? Evil Frost? Coldrock? Mmm ice cream...’

‘Anyway, the point was he was such a stick in the mud when it came to caring like those bears did. I’m almost positive that my little brother had one. Mmm bears. Strange concept really when you think about it. Let’s think...’

‘Old angry guy who loves ice or freezers. Did he have a cat or was that Smurfs? Bears, that weren’t ultra aggressive, didn’t raid bins, had no friend called ‘booboo’, lived in the clouds, it’s vague but they didn’t like honey? What the? Wore patches of emotion and vibrant colour on the tummys and; Um... you know. They just weren’t your average bear.’

‘Look, If you have a valid, appropriate, sensible answer then please let me know. I can’t get over that Ice dude... What a wet blanket!’

Missing us after getting off after the sports day to go on the Advanced Combat Survivability Course:

‘Ok, here it is the part in this lengthy tail you have all been waiting for... “Clubs’ Tears of Joy (numbered 1-10)”

1. How awesome I looked this morning in ‘formal’ PT rig. It’s no big deal.
2. Having my eggs cooked for me whilst I ate thick slices of this ‘Wonder’ bread with fruit placed delicately inside.
3. The Australian Capital Territory... Wow! Did anybody else wonder what Canberra was doing today?? *pfft...please!*
4. Being surrounded by all of my PT peers for what was meant to be a brief, in what could only be described as ‘epic proportions’, as we only discussed how good we looked (you know we did, and don’t act like you weren’t impressed!)
5. Our dear friend and shipmate, LSCSO Neale Merrick. Did you see those DT’s he wore in the biathlon? Wow. He would have Hasselled the Hoff!!



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6. Watching my first FCP Sports Day (or any real sports day as a 3 year PT and winning!) as it gracefully unfolds around me.
7. Seeing the scoreboard and realising WE were absolutely killing it today. (Thanks guys, I love you!)
8. A 6-1 drubbing over the CD's in touch footy, with a crowd of Ballarat Rebel's supporting them.
9. Sneaking into a photo with the Boss and that other guy when WE WON FCP SPORTS DAY! Thaaaats riiiiighhhht! And;
10. Finally, seeing all of us cool cats become what Dirty Harry's black friend refers to as J.A.M.F. (pronounced "Jam-ph")'

On a final note...

Well I hope this finds you well and pumped for the next two weeks. I know there may be some of you who miss me already, but I urge you to take off those black arm bands and slap a smile on your dial. This is only short term. If you are feeling down just give someone a high five or call out someone's name like they are the better than pussers' ice cream and Milo!

Yours in all things beautiful and PT orientated,
Clubs xoxo

PS. For your information, Rattus Awesomenus Physicalus is a highly good looking member of the Rattus. It is commonly known as the Rat that has difficulty piping, and looking bad. This is due to a epic genetics, and large frame. These attributes cause the Rattus Awesomenus Physicalus to have a physical and visual dominance, and double duffing (scientific term), eating disorder.



Jack Speak

Updating the Log

A not-so-strung-out yarn...

The term log-book has an interesting beginning. An early form of measuring a ship's progress was to cast a wooden board overboard (the log) with a long string attached which had knots at measured intervals. The rate at which the string was payed out as the ship moved away from the stationary log was measured by counting how long it took between knots in the string. These measurements were later transcribed into a book. Hence we get the term 'log-book' and also the name 'knot' as the unit of speed at sea.

To the Heads we go!

Well, maybe not these heads...

You may have heard the sailor in your life use the expression 'just goin' to the heads' and may have wondered .where it actually came from.

'Heads' is jack-speak for the toilet. As the toilets were originally situated in the extreme bow, or head of the ship, whenever anyone stated they were going to the heads there was no confusion as to their meaning.

Back then the sailor responsible for the general cleanliness of these 'heads', was funnily enough titled 'Captain of the Heads'. I think sailor's today are happy that that part of the tradition was lost.

Anyone for a Sundowner?

Not the way the Naval Officers said it...

The expression 'The sun is over the yardarm' is a well known saying in naval history, but one that is not used as much in today's navy. Nonetheless it is still a traditional saying which means 'It is time for a drink'.

This is because Naval Officers considered it poor form to have a drink on board before the sun was over the yardarm (approaching noon).

Next Edition.....Rounding both Capes?



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Top Tips to Stay on Top ... Defence Families Australia (DFA)— Recent Wins for Defence Families



A voice for Defence Families

Ever wish your 'other half' could get onboard base without the hassle of you having to sign them in at the gate? Read on to find out how Defence Families Australia is helping to support serving defence members and their families.

National Defence Families Access Card

DFA has been working with Defence for the past three years on introducing a National Defence Families Access Card (National ID). This card is for ADF recognised dependants, aged 16 and above. Access is limited to base married accommodation and family/community area only, and dependant on security requirements of the base.

We *strongly* encourage you to apply for one of these cards prior to the ships next deployment. You will need to be sponsored by the ADF Member, and they will need to accompany you to get this pass. Pass application forms are available from the Garden Island Fleet Base pass office.

A Joint Directive regarding this has been issued by the CDF and Secretary, Department of Defence, and can be viewed on our website www.dfa.org.au

New Online Tools

On the topic of the website, it has been recently developed by DFA as a family

focussed portal to ADF information. On it you can find tips and a guide to your particular region. It also gives DFA the opportunity to update you on their advocacy role in family related policy and entitlements. And the best part is – **Registration is free!**

Note: DFA do **not** pass your information onto anyone, unless they have your permission *and* it is a particular issue.

DFA are also now on Facebook as 'Defence Families of Australia'. For those of you out there addicted to/casual users of Facebook, [*Editor's Note: Facewhat?*] feel free to check them out!

They also communicate to their members via e-bulletins.

The production of new guides:

DFA has produced two new guides:

- Stepping Through Defence – Guide for Lateral Families; and
- Stepping Through Defence – Guide for Parents of ADF Members.

These guides are available for download on their website.

Other issues

Issues they are currently in discussion with relevant stakeholders about include:

- removals,
- citizenship for families who have been laterally recruited from overseas,
- raising awareness of family stress and mental health issues, and
- evaluating the services provided.

So do yourselves a favour, check out the DFA website and get your ADF member to get you an application for an ID card. You know it makes sense!

[Next Edition: The ADF Consumer Council](#)



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HMAS Ballarat Family Christmas Party

That Jolly fellow in the red suit certainly spread the Christmas cheer for the families and friends who made it to the Ballarat Family Christmas Party.



On 11 Dec 10, Ballarat's ship's company took some time out of their busy schedules to celebrate the festive season at the Garden Island Heritage Centre. A BBQ lunch, presents, and jumping castle were just a few of the treats on offer for those attending.

The day was aimed at providing networking opportunities for the extended Ballarat community that will assist in making separation easier during a hectic schedule planned for 2011. The day also helped bring the families 'into the fold' so that they could feel and understand that they too are a valued part of the crew.

All involved would like to send a special thank you to the Central Canteens Fund for allocating \$2,500 worth of funding for the event. Their support of whole ship activities such as this is one of the many services they provide to HMA Ships.



Choose Your Rate, Choose Your Fate!

By LSSTD Lindsay Russell

Welcome back to "Choose Your Rate, Choose Your Fate!" This month we will get to know a little about another three members of Ships Company focusing specifically on the Supply Department.

Name (Nickname) Ebony Cameron (Ebs)



Rank and Rate Able Seaman Writer (ABWTR)

Years Service 6 and half years

Posted Onboard January 2011

Posting History HMAS Cerberus, FHQ Registry, Australian Federation Guard, HMAS Manoora, HMAS Kuttabul and HMAS Ballarat

What Your Job Entails Pay and Accounts, Registry, Customer Service

Auxiliary Duties Flight Deck Team, Special Sea Duty, RAS's, SMET and Café Party

Hobbies / Interests NRL (Knights) and dancing.

Likes Friendly people.

Dislikes Disrespectful people.

If you Could Invite Anyone to Dinner... (pick three)

My Nan and my sister Amber

You Can Quote Me on That

" Everything happens for a reason "



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Name (Nickname) Cabbot Stewart-Browne (Cabo)



Rank and Rate Seaman Stores Naval (SMNSN)
Years Service
Posted Onboard Oct 2010
Posting History HMAS Cerberus, HMAS Albatross and HMAS Ballarat
What Your Job Entails Fulfilling customer stores demands onboard
Auxiliary Duties Boat Evolutions, Special Sea Dutymen
Hobbies / Interests AFL
Likes X-Box
Dislikes People who think Rugby League is better than AFL
If you Could Invite Anyone to Dinner... (pick three) Ben Cousins, Jack Riewoldt and Andrew Fitzpatrick (LSSN)
You Can Quote Me on That "Fitzzy looks like he is 15 years old"

Name (Nickname) Damon Chen (Chenny)



Rank and Rate Able Seaman Cook (ABCK)
Years Service 3 years
Posted Onboard July 2010
Posting History HMAS Cerberus, HMAS Manoora, HMAS Ballarat
What Your Job Entails Cooking for the crew, cleaning the Galley
Auxiliary Duties Deck Team, SMET, Boats, RAS's Tow and Boarding Party
Hobbies / Interests Soccer
Likes Karate and Reading
Dislikes Making desserts
If you Could Invite Anyone to Dinner... (pick three) Bruce Lee, Jackie Chan and Chuck Norris
You Can Quote Me on That "Its all good!"

Congratulations and best wishes go out to the following:

The Birth of Amelia MacDonald
 The Birth of Ashton Sear
 The Birth of Charlotte Gaskin
 The Birth of Freddy Salvatori

The Marriage of LEUT Rob Garnock to Emma
 Award of Bridge Warfare Certificate to SBLT Pugsley
 CO's Commendation to LEUT Dunstan
 Award of MSC to LSMT Robson