No-one likes to be on a ship when it goes into a refit and no-one believes it is possible to come out on time and below the budget. However, HMAS DARWIN has just proved it possible, and when the ship sailed for Rimpae '90 on 26 March 1990 fully operational it marked the end of what only can be described as a frantic period for the ship, the dockyard ADE-NED and FIMA.

DARWIN sailed for Rimpae with HMA Ships BRSBANE (Captain G.A. Morris), SUCCESS (Captain G.V. Stiper) and ADELAIDE (Commander W.A.G. Devor). Submarine HMAS OTWAY (Lieutenant Commander M.I. Deeks, see centre pages) sailed six days earlier.

Most Rimpae participants will be away three months.

DARWIN's original program had earmarked the ship for SRA (reft in FFG terms) from October last year until the end of March 1990. However constraints in the availability of ships to meet Fleet commitments and the production capability of ADE-NED resulted in this need to be reviewed.

After much discussion it was decided to continue with the SRA work package but for the first time split the availability over three inter-mEDIATE maintenance availabilities, (IMAV) with the bulk of the work including a major docking being conducted in an extended IMAV (ERMAV) over a 12 week period from December to March.

What was even more remarkable was an agreement which saw FIMA, dockyard and ship's staff not only working together on the ship in the dockyard but in some cases in conjunction with each other on the same equipment.

It was not hard to find the sceptics who said it was a recipe for disaster and that DARWIN would be like all its predecessors, late out of the dockyard.

When the Fleet program appeared that included DARWIN in Rimpae '90 a goal was established and although the program stated the ship would be going to sea for the first time on March 12 the ship's command had already determined that if they wanted to be ready for Rimpae then should sail by March 2, 10 days earlier.

As usual the work began slowly and over 25 per cent of the ship's company left the ship as she spent the Christmas period in dock. Things started to look grim as the weather slowed progress and the undocking date was delayed by a week.

However, the spirit of co-operation continued throughout and extended to the ship's company and dockyard workers sharing morning tea to-gether in the ship's cafeteria.

The ship's supply officer, Lieutenant Com­mander Mark Smith, is still reeling from the decision to provide sticky buns to everyone and has turned grey in explaining it on his virtualing account.

It would be wrong to say progress was smooth and there were no conflicts.

There were dockyard walkoffs, store delays, equipment not working but at all times the goal to get to sea on March 2 was the paramount objective.
A wide-ranging work value project involving the evaluation of all employments in the Australian Defence Force (ADF) which will have an important effect on personnel management, is now entering its final phase.

The ADF Work Value Project, which began collecting data in June 1990, is focusing on work and work change in the ADF.

There are four phases to the Project — the other phases concerned with the presentation of the project team and the evaluation of all work or personnel management, as well as the presentations of personnel management.

The surveys reached 15,000 ADF personnel in the first three work analyses phases conducted in 1989 by the Work Value Project Team from the HOADF Pay and Conditions Branch.

Additionally, briefings on the aims and purpose of the Project were presented at most ADF establishments during 1989.

These activities ensured that the majority of ADF personnel were aware of the existence of the project team. However, a disappointing response rate from some of the surveys group saw only 8,500 personnel complete the survey questionnaires.

Phase one is almost complete and the fourth phase — common to all work change phases — is due to begin in April and May.

All officers serving in the Permanent Forces, not undergoing full-time training or military schooling, in the ranks of Major (or equivalent) and below (6,520 officers) will be required to complete an Officer Job Evaluation Questionnaire.

The information gathered by the four surveys will provide the ADF with a data base that will be used to evaluate and compare all existing employment classifications for both officers and other ranks in the three Services.

Data from the officer surveys also provides the ADF with a capacity to compare and evaluate the duties performed by serving officers with certain employment add-on similar levels of responsibility, accountability and professional knowledge.

The Other Ranks survey was designed to provide a comparison between the different employment classifications, as well as ensuring the accurate placement of all employments in the current service pay level hierarchy.

This analysis is currently taking place and it is intended to utilise this data at hearings before the Defence Force Remuneration Tribunal during May 1990.

The low response rate, from personnel in a number of other ranks: employment classifications has meant that there is insufficient data to make an accurate assessment of the positions that should be occupied by those employees in the pay level hierarchy.

Once these classifications have been identified, subsequent surveys may be intended to overcome the problems caused by the lack of numbers of missing data. This lack of data may delay any pay levels changes that are appropriate.

The Director-General Service Conditions, Brigadier David Bunce, has emphasised that the results of the surveys will have an important effect on ADF personnel management at least in the foreseeable future.

He also suggested that the complex nature of the data analyses may involve some delays in publishing the project results before the longer-term benefits to both the ADF and serving personnel will become obvious as deductions and conditions are drawn from the data.

The results of the Work Value Project analysis will progressively be made available to the Service Officers. Interested ADF personnel can request briefings on particular aspects of the project.

A telephone information service has been established to enable interested personnel and those included in the surveys to obtain advice or assistance from the Work Value Project Team.

The numbers are 062 651440 and 062 651441 (STD) or 8 651440 and 8 651441 (DNATS).

HMAS SWAN off Cronulla Beach. Picture by Bryan Buckley of the "St George and Sutherland Shire Leader".

The South of Sydney was of grey metal looked a peculiar sight off Cronulla Beach.

Ron McClean was sighted by Base Bay — his mission to join his sick dad a back view of the ship he captained. Ron McClean of Cronulla, has a rare form of cancer called Melanoma. In the past year the cancer has attacked his throat, arms and legs and used his body weight by half. Ron's cancer has prevented him from seeing the SWAN in motion, so his son decided, if dad could not come to the ship, he would bring his ship to dad. Ron said his son had suggested the idea several months ago, in a rather jok- ing manner and finally received the go ahead from the Navy.

It appears leaving opposite Bate Bay, in Geralie Street Cronulla, has a rare form of cancer called Melanoma, of one of those being it allows the Navy to make house calls. Ron said he has always enjoyed a close relationship with his son, despite the fact that he is now based in Perth.

"This is his way of showing he cares and to see whether I could overcome my sickness," Ron said.

As the ship headed closer and closer toward the shore, Ron prepared the boat, for the other man before returning to the air station.

Ron was taken to the RAM hospital and the Sea Hawks rescued him in the Mermaid Inlet area.

At 9.30am it was relieved by a Kiowa helicopter (on foot to the Navy) which remained on task until 10.30am.

Discussions between Navy and Police Operations personnel showed the search was called off.

The crew which rescued Ron McClean pictured (L-R): LCDR Greg Tindall, LEUT Arthur Heather (watches operation for the navy), LCDR Leigh Coutis (pilot) and LEUT Brad White. (Photograph by SWRTH Pope).

Serving members can help our recruiters

Research has repeatedly identified serving members as forming a strong influencer group when it comes to attracting recruits to the Navy.

Many young people who have personal friends or relatives who are already in the service.

The influence of serving members upon prospective applicants is greatly valued by the Recruiting Branch and to further encourage this influencer group an introduction card is now available.

The essential idea is that a prospective applicant who is in close contact with a Recruiting Centre with an introduction card signs a serving member will be treated in part of the Navy "family" from the time of introduction through the counselling process and up to, but not including, the competitive stages of selection for entry.

Navy's introduction cards are small (business card size) and personnel are encouraged to carry the cards so they are readily available for use.

``Second to none''

TS Coral Sea led up to its motto "Second to None" by being awarded the Navy League Efficiency Award for the most efficient unit in Australia for 1990.

Pictured (right) with the award are (L-R) the Commanding Officer TS Coral Sea, LCDR I.M. McDougall, Scamander, Bn J. Janes, Recruit M. Brown, Recruit A. Smith, Recruit M. Brown, Recruit A. Smith and Chief of Naval Staff ADMN M. Haddon. (Photograph courtesy of "Townsville Bulletin").
Fourth vessel tells of success

With the naming/commissioning ceremony of HMAS BENALLA completed, the Navy's latest ship building project has concluded with a flourish.

HMAS BENALLA is the fourth and last of a new class of survey motor launch designed specifically for the task of Marine Survey for the Navy.

Built in South Australia, the vessels are distinct in that not only were they built on time and within budget, but they meet all design and construction requirements for Lloyds classification.

The class of vessel was built to a commercial design and is fitted out with self-serve equipment, which kept prices down, and ensured that building deadlines could be met, but most importantly, means that the design is highly visible on the international commercial market.

The latest naming ceremony was performed by the mayor of the city of Benalla, Victoria, Mrs. Judith Sawford, the safe passage states, for export Office Commanding Officer Paul De Puy, which means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, while Mr. Rodney Hewitt, the important, means money, 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Defence academy is six years old

Australia's largest joint service unit, the Australian Defence Force Academy in Canberra was formed on April 2, 1984 by the then Chief of the Defence Force Staff, Air Chief Marshal Sir Neville McNa-
One of the largest and most diverse passing out classes in the history of HMAS CRESWELL has graduated from the Royal Australian Naval College.

Deputy Chief of Naval Staff, Rear Admiral K.A. Doolan, reviewed the graduation of the 101 men and women.

The graduates came from diverse backgrounds, including the Australian Defence Force Academy, University and High School graduates.

All completed a very demanding seven-week command course in professional naval training at HMAS CRESWELL.

A fitting tribute and a highlight of the parade was a flypast of naval helicopters from the Naval Air Station at HMAS ALBATROSS.

The helicopters passed overhead as the members of the guard marched through the graduating division.

The Naval Support Command Band played Auld Lang Syne.

A number of locals were amongst the graduating class. Midshipman Andrew Newbery, Midshipman Neil Cardie, Midshipman David Hamilton, Midshipman Greg Edwards, Midshipman Brian Turner and Midshipman Max Muller are all from Nowra. Midshipman Cindy Kidd was originally from Wollongong.

Commanding Officer of HMAS CRESWELL, Captain David Ramay, told the gathering of dignitaries, graduates and friends that the new officers represented a variety of officer entry to the RAN.

The range of backgrounds was typical of that which exists within the college at any time.

CAPT Ramay said it posed a "very real challenge" for CRESWELL staff to provide training to meet their specific needs of a particular group.

"However," the college derives significant benefits from the variety which is present within the ranks of its students," he added.

They were able to draw on the strengths and experiences of individuals to achieve group aims, fostering positive attitudes towards teamwork and cooperation.

RADM Doolan told the graduates they represented "a vital element of our navy's developing officer group".

One of the "great innovations" at the naval college in the past decade had been the concentration of all streams of officer training at CRESWELL.

Its most important result was that the various branches, lines and specialisations of the naval service came to new each other at a time when attitudes and ideas were being developed which would last an officer's entire career.

He stressed that the graduates belonged to the "naval family" and were part of a unit which sought common goals.

The three "important words" were "commitment, discipline and leadership".

RADM Doolan said the navy "CAN and IS leading the way in representing Australia's interests abroad.

**Pictures by AMPH Paul Kalajzic**

**A family affair ...**

A brother and sister were among the graduates from the Royal Australian Naval College (RANC) at the Passing Out Parade.

Sub-Lieutenant Michael and Midshipman Frances Waddingham had spent the previous seven weeks at HMAS CRESWELL undertaking the Junior Naval command Course.

Michael (21, known as Pat to his friends), joined HMAS CRESWELL in January 1985 in a General List Officer studying engineering.

In 1986 he transferred to the Australian Defence Force Academy (ADF), where he studied Science.

He completed his Science degree in 1988, and studied Mechanical Engineering in 1989.

Frances, 21, joined CRESSWELL in August 1989 as a Supplementary List Officer, completing the Junior Officer's Common Training prior to the Junior Naval Command Course.

Michael and Frances grew up in Canberra — in the suburb of Isabella Plains near Tuggeranong.

Michael went to school at the Maret Brothers College, France (near Woden), and Frances to St Clare's College at Griffith.

Patrol priests are Patrick and Edna Waddingham of Isabella Plains.

The family includes older sister Christine and younger brother Bryan.

During his time in the Navy, Michael has represented the RAN in triathlon, cross-country skiing and Australian Rules football.

Frances has participated in athletics and swimming carnivals.

Both officers have had a very successful time at RANC.

Frances was awarded the Naval Historical Society price for the best researched assignment during Junior Officer Common Training at the United Services Institute of Victoria prize for exemplary officer development.

Also HMAS CRESWELL, Michael and Frances join HMAS CELEBRUS for further training.

Michael will do the Marine Engineers Application Course for five and a half months, and Frances the Supply Officers Application Course before posting to the Fleet Support Team at HMAS KUTTABUL.

**Prizewinners (J-R):** Sub-Lieutenant Heidi Rosendell, Midshipman Max Muller, Sub-Lieutenant Steve Thompson, Rear Admiral K.A. Doolan, Sub-Lieutenant Rodyn Astfield and Lieutenant Alan Williams.

**P R E F E RRED**

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C H O I S E S H O P P I N G C E N T R E, C H O I S E S M , A C T 2905

Jet puzzle solved by a Hercules

New article told of the acquisition of a McDonnell Douglas N462H, named "Hercules" for the Naval Aviation Hercules.

This article was written by the Daily Mirror about the increase in the number of aircraft to be brought into the USA for use by other nations.

The article is not directly related to the high-quality image of the airplane, but it provides context about the aircraft in question.

Plenty of merit in top trainees

A new recruit reported at the WVE School at HMCS CARNEGIE recently. The student, a young woman from New Brunswick, was eager to learn all she could about the aircraft and its systems.

After completing her training at HMCS CARNEGIE, she was assigned to the RAN and is currently training at the RAN Academy.

Temperature under control

The article discusses the importance of maintaining a steady temperature in aircraft, especially during long flights overseas.

OTWAY slips away

Submarine OTWAY, under the command of Lieutenant Commander Mike Vassallo, was recently deployed on a mission to the Antarctic to monitor the ice conditions.
Quake appeal

The ship's company of HMAS Nirimba have shown their community spirit by donating $2300 to the Lord Mayor's Earthquake Appeal in Newcastle.

The money was collected at a fund-raising event.

The CO of Nirimba, Captain B.L. Swan, right, presented the cheque to the Lord Mayor, Mr John McNaughton.

THE NEW SOUTH WALES STATE CANCER COUNCIL

INVEST IN LIFE

YOUR CHANCE TO HELP FIGHT CANCER

Cancer affects us either directly as a patient or indirectly when a family member or friend is diagnosed as having cancer.

Since its inception in 1956 the New South Wales Cancer Council has been leading the fight against cancer in this state. This fight relies on public donations for over 95% of its funds, some of which have been raised with the Navy's assistance. These funds are then directed to:

- Encouraging high quality research into the causes, detection and treatment of cancer.
- Promoting the prevention and early detection of cancer through public education and information programmes.
- Providing emotional and practical support to cancer patients and their families.

When all cancers can be cured, we will close our doors for good. But to achieve that we need your financial support.

INVEST IN LIFE is a project of the Cancer Council which helps to provide these much needed funds. You choose a sum you can afford to give from each pay and authorise the Australian Defence Credit Union to make a periodic payment to the Cancer Council from your account. At the end of the financial year a receipt for the total amount will be issued to you — and contributing to your cancer cure may be deducted from your income tax.

So talk to your branch of the Australian Defence Union and start to INVEST IN LIFE. And then watch for information from the New South Wales Cancer Council knowing that you are helping in the control of cancer.

ABCK Drew Wellings (photographed accepting the Silver Platter from president of the Cat­
ing Institute in Northern Australia, Mr Bob Heils, won by CO, LCDR T.J. Mor­
gan and Maritime Commander, RADM J.D.G. MacDougall.

GAWLER’S AWARD ON A PLATTER

ABCK Drew Wellings of HMAS Gawler has been presented with the Silver Platter minor war vessel Fleet Food Service award.

The award was implemented in 1983 by the then Fleet Supply Staff as an incentive to improve food service standards throughout the Fleet. The competition was divided into two categories, minor war vessels and major Fleet units. 1988 saw the intro­duction of a third award for submarines in recogni­tion of their unique circum­stances.

The Catering Institute sponsors the award and assists RAN cooks with professional advice and help where and when re­quired.

ABCK Drew Wellings (photographed accepting the Silver Platter from president of the Cater­
ing Institute in Northern Australia, Mr Bob Heils, won by CO, LCDR T.J. Morgan and Maritime Commander, RADM J.D.G. MacDougall.

Rodger, Tasha on right trail

Petty Officer Naval Police Rodger Castle and Police dog Tasha have picked up prizes at the 1998 Police Dog Challenge.

The challenge was held at No2 depot, Regents Park, Sydney.

Rodger and Tasha, from the Naval Police Dog Section at NAS Nowra, were placed second overall and also finished runners-up in attack work.

Other teams in the competition included RAAF, NSW Police and Corrective Services.

POWER STATION OPERATORS

The Process Engineering Department of BHP Steel Slab & Plate Products Division at Port Kembla currently has vacancies for a number of Power Station Operators. Suitably qualified, responsible and self motivated men and women are encouraged to apply for these positions.

The Utilities Department provides a wide range of services to the Slab & Plate Products Division such as cold blast air, process steam, compressed air, salt and fresh water.

Operators in these areas control and monitor the operations of High Pressure Steam Boilers, Turbines, Pumps and Compressors, etc.

Applicants must possess a School Certificate, mechanical and technical aptitude and good physical fitness. Possession of Work Cover Authority (DOR) certificates of competence to tend boilers and turbines is preferred, though not essential, as full on the job training and classroom training will be provided to obtain the necessary certificates. The successful applicants will be required to obtain a 1st class Engine Driver's certificate. There is a statutory requirement that a person must be 21 to hold an Engine Driver's certificate.

Successful applicants will work a 5 day daywork roster system initially and will be required to progress to a 7 day, 3 shift continuous roster system as training progresses to an acceptable level and positions are available. An outstanding career opportunity in a demanding position suitably rewarded by the wage rates offered.

Apply in writing in strictest confidence, enclosing a resume and Birth Certificate or proof of Australian Residency to:

Ms T. Pendlebury
Selection Department
BHP Steel Slab & Plate Products Division.
P.O. Box 1804, Wollongong, NSW 2500.

Closing Date: Thursday 12 April, 1990.

BHP is an equal opportunity employer and encourages a smoke-free environment.
Meet the 'Fantasy Family'

Come along and meet the "Fantasy Family" and find out how they work out the "Family Support Puzzle".

The single service support personnel and AD-FHS are having a family formation day (a fun morning) to explain to families what they do and what they can offer families and their families.

It will be held on Wednesday, April 4, 1990 from 10.30am to 12.30pm at Randwick Barracks Conference Centre, Randwick Road, Randwick.

There will be people from housing, social work, family liaison, education, community development and spouse groups to meet and talk to.

Childcare is available.

Phone Carol Scott on (02) 570 9177 to book in your children or for further information.

**WIFELINE**

**WESTERN DISTRICTS of Sydney:** The next meeting is being held on Thursday, April 5, when the girls present will be shown the art of flower arranging, by Jacqui Dowssett. If you would like more details please ring Sue on 831 3538 or Kathy on 888 1212. The meeting will take place in the groups rooms at Building 112 HMAS NEARBY person, who and will begin at 7pm. Babysitting will be provided in the adjoining creche fee of charge.

On Thursday, May 3rd the next meeting is being held by NEARBY person, who will be joined by members from RAAM Richmond, in aid of "The Little Pelican" creche.

The concert will begin at 7pm in the gym, but there will be facilities on the area surrounding the gym, from 6.30pm.

There will be time at this event to enjoy the stalls selling food, souvenirs, tea and coffee, cakes, etc with Rucker providing additional entertainment.

Entrance to the concert will be $5 each for adults.

Any enquiries to LEUT Harrington on SNB 604.

**FREMANTLE:** The next gathering of the girls from the Naval Air Station will be held on Thursday, April 5 at 9am in the Aircraft Display Centre, Fremantle tour, start time 9am, finishing at 10.30am.

The transportation of the aircraft was an easy task, requiring the removal of the fin and tailplane, and even then the remaining aircraft was a wide and high flying group.

In this turn required a full police escort and assistance from the police to avoid snags up on overhead electricity wires.

The move took place over two days and, in avoiding undue disruption of city traffic, the move through Sydney took place in the early hours of the morning.

The disassembly of the aircraft for road transport was done by staff and students of the QANTAS aircraft school, guided by CPO Peter Dickinson of the RAN.

The aircraft was craned and moved by BRIMBLE.

The Grumman Tracker was flown 15 years service with the RAN, flying from HMAS MELBOURNE in the Anti-Submarine Warfare role.

While the aircraft had many years of effective service life remaining, they were cut out of its prime by the decision to scrap the vulnerable HMAS MELBOURNE.

Subsequently they have been leased at the Naval Air Station awaiting sale.

Regrettably, the combination of rain, humidity and sun has slowly reduced their potential to return to active service.

Some recent interest has been shown in the aircraft by potential private owners from despairing Warbirds Community. They should be able to bring back life from this interest, then it is possible that we will see a number of the "Grumblies" flying in the Australian show circuit.

In conclusion, the RAN Historic Flight continues to work toward getting its Tracker airworthy for future displays.

Tracker 851 when it was in operational service in the RAN onboard the carrier HMAS MELBOURNE.

Readers may have noticed one of the RAN's Grumman S2G Tracker aircraft, en route to Sydney recently.

The movement of this aircraft was a result of its sale to QANTAS — not as a 247 replacement — but as an apprentice training aid for their apprentice training school at Alexandria in Sydney. QANTAS, like many other international airlines, has been feeling the effects of a worldwide shortage of skilled tradesmen (aircraft related trades).

Their answer to the problem has been to retrain a school dedicated to the training of such tradesmen.

Qantas buys Tracker 851

In their search for suitable aircraft for inclusion in the school, they came across the RAN Tracker aircraft which are currently stored at the Naval Air Station awaiting disposal or sale.

They selected aircraft 851 of the 16 available for sale and subsequently road transported the aircraft to Alexandria.

The transportation of the aircraft was an easy task, requiring the removal of the fin and tailplane, and even then the remaining aircraft was a wide and high flying group.

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In this turn required a full police escort and assistance from the police to avoid snags up on overhead electricity wires.

The move took place over two days and, in avoiding undue disruption of city traffic, the move through Sydney took place in the early hours of the morning.

The disassembly of the aircraft for road transport was done by staff and students of the QANTAS aircraft school, guided by CPO Peter Dickinson of the RAN.

The aircraft was craned and moved by BRIMBLE.

The Grumman Tracker was flown 15 years service with the RAN, flying from HMAS MELBOURNE in the Anti-Submarine Warfare role.

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Duty they'll remember...

Two Naval Reserve cadets will long remember their duty at the 1990 washing of Miss Lakes at Miss Lake, Ramberg, Leading Seaman D. Boothby (left) and Petty Officer "Gary" Cooper had the job of escorting Miss Australia 1990, Miss Rebecca Noble (pictured) on the night.

First In, Last Out

The Navy at Gallipoli

Lieutenant T.R. Frame & Sub-Lieutenant G.J. Swinden

Just after midnight on 25 April 1915, as the Anzacs prepared for their dawn landing on the Gallipoli Peninsula, the Australian submarine AE 2 left Mudros Island. She was mounting the Narrows which stood between the Allied Fleet in the Aegean Sea and the Sea of Marmara. The Royal Australian Navy was the first in.

Eight months later, when the campaign had failed to achieve decisive results and countless men had lost their lives, the Anzacs troops were to be withdrawn under the protection of darkness. On 20 December 1915, the Royal Australian Bridging Train waited at the beach at Savia Bay for the last troops to depart. As they pulled away from the beach, the supply depot at Savia Bay, the beach was beset by the flames as the stores were destroyed. The Royal Australian Navy was the last out.

Published in time for Anzac Day 1995, the 70th Anniversary of the landing:

220 pp $20.10 x 322 mm, April, $29.95 hardcover.

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NAVY NEWS, March 30, 1990 (60) 9
SPORTS SECTION

**Wounded Tim's 80 clinched trophy**

"Won't be long," said injured Naval Support basmati Tim French to wife Mary in the annual Rex Benson memorial cricket match against the RANC MIDSHIREM at HMS CRESWELL.

Since 28 wins later he strode from the field unbeaten on 80.

He had figured in a 97-run sixth wicket partnership with CRESWELL's Executive Officer CMDR Geoff Leary, and had guided the Naval Support Commander RADAR A.J. Horton's side to its third Benson success in three years.

Tim, a NAVY and NSW Combined Services representative, broke his left thumb taking a caught out field catch — his third of the innings — and was treated for the remainder of the match.

RANC totalled 186 from 33.5 overs under a grey sky.

Openers Mark Spencer compiled a valuable 42 and had support from Carlton Longhurst (33), Glen Miles (23) and browse Pepper (22).

NAVY wicket-takers were Goodfellow 15, Tim French 1/30, CMDR Peter Braden 2/9, CAPT David Ramsey 2/9, CDRE David York 3/25 and Allen Walsh 3/9.

CDRE Merc Yell was dismissed in the seventh over while his captain, Acting Commander, CAPT Brian Swan — walking in his role as keeper on a difficult wicket all afternoon.

Tim French, with his left hand heavily bandaged, came to the wicket with NAVY 1.7 and added 17 runs for the second wicket with Speakhand (11).

The visitors were on the ropes at 5.47 when Tim and Swan went on to add 88 and totalled 144.

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Navy Rules with Graham Thurstan

The Cairns ladies sports are just commencing. The basketball team consists of Peggy Livingstone, Wendy Gould, Tony Duffy, Rachelle Phillips, Glenda Irvin and Rhonda Dunn.

On completion of the basketball the girls hope to have two teams in the netball. The Navy wives will be playing.

Lisa Wallace and Sue Runham are playing A Grade softball for the Cairns Jets. Sue Runham has been selected in the Combined Services softball side.

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Cairns girls in good form

New big profile sport in Cairns is the Combined Services teams. Townsville has been a great success even if Navy came second to gus who — "RAAF".

The Navy side consisted of Dick O'Halloran, Paul Roberts, Nel Tacey, Rod Hepburn, Mick Heaton, Bruce Small, Dave Turner, Shaw Beller and Henry Ford.

Queensland Combined Services was picked after the series with Roberts, Tacey, Hepburn, Heaton, and Turner making the Combined side to Sydney.

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Navy rugby centre Brad Clements on the comeback after a "Hammer" injury. The Navy side has won the Combined Services rugby side to play the Townsville Presidents XV.

I think Townsville is fast enough to beat us but probably not in our home port, it is always a bit after the Commonwealth Games is home town.

The rugby side as the most difficult to beat Hunter, Dom McMarta, Andy Grover, Bert Brooks and Andy James marking time.
Preparation the remedy

Still we hear of injuries through running, swimming and even walking just because people won’t take that extra few minutes to prepare for their session.

Training seems to be the most common cause of running injuries. Excessive or rapid increase in mileage or improper or inadequate warm-up and incorrect stride length contribute to injury. Your body and its parts must be given adequate time to adapt to the demands placed on it. The muscles of the front of the leg, thigh, and shins require strength. All muscles require endurance. Set realistic goals to achieve these performance levels. Running surface, temperature and stress in the running course are all factors which affect the running experience. In particular, sloping terrain and banked running tracks put additional stress on your system.

When looking at overall injuries, extreme environmental conditions should be the first thing at which you look. Since running shoes are the only items one has to wear, the most important is the foot. Enjoy running as a sport. Shoe selection is vital. An improperly made shoe. Your shoe should provide a snug fit in the heel with adequate toe room.

There should be a well-padded tongue, arches, and a shock absorber for the heel. I know it all sounds familiar but let me state a genuine fact to improve on what we already know.

First, second for canoeists

Chris Gitten's Jason Hills, Nigel Larkin and Mark French from HMAS ALBATROSS have finished first and second in the touring class doubles of the N.S.W. Marathon Series 1989/90.

The canoe races have been held throughout the state during the past six months at venues including Newcastle, Sydney, Wagga Wagga, Kangaroo Valley and Canberra.

The paddlers raced individually and as a club over distances varying from 22km to 34km.

The RANAS Canoe Club members also gained sufficient points to win the touring class trophy, a magnificent effort in their first year against seasoned crews which included Marly-Waringah, Ilwara, Nepean and Sydney University.

In the picture below Lieutenant Mark Ware (left) presents ALBATROSS Commanding Officer Commodore R.N. Partington, with the shields the Navy paddlers were during the Marathon Series. Other members of the team in the background are Chris Gitten, Craig Pegall, Nigel Larkin and Rick Collins.

Picture: SWRPH Susan Pope.
WRAN Writer Kym Pickering proudly displays her trophies.

Kym swamps swim rivals

WRAN Writer Kym Pickering of Carina scoped the pool at the recent HMAS CERBERUS Navy Swimming Championships. Kym won three events from three starts and was a member of two victorious relay teams. Her victories culminated in her being crowned female champion of the event.

Winning the event was not enough for Kym as she broke two long-standing records in the 50m butterfly and the 100m freestyle events.

Kym is currently undergoing training in the category of writer at the SUPP School HMAS CERBERUS. CERBERUS is the Royal Australian Navy’s largest training establishment and is situated at Western Port, Victoria.

The completion of her training Kym will be posted to HMAS WATERHEN in Sydney and she is looking forward to a successful career in the Navy.

HMAS WORTH

IS THERE A CATHOLIC PRIEST OR A PROTESTANT VICAR IN THIS CARRIAGE?

I AM A BAPTIST MINISTER. CAN I HELP?

NO THANKS SIR, WE'RE TRYING TO BORROW A BOTTLE OPENER.

Navy has finished runner-up to Army in the Apprentices’ Inter-Service Sports Summer Series.

The series was held at HMAS NIRMABA. Navy finished on top with 250 points ahead of Navy and RAAF who scored 191 and 147 respectively.

Day one of competition was marked for a formal welcome by Commanding Officer of the CAPT Jason Ryan, as well as presentations to teams for the last 12 months. Navy and RAAF were awarded the Navy and RAAF’s open telephone raffle, and Camp Leekie and Camp Padley were awarded the RAAF and Navy’s open telephone raffle.

Policies were scored 158 in the first over (Hawthorne 2/51, Mark Harling 5/0), Navy scored 176 in the third over (Kym Winning, 186 in the fourth over, 120 in the fifth over, 2117. Navy finished on top of the Army with a total of 220 points, while Navy and RAAF scored 147 and 145 respectively.

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