



Cumann na nIarl
Oifigeach Coimisiunta

ASSOCIATION OF RETIRED
COMMISSIONED OFFICERS

NEWSLETTER

ISSUE NO. 13
AUTUMN 2007

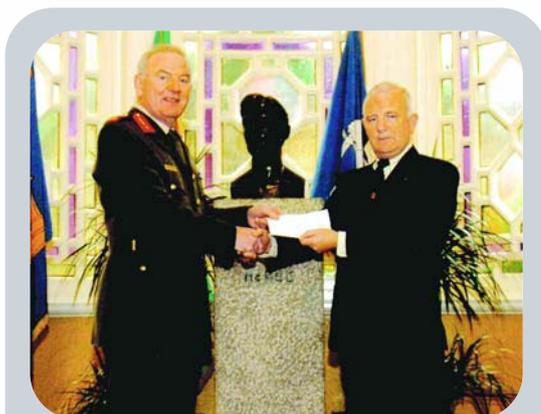
*'Continuing the fellowship established during service
in the Permanent Defence Forces'*

Our AGM is nigh . . .

The Annual General Meeting of the Association (see Notice and Agenda opposite) will be held on Saturday 6th October 2007. Again we encourage members to attend and avail of the opportunity to meet with your Executive Committee and renew old friendships. A lunch with wine (gratis) will be provided after the meeting.

The ARCO Sword for Best Cadet was presented by the President to Lt Denis Flynn at the Commissioning Ceremony held in the Gymnasium, DFTC, on 17th January 2007. Denis, who hails from Sligo, has an Honours Degree in Microbiology from UCG and a Masters in Molecular Genetics. The ARCO Sword for the Best Cadet in the Air Corps has been delivered and was presented to 2/Lt. Odhran Murphy, who hails from Wexford, at the Commissioning Ceremony in Casement Aerodrome, Baldonnel, on 15th February 2007. We wish Denis and Odhran every success in their careers in the Defence Forces.

Members of the Executive Committee have represented ARCO at various State and Defence Forces events during 2007. Visits to the Branches in the DFTC, 4 Western Brigade and the Naval Service have been completed. Similar visits to 1 Southern Brigade, 2 Eastern Brigade and the Air Corps are scheduled for September and October. A formal meeting has been held with RACO and one with the General Staff is scheduled for early October. It is intended that these meetings will be held annually. Pensions Section, DOD, have agreed to the deduction of member's annual subscription, subject to individual authorisation.



Col Michael Lucey, President, presenting a cheque for the DFBB on behalf of ARCO to Lt Gen Jim Sreenan, Chief of Staff.

NOTICE TO MEMBERS

The 13th Annual General Meeting of the Association of Retired Commissioned Officers (ARCO) will be held in the Auditorium, 2nd Eastern Brigade Headquarters, Cathal Brugha Barracks, Rathmines, D 6 on Saturday, 6th October 2007 at 11.30hrs

AGENDA

1. Opening Address by President, ARCO
2. Minutes of 12th AGM – 7/10/06
3. President's Report
4. Report of the Hon. Secretary
5. Report of the Hon. Treasurer to include audited A/Cs
6. Report of the Hon. Membership Secretary
7. Elections to Executive Committee
8. Appointment of Auditor
9. Any other business

Ken Kelly, Lt Col Droum,
Hon. Secretary Leap,
ARCO Skibereen,
Sep 2007 Co. Cork

Tel: 028-34769 Email: kayteekay@eircom.net

Attending the AGM? Need lunch?

Coffee will be available in the Officer's Mess from 1030hrs. A lunch with wine (gratis) will be served after the meeting. Those wishing to partake of lunch are requested to notify the Hon. Secretary on or before 28th September.

- **Don't forget to bring your I.D card to facilitate your entry into Bks •**

Not attending?

Apologies from those unable to attend will be read out on the day. These can be conveyed to the Hon. Secretary, contact details above.

Air Support In The Defence Forces – The Way Ahead

The arrival of the Agusta Westland AW 139 marks a new direction in the mission and tasks of No. 3 Operations Wing. Today No. 3 Wing, as the helicopter component of the Air Corps and the Defence Forces, is moving its operational and training focus from direct participation in the national SAR effort to military combat-support roles in support of the Defence Forces, incorporating a range of government-directed tasks in support of the citizen. The Wing Mission Statement reflects this movement:

“No 3 Operations Wing generates, sustains and delivers rotary-winged, multi-purpose, combat-support air capabilities to meet the Air Corps’ defence objectives and Government-directed tasks through the commitment, skills and expertise of its personnel and the effective deployment of its resources”.

In the delivery of air support the AW 139 will be the primary aircraft, supported by the EC 135. Some of tasks of the AW139 will be:

- ◆ Helicopter air support to surface forces, i.e. ARW, Army Bdes, Naval Svce, including vertical manoeuvre, CASEVAC, MEDEVAC, reconnaissance, Command & Control, etc.
- ◆ Air Ambulance standby, major emergency assistance, Inland assistance to SAR.
- ◆ Air Transport
- ◆ Operational NVG qualification training.

The EC 135, which was delivered in 2005 will complement the AW 139 in the training and some operational roles. Primarily a training aircraft, its main tasks are:

- ◆ Helicopter Pilot and Instructor Conversion including Type and Instrument Rating
- ◆ Initial NVG qualification training
- ◆ Air Ambulance Standby reserve to AW139
- ◆ Other operational tasks e.g. Recce., Emergency Assistance, etc.

The development of army aviation support is now the core mission for No. 3 Wing; in the past capabilities were invariably developed to meet specific ARW requirements, and then, where appropriate, cascaded downward to the Brigades. While the

Brigades will not require proficiency in the full range of ARW capabilities, it permits scenarios to be trialled in a controlled manner with



a cadre of highly trained troops. Therefore the ARW will continue to be also the proving ground for new concepts, including night operations. Typical future special forces’ capabilities will include:

- ◆ Air Insertion / Extraction – day and night;
- ◆ Fast Rope Insertion and Extraction (FRIES);
- ◆ Heli Casting – from EC 135 and AW 139 by day and night including open sea;
- ◆ Parachuting (Freefall and static line) – day and night.

These ARW requirements set a high standard and will require a high level of continuous training; in some cases specific additional technology will need to be fitted to the aircraft. Currently, with only two of the six AW 139s delivered, the emphasis is on flight training of crews in order to ensure that crews are fully familiar with the aircraft and its systems.

The AW 139, with its speed, carrying capacity and mission equipment (as outlined by LtCol Mick Hipwell in a previous article) will rapidly increase the ability of the Air Corps to deliver a wider range of air support to the Defence Forces and the citizen.

The challenge for the Wing into the future is to move from the highly specialised area of Search & Rescue to the equally specialised area of multi-role combat air support, initially by day and, in the future, by night also. The provision of Government-directed services will be accommodated within this operational profile, as they offer significant training opportunities as well as delivering unique services to the community.

2007 Defence Budget To Exceed €1 Billion

With the publication of the Government's book of estimates for 2007 on 16th November 2006, Minister for Defence, Mr Willie O'Dea T.D. announced that the Defence Budget for the next year would top €1,005 billion (gross) for the first time in the states' history. This is an increase of €46 million on the 2006 Estimates and is broken down into E€821 million (Defence Estimate) and €184 million (DF Pensions Estimate).

The funding provided for in 2007 means that major equipment purchases for the Defence Forces will continue and significant progress will be made on the Defence Forces' building and barracks improvement programmes.

Over the past ten years the Government has invested over €1.5 billion on modern equipment and services and over €335 million on upgrading military buildings and infrastructure.

This year the Army will take delivery of another fifteen Mowag armoured vehicles valued at €36 million. The Air Corps will get four utility AW 139 helicopters, at a cost of almost €50 million, in addition to the upgrading of their two CASA maritime patrol aircraft, at a cost of nearly €17 million.

For the Naval Service, planning is well underway to replace three patrol vessels under the 30 year rule, as two vessels will be due for replacement between 2007 and 2009. Furthermore, over €40 million will be spent on barracks and building improvements.

2005 – 2008 Equipment Purchases

NBC Equipment:

9,500 NBC Suits (800 delivered in 2006), Respirators, Biological Agent Detector and Screening Kits, Group Decontamination Equipment and Personal Decontamination Equipment €8 million

Small Arms: 1,400 9mm Pistols and 400 7.62mm GPMGs €5.2million

Command Posts: Six Field deployable Command Post Containers €3 million

Integrated Protection and Load carrying System*:

(this includes Body Armour, Helmets and Rucksacks)
 8,000 units of Body Armour €8 million
 12,000 Helmets €2.5million
 12,000 Rucksacks €3 million

* A competition is underway for 12,000 Battle Vests as part of the Integrated Protection and Load Carrying System.



Ar dheis Dé go raibh a n-Anamacha

Deceased Officers

Our condolences to the families and friends of those who passed away since our last Newsletter went to print:

Capt A.J Harkins	26 January	2007
Capt William O' Flynn	04 February	2007
Capt P. Smith	24 February	2007
Lt Col Charlie Cullen	26 February	2007
Capt Peter Gleeson	28 February	2007
Comdt Richard Mc Intyre	18 April	2007
Capt Pdraig O' Siuchru	10 June	2007
Comdt Noel Sloan	11 June	2007
Lt Col John Phelan	14 June	2007
Comdt Malachy Powell (AMC)	16 June	2007
Comdt Tony Mc Clafferty	20 June	2007
Brig Gen Pat Monahan	02 July	2007

Serving Officers

Lt Col Paul Delaney
 J5 Nordic Battlegroup (ex 4W.Bde) 23 July 2007

Presentation of new ARCO Sword at Air Corps Commissioning



l-r: 2/Lt Odhran Murphy, Best Cadet, Brig Gen Ralph James, GOC AC, Lt Gen Jim Sreenan, Chief of Staff, Mr Willie O'Dea T.D, Minister for Defence, Col Michael Lucey, President.

Further advance on 2nd May was halted by stiffening resistance. The Turkish counterattack of 19th May ran out of momentum by the 24th with a horrendous 10,000 casualties from an attacking force of 40,000 while the defenders lost 160 dead and 500 wounded of their force of 10,000. The terrain told. We drove to Chunuk Bair, two kilometres to the northeast and just two kilometres inland. This 850 foot hill and Hill 971 a further kilometre northeast were among the ANZAC's first day's objectives. They were never decisively taken despite repeated attacks by British, Indian and ANZAC forces. Finally on 10th August after four days fighting the Turks led by Mustafa Kemal finally cleared the enemy from the hill.

Among the monuments and memorials there is a commanding view from Chunuk Bair. We saw it as the sun was setting in the Aegean, with sufficient light in the northwest to illuminate the sweep of Suvla Bay, the Salt Lake and the brooding Kirectepe Ridge to their north. Around to the east the Dardanelles could be seen glinting in the distance.

Thursday the 29th March was our last full day on the peninsula. We spent it at Suvla Bay and Kirectepe Ridge. The attack at Suvla Bay, about 10 kilometers north of Anzac Cove, was mounted by the newly formed British IX Corps, comprising the 11th (Northern) Division and two brigades, 30th and 31st, of the 10th (Irish) Division. The 11th Division landing began on the night of 6th August 1915. By the next morning, with the arrival of the 10th Division almost 20,000 men were ashore. It was the final attempt to break the deadlock in the Battle of Gallipoli. Despite facing light opposition, the landing was mismanaged from the outset and quickly reached the same stalemate that prevailed further south. On 15th August, after a week of indecision and inactivity, the commander, Lieutenant-General Sir Frederick Stopford was sacked.

The fighting reached a climax with the Battle of Scimitar Hill on 21st August, the largest one day battle of the Gallipoli campaign. It too failed; activity at Suvla subsided into sporadic fighting until the evacuation in late December. The failure of leadership and incompetence of command at Suvla was, arguably, the worst case in the whole war, at least on the British side. We began our tour of the Suvla area at Lala Baba and Lala Baba Cemetery close by.

Among the photographs I took that day, two are of tombstones – the first that of Private Angus Mac Donald, 1st Lovat Scouts in Lala Baba Cemetery and the second of Sergeant J. Loughlin, Royal Irish Fusiliers in Green Hill Cemetery. Sergeant Loughlin's stone notes that he died on 10th August 1915 at 42 years of age. Private Mac Donald died on 7th December, aged 19. It was the family inscription on each that took my attention; Private Mac Donald's because it is in Scots Gaelic and shows a hope for eternity, "Comhraig e an deadh chomhraig. Cleigh e an creidimh". Sgt Loughlin's reflects a family's heartbreak. It says, "Deeply mourned by wife and six children in Ireland".

We walked the shores of Suvla Bay and despite the cold the hardier souls toggled out and swam a few strokes and then a few more. Other places we visited were Green Hill, Hill 10, Asmac, Scimitar Hill and the Turkish Gendarmerie Cemetery. Perhaps the highlight that last day was our walk from Suvla Point along Kirectepe Ridge, the scene of the 10th Division's travails. The underlying rocks have been lifted from the northwest by seismic activity leaving a precipitous fall into the Aegean (Gulf of Saros) and a more gradual slope towards the centre of Suvla Plane to the southeast. A narrow path on the seaward side was the only part of the ridge covered from Turkish observation and long range fire and was used for resupply during the campaign. It is difficult country, covered by low prickly scrub favouring the defender. Even in the cool late March evening we travelled slowly, taking in the views, pointing out the various objectives and positions. We covered the seven kilometres to Kidney Hill and the Turkish memorial in three and a half hours or so. And so our memorable tour to Gallipoli ended.

Next day, Friday, we travelled back to Istanbul. Saturday was spent on the wonders of Hajia Sofia, my personal favourite; Topkapi, the Blue Mosque and the Grand Bazaar, and it rained that day.

Our special thanks to Dick whose organisation, enthusiasm and encyclopaedic knowledge of the Gallipoli campaign made it an unforgettable week. Mick was the Istanbul expert and our thanks to him for keeping us on the straight and narrow path in the city on the Bosphoros and the Golden Horn. For the rest – good company saw the days pass all too quickly and took miles off the road.

If this short article engenders some enthusiasm among those of you who have stayed with it to the end, the following websites may be worth a click.

<http://en.wikipedia.org/wiki/Troy> - An introduction to Troy.
www.iit.edu/~agunsal/truva/truva/truva.html - More on Troy.
<http://www.stanford.edu/~plomio/history.html> - The Trojan War
http://en.wikipedia.org/wiki/Battle_of_Gallipoli - A quick general overview.
www.anzacsite.gov.au
www.anzacsite.gov.au/2visiting/grave.html - for cemeteries.
Some of the photos of cemeteries at Anzac show the terrain quite well.
www.1914-1918.net/Gallipoli.htm
www.iit.edu/~agunsal/cacanwar.html - A Turkish perspective.

There are lots of sites dealing with Gallipoli and many books on the campaign are in print. From an Irish perspective, Phillip Orr's work published recently, "Field of Bones" tells the story of the 10 Division at Suvla.

Lastly, approximate casualties were as follows:

Allies: 250,000 including 50,000 dead.
Turkish: 300,000 including 85,000 dead.

A visit to Gallipoli

Avid fans of this publication may remember Joe Ahern's recollection in the spring issue of the trip along the Camino de Santiago de Compostella. The final leg to wet and windy Finisterre was completed in September 2006. By November we were sufficiently well recovered to consider another adventure - "let's do it while we're able" – was the unofficial motto of our loosely organised walking group. E-mails flew hither and thither, phone calls were exchanged, dates were considered and finally we plumped for a military history cum-walking trip to the Gallipoli peninsula at the end of March 2007, taking in Troy and ending with a short visit to Istanbul. As before the group was composed mainly of 37th Class members with, me, Frank McKeivitt of the 36th Class thrown in to leaven the bunch. There were eight in all – Joe Ahern, Malachy Hanley, Dick Heaslip, Mick Lucey and FMcK as before, joined now by Tom Hodson, Billy Nott and Felix O'Callaghan.

We flew to Istanbul on Sunday, 25th March, picked up a hired minibus before travelling south on Monday morning, a four hour journey, to Eceabat (Maidos in 1915) on the Gallipoli peninsula where we took the ferry to Canakkale on the Asian side of the Dardanelles. We travelled in bright sunshine and I'm happy to say that we continued to enjoy the sun for the greater part of our time in the area. But the Mediterranean brightness was deceptive. It was accompanied by a keen north-easterly breeze, keeping the temperatures in a more Irish range for March and early April. We were to learn from our Turkish guide, Mr. Aykut Degre, that the severity of this wind from the Black Sea is exacerbated by the geographic lie of the land. It seems that the Gallipoli peninsula to the west and the Anatolia landmass to the east, canalise the wind along the length of the straits, reinforcing its harshness. He also told us that the wind blows for days at a time and for more than 200 days in a year. It stayed with us for all of our time on the peninsula. Canakkale, a thriving town on the Anatolian side, was our base for the duration of our stay. There is no bridge across the Dardanelles at this, the narrowest point of the strait. Instead, an efficient ferry serves the needs of the population on both sides, though I've read that a bridge is in the planning. In the weather we enjoyed, the daily journey from Canakkale to the peninsula was a pleasure, but we were careful to wrap up well against the cool breeze. This is a busy international shipping route, bringing goods and services to and from Istanbul and



the Black Sea ports. Our guide pointed out the various types of craft using the waters and there was never a dull moment, especially during the evening return trips to Canakkale as we watched large vessels looming in the deepening darkness, hoping that the watch keepers were alert to our relatively diminutive craft crossing their path.

On Monday 26th we had enough time to see Troy and to visit a number of the First War Turkish forts on the eastern shore. These forts played a part in denying the Allied fleet an easy passage through the straits in 1915. We also stopped briefly at the site of the French diversionary landing of 25th April 1915 on the Asian shore at Kum Kale. This was a successful operation: the troops were withdrawn in good order and on 28th April were committed on the British right at First Krithia. Effortlessly, then, in an evening, we bridged the centuries between ancient Troy and the early 20th Century. We did little justice to Troy in our short visit – there is enough there to keep a visitor busy for more than a few days. But, though time was against us we were all agreed that we should avail of the opportunity to visit the famous city that through Homer and Virgil gave us such 'happy carefree hours' long years ago. From Troy, northwest across the entrance to the Dardanelles, the southern tip of the Gallipoli peninsula can be seen. This is Cape Helles. We stood at Troy that Monday and at Cape Helles two days later viewing each in turn from the other. Watching the slow progression of the great ships into one of the key strategic waterways of the ancient and modern world evoked a strong sense of historical continuity from ancient times down the centuries to the days of the Cold War. It was easy too, to imagine the scene in March 1915 as ships of the combined British and French fleet steamed confidently into the straits, ready to deal decisively with 'Johnny-Turk' only to experience the shock sinking of three battleships by Turkish mines on 18 March. This naval defeat set the scene for the land battles to follow between April and December, before the final, inevitable withdrawal in December 1915 and January 1916.

The land campaign followed the failure of the naval attempt to force the Dardanelles by sea power alone. The naval objective had been to destroy the Turkish forts in the narrows then drive through the Sea of Marmara, take Constantinople (Istanbul) and thereby bring about the collapse of the Ottoman Empire. The Gallipoli campaign was the product of skewed thinking and overconfidence in Allied superiority over the Turks. Poor leadership and bad decision-making compounded the original error. The Allies were facing a highly motivated nationalistic force, well led by German and Turkish officers. This is illustrated by a widely reported example of Turkish determination in the Anzac sector. An Australian note thrown into a Turkish trench urging its occupants to surrender received a curt reply. "You think there are no true Turks left, but there are Turks, and Turks' sons!" The rise to fame of Ataturk began here and the modern Turkish state could scarcely have come into being but for the sacrifices of Ottoman servicemen in Gallipoli in 1915. Modern Turkey is encouraging its youth to visit the battlefield and gain an appreciation of their forbearers' sacrifices. Every day we saw groups of youngsters being shepherded from site to site.

On Wednesday the 28th, standing at Cape Helles, at the old fort at Seddulbahir, that sense of historical continuity was again evident. There, near Seddulbahir – the 'Sud el Bar' of the ballad, the "Foggy Due", in the words, "Twas better to die 'neath an Irish sky, Than at Suvla or Sud el Bar." - among the graves of Munster and Dublin fusiliers, killed at that place during the April landings, where the sea ran red with their blood; now, in the sunshine, the immediacy of the events of 1915 was brought home to us. Their graves and those of their comrade soldiers in V Beach Cemetery are within sight and earshot of the same sea. Close by, inland from Morto Bay, is the sole French Cemetery on the peninsula, the Helles Turkish Cemetery and the imposing 40 meter high Turkish Martyrs Memorial. All the dead lie close together now in a land and seascape that has changed little since April 1915.

The long historical connection was not lost on Mustafa Kemal (Ataturk), surely the major beneficiary of these events, when after the British withdrawal in January 1916, he declared, "We have avenged Troy". Years later, in 1934, as head of the Turkish state he was capable of more conciliatory thoughts. He wrote;

"Those heroes that shed their blood and lost their lives . . . You are now lying in the soil of a friendly country. Therefore rest in peace. There is no difference between the Johnnies and the Mehmets to us where they lie side by side now here in this country of ours . . . you, the mothers, who sent their sons from faraway countries wipe away your tears; your sons are now lying in our bosom and are in peace. After having lost their lives on this land . . . they have become our sons as well."

Mustafa Kemal Ataturk Memorial



l-r: M.Lucey, B.Nott, F. McKeivitt (author), J. Ahern, M. Hanley, T. Hodson, D. Heaslip, F. O' Callaghan.

That Wednesday afternoon we walked from Gully Beach through Gully Ravine to the Nuri Zamit memorial at the northern and eastern limit of the Allied advance from Helles. The going was easy enough there being little water in the ravine. Some of the more active detoured to Y Beach while the rest of us were content to take the view from Gully Spur. We can only imagine the state of affairs on Gully Spur and in the ravine during the last of the major Helles battles before the main action moved north to Anzac and Suvla. The Battle of Gully Ravine began on 28 June. A fresh division, the 52nd, had been committed to the battle; new ground was gained along the left flank and it was held despite vigorous Turkish counterattacks from the 1st to 5th July. Despite this Allied advance, stalemate ensued. So in the second week of July, the hill named Achi Baba, the first day's objective of the Helles landings in April, remained three kilometres in rear of the Turkish front line.

On Tuesday the 27th we toured the Anzac area north of Gaba Tepe along the Aegean shore. The April landing here at Anzac Cove was coordinated with the landings at Helles 25 kilometres to the South. We walked as much of the ground as time would allow, viewing places sacred to generations of ANZACs; Hell Spit, The Sphinx, Plugge's Plateau, Shrapnel Valley, Quinn's Post, Monash Gully, The Nek, and more. We hiked from Anzac Cove to Plugge's Plateau, then crossing near Shrapnel Valley and Monash Gully we climbed to Fourth Battalion Parade Ground Cemetery before moving on to the main road north near Courtney's and Steel's Post where we were happy to see our minibus waiting. Looking down to the sea from the hill above the cemetery it seemed difficult to believe that it was scarcely more than a kilometre as the crow flies. But we had zigzagged, clambered up and slid down, heaved and steadied, grasped and gasped, nearly losing our bearings for lack of visibility before taking a breather at the Fourth Battalion Parade Ground Cemetery after nearly three hours effort. This was the most difficult of terrains with severe testing inclines and heavy scrub in the valleys.

On 25th April the ANZACs had landed here against light opposition and quickly gained the difficult terrain inland.

CAOGA Benefits and Subscriptions

Retained Members and Spouses as at July 2005

RETAINED MEMBER

Definition: A member, who has retired from the PDF, has been a member of CAOGA for at least 12 years and is under 70 years of age.

Subscription: €8.25 per month (refundable)

Death Benefit:

Official Benefit	€10,157.90
Discretionary Benefit	€9,523.04
Total	€19,680.94

RETAINED SPOUSE MEMBER

Definition: The wife/husband, while under 70 years of age, of a retained member

Subscription: €3.81 per month (refundable)

Death Benefit:

Official Benefit	€10,157.90
Discretionary Benefit	€6,983.56

Funeral Benefit:

	€4,000.00
Total	€21,141.46

BENEFITS/-SUBSCRIPTION - IRISH LIFE GROUP ASSURANCE SCHEME AS AT JULY 2005

MAIN SCHEME

Age	Benefit	Monthly Premium (non-refundable)
35th – 66th birthday	€300,000	€47.00
66th – 70th birthday	€100,000	€44.00

SPOUSE SCHEME

Up to 66th birthday	€300,000	€34.00
66th – 70th birthday	€100,000	€32.00

Presentation of ARCO Sword at Army Commissioning



l-r: Lt Denis Flynn, Maj Gen Dermot Earley, DCOS (SP), Col Michael Lucey, President, Mr Willie O'Dea T.D, Minister for Defence, Lt Col Colm Campbell, Commandant Cadet School, CQMS Denis Flynn (father of Lt Flynn).

news . . . news . . .

Hail and Farewell . . .

The Members and Executive Committee of ARCO would like to wish Lt Gen Jim Sreenan all the very best in his retirement and to congratulate Lt Gen Dermot Earley on his appointment as COS. Our congratulations also go to Maj

Gen Pat O'Sullivan on his appointment as DCOS (SP) and to his replacement as GOC DFTC, Brig Gen Dave Ashe. We wish all three every success in their new and challenging appointments.

Editor's Note

This newsletter is issued in Spring and Autumn. Articles or items of interest from members are always welcome. If you have something to contribute please send it to Michael Lucey, Editor, at melucey@hotmail.com or by post to: Col. Michael Lucey (Retd.), 228 Grange Road, Rathfarnham, Dublin. 16.

Welcome to ARCO's new members:

Brig Gen Freddie Swords	Comdt James Doohan DSM
Col Dave Betson	Comdt Des O'Donnell
Col Enda Breslin	Lt Cdr (NS) Eamon Lucey
Col Michael Cleary	Capt Paul Farrell
Col Eiver O' Hanlon	Capt Tom Murphy
Lt Col Brian McQuaid	Lt Malachy Hanley
Lt Col Harry Smith	Lt Felix O'Callaghan
Lt Col Denis Ward	

Medical Matters . . .

Cholesterol

Cholesterol is a soft waxy substance that is a normal and essential constituent of the body. It has many functions such as being part of the membranes covering all body cells. If the amount of cholesterol in the blood is excessive there is increased risk of coronary artery disease leading to heart attacks. The body can produce about one gram of it a day, in addition to the amount that is contained in foods from animal sources including meat, fish, eggs and wholemilk. Food from plants; fruit and vegetables, nuts and seeds do not contain cholesterol.

Foods with a high content of saturated fats (generally of animal origin) contain a good deal of dietary cholesterol.

Excessive cholesterol in the blood can produce hard deposits of cholesterol on the lining of blood vessels to the extent of blocking normal blood circulation. However, cholesterol levels can only be accurately determined by blood tests. This is a matter that can be easily determined by your G.P.



This matter may be remedied firstly by dietary adjustments. In addition some drugs may be prescribed to reduce the amount of cholesterol that is made in the body itself. Regular physical exercise has a beneficial effect in reducing risk of high cholesterol.

Col. Joe Laffan, M.D., (Retd.).

DEFENCE FORCES Annual Gala Concert

Saturday 20 October, 8 P.M.

Featuring

**Bands of the Defence
Forces and Guest Artiste
Mairead Buicke (Soprano)**

in aid of

**Defence Forces
Benevolent Fund
& Soldiers Aid Fund**

Tickets: €25

BOOKINGS:

National Concert Hall:

Tel. 01 417 0000 /

Fax. 01 4751507

Website: www.nch.ie

Cathal Brugha Booking

Office: Tel. 01 8046296

**(Opening Monday
24 September)**

Towards 2016 (T2016): Ten Year Social Partnership Agreement 2006 - 2016

In the Spring Issue of our Newsletter the matter of the care for the elderly was addressed, albeit with a caveat that policy in this area had been drafted prior to the recent election. Of particular concern is the issue of proposals for equity release in family homes to fund nursing home care. It is proposed to return to this matter in the Spring 2008 Newsletter, when Government intentions are clearer.

One particular initiative in Healthcare is to be welcomed viz: *that from the 1st January 2007 ALL medical expenses qualify for income tax relief, the previous threshold level having been removed in the 2007 Budget.* Accordingly, members should

claim all medical expenses when submitting their tax returns in 2008.

Increase in Pension

RACO signed off on the Agreement in May and the following increases in the Pension will be due:

- ◆ 3% w.e.f 01 December 2006
- ◆ 2% w.e.f 01 June 2007, except for those earning up to €20,859 per annum where 2.5% will apply
- ◆ 2.5% w.e.f 01 March 2008
- ◆ 2.5% w.e.f 01 September 2008

RACO have completed their presentation to the Public Service Benchmarking Body and a positive outcome from this should benefit our members in due course.



www.iarco.info