



Cumann na nIar - Oifigeach Coimisiúnta

# newsletter

Association of Retired Commissioned Officers

Issue No: 21. Autumn 2011

ARCO Web Site: [www.iarco.info](http://www.iarco.info)

## ARCO 17th Annual General Meeting – McKee Barracks

Saturday 1st October 2011

*The 2011 Annual General Meeting of The Association (see Notice and Agenda opposite) will be held on Saturday 1st October 2011. Members are encouraged to attend and avail of the opportunity to meet the Executive Committee and renew old friendships. A lunch with wine (gratis) will be provided in the Officers Mess after the meeting. A copy of the minutes of the 2010 AGM are enclosed.*

An Claoimh Gaisciochta the ARCO sword for the best Cadets (Army and Air Corps) were presented by Col Brian O'Connor, Retd, President of ARCO, to Lt Edward McGuire, (Army) and by Lt Col Richard Cummins, Retd, to Lt Barcoe, (Air Corps), at their respective Commissioning ceremonies held in the Curragh Gymnasium, DFTC, in March and Casement Aerodrome in 2011. (See back page for photos)

Members of the **Executive Committee** represented ARCO at various State and Defence Forces events during 2010/2011. The President and members of the EXCOM met with the new Minister for Defence, Mr Alan Shatter, TD, in the Department of Defence, Newbridge in April 2011. Annual formal meetings were held with the General Staff, Secretary General, DOD and RACO. Further meetings will be held later this year. A group of six members of ARCO attended the wreath laying ceremony at the war Memorial, Islandbridge, where An tUachtarán, M. McAleese and Her Majesty Queen Elizabeth II laid wreaths to commemorate Irishmen and women lost in conflicts.

**CAOGA** have changed their cover for members, due to subscription and underwriting concerns. Details have been posted on our website to each member by snail mail. Due to changes in private health costs members should access the website; <http://www.hia.ie/ci/health-insurance-comparison/search-result/47-111-68> to assess the relative value of each scheme on offer.

Access your rejuvenated website for up to date information at [www.iarco.info](http://www.iarco.info)

### NOTICE TO MEMBERS

The 17th Annual General Meeting of the Association of Retired Commissioned Officers (ARCO) will be held in the Auditorium, Defence Forces School of Catering, Mc Kee Barracks, Blackhorse Avenue, D7, on Saturday 1st October 2011 at 11.30 hrs

### AGENDA

1. Opening Address by President, ARCO
2. Minutes of 16th AGM –09/10/10
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. Appointment of Auditor
8. Elections to Executive Committee
9. Brief on ARCO Strategic Review
10. Increase in Annual Subscription
11. Future Amendment of Rules
12. Any other business.

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Hon. Secretary      Rathfarnham, Dublin 16  
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### Attending the AGM? Need lunch?

Coffee will be available in the Officer's Mess from 1030hrs. A light 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 26th September 2011.

- 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.



# A Walk Around The Plains

By Wesley Bourke

Photographs by Airman Greg Dorney

*The Curragh Plains is a vast expanse, renowned throughout the world for its beauty, horseracing, historical monuments and its unique flora and fauna. As members of the Defence Forces, we know it for different reasons – range practices, military courses and exercises. Over the years, the military has become part of the Curragh, and the Curragh part of us.*

The legendary Fianna are said to have met on the nearby Hill of Allen, King Henry II camped here in 1171 on his way to Dublin, the Jacobite Army I trained here in 1686-7 and the British, after established a permanent post in 1855, trained and billeted thousands of soldiers before shipping them out to fight in the Boer War (1899-1902) and in World War I (1914-18).

Now, after several years of research and planning, the Curragh Camp has its own museum, where you can take in the many marvels of this magnificent geographical and historical site. The exhibit covers all aspects of Curragh life and Comdt Miriam McCann (director) and Sgt Charlie Walsh (curator) gave us a tour of this excellent facility, located in an old stable, situated just across from the camp's Centra store. It has taken a few years to pull together,' said Comdt McCann, 'and during the initial planning, we had to ensure we took in all aspects of the Curragh - military, civilian, equitation, conservation and archaeology.'

The museum is sub-divided into three distinct sections covering the Environment encompassing the local archaeology, flora and fauna, the British military presence up to 1922 and the Defence Forces since 1922. To start you off, visitors can catch a short audio-visual film that sets the tone for your visit with some magnificent aerial shots of the surrounding hinterland, including the ring fort at Dun Ailinne, which was once part of the Curragh.

The ample grasslands and the aquifer (guaranteed source of water) underneath were the main reasons why the British built a camp here. The plains also boast some unique flora, only found in this part of the world. Plants like bog thistle and broad-leaved bog cotton aside, we (soldiers) have a tendency to think in Military terms and as Sgt Walsh spoke about the narrow-leaved marsh orchid (protected by a EU Habitat Directive) and the 159 different types of butterfly, our attention was quickly drawn to an array of vintage firearms on display close-by.

Here, we had a Brown Bess musket - one of the longest serving firearms in British Army service, a Martini Henry rifle - brought to fame for its quick firing rate of fire in the later 1800s and a Blunder Buss musket - one of Sgt Walsh's favourite pieces in the museum.

Charlie explained that weapons like it were used by the United Irishmen in the 1798 rebellion. Following the failed rebellion, the rebels seeking terms with the British forces gathered at the rath.

One rebel fearing death cleared his weapon, which the British took as a sign of an imminent attack and returned fire killing over 350 rebels and injuring countless others. Sgt Walsh also pointed out that this Blunder Buss has an added feature of a trip wire attached to the trigger, used as a bobby-trap against poachers.

The Curragh Camp then had some 6,000 British troops and within the British Army section there is a wealth of uniforms, medals, swords, flags and memorabilia from their time in the Curragh, but pride of place goes to a beautifully restored, short grand piano. Built for Judge Srnithly in 1895, the Essex Regiment brought it to the Curragh in 1905 and subsequently left the piano behind. It was found a number of years back in the old band room.

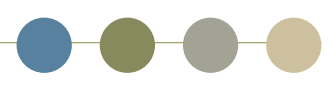
From the entire collection, three of my favourites were the Beaverette Armoured Car used by the Defence Forces after World War II and preserved by the Cavalry Corps; the last British flag to fly over the Curragh Camp in



1922 - a monument in itself to Irish history, and the Military Medal for Gallantry (with Honour), again another one of Sgt Walsh's favourites. 'This is the only place in the world where this is on display. We are very lucky to have it. Nobody has ever been awarded this medal.'

As curator, Sgt Walsh is the man in charge and he ensures the museum is open for business, conducting tours with the help of volunteers. For Comdt McCann though, her normal job is as a CIS officer and as she outlined, it was a real challenge when she took on the project. 'When I first got involved, I hadn't really thought of history much. In fact, the last time I studied history was when I was back in school. But, as we began to select the pieces for display and their stories associated with each one, I found myself becoming more and more intrigued and wanting to know more.'

As she spoke, Comdt McCann guided us to a glass cabinet between the British and Defence Forces sections. 'Here we have Frank Kelly, Josef Lawless and Denis Barry,' Comdt McCann outlined. 'Frank came from Kilculleb, just outside the Curragh and went on to fight in World War I with the Dublin Fusiliers. He was one of 50,000 Irishmen to die in that war. Beside his picture is the widow's penny that was sent to his wife. He was killed on October 23rd 1916 aged 35. Next to him is IRA man Josef Lawless, interned in Rath Camp during the War of Independence (1920-22). He escaped and went on to join the Free State Army. He eventually became Director of Cavalry and his grandson, Comdt Frank Lawless, is the current Chief of Staff's Personal Staff Officer.'



Finally, we have Denis Barry who was a commandant in the Cork IRA. He fought on the Republican side during the Civil War and he was the last man to die on hunger strike in 1923. Here you have three Irishmen, all fighting for different causes, but all linked to the Curragh.'

Moving on, some of the photographs on display from the early 20th century are amazing. The Curragh Camp then had some 6,000 British troops and 4,000 civilians living in it.

Apart from the obvious barracks, drill sheds; stables and messes, there were shops, cinemas, a swimming pool, schools and barbers. The standard accommodation then were wooden billets, though none are standing anymore. The photographs indicate how at times, these billets were adapted into married quarters for a soldier who had a wife and children. In most cases, the only privacy the family had was a simple curtain at the end of the billet from the rest of its inhabitants.

Next, we view a sword found behind a water tank a numbers of years back by a BFW (Barrack Foreman Workshop) man, while he was working in Ceant Officers Mess. This sword belonged to a Canadian, Trooper Felix Charvin, a member of the Veterinary Corps. Sgt Walsh suspects the sword was probably stolen from Charvin and hidden. Next, we fast-forward 20 years to The Emergency when Ireland remained neutral during World War II (1939-45). As a result, Allied and Axis airmen and sailors who had the misfortune to either crash land or sink off or over the Irish coast, were interned in the Curragh Camp. Here, on display is a photograph, cap and personal effects belonging to a German Sgt Maj Arthur Voigt, who crash-landed in his Heinkel bomber and was subsequently interned.

The Allied and Axis internees, if they behaved, would be granted day passes for the Curragh races or a day trip to Dublin by their Irish Army captors and on one such furlong, love blossomed for this German airman. Arthur met and fell in love with Sheila McElroy. After the war, he returned home, but he escaped Soviet occupied Germany and made it back to Ireland. He married Sheila, raised a family and worked for Bord na Mona. As fate would have it, his daughter married an army officer, now retired Comdt Pat Healy.

For most civilians when you mention the Curragh, they think of horse racing. The museum has a fitting tribute to the horse soldier, who has galloped on these open plains for over 150 years. Placed on the original stable floor is a model of a horse and rider.

Sport has always been an integral part of a soldier's life and the museum honours their valiant efforts on the pitch. For GAA fans, there is a fine collection of All-Ireland medals and sports memorabilia belonging to famous military sportsmen like JJ O'Reilly, who took part in the 1947 All-Ireland final, played



in New York, and the late Chief of Staff, Lt Gen Dermot Earley DSM, who played for Roscommon.

Though not technically a museum exhibit, Sgt Walsh noted that the modern Defence Forces uniforms and weapons are a big draw for the public. 'They are fascinated with all the kit we have. The weapons, how much they weigh and even the ration packs. I don't think people realise we are a modern army.' But, if anyone is unsure of the role we have played, and the sacrifices paid by our troops as peacekeepers abroad, visitors only have to view the overseas section. Eighty-five soldiers, 22 from the Curragh, have died on overseas service. 'A few months ago: Charlie continued, 'we had a British Surgeon General in. He was really taken aback when he saw the roll of honour. He said people in the British Army are unaware of the contribution our Defence Forces have made overseas. He said he was going to make sure and tell them.'

A poignant reminder of the destruction of war is a General Purpose Machine Gun, damaged in 1999 following a 120mm mortar attack on OP 638 Alpha, occupied by troops from the Curragh in Lebanon.

Everyone will love the Congo exhibit marking our first overseas troops mission over 50 years ago. To help us understand and explain some of the items on display, two Congo veterans called in and shared their experience. Sgt Maj Willie Redmond and Sgt John Hurley were radio operators and they demonstrated how they communicated using Morse code with other foreign troop contingents and back to Ireland. It was a treat and a real display of living history.

Now every museum has its piece de resistance, the envy of other museums and the Curragh is proud to hold an array of weapons from the Chester Beatty collection. Visitors will be able to examine the craftsmanship and detail in a 14th century samurai sword and a breathtaking Tunisian flintlock pistol. Though only open a few months and with more people visiting the museum each week, Comdt McCann outlined their plans to expand. 'So far it has been a huge success and we have plans drawn up to take in several of the vintage armoured cars that the Cavalry Corps have restored. We intend to display Michael Collins' armoured car, Beal na mBlath. We are delighted with the response we have received so far. We are very happy the way the museum has become such an attraction, bringing together all aspects of life in the Curragh.'



Since this article was written Comdt Mick Moore has taken over as the museum director. The museum would like to thank Prof. John Feeling, Shven Coberman, Reggie Darling, Lar Joye and Glen Thompson for all their help in bringing the museum to life.

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# Winter Germs

Col (Retd) M. Collins,  
MICGP FFOM

*As the evenings draw shorter and the temperatures drop, the inevitability of approaching winter is beyond being ignored. The time of respiratory infections, coughs and colds is nigh!*

As the evenings draw shorter and the temperatures drop, the inevitability of approaching winter is beyond being ignored. The time of respiratory infections, coughs and colds is nigh!

These infections are either bacterial or viral and it is helpful to understanding the rationale of medical advice given if you are aware of the difference between bacteria and viruses.

Bacteria are cellular organisms which vary greatly in their structures but which have common features such as a nucleus, intracellular materials and a cell wall or envelope. In appropriate temperatures and nutritional environments they are capable of reproducing themselves, usually by growing and dividing, over and over again. When that environment is a part of our body where they produce symptoms of illness, we regard these bacteria as pathogens.

Viruses, on the other hand, are even simpler structures. Again they vary hugely in their structures and complexity but they are essentially strings of DNA or RNA protein with a protective coat. They need to invade living cells to obtain the necessary protein materials for their own reproduction and, as such, they are the ultimate parasites.

Most common "coughs and colds" are initiated by viral infections. The virus is spread by droplet spray from someone who is already infected and it either gets directly into your mouth or nose or, more commonly, falls onto a non-absorbent surface which you subsequently touch and then introduce to your own mouth a little later. This is why hand hygiene is so important at times of colds and flu outbreaks.

When our body comes up against a virus our defence mechanisms come into play and, having learnt how to produce the specific antibody to the invading virus, it

does so as rapidly as possible. This process is speeded up by a higher body temperature, which is why we often run temperatures with infections. We feel cold and shivery as our body surface circulation closes down in a form of self-insulation and muscles contract involuntarily to generate heat. Subsequently we need to lose this extra heat, our surface blood vessels dilate and we sweat profusely. In most common respiratory infections this cycle repeats itself a few times over a period of two to three days. (As most parents will know, this is always much more dramatic in small children as they have a much smaller ratio of surface area to body mass than adults and so aren't efficient radiators.) Having learned to make the specific antibody, our bodies can subsequently reproduce them quickly and without the drama of high temperatures if there is ever again contact with the same virus. This is the basis of acquired natural immunity and immunization.

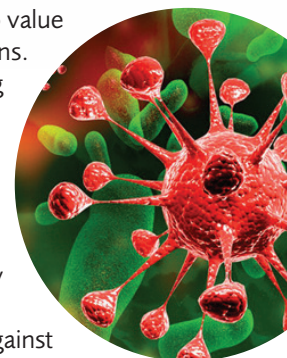
Colds and influenzas are virus infections. The problem with cold viruses is that there are many strains and they mutate, or change their protein structures, quite frequently and consequently we have little immunity to them. Influenza viruses are generally more virulent and, depending on the strain, pose a bigger threat to our health.

They also mutate but do so more slowly and so it is generally possible to produce a vaccine each year that will protect you against the currently endemic strains. Bacterial infections are more commonly secondary invaders of the respiratory tract. A throat or bronchus that has been made raw by a viral infection is happy hunting ground for bacteria like streptococcus or pneumococcus. As with viruses, our bodies will produce antibodies to attack the bacteria but additionally there is a mobilization of white blood cells which ingest the bacteria, producing the green or yellow material we know as pus.

Antibiotics revolutionized the treatment of bacterial infections since WWII but bacteria have shown a remarkable ability to develop resistance to each new antibiotic and an ability to transfer that resistance from one strain to another. Hence, and as a result of misuse and overuse of antibiotics, we are faced with the terrifying phenomena of MRSA, C diff and other "super bugs".

## Key points then:

1. Antibiotics are of no value against viral infections.
2. There are increasing numbers of antiviral drugs becoming available but they are of limited value in common acute infections - and very expensive.
3. The best defence against seasonal flu is to get immunized in good time.
4. Influenza immunization will protect you against flu but not common cold viruses.
5. If you do get a viral respiratory infection you can expect to have symptoms such as a sore throat, non productive cough with clear/white sputum and probably a temperature of about 38°C. (More likely 39-40°C in influenza). Treatment is two paracetamol 6 hourly, lots of fluids and rest. If you are running a temperature, the paracetamol will trigger your sweating mechanism after half an hour or so and you will feel hot and sweaty for a while. When your temperature is going up you feel cold and shivery. Follow your instincts and drink warm fluids when you are cold and cold fluids when you are hot. Headache is common with a temperature. The paracetamol will help to relieve it and cold sponging your head/ forehead is very effective. If you find cough bottles soothing, fire ahead. I think honey and lemon is as good as you will get. If your nose is streaming try Actifed, Sudafed or Sinutab tablets, following the manufacturer's instructions, but be aware that they are all sedating.
6. Development of a bacterial infection is usually recognizable by the development of green/yellow sputum or sepsis in the tonsils or tonsil beds.
7. If your GP prescribes an antibiotic be diligent in taking the full course. Shortened courses can result in partial clearance of the infection which may then re-establish itself in a few days - or the acquisition of resistance to the antibiotic, storing up trouble for yourself at some later date.





# New offshore Patrol Vessels for the Naval Service

Cdr M. Moran, NS

*October 2010 saw the signing of the much awaited contract for the design and build of two new 90m Offshore Patrol vessels. The contract forms part of The Naval Service fleet replacement programme. It reflects a positive statement by Government to the importance of delivering effective Defence, Security and other services in Ireland's Maritime domain and beyond where the State has an interest.*

The vessels are to be built by Babcock Marine in Appledore, North Devon, to a design from STX Canada, which is effectively an enlarged version of the tried and tested Long Patrol Vessels (LPV'S) that have been in service since 1999. LÉ Róisín and LÉ Niamh were built in the Appledore yard in 1999 and 2000 respectively. The new vessels are to be delivered in January 2014 and January 2015 and will be constructed and tested to Lloyds 100A1 LMC UMS PSMR DP(CM) NAV1 IWS Patrol Mono, G6 (Unlimited range) for special service craft. The contract allows for the option of a third vessel.

The vessels have been lengthened to allow for the complement of 54 personnel (44 Ships Company and 10 trainees) and the carriage of containers. They will be capable of autonomous operation for periods up to 21 days. Displacement is estimated at 1900 tonnes.

Officers and Senior NCO's will have single berths, with double berths for leading hands and other ratings. Two four berth cabins are fitted for trainees. The vessel beam has been maintained at 14m and the vessels have a slightly larger draft

than their predecessors at 3.8m. The propulsion system allows for speeds up to 23knots from its' two Wartsila medium speed diesel engines which are capable of developing 5440kW each via reduction gearboxes and two 5 bladed controllable pitch propellers. The vessels will have a range of 6,000 nautical miles at a cruising speed of 15knots. Testing of the power requirement has been achieved using computational fluid dynamic (CFD) modelling and verified at model testing which was completed in March 2011 at a test tank facility in Lyngby, Denmark. The Vessels are also capable of low speed operation of up to 8 kts through a Power take in (PTI) motor, driven from the electrical alternators and connected to each of the reduction gearboxes. This will reduce considerably the fuel burnt when the vessel is engaged in routine operations.

The ship will incorporate a 450kW bow thruster and 45degree to 45degree independent movement of the rudders to achieve high manoeuvrability in close quarter situations. This will be augmented by a Dynamic Positioning (DP) capability for remaining on station for underwater remote operated vehicle (ROV) operations.

Power generation will be from three 630kW alternators with an emergency supplies from a smaller air cooled 320 kW alternator set. To improve crew comfort and allow for roll reduction for boat operations a combination of stabiliser fins and anti-heel tanks are being fitted, the latter being used to reduce roll at slow



speeds where the stabiliser fins are ineffective.

The vessels have been designed to cater for the transport of three 20 foot containers on the afterdeck which is served by a large 5 tonne crane at 9.56m radius.

The vessels will carry two 8 metre Rigid Hull inflatable boats (RHIB's), port and starboard and have a cradle above the after deck for a third RHIB. These will be deployed from single point davits and will be capable of operation at speeds of up to 30kts up to Sea state 4 . The RHIB's will be capable of transporting 10 personnel each.

The vessels will carry a 76mm OTO Melara as primary armament and will be controlled by an Electro Optical fire control system. Secondary armament will be via two 20mm Rheinmetall cannon fitted port and starboard abaft the bridge. Mountings will also be fitted for Heavy Machine Guns and General Purpose Machine guns on the main deck and 01 deck.

The Vessels have been designed for a nominal service life of 25 years in the North Atlantic and will replace the patrol vessels that have operated as true work horses for in excess of thirty years.

# Worry and Guilt or Collective Responsibility

## CAOGA Group Life Assurance Membership - A No Brainer.

By Comdt Pauline O'Connell

*A recent Survey portrayed Irish consumers as emotional financial decision makers, with worry and guilt driving their financial choices.*

According to the survey by Caledonian Life, sixty present (60%) of Irish brokers say that a sense of worry was the biggest driver for clients opting to take out life assurance. While worry about being prepared, if something bad happened was a significant factor, thirty-four percent (34%) of respondents took a more practical approach and purchased financial products, including life assurance, because they felt that they are a necessity and wanted to take a proactive approach to financial planning.

We as officers in the Defence Forces owe much to the foresight of Capt. Bill O'Carroll who in 1949, when seeing the plight of the widow of an officer in the 2 Infantry Battalion, Cathal Brugha Barracks, forced to raise a family on a pension that was a quarter of her officer husband's salary set up CAOGA. CAOGA provides life assurance cover for officers of the Defence Forces.

The CAOGA Scheme set up back then is the corner stone of CAOGA, almost sixty years on, today. The principals and values governing the running of CAOGA are unchanged today. In his case to the military authorities, concerning the setting up of CAOGA, which pays out a death benefit of approximately €20,000, Bill O'Carroll intuitively stated that this Friendly Societies Benefit should not be a replacement for other insurance. His words of caution have come to pass with the setting up of the Group Life

Assurance Scheme in 1979, which now pays out a benefit of €350,000 in the event of the death of a member.

While the Caledonian 2011 survey, sees the Irish as emotional financial decision makers, the emotion driving officers' decisions in joining CAOGA, is a genuine desire to protect his or her loved ones, in the event of the death of a key family member – a mature and responsible decision made in the interest of ones family. By joining the CAOGA Group Scheme, as young officers we are assuming collective responsibility for the welfare of ourselves and our colleagues.

With the demise of the Celtic Tiger we as a nation are reassessing our priorities and values and realising, that the health, wellbeing and financial security are our top priorities. The pressures of post tiger Ireland is greatly adding to the stress in peoples live and we are now, even more than ever, asking if we have made adequate provision for our families in the event of the death of either spouse. All types of Insurance have become more expensive, and customers are putting need above greed and realising, that in the event of the death of a loved one, one requires adequate and affordable life cover.

The latest Group Life Assurance Plan, underwritten by Generali was negotiated by the CAOGA Committee on behalf of you, the members, cognisant of the current financial climate and the desire to ensure that members with greatest need are adequately covered.

Retaining our membership base has never been more important and whether you are

a cadet, a serving captain or a retired colonel, your membership is valued. For the first time, cadets will be covered free of charge with the benefit of €30,000, provided they sign up to the group scheme at first opportunity. At a time when welfare and pension entitlements are no longer cast in stone, it has never been more important for officers to be members of the CAOGA Group Life Assurance Plan.

Members must join the CAOGA Group Assurance at earliest opportunity to avail of the CAOGA Group Benefits. The decision to cut benefits for members in the over sixty (60) categories was not taken lightly. It was reached following intensive negotiations by the CAOGA committee with our broker, based on a 3 year risk analysis of the numbers of officers entering the various age brackets. Given the age profile of current CAOGA members and the very large numbers entering the 60 plus age bracket in the immediate future, it was assessed that paying the benefits available under the contract which expired on the 31st August 2011, would not be prudent going forward.

Decisions were made in the interest of protecting the viability of the Group Life Assurance Plan in the coming years. The main factor which influenced the recosting of our Group Protection Life Assurance Plan, was the recent high claims experience, for members in the ages of 50-65 years, in 2010 and to date, in 2011. The adjustment of the benefit for members in the 61-65 age bracket to €200,000 was again carefully considered, to ensure adequate benefits at an affordable cost. The increased premiums

for spouse members is directly related to our recent high claims history among spouse members. The very significant decrease in benefits for members in the 66-74 year brackets came about following an actuarial risk analysis of the large numbers of officers entering these brackets relative to our membership base, over the period of the new contract. Agreement was reached following a unanimous vote by the CAOGA Committee and your ARCO representative was also party to all discussions and decisions.

Research shows that we are the only group life assurance plan in the country providing life cover to people over 65 years of age. (The GRA provide an "End of Life Cover" of €10,000 to age 70) Our benefits are also greater than those being paid by any other Group Life Assurance Plan.



*E: [info@caoga-defenceforces.com](mailto:info@caoga-defenceforces.com)*

Please be assured that the CAOGA committee are committed to getting the best deal possible for members of all ages. It is interesting to note, that the level of claims experienced by CAOGA over the past eighteen (18) months, is reflected in all Group Life Assurance plans in Ireland. It is hoped that this high claims experience will improve over the period of the coming contract and that this will be reflected in premiums going forward.

While the rules governing the running of CAOGA, set up under the Friendly Societies Act have stood the test of time,

the CAOGA committee, with legal advice is at present, conducting a root and branch review of our rules, to ensure their relevance to the trends and changes in Irish society today. Legislative changes brought about by the enactment of the Civil Partnership Act (Civil Partnership and Certain Rights and Obligations of Cohabitants Act, 2010) will be fully reflected in the amended rules. Likewise, all measures necessary will be adopted to ensure, the increase and retention of our membership base in the future.

CAOGA is in the process of launching a new content based interactive website in order to communicate more efficiently with our members. The website is designed to make CAOGA more accessible to all officers and we will be keeping you updated on developments via mail shot. You will also be able to email us any of your queries or worries regarding your personal CAOGA cover and we will undertake to revert to you as soon as possible. If you have not already contacted the CAOGA office with your personal email address, please email us at [info@caoga-defenceforces.com](mailto:info@caoga-defenceforces.com)

While the environment in which we find ourselves may have changed dramatically in the past few years, the tenets governing CAOGA remain essentially the same. CAOGA is an organisation dedicated to the collective welfare of the officer body. CAOGA is for all officers and you the Retained Officers are a very important grouping in the CAOGA family. CAOGA is committed to working for your family's protection now and in the future.

*Should you have any queries or concerns in relation to CAOGA, please do not hesitate to contact us in the CAOGA office. All queries are dealt with in strictest confidence at 01-8042785 / 2786.*

**ÓGLAIGH NA HÉIREANN**  
THE DEFENCE FORCES

**Bands of the Defence Forces & Pipes & Drums**

*Annual Gala*  
**Concert**

**Saturday 22 October, 2011 at 8pm**  
**National Concert Hall, Dublin.**

**SPECIAL GUEST**  
**Celine Byrne** (Soprano)

*In aid of*  
**Defence Forces**  
**Benevolent Fund**  
**& Soldiers Aid Fund**

**Tickets: €25**

**BOOKINGS:**  
National Concert Hall: T. 01 417 0000 / F. 01 4751507  
or Website: [www.nch.ie](http://www.nch.ie) McKee Bks.  
Booking Office: T. 01 804 6296  
(Opening Monday 10th September)



## Welcome to ARCO's New Members:

|                       |                          |
|-----------------------|--------------------------|
| Col Billy O'Hara      | Comdt Gerard Ahern       |
| Col Andrew Kilfeather | Lt Col Raymond Roche     |
| Col Joseph Minogue    | Comdt Patrick Brennan    |
| Col Jim Foley         | Lt Comdr Timothy O'Keefe |
| Capt Niall Twomey     | Comdt Daniel Crowley     |
| Comdt James Hunt      |                          |

## New Zealand Bound

Congratulations to the sons of three ARCO members who made the Irish Rugby squad for the World Cup in New Zealand.



Jamie Heaslip, father Richard (Col Retd) and mother Christine, living in Naas, Co. Kildare.

Geordan Murphy, father George (Col Retd) and mother Cecily, living in Naas, Co. Kildare.

Fergus McFadden, father Tim (Comdt Retd), mother Ellenour, living in Cutbush, Co. Kildare.

## Deceased Officers

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

|                           |                |
|---------------------------|----------------|
| Cdr Liam Ahern            | 09 March 2011  |
| Comdt Des Butler          | 28 March 2011  |
| Comdt John Griffin        | 05 April 2011  |
| Col Joseph Reynolds       | 06 April 2011  |
| Lt Col Fiachra Mc Gingley | 06 April 2011  |
| Lt Col Michael McDermott  | 04 May 2011    |
| Lt Col Des O'Neill        | 02 July 2011   |
| Comdt Kerry Sloan         | 01 August 2011 |
| Col Denis Boyle           | 04 August 2011 |
| Lt Col Larry Cooke        | 05 August 2011 |
| Lt Col F. Steward         | 20 August 2011 |

*Ar dheis Dé go raibh a n-Anamacha*

## EDITOR'S NOTE

The newsletter is issued in Spring and Autumn. Articles or items of interest are always welcome. If you have something to contribute please send it to the editor at [brianandsheila@eircom.net](mailto:brianandsheila@eircom.net) or post to Col B. O'Connor (Retd) 92 The Paddocks, Naas, Co. Kildare.

## Best Air Corps Cadet



Michael Barcoe, from Dundrum, Co. Dublin was born on 17th March 1985. The youngest of four, he was educated at St Benildus College, Stillorgan and completed a Bachelor of Engineering (Mech) degree in DIT before joining the Air Corps. He was awarded his presidential commission and military pilot wings on 9th December 2010. Since his commissioning Lt Barcoe has been operating in 104 Squadron on the Cessna FR172.

Michael was also presented with the Arco Sword for accomplishing the highest standard in combined flying and ground school training in his cadet class by Lt Col Richard Cummins, ARCO.

## Best Army Cadet

Lt Edward McGuire is 28 years of age and comes from Galway City. He is the eldest son of Arthur and Bernadette and has one brother. He attended St. Joseph's College in Galway and went on to undertake both a Bachelor of Engineering Degree and a Higher Diploma in Business Studies at NUI Galway.

On commissioning he will serve in the 4th Cavalry Squadron, Custume Barracks, Athlone.



## Defence Forces Promotions

### Lt Col to Col

|                      |                  |
|----------------------|------------------|
| Lt Col K. Cotter     | Lt Col J. Tolan  |
| Lt Col W. Harrington | Lt Col M. Smith  |
| Lt Col S. Mc Dermott | Lt Col M. Meehan |

### Cdr to Capt (NS)

Cdr H. Tully

## Chiefs of Staff, Portrait Collection

Now available, cost €50 from Comdt Pat Casey, McKee Officers Club, Co McKee Officers Mess, McKee Bks, Dublin 7.