



Cumann na nIar
Oifigeach Coimisiúnta

ASSOCIATION OF RETIRED
COMMISSIONED OFFICERS

NEWSLETTER

ISSUE NO. 11
AUTUMN 2006

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

A Head's Up!

The Annual General Meeting of the Association (see Notice and Agenda) will be held on 7 October 2006. We encourage members to attend and avail of the opportunity to meet with the members of your Executive Committee, give support and offer suggestions about the future direction of the Association and renew old friendships. A lunch with wine (gratis) will be provided after the meeting.

It is with regret that the Executive Committee received the resignation of your President, Col John Ryan, in May. John has given long and sterling service to ARCO and has worked selflessly on our behalf. His hard work and dedication are much appreciated, as was his editorship of the ARCO Newsletter.

Col Mick Lucey, Vice President, has taken over as Acting President.

Presentations and Awards



l-r: Lt Gen Jim Sreenan, Chief of Staff, Col. Michael Lucey, Acting President, ARCO, Mr Willie O'Dea, T.D., Minister for Defence and 2/Lt Gemma Fagan, recipient of the ARCO Sword for Best Cadet.

The sword to be presented to the Best Air Corp Cadet is due to be delivered shortly. The Poignards have already been received. A Trophy has been purchased and will be presented to the Eastern Command Golfing Society in the near future. A Ship's Clock and Barometer, suitably mounted on a wood plaque, has been purchased and will be presented to the Officer's Mess, Cathal Brugha Bks, in recognition of the facilities and hospitality offered to the Association over the years. It is hoped to make the presentation at the AGM. The ARCO Sword for Best Cadet was presented by the Acting President to 2nd Lt Gemma Fagan at the Commissioning Ceremony on 3 July. Gemma, who hails from Rathfarnham, Co. Dublin, has a BSc in Sport & Exercise Science from the University of Limerick. We wish Gemma every success in her career in the Defence Forces.

NOTICE TO MEMBERS

The 12th 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, 7 October 2006 at 1130 hrs

AGENDA

1. Opening address by Acting President, ARCO.
2. Minutes of 11th AGM – 9/10/05.
3. Acting President's Report.
4. Report of the Hon. Secretary.
5. Report of the Hon. Treasurer to include audited A/Cs.
6. Report of Hon. Membership Secretary.
7. Amendment to ARCO Rules of Association.
8. Elections to Executive Committee.
9. Appointment of Auditors.
10. Any other business.

Ken Kelly, Lt Col "Ailleacht"

Hon Secretary Dawros

ARCO Tourlestrane

Sep 2006 Co. Sligo

Tel. 071 9181019, email kayteekay@eircom.net.

Attending the AGM? Need lunch?

Coffee will be available in the Officer's Mess from 10.30hrs. A light lunch with wine (gratis) will be served after the meeting. Those wishing to avail of lunch are requested to notify the Hon Secretary, Lt Col Ken Kelly, on or before Tuesday 03 October.

- Don't forget to bring your ID card to facilitate your entry to the Barracks •

Not attending?

Apologies from those unable to attend will be read out on the day. These can be conveyed to Lt Col Ken Kelly, contact details above.

Members outside Dublin

In an effort to reach out to members outside of Dublin it is planned to visit the Brigade areas and brief them on what the Association is doing. Members are urged to actively encourage retired colleagues to join.

New helicopters open new exciting horizons for the Air Corps role in the Defence Forces

The AW139 utility helicopter is a newly launched medium lift twin-engine helicopter with a maximum all up weight of 6400kg. Originally designated the AB 139, it has been developed as a joint venture between Agusta Westland (AW) of Milan Italy and Bell Helicopter Company of the USA.

The airborne electronics or 'avionics' on board are supplied by Honeywell and consist of the Primus Epic Modular integrated glass cockpit with a 3-axis autopilot. The aircraft is also, like the EC135P2, fitted with weather radar and digital moving map systems. The cockpit design consists of four large multi function displays that can provide primary flight and any other information that is required by the pilot.

The total package represents a highly sophisticated, modern and state of the art system.

Engine power is provided by two Pratt and Whitney PT6C-67C Turbo shaft engines which each provide 1252 kW at take off power settings and controlled by FADEC. The Air Corps already has significant knowledge of these engines, as variants of the same generic PT6 series are in use in our fleet of Pilatus PC9M and Raytheon Super King Air 200 aircraft.

Due to the aircraft's recent design it complies with all latest safety and regulatory standards and provides the Air Corps with a significant increase in capability. In normal mission roles it will support the Defence Forces for troop transport and provides for a 10-troop seat configuration as standard and a 12 utility seat configuration when required. The troop arrangement is based on tactical troop seats arranged back to back along the longitudinal axis of the aircraft with provision for two tactical gunners if required in the forward position. There is a large sliding door on each side of the cabin that facilitates troop ingress and egress and also allows for ease of entry with equipment. A large 3.4m³ storage space is accessible



EC 135P 2 Light Utility Heli.



Agusta Westland AW 139

from the rear of the cabin and provides a convenient place for mission specific equipment.

In addition to its primary role as troop transport, it will provide for air ambulance roles with the fitment of an approved 'Lifeport' air ambulance kit. Due to the aircraft size and cabin layout this arrangement will significantly increase the capability of the Air Corps in this secondary support role. Another role will be in the VIP/personnel transport role where the aircraft can be fitted with up to 12 seats arranged in 3 rows of 4, one row aft facing and two rows forward facing. Various mission specific equipment such as a cargo hook, abseiling attachments and fast roping devices are also being procured for specific military applications. The aircraft will also be capable of being fitted with a rescue hoist and this will enable the aircraft to be utilised for in-land rescue and disaster relief missions. Fixed provisions for a Forward Looking Infra Red (FLIR) are also included.

When viewed in the totality of its capabilities this new aircraft will significantly augment the operational roles of the Air Corps in helicopter operations while enhancing safety. It is expected that the AW139 will be operational in the near future.

Guide to the New Reserve Defence Force

1. 1st Line: There has been NO reserve commitment for PDF Officers or men for the past decade: the question of a (possible) new 1st Line Reserve will be reviewed in 2006.

2. General: On 1 October 2005 the first element of a new Reserve Defence Force (RDF) was established. The RDF is divided into an Army Reserve (AR) which replaces the FCA and a Naval Service Reserve (NSR) which replaces An Slua Muiiri.

The Army Reserve will be divided into two elements: a small element integrated with the PDF, and a larger non-integrated element which consists of nine (9) Infantry Battalions (three (3) Light Infantry Brigades*), eighteen (18) Combat Support and Combat Service Support units and three (3) Air Defence Batteries (Army Assets).

* the organisation of each brigade is shown in the centrespread overleaf.

3. Establishment

a. Non-Integrated Army Reserve:	9,292
(Established on 1 October 2005)	
b. Integrated Army Reserve:	2,656
(Due to be established in 2008)	
Total Army Reserve Estab:	11,948
Naval Service Reserve:	400

TOTAL RDF ESTABLISHMENT 12,348

4. Roles & Tasks

The roles assigned by Government to the Reserve are the same as for the PDF viz.

- Defence against armed aggression
- Aid to the Civil Power
- Participation in Peace Support Operations
- Fishery Protection
- Other Duties as may be assigned from time to time

Tasks to be assigned to the RDF to support the PDF in fulfilling these roles include:

Augmentation/reinforcement of the PDF, Security of Vital Installations, Provision of logistical support, Provision of armed escorts, Participation by selected Reserve personnel in Peace Support Operations, Staffing of military posts during periods of PDF deployment, Augmentation of Naval Service on fishery protection patrols, Radiological monitoring and Ceremonial duties at national and local events.

5. Comparison: Old Fca & New Army Reserve Organisations

	BDES		FCA UNITS	
	Inf Bn	Corps Units	Total Units	Total Coys
2 E Bde	4	10	14	32
1 S Bde	8	11	19	54
4 W Bde	6	9	15	38
DFTC	-	-	-	-
TOTAL	18	30	48	124

	BDES		AR UNITS	
	Inf Bn	Corps Units	Total Units	Total Coys
2 E Bde	3	6	9	27
1 S Bde	3	6	9	27
4 W Bde	3	6	9	27
DFTC	-	-	-	2
TOTAL	9	18	27	83

See centrespread for further details.

6. Command: Each RDF Brigade will be under command of its respective PDF Brigade GOC. Each RDF Brigade will be commanded by a PDF Lt Col with a Reserve Lt Col as EO.

The three Reserve Brigade HQs will be located at Cathal Brugha Bks, Southern Bde AO and Renmore respectively.

The Director of Reserve Forces and his staff will continue to be located at Kickham Barracks, Clonmel for the foreseeable future.

The Naval Service Reserve of 400 all ranks is divided into two Groups, each consisting of two (2) companies. Each company is commanded by a Lt Cdr (NSR). One company will be based at Dublin, Cork, Limerick and Waterford respectively.

Col. J.A.V. Mortell

Former Inf Bns	5 Western Bde	Location
18 & 25 Inf Bns	51 Res Inf Bn	Galway
16 & 17 Inf Bns	56 Res Inf Bn	Athlone
19 & 24 Inf Bns	58 Res Inf Bn	Finner

Former Arty Regts	5 Western Bde	Location
5 & 9 Fd Arty Regt	54 Res Arty Regt	Mullingar

Former Field Units	5 Western Bde	Location
5 Fd Engr Coy	54 Res Engr Coy	Galway
5 Fd Sigs Coy	54 Res CIS Coy	Athlone
5 Cav Sqn	54 Res Cav Sqn	Longford
4&5 Fd MP Coys	54 Res MP Coy	Athlone

	5 Western Bde	Location
5 Fd Tpt Coy	54 Res Logs Bn	Galway
5 Fd Med Coy		

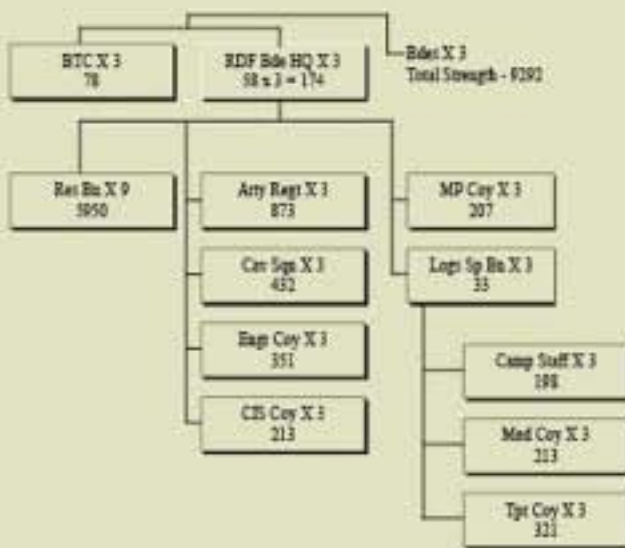
This Centrespread of the Reserve Defence Force Review details the re-organisation of RDF units, the new Reserve Infantry Brigades and the new Reserve Armoured Brigade.



Reserve Defence Forces Training Regime



Reserve Infantry Brigade



● EDF Locations
— Brigade Boundaries

DEFENCE FORCES IMPLEMENTATION PLAN



View Implementation Plan outlines the re-naming and
Army Brigade, establishment and Training Regime.



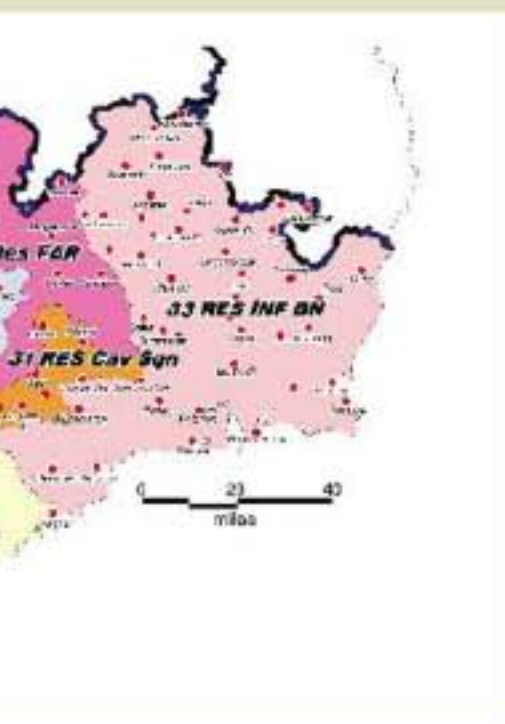
Former Inf Bns	6 Eastern Bde	Location
20&21 Inf Bns	62 Res Inf Bn	Cathal Brugha
7 Inf Bn	65 Res Inf Bn	McKee
8 Inf Bn	67 Res Inf Bn	Dundalk

Former Arty Regts	6 Eastern Bde	Location
7 Fd Arty Regt	62 Res Arty Regt	McKee
6 Fd Arty Regt (DPTC)		

Former Field Units	6 Eastern Bde	Location
11 Fd Engr Coy	62 Res Engr Coy	McKee
11 Fd Sigs Coy	62 Res CIS Coy	Cathal Brugha
11 Cav Sqn	62 Res Cav Sqn	Cathal Brugha
2&6 Fd MP Coys	62 Res MP Coy	Cathal Brugha

	6 Eastern Bde	Location
11 Fd Tpt Coy	62 Res Logs Bn	Cathal Brugha
27&11 Fd Med Coy		

Establishment		
Army Reserve	-	11,948
Non Integrated	-	9,292
Integrated	-	2,656
Naval Service Reserve	-	400



Former Inf Bns	3 Southern Bde	Location
14, 15 & 22 Inf Bns	32 Res Inf Bn	Tralee
9 & 10 Inf Bns (DPTC)	33 Res Inf Bn	Wexford
11, 13 & 23 Inf Bns	34 Res Inf Bn	Fermoy

Former Arty Regts	3 Southern Bde	Location
3 & 8 Fd Arty Regt	31 Res Arty Regt	Templemore

Former Field Units	3 Southern Bde	Location
3 Fd Engr Coy	31 Res Engr Coy	Limerick
3 Fd Sigs Coy	31 Res CIS Coy	Limerick
3 Cav Sqn	31 Res Cav Sqn	Clonmel
1&3 Fd MP Coys	31 Res MP Coy	Limerick

	3 Southern Bde	Location
3 Fd Tpt Coy	31 Res Logs Bn	Limerick
1&3 Fd Med Coy		

Finance: Towards 2016

Ten Year Framework Social Partnership Agreement 2006 - 2016

The Government have concluded the above Agreement with the Social Partners. It has, however, to be ratified by ICTU in September and this is by no means a foregone conclusion. The Agreement is a wide ranging Economic and Social policy document (137 pages) and may be purchased at the

Government Publications Office, Molesworth St., Dublin 2.

Section VIII, Part 2, (Public Service Pay and Related Issues) will be of immediate interest to ARCO members. Pay increases are tied to meeting various criteria for modernisation and reform in the Public Service, but these should not present insuperable problems to the Defence Forces. The phased pay increases are as follows;

-3% with effect from 1 December 2006

-2% with effect from 1 June 2007, except for those earning up to Euro 20,859 per annum where a 2.5% will apply.

-2.5% with effect from 1 March 2008 and

-2.5% with effect from 1 September 2008

It should also be borne in mind that the Review Body on Higher Remuneration, which covers Officers of General Rank is due to report early in 2007 and this must also coincide with the Report of the Benchmarking Committee (Phase 2). In the context of the Review Body deliberations, ARCO has made a submission requesting greater transparency in its Findings, with regard to the value put on pension benefits, in determining pay rates.

Finally, there is a section in the Partnership Agreement (32, Part 1) on the Government's vision, priority actions and long term support for older people and a future edition of this Newsletter will feature an article on this.



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New President at RACO

We would like to congratulate Comdt. Mick Baston on his recent election as President of RACO. We look forward to his support in pension matters and in other areas of interest to retired officers. Mick is currently OC 1 Fd Arty Regt. in Collins Barracks, Cork. He is the son of the late Comdt. Vinny Baston who would be known to many of our older members.



Western Brigade Army Officers Golfing Society

The Acting President presented the ARCO Trophy at the above golf outing in Athlone on 20 July. The winner of the ARCO Trophy was Comdt. Mick Duffy (retd) who is a member of the Association. It was nice to see that there were a good number of retired officers participating in the outing.



Col. Dorca Lee

Dorca is on his travels again and is currently working in the Democratic Republic of the Congo as MONUC Electoral Officer for the Region of the Lukaya in the elections being conducted there. We wish Dorca all the best and a safe return home and hope to see him at our AGM in October.

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.

Contributory Social Welfare Pensions

What you need to qualify

Many ARCO members who retire do so with the intention of seeking further employment for a number of years thus opening the possibility of qualifying for a Contributory Social Welfare Pension in addition to their Defence Forces' one.

The current qualifying conditions for a Contributory Pension are:

- to have started paying social insurance prior to age 56
- and**
- to have paid at least 260 full rate employment contributions (Class A/H/S or full rate)

Unfortunately, having 260 contributions does NOT guarantee a Contributory Pension as a total of 500 is required to obtain even a minimum one (50%). However, a person retiring from Class A employment may sign the necessary form at their local Employment Office in order to obtain credited contributions until age 66.

A few points that will assist in this process are:

1. Make sure to register your change of status with **Records Update Section, Gandon House, Amiens St. Dublin 1.** 52 credits will be awarded for the year prior to start up.



2. Seek also your **Social Insurance Record** from the above address.
3. Your entitlement to a Contributory Pension, depending on total credited and paid contributions may be on a pro rata basis **but, once granted, it will allow the Household Benefits Package to be applied, rather a wait until age 70.**

These regulations will change on 6 April 2012 and will increase the contributions required.

Need further information?

The above is a brief summary, based on a presentation from Lt. Col. Tom Kempton who has kindly offered to answer individual queries. His contact address is 21 Ballymany Park, Newbridge, Co. Kildare. ARCO wishes to acknowledge, and are grateful for, his contribution and offer of further assistance.

Strength in Numbers!

Welcome to ARCO's new members:

Brig Gen Dan Rea	Col Senan Downes
Col Eoin Moloney	Col Brendan McCann
Col Noel O'Dwyer	Col Terry O'Neill
Col Peter Ryan	Lt Col Joe Ahern
Lt Col Pat O'Riordan	Lt Col Ray Twomey
Comdt Dermot O'Connor	Lt Cdr Stephen Stanyer
Justice Donagh McDonagh (Lt)	

Ar dheis De go raibh a n-Anamacha

Our condolences to the families and friends of those who passed away this year:

Retired Officers:

Lt	Jeremiah Kiely	31 January
Col	Frank Lawless	24 March
Lt Col	Ned Vaughan	19 April
Lt Col	Ted Russell	13 May
Col	John Connole	25 May
Col	Jim Croke	1 June
Capt	Mick Gillespie	17 June
Maj Gen	Thomas Waters	19 June

Serving Officers:

Comdt	Tony Kiely	15 April	28 Inf Bn
Comdt	Jim Dillon	28 April	28 Inf Bn
Comdt.	John Coakley	10 August	DFTC

Your Health . . .



Diabetes Type Two

We should all be aware of Diabetes Type Two (also known as Non Insulin Dependent Diabetes Mellitus). This is an insidious disorder which occurs most commonly after age forty. It is most common in those who are obese, take little exercise or lead a sedentary lifestyle and there may also be a family history of it.

The basic feature of Diabetes Type Two is insulin resistance which means that body cells which need insulin do not use it effectively when it is present. In other words, insulin is present unlike the juvenile type of diabetes, but it is used in an inefficient manner.

In the beginning the symptoms are often mild and go unnoticed. Later the amount of glucose carried in the blood becomes excessive, there is glucose present in the

urine, with impairment of function in many organs. At this stage there may be thirst, tiredness, feeling sick or blurred vision. Later the disorder may progress to blindness, high blood pressure and heart or kidney disease. Some people simply feel that they are unwell or that they are just ageing. Diagnosis requires blood tests taken when fasting and later a more complicated procedure lasting over two hours, to determine how the body handles a test dose of glucose taken by mouth. Initial treatment consists of weight loss, exercise and a diet low in carbohydrates and some kinds of fats. If these measures fail then there are various drugs taken by mouth which are highly effective, and in the last resort some individuals will require daily injections of insulin as in treatment of Diabetes Type One.

A seasonal warning to gardeners!

When gardening, take care to protect your eyes from damage, for example when pruning roses or other thorny bushes. Every year injuries occur from swaying branches or the stakes supporting them. Another cause of similar eye injuries comes when using a grass trimmer or from flying fragments of metal when drilling a metal object with an electric drill. Plastic goggles can give excellent protection.



Col. Joe Laffan.

DEFENCE FORCES

Annual Gala Concert

Saturday 21 October, 8 P.M.

Featuring

Bands of the Defence Forces and Guest Artiste
Elaine Clark (Violin)

in aid of

Defence Forces Benevolent Fund
& Soldiers Aid Fund

Tickets: €25

BOOKINGS:

National Concert Hall:

Tel. 01 8046296 / Fax. 01 4751507

Website: www.nch.ie



Cathal Brugha Booking Office: Tel. 01 8046296

(Opening Monday 25 September)

www.iarco.info