



Cumann na nIar Oifigeach Coimisiúnta

Association of Retired Commissioned Officers

Newsletter

Issue No. 10

Spring 2006

For all our members

We have from time to time, referred to newly published Reports dealing with the elderly. The purpose is to inform in the hope that the challenge to promote the cause of our older members will be taken up. Older people's issues can be a matter for all our members and, indeed, our younger members may well be better advocates for the cause.

One can be cynical about Reports but they do influence public policy development, funding priorities and actions, provided their recommendations are kept to the fore. In this regard, voluntary bodies such as ours have an important role to play.

The three latest Reports published are "Implementing Equality for Carers" (The Equality Authority), "Care for Older People" (NESF) and "Study to examine the future financing of long-term care" (Mercer Ltd).

"Implementing Equality for Carers".

The definition of caring work is given as "the provision of assistance and support, on an unpaid basis, to family members and relations who need such care because of disability or long term illness". With almost 150,000 carers in Ireland, two-thirds of whom over 55 years and receiving no carers allowance, often because of the imposition of a means test, it is clearly a major national matter. The Report addresses many issues, not least the "residual" role of the State being an expectation that families will provide the care themselves with little State support or statutory rights. Over 40 recommendations are made.

"Care for Older People".

This Report focuses on examining the current choices available to older people in respect of health and social care and identifies gaps in the continuum of care that currently exists. It finds strong evidence that older people want to live in their own homes and communities as independently as possible, for as long as possible. This preference has been accepted by successive governments but is nowhere near achievement. The Report develops a vision of what is needed to be done so as to make living at home in older age a reality for all and one that moves towards person-centred community care responses.

"Study to examine the future financing of long-term care".

This is a comprehensive report on the subject of the financing of long-term care in Ireland. It was commissioned by the Department of Social and Family Affairs and is the subject of consultation within the relevant Governments and other outside bodies, including voluntary bodies in this area. The Report includes a wealth of information on the subject, including statistical information. It covers population trends, the elements that make up "care", the schemes currently in being with their benefits and tax breaks. It discusses current funding, options for the future and makes recommendations.

11th ANNUAL GENERAL MEETING 8/10/05

Our 11th AGM went ahead as scheduled on 8th October last, in Cathal Brugha Bks. It was a good meeting with 35 members attending and 45 sending their apologies. Our heartfelt thanks to all those who attended and also to those who phoned/E-mailed their inability to attend. The lunch afterwards in the Officers Mess was most enjoyable and a worthwhile ending to the proceedings of the morning.

The meeting itself progressed per the Notice and Agenda as published in the last Newsletter. Having welcomed members, the President led a minutes silence as a mark of respect for our deceased colleagues.

In his address, the President highlighted the more significant aspects of the Association, such as, membership and the contribution a growing membership makes; the present position in relation to the MSA issue and how, in spite of an approach to the Pensions Ombudsman, the matter remains unresolved; progress on procuring an Award for the Best AC Cadet; the inauguration of our Golf sponsorship with Cups already presented to the Southern Command and 4th Western Brigade Golfing Societies; the launch of our Website; pensions matters and in particular, the need for vigilance by those already on pension to ensure that they are not short changed by the forthcoming Review Body and Benchmarking Body or by any negotiations arising; finally, the Newsletter, with a request for feedback and contributions of interest to our members for publication.

The Hon Secretary reported on Executive Committee matters, issues raised and items discussed. The Hon Treasurer presented the audited accounts for year ending 28/2/05, which showed a surplus of income over expenditure for the year of 3,072.52 and net assets of 35,172.25 as on 28/2/05. The President thanked our Hon Auditor, Comdt Pat Casey for his expertise and willingness in auditing the accounts again this year.

He also thanked the outgoing Committee and, in particular, Col Harry Crowley, Comdt Gerry Ryan and Col Neil O'Brien who were not going forward for re-election. The incoming Executive Committee, duly elected, are as follows:-

President	Col John Ryan
Vice President	Col Mick Lucey
Hon Secretary	Lt Col Ken Kelly
Hon Treasurer	Comdt Mick O'Byrne
Hon Membership Secretary	Comdt Brian McDonnell
Eastern Branch	Maj Gen Fergus O'Connell
	Col Jim Mortell
Curragh Branch	Col Donal O'Carroll
Air Corps	Lt Col Mick Hipwell
Naval Service	Cdre Liam Brett
Co-option	Col Dorcha Lee

Budget 2006

An item on the Budget is generally included in our Newsletter to ensure that important changes in policy or new initiatives are brought to the attention of our members. For Budget details, however, one must rely on newspapers, etc. We have to be selective because of Newsletter limitations and also because ARCO has such a wide range of members, from older to not so old, from retired to those in second careers.

No new policy changes were noted in the personal taxation aspects of the Budget. There were, however, welcome increases in tax credits, tax reliefs and tax bands. Exemption limits for paying tax for the 65's and over were also increased and now stand at 17,000 (single) and 34,000 (married). Members should note that marginal relief @ 40% will apply where income does not greatly exceed the exemption limit. However, you must apply for this concession and it may turn out to be advantageous.

Similarly, in relation to personal social insurance and social assistance payments, no new policy changes were noted, but again, all State pensions and other payments were increased substantially.

Last year, we highlighted the major new initiatives introduced by the Minister for Health and Children. How these fared is not for us to say, but again, this year, another major initiative was introduced, this time a €150 million package for services for older people. To quote from the Press Release:- "(The package)... will mean a major improvement in home and community based support for older people". The main elements of the Homecare package are:-

- Home helps
- Day/respite care centres
- Specialist palliative care
- Meals on Wheels
- Sheltered housing
- Elder abuse
- Development of nursing home subvention scheme
- Other initiatives in primary/community care for older people.

Members should note that, in Health services, being 'eligible' for various services is not the same as being 'entitled' to them, the latter having a statutory meaning. Many health services are means tested, age or illness related, subject to availability, etc. The Health Strategy 2001 included a commitment to introduce clear statutory provisions on entitlement and to define the full range of health and personal social services, but this legislation has not yet been drafted. Hopefully, this new initiative with 150 million earmarked, will improve the situation for older people.

Pension Matters

Increases due

By now all our members will have received the 1.5% due from 1/12/05 under the national partnership agreement "Sustaining Progress". In addition to that, all our General officer members will also have received from 1/1/06 the final phase of the interim award recommended by the Review Body on Higher Remuneration in the Public Sector.

All our members can now look forward to another pension increase of 2.5% from 1/6/06 due under the final phase of "Sustaining Progress". The social partners are already in talks on a successor to "Sustaining Progress" and all we can do is to keep our fingers crossed on the outcome.

Public Service Benchmarking Body and Review Body

The Minister for Finance announced on 13/1/06, the formal establishment of the second Benchmarking Body to undertake a fundamental examination of the pay of public service employees (in our case from lieutenant to colonel) vis-à-vis the private sector. The first Benchmarking Body reported on 30/6/02 and this Body will report in the second half of 2007.

As mentioned in our last Newsletter we also have the Review Body on Higher Remuneration examining, inter alia, the pay of Defence Forces general officers. This Body issued an interim report on 27/6/05 and will issue its final report in the second half of 2007. This timing is intended to bring the date of both Bodies into line. It is expected that they will 'shadow' each other. In its interim report (relevant extract to our General officer members at the time) the Review Body drew attention to the relevance of superannuation arrangements as a component of overall remuneration and stated its intention to take account of these arrangements in making comparisons with the level of remuneration in the private sector.

The previous Review Body Report of 25/9/00 in recommending new salary rates for General officers stated that the new rates took account of the non-contributory pension scheme available. The exact phraseology was also used in the Report before that again. Both were vague statements, devoid of openness and transparency and with no indication as to the percentage amount of salary held back. We, therefore, only know the net salary and not the gross or real salary. ARCO's remit is primarily the protection of pensions in payment to its members. As pensions are linked with pay through the parity principle, there is a particular interest in how both Bodies will take into account the pension arrangements of our serving brethren. Now that the matter of pensions is being raised, we would hold, in the interests of equity with the private sector, that pension parity should be based on gross salary and our submission to the Review Body reflects this.



Notice Board



National Day of Commemoration 2006

We like to remind our members of this National Day to be observed this year on Sunday, 9/7/06, to honour all those Irishmen and Irishwomen who died in past wars or on service with the United Nations. The official State ceremony will be held, as usual, in the Royal Hospital, Kilmainham at 1130 hrs, followed by a reception. Whilst it is a public ceremony, nevertheless we encourage our members to attend (with medals) to show the flag. The reception afterwards is an opportunity to meet former and serving colleagues.

"An Age Friendly Society"

A position paper issued by the National Council on Ageing and Older People in 2005 which looks at how society can implement age friendly policies and would be of interest to those seeking an understanding of the issues of ageing and older people.

Medical Card and GP Visit Card

Whilst the Medical Card for the over 70's is now well established, one should not lose sight of cases where one spouse is under 70 years and the availability of means tested Medical Cards, including the newly introduced GP Visit Card. The income guidelines for both these Cards have been increased by 20% in a move to ensure that the promised extra 30,000 Medical Cards and 200,000 GP Visit Cards can actually be handed out. Also under the new guidelines for means tested purposes, it is the disposable income which is taken into account, that is income after tax, PRSI, Health Levy, reasonable rent or mortgage expenses, etc. It is not possible in a Newsletter such as this to give all the rules involved. This is available from your local HSE Health Centres.

Car Testing Appeals

The National Car Testing Service has introduced an appeals system on a non-statutory basis. If you have a complaint about your car test result you must first use the internal complaints process of the NCTS by writing to Lakedrive 3026, City West Business Campus, Naas Road, Dublin 24. If still not satisfied, they will send you a form to fill out and will refer you to the AA for an independent assessment. We have had no feedback on the usefulness of this service, but it is good to know that there is an appeals system in being.

Achieving a Contributory Old Age Pension after retiring from the Public Service

Our members will be aware of the qualification requirements for the standard State "Contributory Old Age pension", the "Mixed insurance pro-rata Old Age pension" and the "Special Old Age pension based on pre 1953 contributions". A new scheme is being introduced from 6/4/2012 and the qualification requirements for those reaching the age of 66 years on or after that date will be to have paid 520 full rate contributions or 260 full rate contributions with the balance being made up of special or high-rate voluntary contributions. It appears that there are no yearly contribution averages in this scheme. Many "what ifs" arise on reading the SW Booklet No 18 on all this but, hopefully, this note will trigger interest and lead to inquiries to your local social services information office. The operative date is only six years away, time for some of our members to get qualified.



Sport for all

In our last Newsletter we reported on our entry into golf sponsorship and our presentation of a perpetual Golf Cup to the Western Brigade Army Officers Golfing Society. Continuing with this initiative of ours to present a trophy to each of the four officer golfing societies in the Defence Forces, Friday, 23/9/05, saw our President in the Officers Mess, Collins Barracks, Cork, by the kind invitation of the GOC and President, Southern Command Golfing Society, Brig Gen Pat Nash and the Chairman of the Society, Comdt Michael Dowling, presenting a Cup to Capt Barry Turley, winner of the "Golfer of the Year" competition of the Society. Our congratulations to Barry, a serving officer, a worthy winner, playing off a nine handicap!

In his address at the presentation, the President of ARCO thanked the President and the Chairman of the Society and all those who participated for their support to ARCO in readily accepting our offer of the Cup. He explained that ARCO's purpose in presenting these Cups was to encourage retired officers to continue their association with their local golfing societies and to keep up their golfing activities in retired life for their own well being. Promoting close ties between retired and serving officers, in a practical way, is also a factor. The hope is that ARCO itself will also benefit through the publicity generated locally.

The Competition to decide the "Golfer of the Year" was conducted over six single competitions held during the year, with points awarded in each competition. The competitions themselves were already on the Calendar, with their own trophies, so no special competition was therefore needed. It was very encouraging to be informed that the bulk of the entries for each of the competitions comprised retired officers.

The actual presentation of our Cup on the night was made at a function, including dinner, following the annual invitation four ball between the Southern Command Society and the Cork Golf Club for the Col Paddy O'Sullivan Cup (former Command Engineer and Director, Engineer Corps).

The ARCO Executive Committee is very pleased that its initiative in the golfing scene has got off to such a good start. The competitions will be more widely advertised in Society Calendars this year and, hopefully, will grow in popularity.



Captain Barry Turley being presented with the ARCO Cup by the President of ARCO in the presence of Brig Gen Pat Nash and Comdt Michael Dowling.

25th Nov 1913 – 25th Nov 2003 Two historic dates for the Defence Forces

The Irish Volunteers, Oglagh na h-Eireann, were founded on 25th November 1913 at a public meeting held at the Rotunda in Dublin. On 25th November 2003, a military ceremony was held at the same venue to commemorate the 90th anniversary of that event. The ceremony, attended by the Minister for Defence and the Minister for Justice and Law Reform, comprised military honours, wreath laying, address and reception.

Both Ministers traced the origins of to-days Defence Forces back, in an unbroken line, to the Irish Volunteers, Oglagh na h-Eireann, as founded in 1913. This will be of interest to our members, as the date and origins of the Defence Forces, called Oglagh na-h-Eireann, in the 1923 Act, were often the subject of discussion. One can now put the matter to rest and take it as official policy that the date was 25th November 1913, the date of the founding of the Irish Volunteers, Oglagh na h-Eireann.

MSA Pensionability Issue and the Pensions Ombudsman

In the course of a comprehensive update in our last Newsletter on the MSA pensionability issue for those who retired pre 1/8/90, reference was made to our recourse to the Pensions Ombudsman, and his conclusion (unexpected after 1½ years) that he did not have the discretion to investigate and make a determination on complaints about acts which took place before 1996. The following extract from his 2004 Annual Report explains why, having taken on our complaint, he subsequently found that he could not deal with it:-

"Time limits

The limitation imposed by the Pensions Act on my ability to 'look back' at alleged acts of maladministration that took place before my appointment has caused a certain amount of concern. Briefly, the earliest date to which I can look back is six years before the passing of the Pensions (Amendment) Act, 2002, which was 13 April 2002. At the time when the Bill was being considered in the Oireachtas, various Members went on record as being anxious to facilitate submission of complaints by certain individuals and groups. At the time, the Minister felt that I had some discretion in the matter of time limits. Legal advice since received has led me to draw the line quite strictly in relation to old complaints. It is not a satisfactory position as far as complainants are concerned, yet most of these complaints would be time-barred if it came to taking action through the courts and, since my determinations can be appealed to the High Court, there is some logic to the restriction".

“Can I or should I reinvent myself” ?

(A thoughtful article from Comdt Hugh O'Donovan (retd) – A Work Psychologist living in Cork – which we hope will be of interest to our members contemplating activity in their retirement or, indeed, in their second employment)

Modern developments and insight in psychology inform as to what might be going on at any particular period in our journey (Career). One particular model offers a framework to examine and reflect on where we are and what are the influencing factors at any given time. It is termed the neurological levels of experience and involves six levels as follows which are embedded in each other but which can be teased out based on the language we use to describe our situation. A more informed decision as to how we might reinvent can then be taken.

1. **Environment:** Where you live, work, people you interact with. There are limitations and opportunities associated with an understanding of what's going on here.

2. **Behaviour:** Actions, walking, talking, working, resting. This is the only neurological level visible to the outside world. New behaviour is easily acquired if you have the right strategies. Motivation is self perpetuating.

3. **Skills / Capabilities / Competencies:** Fishing / Painting / Gardening / Communications training. You can improve your skills and acquire new skills on an ongoing basis at any point in your journey.

4. **Values / Beliefs / Convictions:** Being personable, success, creativity, integrity, altruism etc. This level regulates whether you acquire new skills or behave in one way or another. This level is more formed than those mentioned previously but it is possible through exploration both in terms of the surrounding environment and skills to adapt and revise some supposedly core values and beliefs.

5. **Identity:** There is a distinction here between core and role identity although those most happy in the workplace have an overlap of core and role identity. Who I am and what I am. This is interesting at the retirement stage because there can often be a conflict between role identity and core identity.

6. **Spirituality / Connectedness.** The link between you and your surroundings. At this stage the circle is closed. This is the weighty end of personal experience e.g. How does mankind evolve? What comes next? What is my place in it all?

The answer to the questions in the title is yes, we can reinvent ourselves, everyday if we wish but not at all levels perhaps simultaneously and with equal effectiveness. It will depend on what stage you are at in your career and the purpose intended. Balance is always necessary and should one undertake a radical reinvention / change there may be downsides to that. You can alter your environment, you can acquire new skills etc. For example my retraining as a work psychologist was done for many reasons but it was also done to make use of previous and invaluable experience in the Defence Forces with the added bonus of reducing possible fallout from such change. I didn't want to reinvent the wheel. Other levels such as beliefs and identity tend to be more durable but not beyond reflection and examination.

The answer to the question should I reinvent myself is perhaps yes if you want to remain fresh and interested and (interesting) throughout your journey. Those with higher levels of curiosity and inclination to explore tend to be happier on average.

Ar Dheis De go raibh a n-Anamacha

Comdt	Paul O'Donnell	02/09/05
Capt	Brendan Mattimoe	07/09/05
Comdt	Arthur Cronhelm	16/09/05
Capt	James Foley	21/09/05
Lt Cdr	Nicholas Murphy	24/09/05
Col	Shane O'Connor	29/09/05

Lt Col	Michael Pyne	27/10/05
Comdt	Martin Dolan	06/12/05
Maj Gen	Joseph Emphy	18/12/05
Col	Jim Dowdall	31/12/05
Comdt	Ned O'Neill	19/01/06
Col	Jim Flynn	12/03/06

Happy are those who die in the Lord,
now they can rest for ever after their work,
since their good deeds go with them.

Your Good Health

Some early signs of Cancer

Col Joe Laffan

Cancer is a condition which becomes more prevalent in later life. Hence, it is appropriate to give some warnings to enable early detection, because all experience shows that the best outcome of treatment follows early recognition and diagnosis. I will deal with some of the more common kinds of cancer.

Cancers of the skin are the most common of all cancers and should be seen and recognised very early. Many are caused by exposure to sunlight. There are two kinds that very rarely spread to distant sites in the body and are readily treated by operation. The third and deadly kind is melanoma which if not treated adequately and early may be lethal. Melanomas generally arise in brown or blackish spots on the skin. If any of these spots are noticed to enlarge, or to become irregular in outline, or become darker then treat them with the utmost suspicion. Melanomas require surgery and possibly chemotherapy, with regular surveillance for years. If you see any kind of chronic ulcer, especially around the head and neck which has not healed after two or three weeks seek medical advice.

Enlarged glands or lumps under the skin should be taken seriously especially if there are more than one, and they do not resolve in a week. They could be one of many kinds of glandular tumours. Likely sites are the neck, armpits or groins. Treatment varies according to the particular type of tumour present. Here again early action yields the best results.

Mouth, lips and tongue Cancers in these sites are seen mostly in smokers who drink. If a sore or ulcer remains unhealed beyond a fortnight wait no longer and give the surgeon the best chance of successful treatment.

Bladder and kidney If you see signs of blood in the urine for more than 24 hours look for medical help. There are other causes for blood in the urine beside cancers, but none of them are trivial.

Lung Cancer Uncommon in non smokers but does occur in them. Watch out for persistent cough, blood in sputum, shortness of breath, wheezing, loss of appetite and loss of weight. If any of these abnormal symptoms persist beyond a second week, seek medical help.

Cancer of Prostate Gland This is uncommon before age 50. In about 60% of cases the first symptom is obstruction of flow of urine, though obstruction is often caused by other enlargement of the prostate which is not cancerous. In about 10% surgical treatment of what is thought to be simple enlargement, evidence of cancer is found in the portions removed. Remaining cases are likely to present with bone pain or anaemia.

Cancer of the Bowel is the third most common cancer and rarely occurs before 50. Those who are overweight, are smokers or take little exercise are more likely to become victims, while a diet with ample fruit, vegetables, poultry and fish has a protective influence. Major signs are a change in bowel habit, i.e. alternating constipation and diarrhoea, and the presence of blood in the motions. Sometimes anaemia causing tiredness, malaise or pallor is the earliest sign. Lastly, a family history of bowel cancer, especially in a close relative gives a strong warning.

A Footsoldier with GOAL

Col Dorcha Lee

A slightly disconcerting aspect of retirement is waking up to the realisation that there is no organisation, or individual, out there, beating down the door to make use of all that training, experience and expertise, acquired while in service. The phone doesn't ring, and the in-tray is, curiously enough, empty! That is, of course, unless you decide to do something about it yourself. In my case, I actively sought an outlet in the humanitarian aid area, and, after two rejections, I saw an appeal from GOAL for volunteers to work in NIGER.

The appeal was for doctors, nurses and project managers/leaders, who could work in French. GOAL normally relies on hiring, locally based, English interpreters. However, there were few English speakers available in the Zinder area of Niger, where GOAL was deployed. Instead, the effective working language was French, which was also the official, and common, language of the Republic of Niger.

After an 18 hour drive from the capital, Niamey, I arrived in Zinder at 0400 hrs on a Sunday morning, slept until 1200 hours, and by 1400 hrs I was with the Logs Manager interpreting at a meeting with the WFP (World Food Programme). From then on I remained with the Logs cell where I was given responsibility for Procurement over \$5,000, Asset Management, Ex-pat housing, Security, and, for a short while at the beginning, rear Warehouse Management in Zinder.

My five years in the upper echelons of the QMG's Branch gave me a wealth of logistics experience to draw on. Nevertheless, I had to learn, and operate, GOAL/International NGO logistics procedures, which were originally drawn up by the main American Aid Agency, USAID. Procedures apart, the principles of Logistics and Financial Management are universal. From a security point of view there were literally no problems, other than looking after twenty five unarmed, untrained, but enthusiastic, local lads. It was just forty years since I last commanded a platoon, and, in some ways, nothing had changed!

We had five different projects running in the Zinder area, mainly in the Bush up to 60 miles out. There were two General Food Distribution projects, one, where we distributed WFP food, and the other, where we distributed GOAL acquired food. A Supplementary

Feeding Project, which was directed at under fives, and pregnant and lactating mothers, benefited over 8,000, who were supported fortnightly. GOAL's well restoration project provided clean water for over 200,000 people in the Bush. The city itself, Zinder, has an excellent, newly installed, water system, put in by the Chinese and paid for by Col Gaddafi. GOAL organised fairs where thousands of the poorest families were able to acquire livestock and equipment, to give them a real chance of breaking out of the poverty cycle. Our, one and only, doctor, headed up a very successful hygiene education, and soap distribution, project.

GOAL's expat team was quite small, varying from 12 to 28, during my time, with up to approx 150 local staff. GOAL ex-pats have a strong work ethic, usually working 12 hours per day, six days per week. Living and working conditions were adequate but basic. However, the rigors of the rainy season in Niger are not for the faint hearted.

The support systems in place for Niger were simple, yet effective. In general, GOAL maintains its expenses under 5% of donated funds, but still provides well for its staff in the field.

Applicants for work with GOAL must pass a medical before being accepted. GOAL covered all costs involved. For any of our members considering volunteering for work overseas with GOAL, I would make just two recommendations. First, just as for any peacekeeping mission, you need to be **physically** fit as well as **medically** fit. I have to admit, after two years in retirement, preceded by more than ten years of staff appointments, I had gone a bit soft, and found the initial month hard going. Secondly, nearly every appointment requires GOALies, in reality, to be **computer literate**, minimum Microsoft Word and Excel.

Overall a great and worthwhile experience, which I would encourage our readers to consider.

Personal Column

Congratulations.

ARCO has extended its congratulations and best wishes to Maj General Pat Nash on his recent promotion and appointment as Deputy Chief of Staff (Operations) and also to Brig General Pdraig O'Callaghan on his promotion and appointment as G.O.C. 1st Southern Brigade.

Defence Forces Personnel Support Service (DFPSS)

The Association's first newsletter, issued in Autumn 2001, indicated the availability of the DFPSS to our members. It also noted that there were many organisations, both statutory and voluntary, operating in the field of services to retired personnel/senior citizens.

The DFPSS is a professional and confidential information, referral and support service. It provides information on a wide range of matters including social welfare benefits, retirement, government services and agencies at local, regional and national level, housing, taxation, financial matters and health issues. Counselling support is provided in relation to bereavement, family difficulties, separation and divorce, alcohol and drug abuse, etc.

Changes often occur in the terms and conditions associated with the many services available to retired personnel and it is reassuring to know that the professional support of the DFPSS is available to assist in any way possible.

The contacts for retired officers are:-

Lt Col Ollie Barbour Director PSS, DFHQ, Dublin.	01-8042752
Comdt Tom Farrell SO PSS 2 E Bde, Cathal Brugha Bks.	01-8046334
Comdt Mick Rowan SO PSS 1 S Bde, Collins Bks., Cork.	021-4514193
Comdt Ned Kelly SO PSS 4 W Bde, Custume Bks., Athlone	0902-21161
Comdt Gerry Harney SO PSS DFTC, Curragh Camp.	045-445099
Capt John McCormack SO PSS Air Corps, Baldonnel	01-4037531
Lt Cdr Colm McGinley SO PSS Naval Service, Haulbowline	021-4864722

PS: Readers will note that this is the 10th issue of our Newsletter. The Editor (your President) is of the view that the timing is opportune to bow out. Near time you might say: what with all the photos, the cult of personality could be taking hold! All that remains is to seek a volunteer, either from the Executive Committee or the wider membership, to guide the Newsletter to its 21st. A sincere "thank you" to our members, readers and contributors for your support over the years. Kindest regards and best wishes.

New Members Welcomed Aboard

Maj General Sean Brennan
Lt Col Christy O'Sullivan
Col Joe O'Sullivan
Cdr Rory Costello
Comdt Brian Ryan
Comdt Paul Gallagher
Comdt Conor Byrne
Comdt John Murphy

Naval Service Commissioning 8/9/05

Ensign Christopher Morgan was adjudged the best overall Cadet of the 43rd Cadet Class, Naval Service and at the Commissioning Ceremony held on 8th September 2005 at the Naval Base, Haulbowline, was presented with the Fleet Review Telescope by the President, ARCO, Col John Ryan.

Chris is from Middleton, Co Cork and prior to being awarded a Cadetship in the Naval Service had successfully completed an apprenticeship course in the Air Corps and qualified as an aircraft mechanic. He is now in the NS Engineering Branch and undergoing a degree course in Naval Engineering at the National Maritime College, Ringaskiddy, Co Cork.

We renew our congratulations to Ensign Morgan and wish him every success in his career as a Naval Service officer.



Ensign Morgan being congratulated by the President of ARCO