

Internal Communication Digest (ICD)

Welcome to the Defence Forces' Internal Communication (IC) Digest.

The Defence Forces Internal Communications Team, will deliver accurate and timely information of interest to our members in order to increase awareness on current and future developments across the organisation. This monthly ICD along with all DF social media platforms and our online 'Member's Area' will allow information of interest to be distributed across the DF. Our Member's Area on www.military.ie, has been launched to allow personnel to access information while off-site. For further information on matters which directly affect you, or if you wish to feature in next month's issue please e-mail feedback@defenceforces.ie.

ARW

The Army Ranger Wing (ARW) successfully completed their first rotation with The United Nations Multidimensional Stabilization Mission in Mali (MINUSMA). The ARW are working in conjunction with over 15,160 personnel, contributing to building a safe and secure environment in Northern Mali. Unit Operators can be seen here on an air-mobile patrol, supported by Romanian IAR 330 Puma helicopters.



Personnel Support Service (PSS) - SafeTALK

SafeTALK is a half day of training that prepares us to identify our colleagues who are at risk of suicide and to connect them to suicide first aid resources.

Trained PSS personnel are delivering SafeTALK training throughout the Defence Forces in 2020. Please take the time to find out from your local PSS office when the next workshop is being delivered in your formation or location – everyone is encouraged to participate, regardless of rank, seniority or length of service. The prevention of suicide is something in which we can all believe, and in which we can all play an important and effective part.

J7 Learning Support

Specific Learning Difficulties (SLD's) refer to a number of disorders which may affect the acquisition, organisation, retention, understanding or use of verbal or nonverbal information.



Having an SLD does not preclude personnel from joining the DF, nor is it incompatible with successful military service. The potential of personnel with SLD's and their capacity to contribute equally effectively to the organisation will be recognised and the Defence Forces will imbue a culture of accepting and supporting personnel with SLD's. This does not however negate the necessity for all members of the DF to reach the required standard of competence in their military performance.

For further information see the DF Learning Support Policy on the J7 IKON page.

Dates for your Diary

**03 Mar - Royal Visit
Garden of Remembrance**

**05 Mar - 1 Bde – Credentials
Áras an Uachtaráin**

MOWAG

- Modifications to APC:
- RPG Protective Netting
- Improved Crew Seating
- Local Situational Awareness Camera System
- Blast Protection Floor Blanket
- Automatic Fire Suppression System
- Crew Compartment
- Improved Lighting System for Crew Compartment
- Replacement of FVT 800 Turret with Kongsberg Remote Weapons Station



Stats

Max Speed:	100 K.P.H
Seating Capacity:	3 x Crew, 8 x Dismounts
Weapons:	12.7 FN HMG, 40mm H&K GMG, 7.62 GPMG, (Javelin Bracket for potential future applications)
Range (Fuel Capacity):	600km (On Roads), 300km 'X' Country
Protection levels:	7.62mm AP (All round @ 30m), 12.7mm AP @ Front (60 Degree Arc) outside 100m, 155mm HE (All round @ 50m), 8kg TNT at each Wheelbase, Carbon Kevlar Spawl Liner.
Gross Vehicle Weight:	18,500kg
Fording Depth:	1.5m
Slopes/Steps/Banks:	Max Grad 60%, Max Side Slope 30%, Max Step 0.6m, Max Crossing 2.0m
Engine Size:	MTU Diesel 10.96L V6 Turbocharger with Charge-Air Cooler – 400 HP, Liquid Cooled, Hydrostatic Cooling Fan Drive

DF Ladies Rugby

DFTC Rugby Pitch: 1000hrs – 1500hrs
Training Dates:

- 12 Feb
- 26 Feb
- 11 Mar

POC Comdt Jayne Lawler



Sporting Events

DF All Army Boxing Championships – 11 / 12 / 13 March 2020 at Cathal Bruagh Bks

DF 5 Mile Road Race on Wednesday 25th of March 2020, will take place in Casement Aerodrome Baldonnell.
Registration 1030 Hrs. Open to all.

Office of Emergency Planning and the National Emergency Coordination Centre Says Thank You.

Your hard work makes a big difference
Every year, the OEP co-ordinates the 'Be Winter-Ready' campaign, which can be found by scanning the QR code below. This campaign provides helpful advice and information on preparing for severe weather.



The National Emergency Coordination Centre (NECC) – equipped with robust communications systems and support facilities and managed by the OEP – This is where Ministers, Senior Civil Servants and Military personnel convene to coordinate responses to major natural emergencies.

The contribution on the ground by military personnel deployed in Aid to Civil Authority is a major factor to the successful response to each emergency.
Thank you to our members.



COS CUP 2020

The Chief of Staff Cup aims to promote individual and unit participation in all DF sports, increase unit esprit de corps and develop sport throughout the Defence Forces.

UNITS / TEAMS COS CUP 2020

Finner Camp
McKee Bks / DFHQ
Aiken Bks & Gormanstown
Dun ui Mhaoliosa
Custume Bks
Sarsfield Bks
Cathal Bruagh Bks
Stephens Bks
Collins Bks
DFTC OPS (1 MIC, + 1 ACS, + ARW)
Casement Airbase
DFTC Formations* (+) All other DFTC Groups & Units
Naval Base
*Mil Col & DFHQ personnel based in DFTC

TEAM EVENTS

Team Scoring Events
Medical Services Gaelic Football
Cunningham Cup soccer
Parsons/ Chaplins Cup Hurling
DFPES Military Challenge
DF Volleyball Championship
An Cosantoir Block Event
Hooker Regan Rugby

INDIVIDUAL EVENTS

Individual Scoring Events
DF Indoor Athletics Championship
An Cosantoir 10 km (Individual Categories)
DF Golf Championship
DF Boxing Championship
DF Triathlon
DF Cross Country Championship
DF Duathlon
DF Adventure Race
DF Orienteering Championship
DF 10 Mile Road Race

D ENG

PROJECTS TO BE COMPLETED

1 Bde - Kilkenny – Gym
DFTC - Electric Target Range
DFTC - Coolmoney - water and waste water treatment
NS Spenser Jetty - Stabilisation

GS 2 Bde - McKee - refurb of Block H for DFHQ use
1 Bde Kilkenny - Replace water main & extend gas main
2 Bde Dundalk - Central Heating Boiler Decentralisation
AC Casement - Watermains upgrade
NS Block 8 - conversion to accommodate ships' personnel ashore