



Prepared for Battle, Ready to Assist

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COVID-19 Update

Roadmap to easing Queensland's restrictions

A step-down approach to COVID-19

School holidays (27 Jun–12 Jul)

commencing from 12 noon

STAGE 3: 3 JULY 2020

Family, friends and community

- › Private, non-commercial (e.g. home) gatherings of up to 100 with friends and family
- › Weddings and funerals (max 100 people)⁵
- › Maximum number of persons at museums, art galleries, libraries and historic sites determined by the one person per 4 square metre rule
- › Sport, recreation and fitness organisations when following a COVID Safe Industry Plan:
 - › resumption of activity including competition and physical contact is permitted on the field of play
 - › indoor sports facilities can open with one person per 4 square metres (off the field of play)⁵
 - › outdoor sports facilities can open with physical distancing (off the field of play).

Businesses and economy

- › Maximum number of customers for a business at any one time is determined by the 4 square metre rule^{4,6}
- › For smaller venues below 200 square metres, businesses can have one person per 2 square metres up to 50 persons at a time^{5,6}
- › The following businesses and areas may re-open with a COVID Safe Plan:
 - › casinos, gaming and gambling venues (including electronic gaming machines)
 - › non-therapeutic massage⁶
 - › saunas and bathhouses⁶
 - › nightclubs
 - › food courts
- › Office-based workers can return to their place of work
- › Up to 25,000 spectators or 50% of capacity (whichever is the lesser) at Queensland's Major Sports Facilities, with a COVID Safe Plan
- › Concert venues, theatres and auditoriums can open and have up to 50% capacity or one person per 4 square metres (whichever is the greater), with a COVID Safe Plan
- › More events allowed:
 - › fewer than 500 people – no approval needed when following a COVID Safe Event Checklist
 - › 500 to 10,000 people – need a COVID Safe Event Plan approved by local public health units
 - › over 10,000 people – need a COVID Safe Event Plan approved by the Queensland Chief Health Officer
- › COVID Safe Industry Plans continue to apply with revisions to reflect changes in Stage 3. COVID Safe Checklists continue to apply.

BORDERS

From 12 noon 3 July 2020

- › Due to the current community transmission levels, the border with Victoria will remain closed and be strengthened.
- › Any person (whether a Queensland resident or non-Queensland resident) who has been in any local government area within the State of Victoria within the last 14 days should not come to Queensland. If they do, they must undergo mandatory quarantine in a hotel at their own expense for a minimum of 14 days.
- › Queensland residents must not travel to any local government area in Victoria.
- › The Queensland Government will implement enhanced border control measures, including border passes and identification screening.

From 12 noon 10 July 2020

- › From 10 July 2020, any person from New South Wales, Western Australia, South Australia, Tasmania, the Australian Capital Territory and the Northern Territory may enter Queensland subject to completing and signing a border declaration.
- › If any person entering Queensland from whatever place has spent time in any local government area in Victoria during the past 14 days, they will be subject to mandatory hotel quarantine.

Offences and quarantine measures

- › All persons entering Queensland must complete and sign a border declaration stating they have not been to any local government area in Victoria in the past 14 days. Penalties apply for false statements.
- › All flights will be checked and road vehicle borders will be enforced.
- › Police will enforce quarantine.
- › A person who refuses testing in quarantine will be subject to a further 10-day period at cost.

Review

- › The Queensland Chief Health Officer will review levels of community transmission and may impose additional restrictions should new hot spots occur.

Ongoing review

Ongoing review of state-based restrictions will be undertaken based on levels of community transmission. This includes:

- › Density requirements, including consideration of moving from 4 to 2 square metres per person for all venues
- › Remaining restrictions on high-risk businesses and activities.



Flight Focused!

B Flight – Spartan On The Job Proficiency Program

Covid-19 brought unforeseen challenges and changes to 35 Squadron, and the way in which work is normally achieved. With tasking reduced due to the pandemic, B flight members shifted focus to initiatives that will improve the productivity and efficiency of the flight, and 35 Squadron as a whole. These initiatives include ATAK (Battle Space integration technology), loadmaster ICT (moving paper weight and balance to iPad electronic smart forms) and the Spartan On the Job Proficiency Program (SOPP).

SOPP is an ongoing series that makes use of standardised routes that depart and return to Amberley in 1 – 2 hour loops. Each mission in the series has comprehensive academics that outline a set of objectives and learning outcomes, all within a developing theatre realistic scenario. These flights, as part of SOPP, are aimed to improve aircrew currency and tactical proficiency in the Airborne Operations role.

Prior to each SOPP mission, aircrew receive academics specific to that flight. The academics give context to the scenario, as well as develop aircrew understanding in the standard procedures and tactics used on operations. Senior and experienced members of the Squadron deliver the briefs, and share their experiences and lessons learned whilst operating in a theatre environment.

The flight duration is tailored to a typical C-27J mission. Departing from a forward operating base, with a short transit into the battle space to complete an assigned task. The missions are challenging and require thorough preparation and planning. The short profiles allow multiple crews to use the same aircraft in one day improving the currency events achieved per aircraft release. The increased frequency of events enables crews to become proficient in high tempo and demanding profiles, with an instructor on board as a safety pilot. A quick turnaround model aids in reducing maintenance/flight line penalty between sorties to assist in improving airframe generation.

SOPP addresses one of the major planning challenges facing 35 Squadron aircrew. Each tactical mission involves considerable planning investment and this previously decreased the ability of crews to focus on the tactical flying components of the missions. Standard route packages now allow the crew to spend less time producing map products, and more time preparing the tactics and procedures that will be flown.



Since introduction, SOPP has been extremely successful in raising aircrew proficiency by exposing them to a wide variety of problems to solve airborne. SOPP continues to develop but has already revolutionised the way 35 Squadron conducts its aircrew training and proficiency, all in a mission focused environment.

- FLGOFF Brett Gould

Mental Health

Push-up Madness

Push up Challenge 2020!!!

Between 11 and 21 May 20, a group of 11 loadmasters took part in the 2020 push-up challenge to raise funds for Headspace National, a charity foundation dedicated to improving youth mental health. The challenge involved completing a different amount of push-ups each day to represent a different mental health statistic. At the end of the 21 Days Challenge, we had each completed a total of 3,046 push-ups, to represent the number of lives lost to suicide in 2018 in Australia and in the process, raised \$3854 for the charity.

We hope to increase the SQN's involvement in next year's event! More info will be coming out on how you can get involved.

In the meantime, start training!

24/7 Mental Health Services	
Beyond Blue <i>Anyone feeling anxious or depressed</i> beyondblue.org.au 1300 22 4636	Kids Helpline <i>Counselling for young people aged 5 to 25</i> kidshelpline.com.au 1800 55 1800
MensLine Australia <i>Men with emotional or relationship concerns</i> mensline.org.au 1300 78 99 78	Open Arms <i>Veterans and families counselling</i> openarms.gov.au 1800 011 046
Lifeline <i>Anyone having a personal crisis</i> lifeline.org.au 13 11 14	Suicide Call Back Service <i>Anyone thinking about suicide</i> suicidecallbackservice.org.au 1300 659 467
Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)	
healthdirect	

35SQN Loadmasters getting down for a good cause!



CHOC BROWNIE BLISS BALLS

Servings: 16 (Contains nuts!)

Ingredients:

150g pitted medjool dates – roughly chopped
 225g crunchy natural peanut or almond butter (Or a mix – yummm!)
 ¾ cup rolled oats
 ¼ cup cacao powder
 ¼ cup desiccated coconut



Method:

- Place all ingredients (except the coconut) into a food processor and mix until combined.
- Add a tsp or two of water if the mixture is not holding together.
- Divide mixture into 16 equal portions. Form into balls and roll in coconut.
- Refrigerate until ready to serve!

Nutritional Information per serving (1 Ball)

Energy	609kj/ 146 cals
Protein	4.5g
Fat	9g
Carbohydrates	10.6g
Fiber	2.8g
Sugar	7.1g (No added sugar!)

- FLGOFF Kat Mitchell

PROMOTIONS

FLTLT-SQNLDR	John Appleton (FWP)	1 Jul 20	/
FLTLT-SQNLDR	Andrew Schostakowski (FWP)	22 Jul 20	/
CPL-SGT	Robert Vagg (LOADM)	27 May 20	/
LAC/W-CPL	Joshua Connor	29 Jun 20	/
LAC/W-CPL	Jeremy Dilger	29 Jun 20	/
AC/W-LAC/W	Rochelle Dalton (PCS)	29 Mar 20	/
AC/W-LAC/W	Felicity Hull (PCS)	28 Jun 20	

CO's COINS

CPL Hayley Geisler
CPL Paul Vanderkooi
CPL Jonathan Smith
CPL Laura Tupper
LACW Rochelle Dalton
LACW Hollie Jocumsen

SPARTAN OF THE QUARTER



LEADING AIRCRAFTWOMAN

ROCHELLE LYNNE DALTON 8570251

Since your arrival in April 2019, you have consistently displayed customer service and a professional attitude that is beyond reproach. You are always willing to help any member of the Squadron, no matter how big or small the task or query may be.

LACW Dalton, your dedication to continual process improvement is to be commended. You have engaged with HQAMG Knowledge Management (KM) to rectify long-standing issues with electronic document management and Objective structures that have taken 35SQN from being one of the worst performing knowledge management squadrons in AMG to become one of the best. Your actions have drawn personal praise from HQAMG KM and have reflected positively on 35SQN as a whole.

You are a determined self-starter who, without prompting, is willing to identify problems as opportunities for improvement and take action. This attitude is reflected in improvements such as 35SQN passport control, web page support and progression of the Unit Personnel Record (UPR) digitisation project.

LACW Dalton, through your strong work ethic, patience, pro-activeness and ability to adapt to any situation you have shown commitment to 35SQN and Air Force values and you will no doubt continue to make valuable contributions to 35SQN into the future.

Scott Egan
Wing Commander
35 Squadron Commanding Officer

30 June 2020

SPARTAN "TEAM OF THE QUARTER"



35SQN LOGISTICS SECTION

It is with great pleasure that I announce 35SQN Logistics Section as the first Spartan 'Team-of-the-Quarter'.

The logistics team have been the quiet achievers for 35SQN. You have consistently provided a high level of customer service and support, from managing the supply of aircraft parts to maintainers, to undertaking a significant amount of whole-of-SQN procurement and ensuring support equipment arrives in location for deployments and exercises, and gets home again.

Examples of your accomplishments include; the creation of repatriation, VIP, COVID PPE and disinfect FAK, Remediating a significant amount of LNIDS demands, which without this effort, expends resources away from current issues. Mode 5 spares management, 84WG CST remediation, enduring Logistics Assurance Branch and CO spot check governance, and JLV-SQ stakeholder management.

As a team, you have performed exceptionally in your SQN governance activities, Business Process Monitoring results and Logistics Certification and Accountability Cycle. Hampered by fragile databases (WFD, MILIS to LinFox warehouse management system interface), you have implemented local procedures to minimise impact to the supply of materiel.

This award is well deserved and I am sure Logistics section is looking forward to the luncheon that will be prepared by the Exec team to celebrate!

Spartan Explorer

Now that Covid restrictions are easing, we're all keen to get away and enjoy the bright Queensland sunshine. 150 kilometres may not seem like a lot, but lucky for us, Brisbane has some amazing spots that everyone can enjoy within the "restriction radius". So this upcoming weekend – get up, get out there and enjoy a day trip to your favourite spot. If you're stuck for ideas, try these (short) road trips this upcoming weekend! We promise you won't be disappointed.

1. Springbrook National Park

About 100 kilometers from Brisbane, within the world heritage listed Gondwana Rainforests, lies this relic of national beauty and ancient flora and fauna. Gushing waterfalls, rockpools and day hikes and sure to impress you, whilst only moderately challenging you. Try to visit some breathtaking sites such as the Canyon Lookout, Natural Bridge or the aptly named Best of All Lookout. If you enjoy some company, try the Springbrook National Park Discovery Full-Day bushwalking tour. An expert guide will take you on nature walks to some of the best known parts of the rainforest and you'll finish off with lunch!



2. North Stradbroke Island

Now that the ferries to Redland Bay have resumed, why not try visiting one of Queensland's most famous island destinations? Located a short 40 min ferry ride from Cleveland (Eastern Brisbane), Stradbroke Island has some of the best known natural walks in Australia. It's the second largest sand island in the world (after Fraser Island) and is home to the stunning North Gorge walk. Enjoy the gushing waves and see if you can sight some wild marine life. After your hike, consider going for a dip on one of the island's many white sand beaches or freshwater lakes. For the culturally inclined, there's three little townships on the island, each with its own sprinkling of historic attractions.

3. Tamborine Mountain

Located about an hour's drive from Brisbane towards the Gold Coast, Tamborine Mountain offers the perfect mix of nature and culture. Beautiful rainforest and eucalyptus forests surround a thriving community. Start your day with a bird's eye view of the lush rainforest on the Rainforest SkyWalk, followed by a visit to the amazing Curtis Falls. Visit the town centre for a meal at a local café or tearoom and make sure to try home-made fudge at one of many fudge shops! The Mount Tamborine Glow Worms and Tamborine Mountain Botanic Gardens are also great side trips when visiting.

4. Caloundra

Caloundra is a stunning coastal town within easy driving distance from Brisbane. Loved by locals and visitors alike, it's the home of watersports such as paddle boarding, jetskiing or windsurfing. Be sure to visit Currimundi Lake and some of the great beaches in the area. You can choose from Bulcock Beach, Moffat Beach, Golden Beach or King's Beach. Hot tip – visit Moffat Beach Brewing Co. (if re-opened) for a casual beachside brewery that serves up to 12 beers in rotation.

5. Shorncliffe

Fish and chips on the pier is what the weekend is all about! Shorncliffe is located an easy 40 minutes from Brisbane, and is home to some of the best locally sourced fish and chips shops that serve up the hot stuff to be enjoyed with views of the Bramble Bay. The famous pier has recently gone through a multimillion dollar rebuild, which means there's lots of seats and fish cleaning stations if you're keen to wet a line. The pier dates back to the 1880s and is one of the longest recreational piers in Australia – giving it excellent attributes for photography, especially at sunrise or sunset. Go get some great shots for the 'gram!