



Cumann na nIar - Oifigeach Coimisiúnta

# newsletter

Association of Retired Commissioned Officers

Issue No: 39. Autumn/Winter 2020

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

## 2020 Annual General Meeting

*The Association's 26th AGM took place in virtual format, by means of electronic communications technology (Zoom), on 02 October 2020.*

### Reports

Reports were presented by the President: Brig Gen Paul Pakenham (Retd), the Secretary: Lt Col Joe Ahern (Retd), the Treasurer: Lt Col Richard Cummins (Retd), and the Membership Secretary: Col Richard Heaslip (Retd). All reports, including the audited accounts for the period ended 31 July 2020, were unanimously adopted.

### Appointments

President	Brig Gen Paul Pakenham
Vice President	Brig Gen Seamus Ó Giolláin
Secretary	Col Brendan McAndrew
Treasurer	Col Brian Monahan
Membership Secretary	Col Des Bergin
Immediate Past President	Cdr Gerard O'Flynn (NS)

### Regional Representatives

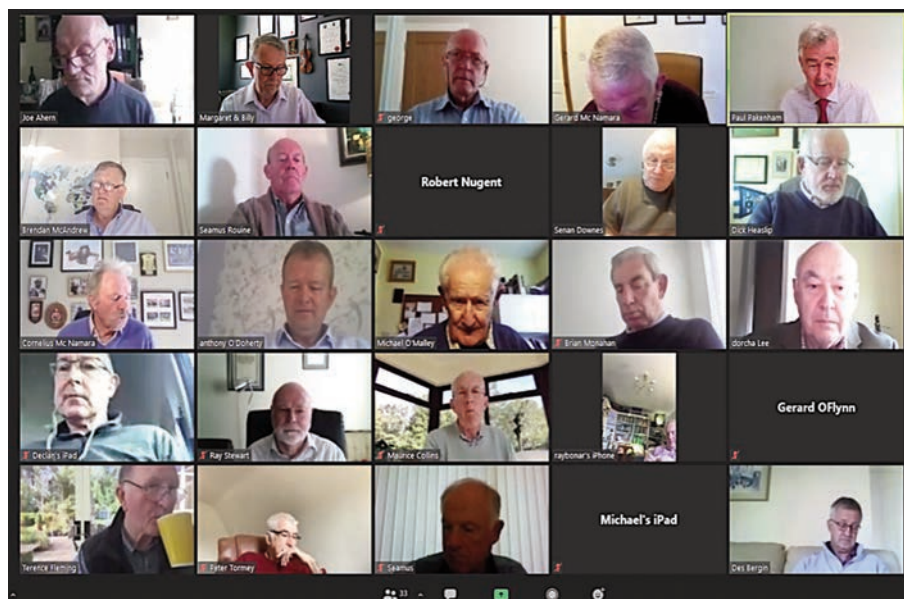
Eastern Region	Col George Kerton & Capt Philip Quinlan
Southern Region	Capt Tony Doonan
Western Region	Brig Gen Peter O'Halloran & Brig Gen Gerry McNamara (Retd)
Curragh Region	Lt Col Seamus Rouine & Capt Paul Amoroso
Naval Service Region	Cdr Gerard O'Flynn (NS) & Capt David Barry (NS)
Air Corps Region	Brig Gen Paul Fry & Capt Ray Bonar.



Comdt Pat Casey (Retd) was elected as Hon Auditor. Col Bill Nott (Retd), Comdt Pat Godfrey (Retd) and Comdt Ray Murphy (Retd) were elected as Trustees.

At the EXCOM meeting on 20 November and pursuant to paragraph 16 of the Association's Rules, the incoming EXCOM co-opted members to perform the following specific functions:

- Representative on the Executive Committee of the Board of the Defence Forces Benevolent Fund: Brig Gen Liam MacNamee (Retd),
- Representative on CAOGA's Board of Management: Lt Col Sean Scanlon (Retd),
- Representative on the Council of the Alliance of Retired Public Servants: Lt Col Joseph Ahern (Retd),
- ARCO's Webmaster: Comdt Billy Campbell (Retd), and
- Editor of ARCO's Newsletter: Col Declan Carbery (Retd).
- Western Region: Col Eamon Caulfield (Retd) to replace Brig Gen Gerry McNamara (Retd) who retired from the EXCOM after 12 years' service.



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The President welcomed the newly elected Officers: Brig Gen Seamus Ó Giolláin (Vice President), Col Brendan McAndrew (Secretary), Col Brian Monahan (Treasurer) and Col Des Bergin (Membership Secretary), and the newly elected Regional Representatives: Capt Philip Quinlan (East), Capt Tony Doonan (South), Brig Gen Peter O'Halloran (West) and Capt Paul Amoroso (Curragh). The election of 9 new members to the EXCOM represents a 50% turnover of the committee, and reflects one of the outcomes arising from ARCO's 2019 Relevance Workshop. The President formally acknowledged the guidance, advice and support which he personally received from the Vice President, Col George Kerton, who was stepping aside having served in the appointment for the last 5 years. Col Kerton was subsequently elected as a Representative for the Eastern Region. On the occasion of the retirement of the following Officers and EXCOM members, on behalf of ARCO's membership, the President conveyed his sincere appreciation of the commendable service and steadfast commitment provided by:

- Lt Col Joe Ahern - Eastern Regional Representative since 2006, and Secretary since 2009,
- Lt Col Richard Cummins - Air Corps Regional Representative since 2010, and Treasurer since 2011,
- Col Dick Heaslip - Curragh Regional Representative since 2006, and Membership Secretary since 2008,
- Col Senan Downes - Western Regional Representative since 2006,
- Col Con McNamara - Curragh Regional Representative since 2010,
- Col Billy Harrington - Southern Regional Representative 2016, and Lt Col Michael Baston - Southern Representative since 2015.

### Executive Committee Motion

Following the 2019 AGM, the EXCOM revisited and consolidated the Association's Rules. Following this review process, an associated motion was formally endorsed by the EXCOM on 21 August. In accordance with ARCO's Rules, on 30 August, the membership was informed by means of post, of the intent to table this motion at the AGM. On 05 September, the membership was advised by text-a-message that the proposed revised Rules were posted on ARCO's website. On 30 September, members participating in the virtual AGM received by email a PDF version of the proposed revised Rules. The following motion was unanimously adopted:

**Motion 1 – Rules:** The revised Rules version 01 September be adopted.

The Rules, as adopted by the AGM on 02 October, are now available on the Website.

### Launch of Mentoring Support Project

During the course of the AGM, ARCO's support for the Defence Forces Mentoring Programme was formally launched. Reinforcing ARCO's motto, and its outreach programme with serving officers, this mentoring initiative reciprocates the

investment and experiences accruing from service in the Defence Forces.

ARCO members will shortly be invited to submit expressions of interest to participate, as mentors, on a voluntary basis, in the Defence Forces Mentoring Programme.

An orientation day will be conducted on Q2 of 2021, for those interested to participate in the programme. Thereafter, the Defence Forces will provide appropriate training to those ARCO members who have been selected for particular programmes. It is envisaged that the first of such programmes involving ARCO mentors will take place in Q3 of 2021. (See article by Lt Col Fiacra Keyes on Page 3 of this Newsletter)

### President's Closing Remarks

Serving the Defence Community for three decades, ARCO's priorities derive from its specified objectives as prescribed in the Association's Rules. In the coming 12 months, the EXCOM's focus will be on the following issues:

- Addressing the payment of the MSA increase for those military pensions in payment on 03 July 2019.
- Actively engaged with the Alliance of Retired Public Sector Associations in advancing ARCO's Pension Strategy, including the full repeal of FEMPI legislation, pension parity and negotiation rights for public servants,
- Reviewing the regulations and procedures associated with Disability Pensions,
- Participating in Defence Forces Mentoring Programmes,
- Hosting Networking Events, subject to the Covid-19 restrictions,
- Engaging with third parties in Military Transitional Programmes,
- Extending ARCO's membership base,
- Advancing the Combined Veterans' Strategy along with ONE and IUNVA, and
- Preparing a framework for the elaboration of a Veterans' Policy. Finally, the President encouraged all Members to maintain a practical and positive interest in advancing ARCO's ethos and objectives, thereby promoting, safeguarding and protecting the interests of members, and spouses or civil partners of deceased members.

**2021 PRIORITIES**

- Application of MSA Increase
- Pension Strategy
- Review Disability Pensions Framework
- Defence Forces Mentoring Programme
- Networking Events
- Engagement with Military Transition Programmes
- Membership Base
- Combined Veterans' Strategy
- Veterans' Policy

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# Defence Forces Mentoring Programme

*Lt Col Fiacra Keyes  
G7 1 Bde*

As part of the DF Standing Committee of Coaching and Mentoring I have, if you will, fallen into the role of DF Mentoring Programme Manager, as a welcome adjunct to my permanent appointment. I have always been interested in mentoring as a support mechanism to anyone in any industry or service but in particular the military. Many of us, both serving and retired will recall, fondly I hope, the advice proffered us as young officers by more experienced Captains or perhaps Commandants. Some may even have experienced these relationships as Senior Officers in the later part of their career, either receiving or dispensing wise advice. As an Officer, a point is attained in ones' service where the obligation to prepare the next generation for the "Leadership", "Command" and "Management" practitioners attracts more emphasis and it is in this space that mentoring is key. So, what is mentoring and why is it important to have a mentor?

A mentor is usually an older experienced colleague who helps guide the career and life direction of a younger co-worker or subordinate who is referred to as a mentee. A mentoring relationship usually develops when the more experienced professional, the "mentor", takes a younger colleague, the "mentee" under their wing. Today we envisage a mentor as someone who is both a teacher and a counsellor who instructs, advises and assists a junior colleague in attaining success or



more simply is a facilitator of personal growth and empowerment. Inherent in the background and structure of the word "mentor" are the concepts of wise counsel, mutual respect and responsibility, guidance discipline and role modelling.

In the military profession mentoring relationships often develop between superiors and subordinates. Younger Officers commencing their service can often benefit from more experienced older Officers both serving and retired. The obvious benefits which accrue from mentoring less experienced Officers (reverse mentoring) can often be seen in the professional and personal development of these mentors and the associated benefits to the organisation as a whole. So how does one go about finding a mentor? Here-to-fore in the DF, this arrangement was ad hoc. An Officer was lucky if they were taken under someone's wing! The DF has come a long way however and after running several pilot mentoring programmes in the DFTC, in conjunction with "Engineers Ireland", the DF are now in a position to take ownership of this process. The initial step has commenced with thirteen DF personnel, selected from each service and formation, undergoing a Certificate in Mentoring Course in Kingstown College, Dun Laoghaire, Co. Dublin. It is anticipated that this will be completed in November 2020. Enabled by this



resource, the DF will then be in a position to roll out an official DF mentoring programme throughout and owned by the organisation. The ARCO decision to lend its support, experience and wisdom to this mentoring programme is much appreciated and highly anticipated. The way forward is being planned for a rollout during 2021. The DF Coaching and Mentoring committee look forward to engaging with ARCO members in facilitating the next generation of officers to develop as DF Commanders and Leaders.



# Family Support Booklet

## (Organising Personal and Family Affairs)

*The Association of Retired Commissioned Officers (ARCO) recognises the necessity for all retired personnel to ensure that personal affairs are in order and strongly advocates that prudent personal administrative arrangements are in place for all eventualities.*

With this in mind, and in furtherance of the organisation's objectives, ARCO recently updated this booklet for the guidance of its members in these matters. ARCO wishes to acknowledge the information and assistance provided by the Defence Forces, ARCO members, CAOGA and public bodies in the preparation of the booklet. The booklet is dedicated to the late Colonel Harry Crowley whose original proposal led to the publication of its first edition. Ar dheis Dé go raibh sé. The information provided in the booklet is arranged as follows:

### **Prudent Personal Administration**

This aims to provide guidance on a range of personal, spouse/partner and family issues, which should form the basis of a personal file. This information should be retained in safe custody with its location known to a trusted personal representative. A proforma **[PRDF Newsletter Issue No.39 PR.pdfsonal Affairs Checklist (PAC)]**, recommended by ARCO and CAOGA, is included at Annex A to the booklet and is also included on ARCO's webpage as a separate document for convenience.

This is an important document designed to help you keep a concise record of your personal affairs and papers. By establishing and maintaining a PAC, you could save your spouse

or partner, relatives and friends a great deal of time and expense in the future. The PAC information is organised in three sections as follows;

**Section A.** Provides information that might be needed quickly such as your key advisers and the location of your will.

**Section B.** This section covers your financial affairs, bank accounts, insurance policies and other assets.

**Section C.** This section covers other general information such as your employment record and membership of clubs. Guidance on Post-bereavement Interface with State Agencies At a time of great distress, such as bereavement, there is a requirement for both practical and emotional support to the bereaved. The information contained in this section aims to offer practical guidance to the surviving spouse, partner, family and/or personal representative of the deceased, when making contact with a range of state agencies arising from a bereavement. General information is also provided on other aspects of bereavement support.

### **Citizens Information Online**

The Citizens Information website, [citizensinformation.ie](https://citizensinformation.ie), referred to frequently in our support booklet, provides fast, easy access to comprehensive information on rights and entitlements. The website covers a wide range of subjects and services of interest to our members including: health, entitlements for older people, social welfare, money and tax, and much more.

During this COVID-19 pandemic, you can find comprehensive, timely and authoritative information on the Citizens Information



website at [health/covid19](https://health/covid19) and daily updates on what's changed on Twitter at [@citizensinfo](https://twitter.com/citizensinfo). You can also access information and advice from their information officers through one of the following channels:

- The Citizens Information Phone Service: Call 0761 07 4000, Monday to Friday, 9am-8pm
- The Citizens Information national call back service: Visit [citizensinformation.ie/callback](https://citizensinformation.ie/callback) to request a phone call from an information officer.
- Your local Citizens Information Centre: Find the phone number on the [Find a Centre page on citizensinformation.ie](#)

Relate, the journal on developments in social services, policy and legislation in Ireland, is published by Citizens Information. If you would like to receive Relate by email you can subscribe by sending an email with the subject line SUBSCRIBE to [relate@ciboard.ie](mailto:relate@ciboard.ie) including your name.

ARCO members, who require a copy of the Booklet, should contact their Regional Representatives (see Page 1 of this Newsletter) or [declancarbery@hotmail.com](mailto:declancarbery@hotmail.com)

ARCO members are encouraged to offer their views on the information contained in the booklet by contacting their regional ARCO representatives or directly via ARCO's website at [www.ARCOIreland.com](http://www.ARCOIreland.com)

## 40th Anniversary of 1st Female Cadet Class

*2020 marked the 40th Anniversary of the arrival of the first female Officer Cadets into the Defence Forces.*

Eight Officer Cadets commenced training in 1980 and were commissioned in 1981. Pictured below are six of that group of eight, who held a reunion earlier this year.



**From Front – Left to Right:**

Máirín McEnery, Maria O'Donoghue, Colette Harrison.  
Back Row, Left to Right: Carmel Hughes, Maree Flynn, Paula Cox.

Unable to attend: Oonagh Maher and Nicola Dunne.

## 56th Cadet Class (1979–1981) 40th Reunion

*The 56th Cadet Class pictured at their 40th Reunion, in the Great Southern Hotel, Killarney in 2019.*



**From Front – Left to Right:**

Joe Kelly, Gerry Gallagher, Harry O'Neill, Paul Whelan, Martin Breen, Gerry Freyne, Norman Scott, Tony Doonan, Kieran O' Connor, Peter McNally, Mick Byrne, Barry McLoughlan, Mick Doyle, Noel Murphy, Albert Cusack, Fergal Spain, John Crowley, Tom Caffrey, Pat Carey, Shane Mc Keon, Mick Brennan, Jim Lynott, Tim Connell, Pearse Mc Crann, Martin Doyle, Paul Murphy, Sean Webb.

# "In the service of peace"

## Remembering Col Justin MacCarthy DSM (1914 – 1960)

*Col Richard Heaslip (Retd)*

In July 1960 Belgium granted independence to the Congo, its former colony and the country erupted in widespread violence. International concern resulted in the involvement of the United Nations which established a peacekeeping force designated UNOC (United Nations Operation in the Congo) to maintain public order. The Irish Government responded very promptly and positively to a request from the United Nations Secretary General Dag Hammarskjöld to participate in the new peacekeeping mission and agreed to provide an Infantry Battalion for the Congo. The initial request was followed by a further request for a second battalion, which was also acceded to by Government. The Congo mission would become the country's third UN military mission and historically, the first occasion when armed Defence Forces units were deployed on overseas duty. Preceding UNOC, Ireland's contribution to UN operations was in the form of unarmed military observers; first with UNOGIL (United Nations Observation Group in Lebanon) in June 1958 and subsequently, with UNTSO (United Nations Truce Supervision Organisation) in December 1958. Col Justin MacCarthy was about to become the Defence Forces link to all three missions.



became HQ UNOGIL in Beirut, where within five weeks of his arrival he was promoted to Colonel, following a request to the Irish national authorities by Gen Odd Bull (Norway), who led the UNOGIL mission. When UNOGIL was withdrawn in December 1958 the Government were once again requested to provide two officers for UNTSO (United Nations Truce Supervision Organisation), then monitoring the contentious demarcation line between Israel and the adjacent Arab states. Col Justin MacCarthy & Capt Pat Jordan were chosen. On his appointment to UNTSO, and given that this mission allowed for observers to be accompanied, he arranged for his wife Eileen and young son Justin to join him. Col MacCarthy's role with UNTSO was expanded by the Head of UNTSO, Maj Gen Von Horn (Sweden) to include the position of Chairman of the Mixed (Israeli Egyptian) Armistice Commission in Gaza, troubleshooting problems between UN agencies (UNEF, UNTSO) and Israeli and Egyptian armed forces.

The Congo Crisis of 1960 and the UN's decision to establish UNOC had important implications for the UNTSO mission when Maj Gen Von Horn (Sweden) was designated the "Supreme Commander" for the armed peacekeeping mission in the Congo. On assuming his appointment, Von Horn requested the involvement of Col MacCarthy to assist with establishing HQ UNOC in Leopoldville. As the Defence Forces focused on selecting, preparing and deploying the 32nd & 33rd Battalions to UNOC, Col MacCarthy was en route from the Middle East to the Republic of the Congo.

Col Justin MacCarthy already had two years' service with the UN in the Middle East. From Gaza he redeployed at very short notice to Leopoldville, to undertake duties as Von Horn's Deputy Chief of Staff & Chief Operations Officer in the HQ of the fledgling UN peacekeeping operation. By joining this mission, Col MacCarthy became the first officer in the Defence Forces to serve with and hold senior staff appointments in three consecutive UN missions.

Those first months of UNOC presented major problems for HQ UNOC staff and all troop contributors as this large force adjusted to a very challenging environment and the demanding operational tempo of a hastily assembled, overstretched, diverse UN force struggling with a complex mandate. From the Irish perspective a "can do" attitude prevailed in the Irish area of operations as the 32nd & 33rd Battalions sought to "keep the peace" and come to terms with difficulties of culture, language, climate and infrastructure. Tragically on 3 October Ireland had its first fatal casualty when CS Felix Grant (B Coy 33 Bn) died following an operation for appendicitis. His remains were repatriated on 21 Oct for burial in Clonmel on 26 October. This tragedy was compounded a little over three weeks later on the night of 27/28 October 1960 when Col Justin MacCarthy was killed in a car accident in Leopoldville. He was the first Defence Force officer fatality of the UNOC mission and to date the most senior officer casualty on overseas duty.

Lt Col MacCarthy, a graduate of the Camberley Command & Staff Course, and with previous service in a range of command, staff and instructional appointments, was selected to lead the Irish contribution to UNOGIL. On arrival in Lebanon his duty station



*Brig Gen Paul Pakenham (Retd), President ARCO, pictured with Mr Justin MacCarthy and his wife Mrs Katherine MacCarthy, at the Defence Forces Ceremony in Arbour Hill on 20 October 2020. The ceremony was held to commemorate the 60th Anniversary of the death of Col Justin MacCarthy DSM while serving with Operation des Nations Unies au Congo (ONUC)*





This devastating news of Col MacCarthy's death was communicated by UN authorities to the family in Beirut by telegram delivered by the Hon Irish Consul Mr Cochrane. Following early resolution of the funeral arrangements by UN authorities the remains were repatriated by sea to Ireland.

Throughout this journey two Irish officers from HQ UNOC (Lt Col F Lee and Lt P McNally) accompanied the remains on a long tortuous route to Dublin via Tenerife, Antwerp and Cork.

Col MacCarthy's wife Eileen and son Justin undertook an equally long journey home by sea and air. The funeral was conducted with full military honours in Arbour Hill church and at the subsequent burial in Glasnevin Cemetery. On the 14 December 1960 six weeks after his death, Col MacCarthy was finally laid to rest alongside the Niemba casualties, killed in action ten days after his death. The Niemba tragedy of 08 November 1960 had shocked the Nation and in a very personal heart rendering sense brought grief to a large number of other dependants.

Like many others who experience the grief of the loss of a peacekeeper on duty overseas, Mrs MacCarthy was forced to pick up the pieces and face the challenge of raising her young son on her own. She died just short of her 90th birthday in 1999. Her son Justin having attended school in Jerusalem, Beirut, Geneva, London and Dublin, graduated from Trinity and practiced as a solicitor. He is now retired and a frequent contributor to the RTE radio programme "Sunday Miscellany" where he occasionally shares his boyhood memories of travel across the disputed frontiers and troubled lands of the Middle East.



*Pictured above is Mr Justin MacCarthy laying a wreath, in memory of his father, at the IUNVA Memorial in Arbour Hill.*

#### Footnotes.

1. The original Defence Forces commemorative event for the 60th Anniversary of 32nd & 33rd Battalions deployment to UNOC has been severely curtailed due to the Covid-19 Pandemic. Nevertheless, within the strictures of Government Covid-19 directives, Defence Forces Chief of Staff Vice Adm Mark Mellett DSM presided over a special ceremony for CS Felix Grant DSM & Col Justin MacCarthy DSM at the IUNVA Memorial in Arbour Hill on 20 October 2020.
2. Defence Forces commemorative ceremonies were also held for the Niemba casualties in Cathal Brugha Barracks on 07 November 2020
3. ARCO is planning a short commemoration ceremony on 14 Dec 2020 at the Defence Forces Plot in Glasnevin to honour the memory of Col Justin MacCarthy as the first officer fatality on overseas service and the unique aspect of his service in three successive UN missions.

## A little goes a long way – supporting Veterans and Families of The Curragh Camp.

COVID-19 and a challenging economic landscape has negatively impacted on families across the country, with many struggling to access basic needs and services. The pandemic



has exacerbated existing inequalities and increased economic and other stressors. Our own military families and community are not immune from these struggles. There are many frontline services trying to deal with a myriad of complex societal issues which have manifested since March. The Curragh Family Resource Centre is one such organisation. The staff of the Resource Centre would like to pass on their sincere thanks for the generous donations and the incredible support for the recent food drives for service users of the Centre. The Curragh Family Resource Centre provides a wide range of programmes, services and supports including social groups, men's & women's groups, counselling services, afterschool clubs, parent & toddler groups, parenting support & workshops, information and advice. They also run a wide range of events as well as Training & Educational Courses. Most, if not all, of their service users have direct connections to the Defence Forces.

The collective efforts of retired Officers of The Curragh/Kildare area and community volunteers have resulted in over €3,000 in donations and three separate collections of non-perishable goods and food parcels for



families living in The Curragh Camp and for local veterans living in The Curragh/Kildare area. In the most recent Food Drive in September, there were over 60 bags of food collected, as well as very generous cash donations. In an effort to build meal preparation skills amongst the community, families were issued with ingredients, recipes and instructional videos to assist them in their preparation of nutritious meals. The response from the families was overwhelmingly positive and all are looking forward to developing their cooking skills further.

The group of local veterans are planning another similar initiative to assist families in December.

*Thank you to all who have given so generously - this has really made a difference in people's lives.*



## The President and Executive Committee

of ARCO wish all of their members a  
**Happy and Healthy Christmas**  
and hope that your Holiday Season is full of  
**Peace and Joy.**



## Military Pension Payroll

On 28 September, ARCO was advised that the processing of the military pension payroll was transferring from Galway to Tullamore, becoming effective for the payment of military pensions in respect of October 2020.

The postal address of the Tullamore office is:

**Military Pensions Payroll, Payroll Shared Services,  
National Shared Service Office,  
Central Business Park,  
Clonminch Road,  
Tullamore,  
Co. Offaly, R35 W7A4.**

The customer relations team, based in Payroll Shared Service Helpdesk, Deerpark Road, Killarney, Co Kerry, V93 KH28, with specific payroll and pension expertise, provides the Helpdesk support to personnel in receipt of military pensions. The telephone and email contact details for this Helpdesk service remain unchanged:

**076 1002702, and [militarypensions@pssc.gov.ie](mailto:militarypensions@pssc.gov.ie).**

It is important to note that the Military Pensions Administration function remains with the

**Department of Defence,  
Áras an tSaile,  
Renmore, Co. Galway, H91 AN 2E.  
Phone: 091 743900**

## Col Justin MacCarthy DSM

Subject to Covid-19 regulations in place at the time, ARCO is planning a short Commemoration Ceremony on 14 Dec 2020 at the Defence Forces Plot in Glasnevin cemetery to honour the memory of Col Justin MacCarthy DSM, as the first officer fatality on overseas service and the unique aspect of his service in three successive UN missions.

## Welcome to ARCO's New Members:

Comdt Richard O'Neill	Comdt David McCourt
Col Declan Hayes	Comdt Sean Burke
Lt Col Brendan McEvoy	Comdt Paul Keyes
Lt (NS) Patrick Moriarty	Comdt Paul Clarke
Lt Col Colin MacNamee	Comdt Kevin McDonald
Comdt Andrew Burke	Comdt Jonathan Mills
Capt Paul Colleran	Lt Col Cormac Mangan
Lt Col Declan Rasmussen	Comdt Miriam McCann
Lt (NS) John Robinson	Comdt Richard Dooley
Lt Col Pat McGreal	

## Deceased Officers

*Ar dheis Dé go raibh a n-Anamacha*

Our condolences to the families and friends of those comrades who passed away since our last newsletter.

Lt Col John (Sean) O'Meara	27 August 2020
Capt Anthony (Tony) Stewart	06 September 2020
Msgr Edward (Ted) Dunne DSM	14 September 2020
Comdt Con O'Neill	29 September 2020
Brig Gen Maurice Downing	22 November 2020
Brig Gen Ambrose (Amby) Brophy	29 November 2020
Comdt Senan McGrath	29 November 2020

## IMPORTANT NOTICE: Mobile Phone Number

ARCO's Texting Service is part of our aim at improving communications with our members. Thanks to all members who responded to this notice in the last Newsletter. Your details have been updated on our database, so you should now be receiving messages through the Texting Service. Any Members of ARCO who are still **NOT** receiving messages through the ARCO Texting Service should ensure that their **current mobile phone number** is recorded on our database. Please forward your mobile number to your Regional Representative or to [declancarbery@hotmail.com](mailto:declancarbery@hotmail.com).

## EDITOR'S NOTE

This Newsletter is issued in Spring/Summer and Autumn/Winter. The editor welcomes articles or items of interest, or suggestions as to what should be included. If you have any contribution or suggestion please send them to the Editor, Declan Carbery at [declancarbery@hotmail.com](mailto:declancarbery@hotmail.com)

For further information, please visit ARCO's Website: <https://iarco.info/> and follow us on LinkedIn under Association of Retired Commissioned Officers, or on Facebook and Twitter, via @ARCOIreland