



DEFENCE MEDIA RELEASE

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BOSSES STRETCHED AT RAAF BASE EDINBURGH

Twenty-five South Australian bosses will slip away from work a little early this Thursday to prepare themselves for a weekend of running, flying and sleeping in the open air!

They will participate in the Defence Reserves' Exercise Executive Stretch (EES) from 2 to 4 March at RAAF Base Edinburgh, about 25km north of Adelaide.

The civilian employers will be given a taste of the benefits gained by their employees who are Australian Defence Force Reservists.

The bosses, representing a wide cross section of the South Australian business community, will spend part of three days and two nights at the Air Force base.

The exercise will see them abseil, test their fitness over an obstacle course, check their bearings in a navigation exercise and spend a night under the stars, all under the supervision and guidance of Navy, Army and Air Force personnel.

EES is conducted in conjunction with the Defence Reserves Support Council, which acts as a link between the ADF, employers and the wider community.

EES Director in South Australia, Major Wendy Rydon said this year's participants were drawn from the private and public sectors.

"We have the Deputy Mayor of Marion Council and the CEO of Gawler Council taking part as well as managers from Mitsubishi and the Commonwealth Bank," she said.

"A reporter from Channel 9 is also taking the course and will put together a news story to run after the event.

"EES demonstrates to the broader community as well as current and prospective bosses of Reservists, the benefits of Reserve Service.

"We offer first class training and professional development and teach Reservists the intangibles like time management, problem solving and working to tight deadlines."

To nominate for the next EES in your area or learn more, log onto to www.defence.gov.au/drsc

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