

ARMY NEWS

ISSUE 546
SEPTEMBER 2023



ARMY EXERCISE SCHEDULE

In full swing

WE REMEMBER

The Battle of Long Tan

THE ELDA COURSE EXPLAINED

NEWS

The Invictus team arrives in Germany **03**

TRAINING

Exercise Arras **06**

1 RNZIR in Fiji **08**

Exercise Taniwha **12**

Exercise Last Cut **16**

Exercise Clifton's Run **18**

PEOPLE

Long Tan legend Willie Walker **04**

EOD Squadron award **05**

Reservists update **10**

NZDF member's team wins Spirit of service Award **13**

Corporal Maddy Butcher, photographer **14**

SPORT

League **24**

Hockey **25**

Army Sports Awards **27**

Dave Gallaher field in France **28**

Stock-Take September

Invictus: "I am the master of my fate – I am the captain of my soul..." Henley (1875)

The months of August and September are important to me, maybe it's because I lost two good friends in combat operations and we as Ngāti Tūmataunga lost a further six others among those fateful months. September is a stock-taking month, and I use it here to look at some activities around our Army. As I jot this article from home it's Father's Day in Aotearoa. The family indulged me with simple treats and it's been neat to spend time with them following a spate of busy times. As NZDF's Diversity post outlined, there's a reality that many Army dads and father-figures will be away from loved ones due to deployments, training exercises or testing unaccompanied posts. I wanted to take the time to recognise all parents – fathers for this special yearly occurrence and our mothers or others for their perpetual support.

On REM. It's been pleasing to move around the country and hear feedback from soldiers regarding

the REM and retention initiatives. While more pay in the pocket makes a big difference this work is never going to be fully done. We've heard heart-warming stories of soldiers climbing out of minor debt, some SNCOs quitting once-needed secondary jobs, while our people at Waiouru Camp felt valued by the locational allowance. Please keep yourselves aware of the work going on and try to attend the roadshows delivered across our camps.

Defence Force's People Capability have been busy running a mix of Military Factor and NZDF Allowance working groups. I attended the former MILFAC group earlier in May and invited a breadth of NCOs to represent you at both. In my opinion these were professionally led clinics (©2023 Tregaskis Brown Ltd), broadly attended, and each involved good conversations that went to the 'nuts and bolts' of how we understood our unique value, employment and liability as military members. I trust many of you have attended the roadshows but if you have not had the chance, rest assured HR and NZ Army staff continue to work these for you. 'In the Fire'. As Talisman

Sabre 23 closes a successful exercise and various engagements return from abroad, we're conscious of the up tick in training and coursing across Army. As we continue to bring on needed capability and technology like the Bushmaster and new NEA communication equipment – we'll have to be ready to balance the remaining time in unit schedules. It's good to see you all enjoying the tempo with a focus on combat readiness, but I remind you to manage your health in the process. Stay connected with friends and family, while being honest with leaders about stress and individual wellbeing.

Invictus. The weekend of 3–4 September saw our unconquerable IG23 athletes concentrate and embark for Düsseldorf, but not before our current Minister of Defence Hon Andrew Little, Chief of Navy Rear Admiral David Proctor and Ranfurly Veterans' Trust members took time to farewell them from Auckland. IG23 team has personnel representing all service branches including NZDF civilian staff. We wish them the very best and you can track their progress via a number of platforms. (#INVICTUS2023)



I know there is a host of activity across the Army and look forward to seeing some more of you in the final months of this year. CA and I will be abroad most of September popping in to see our International Defence Rugby team, OP TIEKE training team members and several other Kiwis deployed abroad. Do a personal September stock-take and reset for the remaining quarter of this rewarding year. Get after it!

WO1 Wiremu Moffitt
16th Sergeant Major of the Army

Cover: Exercise Last Cut
Photo: CPL Sean Spivey



NZArmy



NZDefenceForce

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LOOKING BACK

The 70th anniversary of the Korean War ceasefire was marked recently.

The New Zealand Army's 16 Field Regiment has a special relationship with Korea.

New Zealand servicemen of 16 Field Regiment arrived in Korea on 31 December 1950, along with a Transport Platoon and a Signals Troop, joining the two Navy frigates that had arrived in theatre on 01 August 1950. As part of 27 Commonwealth Brigade, they were eventually deployed north of Seoul in the area of the Kap'young Valley in early April 1951.

See Korea commemorations, page 13



Photos: NZ National Army Museum

A MESSAGE FROM SPECIAL OPERATIONS COMPONENT COMMANDER



Nationally-integrated, globally connected full-spectrum Special Forces that are orientated and prepared to support New Zealand's national interests.

Recently our government delivered the National Security Strategy (NSS) and Defence Policy and Strategy Statement (DPSS). These focus on acting early with a more proactive, strategy led policy. This clear policy foundation guides the Future Force Design Principles (FFDP) and sends a clear message for the future of Defence and Special Forces within New Zealand – that the need for resilient, combat credible capability is more relevant now than ever before.

The NSS, DPSS and FFDP communicate how we're going to deliver for our country, while the Army's Capstone Orders provide the clear framework in which we raise, train and sustain a Special Forces capability. The purpose of Special Forces within this framework is to provide options for government that are outside the capability of conventional military forces and other government agencies. These special operations are inherently focused, usually towards significant political or military objectives, and are often discreet and can be unorthodox in nature.

Our focus on national integration ensures that we have relationships, trust, and credibility across Headquarters Joint Forces New Zealand, the wider NZDF, and the National Security System (NSS). As part of this system we are a key contributor, alongside the other components, delivering a joint effect greater than the sum of our parts; enabling the NZDF vision of a combat-focused, integrated Defence Force.

Through our global connections we have a network that can deliver effect for New Zealand anywhere in the world, at the readiness states Government requires of us. Built upon years of shared experience, and shedding blood, sweat and tears alongside our partners, the global Special Forces network enables seamless integration with partner special operations so we can best support New Zealand's interests.

New Zealand needs a full spectrum special operations capability. Our response options must provide graduated options that provide unique solutions for the Government. Whether it's the constant reassurance and commitment provided domestically by our explosive ordnance disposal operators, the precision of our counter-terrorism capability, or the regional and global solutions enabled by the innovative people within the Command, we will always find a way to deliver on our three core tasks as part of our policy goals to Understand, Partner and Act.

Direction from government is clear – we need to be orientated and prepared to support New Zealand's national interests. Special operations cannot be surged at short notice, no matter what the level or type of conflict. In order to meet readiness, preparedness must be an integral part of our mind-set, force generation, training standards, capability development, and command and control. When we are asked to respond, we provide assurance to Government because of the calibre of our training and our people; and because we deliver unique solutions to strategic problems through our agility, innovation, and precision.

The unique culture of Ngāti Tūmatuenga is a strength. The bicultural history of our nation guides us in how we can succeed on operations in any future challenges. Our people are our capability and are relied upon to make good decisions and achieve New Zealand's outcomes in the face of significant adversity. No matter the cap badge, belt colour or background of the soldiers, sailors, aviators, civilians and officers in Special Forces, everyone adds critical value. No matter where in the world our Special Forces deploy, or the circumstances under which they operate, our people deliver with precision and agility, in a manner that represents New Zealand's values and enhances our reputation.

Our government and national security sector have been very clear on what is needed from New Zealand's Special Forces in the coming years. Nationally integrated, globally connected, full spectrum Special Forces are integral to the future success of our Army, our Defence Force, and delivering national security outcomes.

Te Maia Hei Toa
Who Dares Wins

Colonel Sean Bolton
Special Operations Component
Commander



NZ INVICTUS TEAM PUMPED AND READY TO GO IN GERMANY

Arriving in Düsseldorf, Germany last week ahead of the Invictus Games' kick off on Saturday, the New Zealand Invictus team is pumped and ready to go.

"It now feels real," NZ Invictus team manager, Royal New Zealand Navy's Commander Julie Fitzell said.

"You can tell our people are excited and some are also relieved to be here, after the disappointment of not going to The Hague in 2020 due to Covid-19 restrictions.

"I think that momentum and energy will only build over the next few days, as the Games approach."

Commander Fitzell said the team had the longest distance to travel out of all the nations competing, with a 26-hour journey behind them.

"The focus for our people in the lead-up to the Games will be to re-energise and focus on what lies ahead."

Co-Captain, Staff Sergeant Bob Pearce, said it had taken four-and-a-half years for many of the team to get to this point.

"Now we have finally arrived and I'm excited for the team."

Being the first team to arrive in Düsseldorf for the Games, the

New Zealanders were met by a large welcoming party, including members of the Bundeswehr (the German military) and a large party of Invictus Games volunteers, along with Buddy, the Games' special mascot, a German Hovawart dog.

"It was a great welcome, we were met at the plane door and guided through customs. Everyone was super friendly and even collected our bags for us. Three cheers for the Bundeswehr," Staff Sergeant Pearce said.

Düsseldorf has opened its heart to Invictus Games competitors. The city had an overwhelming number of volunteers registering to assist competitors and it had to turn people away.

Coaching team member Henare Peta said the next steps would be organising training for each of the competitors and looking at the venue.

"This will help us support our people to get to the right place at the right time, so our

team doesn't have to worry about where to go and they can concentrate and focus."

The sixth Invictus Games will run until 16 September, providing a "Home for Respect" for around 550 competitors from 21 nations, competing in 10 sporting disciplines.

There will be a free livestream of all sports events at the links below, along with Sky TV broadcasting the games on a pop-up channel.

Where to watch the Games:

From Saturday 9 September there will be a free livestream of all sports events at the links below. Sky Sport will also broadcast the games on their pop-up 1 channel.

Invictus website:
www.invictusgames23.de

Invictus YouTube:
www.youtube.com/@invictusgamesdusseldorf2023



From left, SSGT Melissa Hansen, F/S Stacey Adam SSGT Daphne Pringle, and ACWS Paulette Doctor, members of the NZ Invictus team after arriving in Düsseldorf, Germany for the Invictus Games 2023, pictured with 'Patches' who is made from the socks of a member of the team, who passed away.

A LONG TAN LEGEND REMEMBERS

By Judith Martin

When Willie Walker heard of the death last month of Harry Smith, the Company Commander of D Coy 6 RAR at the Battle of Long Tan, the memories came flooding back.



The New Zealand veteran, who spoke to *Army News* from his Blenheim home, was Morrie Stanley's radio operator at the Battle of Long Tan attached to Delta Company 6 RAR. Morrie Stanley was credited with saving D Coy from being overrun that day in August 1966.

Morrie Stanley and Willie made up the forward observer team directing artillery fire, as members of D Company tried to hold off up to an estimated 2,500 Viet Cong and North Vietnamese soldiers.

During the battle the third member of the team, Murray Broomhall, was grabbed to bolster numbers to help protect the rear of Company Headquarters from attack.

Morrie Stanley died in 2010. The third member of the FO Team Murray Broomhall is still alive and living in Australia.

The Battle of Long Tan, an iconic battle in Anzac military history, was fought 57 years ago in the midst of a hot, sticky day in a rubber plantation. The four-hour battle began to the sound of small-arms, machine-gun and mortar fire, but the monsoon later accompanied a man-made storm with artillery fire, and the sound of bugles ringing out with wave after wave of enemy attacks.

The battle took place on 18 August 1966: a company of 105 Australian soldiers, plus the three New Zealanders were outnumbered at times by 25 to 1.

Morrie and Willie were at the front line, calling in artillery fire that kept the enemy from trying to encircle D Coy. The enemy force attacked in waves, almost overrunning the besieged Anzacs.

The Anzacs won the Battle of Long Tan due largely to the highly accurate and tremendous volume of gunfire from New Zealand's 161 Battery, 103 and 105 Batteries of the Royal Australian Artillery directed by the forward observer, the then-Captain Stanley, in direct support of Delta Company, 6th Battalion Royal Australian Regiment. Also in support of D Coy that day was an American 155 Bty located at Nui Dat.

During the intense battle, the supporting batteries fired over 3,000 rounds in support of D Coy. Artillery fire contributed 90 percent of the estimated 500 Vietcong killed and 750 wounded.

The artillery units were said to be the difference between life and death for Delta Company that afternoon, with the guns basically keeping the enemy from encircling and overrunning the company.

Willie, now 79, retired from the New Zealand Army in 1992 in the rank of Warrant Officer Class One. He says he was too busy at the time of the battle to be scared. Maintaining radio communications with the supporting batteries in such horrendous conditions was the number one priority that day. "Without communications we would



Photo: Blenheim Sun



Maurie Stanley (left) receives an award.



have been buggered, nothing else mattered."

In the weeks leading to the battle D Coy had some minor contacts with the VC. They then found themselves in the rubber plantation with the enemy slowly encircling them.

"It was raining and there was thunder and lightning. The enemy was about 50 metres away," says Willie. He could hear mortars, machine gun fire, rifle fire, and see the tracers overhead.

"Then the bugles sounded and we knew we were in trouble. We could see the enemy but couldn't work out exactly how many of them there were."

The artillery fire kept the enemy back, but the Coy was soon running low on small arms ammunition.

"Originally we were told two Australian helicopters would bring some (ammunition) in. Then we were told they weren't coming and we thought, 'Well, that's it for us.' But the helicopters did come – the pilots didn't wait for orders from High Command as they were supposed to."

The guns had to stop firing while the helicopters came in and dropped the blanket-wrapped boxes of ammunition into the mud which was everywhere.

This ammunition drop allowed D Coy to survive for a few more hours. The four-hour-long battle ended when Australian armoured personnel carriers with A Coy on board – the "Relief Column" – arrived. "Whoever said, 'here comes the cavalry' never said a truer word. The arrival of the APCs broke up an attack that was about to complete the encirclement of D Coy."

The arrival of the relief column was the turning point. Seventeen Australians died in the battle, with another dying later from wounds.

Thirty-five soldiers were wounded. The next day Willie and others had to bury the dead and police the battlefield of weapons and equipment.

He was awarded a Mention-In-Despatches for his actions that day – an oak leaf on his Vietnam War medal signifies the award. He received a US presidential citation, and an Australian Unit gallantry citation.

After his 17 month long tour of duty Willie returned home to his relieved parents who lived in a small logging village north of Taupo. "Mum had originally thought I'd been killed in Long Tan. They were pleased to see me."

In February 1967 he rejoined QA Sqn, and served in various RSM and instructional roles including an accompanied tour to NZ Force Singapore before its closure in 1989.

Willie retired in 1992 after 30 years in the Army. He was awarded the Meritorious Service Medal and the Long Service and Good Conduct Medal.

He attended Harry Smith's funeral last month in Australia where it was great to catch up with old mates.

Does he ever have flash backs of the battle? "I used to have a few, but not now. Life's pretty good."



NZDF EXPLOSIVE ORDNANCE DISPOSAL SQUADRON RECOGNISED FOR SERVICE TO NEW ZEALAND

E Squadron (Explosive Ordnance Disposal), of the 1st New Zealand Special Air Service Regiment (1 NZSAS Regt) has been awarded a Chief of Defence Force Unit Commendation in recognition of its contribution to national security objectives and keeping New Zealanders safe.

E Squadron was established to provide a chemical, biological, radiological and explosive capability as part of the whole-of-government response to domestic explosive disposal incidents, and has been fully operational since 2005.

Since 2015, E Squadron has conducted more than 1,000 responses in support of the New Zealand Police and other government agencies, as well as supporting the clearance of remnants of war in the Pacific.

Recent years have seen an unprecedented spike in the need for explosive ordnance disposal capabilities with support to the Christchurch terror attacks, the Whakaari/White Island tragedy, and the 2022 Parliament protests.

Special Operations Component Commander, Colonel Sean Bolton, said the recognition was a reflection of the high levels of commitment and dedication within the squadron.

"Maintaining operational levels, and the capability to respond to short-notice crisis events, demonstrates the professionalism and unrelenting pursuit of

excellence by each and every member of EOD. These operators act in a manner that reflects New Zealand Defence Force values and in a way that New Zealand can be proud of."

Colonel Bolton said the line of work now attracted members from the Royal New Zealand Navy, New Zealand Army, Royal New Zealand Air Force and the civilian workforce.

"Under 1 NZSAS Regt, the squadron delivers the continuous high-level training required to keep it at a level ready to respond.

Chief of Defence Force, Air Marshal Kevin Short, said E Squadron had far exceeded expectations in keeping New Zealanders safe and contributing to New Zealand's security objectives.

"The members have embodied the core values of the New Zealand Defence Force – Tū Kaha courage, Tū Tika commitment, Tū Tira comradeship and Tū Māia integrity, and are deserving recipients."



*The Commanding Officer Lieutenant Colonel Logan Vaughan
on behalf of the Officers and Soldiers of the 1st Battalion, Royal New Zealand Infantry Regiment*

**Cordially invite you to attend the
1st Battalion, RNZIR Memorial Wall Opening**

1st Battalion Parade Ground

Saturday 21st October 2023 at 1030hrs

(Dress 1A / Service Dress with medals / Civilian equivalent)

Camp Access: Via housing area gate (Puttick Road)

Parking: 16 Field Regt Parade Ground

Assembly point: Linton Camp Cultural Centre

RSVP details: 1Bde1RNZIRRegistry@nzdf.mil.nz with your name, vehicle plate number and number of people attending in order to gain access to camp



EXERCISE ARRAS TESTS ENGINEERS' SKILLS

2nd Engineer Regiment (2ER) conducted Exercise ARRAS in Waiouru recently to test Junior NCOs and practise Young Officers and Senior NCOs in close and general support engineer tasks as part of the Regiment's regeneration milestones. One hundred and eighty five personnel attended, including Engineer ResF and attached infantry elements.

The scene for the exercise was set utilising the DATE-P construct where participants were briefed into the scenario which involved a fictitious 1 RNZIR battle group deploying to the country of Belisia to assist with stability operations on the island of Bohol. 2ER elms (Task Unit Holdfast) were tasked to assist with the clearance of a guerrilla engineer platoon. The scenario continued to be built on throughout the exercise providing a familiar and realistic narrative.

Exercise Arras began with battle handling lessons (BHL's) covering boating operations, bridging, explosive method of entry (EMOE), assault demolitions, tactical water point, vertical construction, anti-tank ditch and vehicle survivability position construction. Close Support (CS) and General Support (GS) Engineer Troops were kept busy with multiple tasks to practise various trade skills.

The testing phase incorporated support from Infantry Recon and Surveillance, an Infantry Platoon from 1st Bn RNZIR, a Sniper Detachment, Explosive Ordnance Disposal from E Sqn and RPAS support provided by 3 Fd & ER Sqn. The level of integrated training offered an environment of realism in executing combat engineer tasks.

Battle handling exercises (BHE's) for CS Troop included an Amphibious Assault, a round robin of Medium Girder Bridge construction, Engineer search tasks and Water Point construction. GS Tp conducted expeditionary construction of new concrete pads at Westlawn Huts and a series of bridge abutments, to enable tactical bridging, in the Argo Valley.

The exercise culminated in an assault on the Urban Container Village utilising EMOE followed by an advance along Tarn track with multiple breaching and obstacle destructions prior to a final assault on an enemy position in vicinity of CTOP. GS Tp followed up with the retaining and hardening of the UCV using a range of force protection engineering skills.

The whakatauki "Whāia te iti kahurangi ki te tohu koe me he maunga teitei" (Pursue the small things in life until you have grasped the great thing) frames the 2ER approach to regeneration, says LTCOL Michael Nochete, Commanding Officer 2 Engineer Regiment.

"The NZ Army embraces its diversity of trades to be a high utility multi-role combat force. This requires soldiers and officers to seek professional excellence in their chosen field. Ex Arras is a key way point for 2ER to safely train our sappers, and sapper leaders, in the combat skills required to enable joint land combat. We'll build on what we have achieved here and take it to the next level on Ex UBIQUE in 2024. This progressive approach ensures we manage tempo whilst being combat ready and contingency capable."

"Ex Arras enabled 2ER to practise and test combat engineer skills within a mid intensity environment in which combat engineer support to manoeuvre units is vital," said Major Mick Spicer, Officer Commanding, Task Unit Holdfast. "Having the infantry from 1 RNZIR conduct integrated training with us has been really useful, it enabled a level



of complexity and realism to the tasks such as boating, EMOE and assault demolitions. The weather conditions were tough but they really brought those basic soldier skills to the fore. Combat engineers will continue to prepare for Joint Land Combat and interoperability with our Australian counterparts, building towards Exercise Talisman Sabre in 2025.”

MAJ James Brosnan, Officer Commanding 25 Engineer Support Squadron, said the exercise also presented an opportunity for a General Support Troop consisting of plant operators, carpenters, electricians and plumbers, to practise expeditionary construction in an austere environment. Tasks included improvements to operational infrastructure; constructing of bridge abutments to enable tactical bridging; and the development of an Entry Control Point to enhance force protection within an operating base. The opportunity for the General Support Troop to work in the engineer task unit in a mid level security environment underpins our combat trained – crisis ready mindset”.

“Exercise Arras was my first full exercise as a Combat Engineer Troop Commander. The sections were tested in a complex operating environment as a part of a larger task unit working alongside infantry, snipers, recce elements, EDD, and RPAS. The sections had the opportunity to provide intimate support to manoeuvre elements in a number of tasks such as Amphibious mobility, water supply, EMOE and assault breaching. Overall the exercise was a good opportunity for me to implement lessons learned over the last couple of years developing as a Junior Officer. The exercise scenario gave me great insight into how manoeuvre elements work, and how a Close Support Troop can enhance the battlespace to facilitate mission success.”

LT Brittany Hogan
1 Close Support Troop
Commander, 2 Field Squadron

“During Ex Arras I enjoyed the opportunity to integrate with the infantry during urban operations, and learning more about providing EMOE and close support to them at a section level. Something I got out of this exercise was the bonding of our section through shared experiences such as freezing nights, challenging engineer tasks and quick turn-arounds.”

SPR Trenchard
3 Field & Emergency Response
Squadron

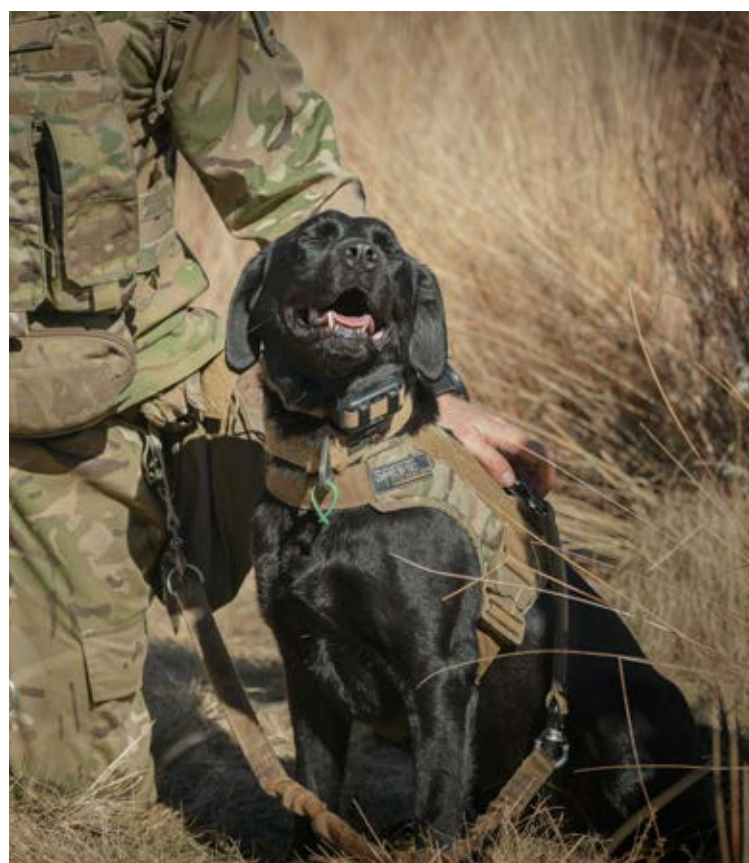
“I’m always surprised and equally impressed with sappers and their ability to solve problems with or without explosives.

“Ex Arras was a chance for the section to get back to basics out in a field environment (not super warm) to continue to develop their individual soldier skills all while simultaneously providing mobility and survivability support to 2PI, V Coy. The demolitions task was a highlight for the section, with an eight minute time on target we were able to place, fix and tie in our charges before withdrawing and firing. The lessons learned will see this section grow into future exercises and operations with a key focus on rehearsals and repetitions to regenerate skills and drills from the ground up.”

CPL Jay Suckling
Section Commander, 1 Close
Support Troop, 2 Field Squadron

“Exercise Arras was a good and challenging learning experience for my soldiers and me, especially regarding the conduct of general support plant work in a field condition and tactical setting. I thoroughly enjoyed myself during the exercise and felt I grew as a Plant Section Commander. I look forward to taking these lessons and experiences forward on future endeavours.”

CPL Laochailan McGregor
Plant Section Commander,
25 Engineer Support Squadron





CELEBRATING FIJIAN INFANTRY DAY

By Major Andrew Lucas

A group of 15 personnel from 1 RNZIR deployed to Fiji recently to pit their infantry skills against our partners in the Royal Fijian Military Forces.

Each team was required to comprise an Officer, a female and a male over the age of 40. The 1 RNZIR team met these requirements with a reserve of each of the specified positions.

The infantry skills competition was conducted to enhance military infantry skills and knowledge, promote physical fitness and mental toughness and build "Esprit de Corp" amongst the teams participating in the competition.

The infantry skills competition was competed by nine teams from 3 FIR units, Force Training Group, Territorials and the only international team from 1st Battalion, RNZIR.

The preparation and planning for this activity was short, however, through the guidance and support from the Defence Attaché and staff in Fiji the logistical and administrative issues were quickly addressed and the 1 RNZIR team deployed with a

sound understanding of what was expected.

The block period of training that was conducted from arrival to the competition itself included learning the Fijian weapon systems (K2 rifle, K3 machine gun and Glock 17), K2 and K3 zero and application of fire shoot, navigation and field craft, combat life saver training, and most of all conducting boot running in order to prepare for the longest day events.

Over the time period of the deployment, the 1 RNZIR team was hosted through many Sevusevu welcomes which are similar to a Powhiri in Aotearoa. These events were held at OTC, 3 FIR, Engineer Battalion, Mokani Village, and Viwa Island.

For the Infantry day skills competition the event comprised of;

Day One

- TOETS on PI Weapons systems. This resulted in a timed event to assemble all section weapons, before they were all stripped down into individual parts, mixed up in a large bin, and a relay for the team to sort through the parts and assemble all weapons systems.
- Close Combat Shooting (Urban). Operating in two teams of five to clear a building.
- Navigation exercise.
- Section battle drills/field craft.
- Obstacle crossing.
- Mass casualty and stretcher carry. Patrolling into a contact, triage of patients and then evacuation to a regimental aid post and landing zone via stretcher.

- Scenario solving with a contaminated area.
- Observation lane.
- Equipment carry over 4 km, and
- Message relay stand. An individual was required to prepare a message, then in patrol order run 1.2km to the next person, relay the message via voice only, and then the next person run back and write up the message.

At the completion of most stands was a 2-3 km run which was timed in order to continue to put the participants under fatigue and stress.

Day Two

All of the team including reserves were to conduct the following;

- 3.5km patrol order run from QEB to the RFMF range (timed)
- 3 min rest. Then safety brief and issue of ammunition.
- Range shoot using the K2 and K3 (with iron sights) at various ranges advancing forward from the 200 metres.

The event ran well over the two days of competition with the 3 FIR training wing sponsoring and executing a very good activity. At the prize giving the 1 RNZIR team was presented small gifts in appreciation of their efforts.

Out of the 9 teams that competed; 3rd place was Charlie Company 3 FIR, 2nd place was 1st Battalion, RNZIR and in 1st place was Support Company 3 FIR.

The top male soldier was awarded to CPL G Dewes, 1 RNZIR.

The top female soldier was CPL

S Tubunawasa, Admin Coy, 3 FIR. Although the purpose of the visit to Fiji was the Infantry day competition, the engagement by the 1 RNZIR team with OTC, 3 FIR, RFMF band and the local population of Mokani Village and Viwa Island will ensure we continue to maintain the strong relationship that 1 RNZIR has with the RFMF.

Special thanks to;

- The NZDF Fijian DA office to enable this activity though local purchase, and providing the logistical support.
- CO 3 FIR and his staff for hosting 1 RNZIR as if we were extended family. Our soldiers look forward to returning on Exercise Cartwheel in September.
- Commandant OTC for his staff hosting and accommodating 1 RNZIR for the duration of their stay.





LTCOL Logan Vaughan, CO 1/RNZIR at a ceremony at the end of the deployment.



ASSISTANT CHIEF OF ARMY RESERVES MEETS AUSTRALIAN COUNTERPART

As part of Plan ANZAC and the Bilateral Service Cooperation Plan (BSCP) signed in April 2023, Assistant Chief of Army (Reserves) Colonel Amanda Brosnan, and ResF Sergeant Major (Army) Warrant Officer Class One John Sincock, visited 2 (AS) Division, Sydney, recently. Plan ANZAC allows for the provision of a greater level of integration with Australian Army than we have seen in the past, and will assist in regenerating NZ Army's capabilities.



Chief of Staff, 5(AS)Bde, LTCOL Matthew Prior, stands outside 5 Brigade Headquarters with Assistant Chief of Army (Reserves), Colonel Brosnan, and ResF Sergeant Major (Army), Warrant Officer Class One Tim Sincock, during their recent visit.

The visit included discussions with DGWI-A, BRIG Mike Kalms (COL Brosnan's Australian equivalent), and COLs Damian Bushell and John Molnar, the Directors of Reserve Officer and Soldier Career Management. COL Brosnan and WO1 Sincock met with GOC 2 (AS) Div, MAJGEN David Thomae, and his RSM, WO1 Mark Retallick, Chief of Staff, 5 Brigade, and senior Regular Force Staff Officers and Warrant Officers at the Brigade Headquarters. The group also visited the Headquarters of 4/3 RNSWR (the host unit for the NZ

Platoon Group that participated in Exercise Waratah Run 23) to receive a tactical level unit perspective. The visit concluded with a short tour and demonstration of an automated live firing range/training area.

Throughout the visit COL Brosnan and WO1 Sincock met with a variety of key individuals relating to Australian Army Reserve Force (ARes) strategy, capability, training, and regeneration initiatives. Discussions included lessons learned, recruitment initiatives, natural disaster roles and

management, force regeneration, mobilisation, combined training opportunities, career management, workforce integration with RF and ResF, and communication apps used to communicate with individual ResF personnel.

"Having the opportunity to interact with various ARes headquarters and discuss how ResF policy settings in the Australian Army are playing out at the operational and tactical levels was really valuable," said COL Brosnan. "There are many areas in which we can learn from each

other and share lessons learned in order to ensure that the policy and procedure framework for our ResF here in the NZ Army optimises the ability of the ResF to contribute to Army outputs, supports individual reservists in their service and assists them in maintaining their individual readiness," said COL Brosnan.

RESERVE FORCE Q&A

A regular column answering your questions about the NZ Army Reserve Force (ResF).

What questions do you have?

Send queries to timothy.sincock@nzdf.mil.nz

Australian Army Exchange Opportunities for Reserves

Work is underway to formally re-establish a biennial reciprocal exchange with the Australian Army Reserve. In February this year, a ResF PI headed to Australia to take part in Ex WARRATAH RUN, which we termed EX BARDIA. Next year an ADF ARes PI is scheduled to come to New Zealand in May to take part in 3/6 RNZIR's Ex CASSINO in Waiouru (which will include other ResF units). The intent of this alternating exchange is to include ResF personnel from 1 (NZ) Bde's integrated units and JSG, and to increase to a Coy-size group from 2027.

Separately, Ex TASMAN EXCHANGE is taking place in January to June 2024. This is an annual individual reciprocal exchange involving 8 pers attached to various ResF units for a two-week period. Keep a look out for details via the command chain in the near future.

US Army Military Reserve Exchange Program (MREP)

The NZ Army recently hosted a US Army delegation as part of Army to Army Staff Talks. Part of the discussions included the potential for Reserve exchanges, providing training opportunities that broaden professional development, increase knowledge and improve interoperability with partner nation Reserve forces.

Exchanges would typically be a 14-day rotation but could be scalable to agreed requirements in accordance with a Memorandum of Understanding. Further discussions will occur between both armies to explore opportunities for NZ Reserves to participate in the MREP.

Reserve Employment opportunities

If you are available for full-time or part-time service, there are vacancies that do become available for reserves to fill Regular Force positions (for specific roles) on a short term basis. These vacancies will be advertised either through units or the Standby Reserve Cell within the Directorate of Army Career Management. There is no need to wait, ask now if there are any vacancies and express your interest to do a Seamless Transfer Regular Force Engagement.

A CHANGE OF SCENE FOR CPL BEATTIE

By Sergeant Caroline Williams

A change of lifestyle was the main driver for Corporal Jon Beattie and his partner to relocate to Queenstown from Auckland two years ago.

Self-employed with his partner in tech-based company, Octana, has given Corporal Beattie flexibility to pursue a lifestyle he loves at a location of his choice, and still continue his NZ Army Reserve Force (ResF) career as a Combat Engineer.

"I've been part of 3 Troop in Auckland for over thirteen years now so really am part of the team. I've made the commitment to stay with the unit and enjoy training with the Troop," says Corporal Beattie.

"It helps that since the Covid-19 pandemic, elements of training are held online enabling remote learning. With people in the Troop spread as far as Kerikeri to Hamilton, and now stretching to Queenstown, this has made the transition easier than had there not been the opportunity to train remotely," he says.

Corporal Beattie has worked in the digital industry, owning and selling various businesses over the years and finds having his part-time life in uniform a welcome break from the intensive life of digital.

"When I joined the ResF I had been working in my digital business for ten years, and in hindsight, recruit training was essential. Work had been intense and having the break was great. There's not a lot of crossover from IT to Combat Engineer but I wanted an experience outside of digital.

"There's definitely the challenge of walking out of the office, putting on the uniform and finding yourself in the field on the same day. And I am conscious of not transferring my Army life into my civilian work life and vice versa. There's a soldier mode and a business mode for me," he laughs. "You don't want to mix those two worlds."

He's also found, due to the nature of the challenges frequently faced in Army training, he's constantly resetting what he's capable of.

"Until you join the Army you don't realise you're only operating at thirty percent of your actual capacity."

The level of discipline and training coupled with the organisational abilities of those serving in both the ResF and Regular Forces (RF) is high, and he says he would happily employ people who are serving or have served, due to their positive work habits.

Recently he attended Exercise Arras, held at Waiouru Military Training Area, with ResF Engineers from across New Zealand. Forming a general support Troop and integrating into the RF Task Unit Holdfast, as part of the 2nd Engineer Regiment (2ER) field exercise was rewarding and gave the Troop time to focus on refining their skills and building on team work.

"It was an opportunity to take part in a longer exercise and has added a lot of extra value to our training," he said.

Combat Engineers provide mobility and counter-mobility support to manoeuvre elements. Specific tasks include the creation or removal of obstacles through the use of explosives, the use of specialist search equipment to conduct military search operations, the employment of tactical bridging assets including the Medium Girder Bridge (MGB), and the operation of tactical watercraft by day or night to counter water obstacles.

Any Defence Recruiting enquiries can be directed to 0800 1 FORCE. Each Reserve Force company has its own training programme in line with its battalion's training focus. Reserve training normally comprises of a training weekend and training night a month, with additional exercises and training opportunities available throughout the year.



Corporal Jon Beattie at a Vehicle Checkpoint during Exercise Arras

Sixteen Reserve Force soldiers recently completed a two week block training period – Promotion All Corps Territorial Force Senior Non-Commissioned Officer Course in Waiouru.

"Reserve Force personnel often have to take leave from their civilian employment to attend this type of course so they come eager and keen to learn, gaining a lot of knowledge and experience during the two weeks," says Warrant Officer Class Two Porteous, Senior Instructor, Senior Non-Commissioned Officer Wing.

The course is designed so instructors coach students through a variety of military scenarios primarily focused on leadership training. Training is done both in and out of the classroom and included drill, leadership theory, problem solving, mentoring, practically applying the leadership theory to achieve a mission with a cohesive team,

report writing, and planning a training event.

Half the course is classroom based while the remainder is outdoor field training, practicing soldiering skills, all while under constant observation of a coach. Students ranged from a variety of corps including infantry, logistics, and medical.

During the field phase, each student rotates through different command positions such as; Section Commander, Platoon Sergeant and Platoon Commander. Ex JUDSON offers each student an infantry military type task to complete, they are required to appreciate a problem and back brief staff acting as the Officer Commanding, then present orders and execute their plan to

achieve the mission successfully.

"During the two weeks learning the students are exposed to a lot of information, so it is an intense course. As staff we try to create a learning environment that is relaxed and encourages students to work together. This way they build a peer support network amongst themselves that can be used once they leave the course. They learn a variety of leadership and team building skills that can often be transferred into their civilian employment," says Warrant Officer Class Two Porteous.

"Overall the course was a success with students taking away a variety of skills and tools that they can use and further develop back within their units."



Officer Commanding Wellington Company, Major Auld, stands at attention as Sergeant Holden reads the Ode in front of the Wellington Cenotaph.

Chunuk Bair commemoration service

Officers and soldiers of Wellington Company, 5th and 7th Battalion, Royal New Zealand Infantry Regiment marked the anniversary of the capture of Chunuk Bair at a commemoration service held at Wellington Cenotaph on 8 August. It was on 8 August 1915 that the Wellington Battalion of the NZ Expeditionary Force captured Chunuk Bair during the Gallipoli Campaign.

All ranks of the 5th and 7th Battalion, RNZIR, reflect on the proud history of their Battalion, and remember those who had served and paid the ultimate sacrifice on operations with the unit, including its ancestral Infantry units within the Wellington region. To mark this occasion, the officers and soldiers who were in attendance took turns in reading out the names of the fallen.

*Ka maumahara tonu tātou ki a rātou
We will remember them.*





By Major Hamish Ellis

J-Hat on, J-Hat off. This paradigm change is a way of life for Army Reservists as they juggle their civilian jobs, their families and their military commitments. For CAPT Sam Carswell, OC of "A Coy" this started at D-14 with the receipt of Battalion orders. A business owner by day, most nights from that point on were filled with planning, briefings and co-ordinating a Coy (-) of Reservists to deploy into the close country on Exercise Taniwha.

Marching in to the assembly area at Whenuapai Air Base on Thursday evening was PTE Alicia Smit. Uplifting her MARS-L and NVE was a welcome change after a week of working as a structural engineer. She ensured her final kit checks were completed as per the warning order and sat down to receive her orders. Her section commander LCPL James Baker gave section orders for an area of operations clearance. His experience as a teacher lends well to the coaching required in his capacity as a JNCO. Orders given, rehearsals began to ensure consistency and familiarity with section SOPs.

As the sections left the DOP and began patrolling, they were quickly reminded of the constant situation changes thrown at them by the environment. Soldiering skills and decision-making processes at the lowest level were tested as soldiers

refamiliarised themselves with the environment and adapted tactics, training and procedures to suit. Helping them with this was SGT Reuben Sweeney. An accountant, business owner, father and active reservist he had supported the section from D-7. Now, finally in the bush, cammed up and shadowing the patrol he was able to provide coaching to the soldiers and commanders.

"Contact small arms wait out". For 2LT Bentley Atkinson and his Platoon Sergeant building their situational awareness was a constant challenge. Purposefully located on a high ground and fighting for comms success rested on being able to receive timely and accurate information from their section patrols. This information enabled them to build up their battle picture and co-ordinate with the Coy to provide support if required.

Concurrent to this, both PI Comds were conducting an appreciation to back-brief the OC on their next phase of the area of operations (AO) clearance.

Elements of 11/4 battery were able to support the exercise providing a section of OPFOR. After three days of disrupting friendly forces patrols in Riverhead Forest they still had one final trick up their sleeve – contacting a successful ambush on the vehicle convoy enroute to the pick up point (PUP). The Coy, now secure in the PUP grabbed their packs, and rapidly moved to secure an alt PUP... on the other side of the AO.

While the main effort was focussed on section level close country operations, a strong and unofficial effort was placed in the development of sub-unit moustaches. A benchmark was established early by SSGT

Chowdhry with a "desert lizard" appearing around the initial planning conference stage to the envy of the planning team. A few false starts by the Coy 2IC CAPT Edwards proved uninspiring, while the Coy CSM WO2 Taito made an impression largely thanks to some exceptional professional grooming. Coy NCOs brought much needed depth to this line of effort with honourable mention going to SGT Kyle Campbell.

With the enemy successfully cleared, 3/6 RNZIR returned to Whenuapai Air Base where all soldiers got stuck in to cleaning and returning equipment. Having three days to focus on basic soldiering was enjoyed by all with significant progress made. J-Hats off, all soldiers returned to their families and jobs, looking forward to the next three-day activity later this month.



VOLUNTARY EDUCATION STUDY ASSISTANCE

Semester Three/Summer School, 2023 applications are being accepted. You may submit your request for funding within 90 days of your study start date. Apply online (ILP) at Training & Education, New Zealand Defence College (NZDC), Learning Toolkit VESA Application (e-form).

Applicants should be aware of their responsibilities prior to making an application, IAW Defence Manual of Learning (DMoL), Part C, Chapter 2: Voluntary Education Study Assistance. This chapter of the DMoL and its subordinate process manual, replaces SADFO 3/2016.

Other than a new policy to govern eligibility and study criteria, as mentioned above, VESA has:

- Increased postgraduate and undergraduate funding limits
- Introduced the option to study micro-credentials at Level 4 or higher, that sit on the New Zealand Qualifications Framework

Prior to starting the application process, applicants are to:

- Confirm the level of study is right for them with Defence Learning, NZDC
- Advise their 1-UP of their study intentions
- Provide supporting paperwork including study documentation from the official learning provider website (ready to attach to your e-form application)

Contact your local Adult Learning Tutor, Defence Learning, who can assist you with your application. If you have any queries, please email our Tertiary Services & Support Advisor at nzdclearnvesa@nzdf.mil.nz



28th Māori Battalion Unclaimed Medals Kaupapa



From left at rear: Ian Wharemate, Colonel Trevor Walker, David Stone (Te Mata Law).
Front: Stevie-Rae Hart, Warrant Officer Class One Joe Taipari.

The team behind the return of medals to the families of 28th Maori Battalion servicemen has won a Spirit of Service Award from the Public Service Commission.

Members of the New Zealand Defence Force, Te Puni Kōkiri | Ministry of Māori Development, Te Arawhiti | Office for Māori Crown Relations, Te Tira Ahu Ika A Whiro | Veterans' Affairs and Te Mata Law made up the team.

The medals were returned to the families at ceremonies throughout the country throughout last year and the early part of 2023.

Colonel Trevor Walker said receiving the award for Te Tohu mo te Ratonga Whakahirahira | Spirit of Service from the Public Service Commission | Te Kawa Mataaho was a genuine honour.

"The award is recognition of a very large team, across Army and NZDF, that have supported the 28th Maori Battalion Unclaimed Medals

Kaupapa over the last three years. Spirit of Service is well named, a great deal of the work has been completed with no expectation of reward or recognition. The wairua demonstrated at the medal ceremonies from whānau of the 28th Maori Battalion has been a gift and reward enough. This award really is the icing on the cake. I would like to thank all those who have had a part to play and hope that they feel as proud of this recognition as the team in Waiouru do."

A team from the GCSB National Cyber Security Centre also won a Spirit of Service Award for their work in cyber security.

LEST WE FORGET: MARKING THE 70TH ANNIVERSARY OF THE KOREAN WAR CEASEFIRE

By Staff Sergeant Matthew Norton

In his best rendition of a 1950's English Officer's voice a Korean War veteran, Mr Des Vinten, regaled those present with the actions of the Orderly Officer stumbling across a number of soldiers on the roof of a building at night.

But this wasn't just a normal evening – it was the eve of a ceasefire for a war that had been raging for three years and all of the artillery pieces up and down the frontline were expending all ammunition on their platforms. For an event that took place 70 years prior, the memories were fresh in Mr Vinten's memory as was the enthusiasm for his antics.

Recently, I had the honour of planning and executing the commemorations for 70th anniversary of the Korean War ceasefire and although it was a small informal gathering at Ōtaki Primary School, the importance of the event was there none-the-less. The Republic of Korea's ambassador to New Zealand, Mr Chang-Sik Kim, spoke of the Korean people's gratitude to those who had served in defence of the Korean nation and had they not made the sacrifices that they did, the Republic of Korea would not be the prosperous nation that it is today and that it is something that would never be forgotten.

The children of Ōtaki Primary School came out in force to support. The children knew the importance of service to one's nation and viewed the veterans as celebrities asking all in attendance for their signatures – I even was asked to sign a gumboot. But very few outside of those present knew anything about the Korean War and New Zealand's involvement, which left me with an uneasy feeling – as those from conflicts prior move on, will their service go the same way and fall into the annals of history?

From the inception of the New Zealand military and its service within our own borders to the contemporary operations of the Global War on Terror and beyond,



Mr Des Vinten (left) and a fellow veteran at a service honouring those who fought the Korean War (file photo).

there are many stories and lesson to be learnt. Therefore I implore all to start small – look at the Battle Honours on your Regimental Colours and research them. Learn about those who came before and how the spirit of their service lives on through you, other serving members and eventually those that will take our place as we leave the Service.

Imbed the desire to know our history so there is no need for reminders. That the recognition of service is inculcated and grows from generation to generation of Service members with the aspiration that it becomes the norm for all of society.

In an attempt to foster this idea, I will be submitting a number of articles to *Army News* over the next few months in the hope that it will inspire others to share their unit's history with the wider NZDF.

As we say every 25th of April, "Lest we forget".



Digging in during the Korean War. Photo: NZ National Army Museum

Defence Public Affairs photographers have selected their favourite images to share with *Army News* readers, and here they explain how they got the shots.

These images are the work of Corporal Maddy Butcher (right).



1. I always find it a bit of a challenge when taking images inside of NH90 helicopters. You have to balance the bright light coming in from the outside with how dark it is inside. I love this image because it was timed perfectly to capture Mount Ruapehu in the background while we were flying past. This image was taken during Exercise Winchester with No. 3 Squadron and the aim of the exercise was to qualify and re-qualify Air Force personnel in gunnery from helicopters.

2. This photo was taken on board HMNZS Manawanui with one of the ship's crew. It was a difficult image to capture because I had to control the light source and red filter which I had added in, all while moving through and trying to balance on the rough seas. This is one of my favourite images because I had the opportunity to do something different and get creative with coloured lighting. I have spent a lot of time working with Army and Air Force based tasks, and this was my first task working with the Navy which makes it quite special.

3. This task with the RNZAF firefighters completing their annual competence training was one of my absolute favourite tasks to date!

I love this photo because the flames were so hot that you are able to see all the heatwaves throughout the image, which I believe really helps bring the photo to life. It was challenging to photograph this task because I had to be suited up to protect myself from the flames which made it a bit restricting to move around freely. It was also a battle between making sure I was a suitable distance away from the flames and heat, but also wanting to get right up close enough to the action to ensure I got the perfect shot.

4. As a photographer I am always on the lookout. Always having my eyes open and searching for the next perfect shot. There is a lot more that goes into it than just pushing a button. Timing is a major factor in this. I captured this photograph during an exercise with the NZ Army Reservist soldiers in the Waiouru Military Training Area. Muzzle flares are always difficult to capture. Your timing has to be exactly spot on. One second too early or late, and I would have missed this shot entirely.



DLC(L) Land Logistic Policy & Advice Equipment Care Training Package – online

SITUATION:

Operators are the first line of Equipment Care. It doesn't matter how good the Maintenance, Repair, and Overhaul (MRO) processes are. Equipment Care by operators plays a significant part in the preventative maintenance of equipment.

This may be well understood by the Logistics' elements that make up the Army, but may not be across all of the wider Army community. It was identified that additional education on Equipment Care, may have been missing. Therefore an on-line training support package **D67029 Equipment Care** course has been developed. Which is now available live within Totara and available for everyone to upskill their respective knowledge and responsibilities.

Lack of Equipment Care can result in:

- Inability to meet unit operational outputs.
- Lack of availability of equipment to train, operate and deploy.
- Increase operators risk of harm or serious injury, due to equipment failure.

Equipment Care promotes and improves equipment availability, reliability and most importantly safety.
POC: Mr Geoff Walsh, G4 SO2 MROR

THE 2023 GENERAL ELECTION

Enrol, check or update your details now for the 2023 General Election.

Voting in New Zealand starts
on **Monday 2 October**.

Overseas voting starts
on **Wednesday 27 September**.

Visit **vote.nz** or
call **0800 36 76 56**



**ELECTORAL
COMMISSION**
TE KAITIAKI TAKE KŌWHIRI



EXERCISE LAST CUT

The Army's trainee medics were put to the test in the Tekapo snow recently during Exercise Last Cut. Insurgent contact, mass trauma, civilian vehicle accidents – it was all there to test the students' knowledge and prepare them for the reality of being a military medic.

Photos: Corporal Sean Spivey







COMBAT SERVICE SUPPORT TRAINING TESTED DURING EXERCISE CLIFTON'S RUN

Exercise Clifton's Run is the field testing phase conducted by Logistic Operations School (LOS) for RNZALR Young Officers and top of trade courses for Combat Driver, Maintenance Support, and Logistics Specialist.

This is the first year the exercise has been amalgamated under one exercise construct. The exercise used a Combat Service Support Team (CSST) to deploy into Waiouru Military Training Area (WMTA) between 14–23 August, which enabled the testing of fifteen RNZALR SGTs and 2LTs in their Platoon SGT and Platoon Commander roles respectively. 1 (NZ) Brigade provided personnel and equipment to constitute the platoons for each trade and a CSST HQ. LOS provided Exercise Control (EXCON) and Directing Staff, with supplementation from 1 (NZ) Bde to facilitate the testing of students in the field.

The exercise scenario was a CSST supporting a notional NZ Task Group conducting Rear Area Security Operations versus an insurgent enemy with limited resources as part of an ANZAC Task Force. This allows for a threat picture for students to plan against, whilst retaining the focus of their testing on the deployment and establishment of CSS elements in the field. As the exercise progressed enemy activity increased and students had to balance trade

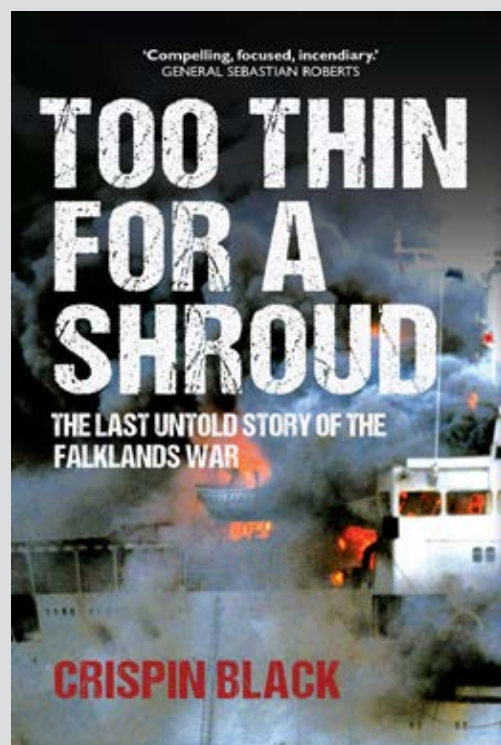
production demands while maintaining their platoon security.

As the NZ Army regenerates there is a constant need to maximise benefits and opportunities from limited resources, and Ex Clifton's Run represents one of these opportunities. The primary purpose was to provide an assessment medium for 2LTs and SGTs but it also provided valuable field experience to all participants. This included off road driving, managing field operations, communicating effectively through tactical means and developing an agile approach to adapt to constantly changing threat and environmental conditions.

Overall the exercise was a success for Logistic Operations School as an assessment medium but also for the broader RNZALR. Students, both 2LTs and SGTs, acknowledged the benefits of training in an amalgamated environment which promoted peer learning and a diversity of perspective that enhanced previous separate course exercises.



BOOK REVIEWS



Too Thin For A Shroud The last untold story of the Falklands War

By Crispin Black
Published by Gibson Square

Crispin Black was a subaltern in the Welsh Guards on 8 June 1982 when the British Army suffered its single greatest loss of life in one incident since WW2. Black was on-board a ship waiting to be taken ashore as was most of his Battalion. Unfortunately for 32 (48 KIA in total) Welsh Guards, the war ended on that ship as an Argentine bomb caused mayhem.

Black survived the attack, but throughout his career, was haunted by what had happened that day. Following his retirement, and with the release of previously sealed official documents relating to the incident, he determined to chronicle events as he and his colleagues had experienced them.

I was initially somewhat taken aback by Black's style and approach. The early parts of the book read like a long list of whinges about everything from the weight of their kit to the attitude of everyone other than his fellow guardsmen to them. Initially it reads like Black hates the world

and has harboured that hatred for 40+ years... not a promising start.

The narrative gains more balance when he starts dissecting the official reports, using these he presents plenty of evidence of, what seems to be inept decision making. It's worth remembering this was the first open country, conventional war the British had fought for decades, so it is no real surprise that it didn't run perfectly, there was a bit of hurry up and wait and that orders kept changing and amongst the "fog of war". Clearly nobody had the complete picture that is given us by the luxury of hindsight.

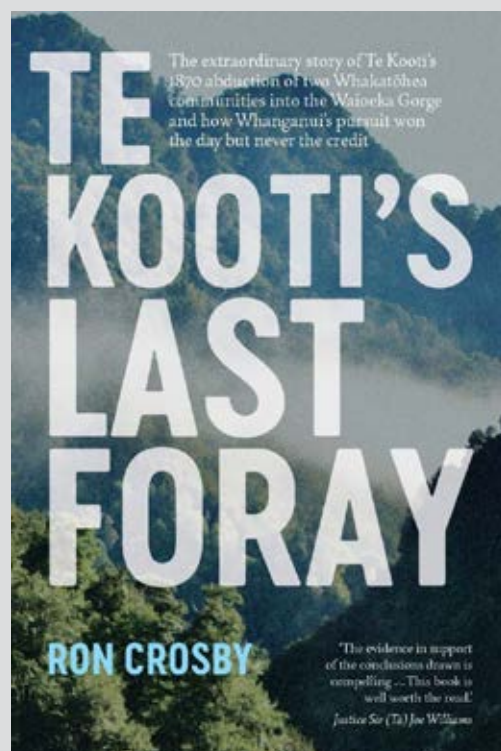
Black seems fairly adamant that a large chunk of what went wrong was down to incompetence. Black makes no secret of how much he believes the Royal Navy (RN) taskforce commander and Royal Marine (RM) land Commander (both of whom are now dead) are to blame.

To give Black his due, it certainly sounds like the Welsh Guards and other elements of the Army's 5 Infantry Brigade were mucked around and the RN certainly let them down in multiple ways. On the day of the attack for example, there was supposed to have been a five layer air defence screen in place, but the first warning the troops

on-board Sir Galahad received of air attack was as the enemy Skyhawks screamed overhead and dropped their bombs.

In short, Black presents a cohesive story with plenty of evidence to detail what happened, but is let down by his obvious vitriol toward senior figures, The RN and The RM, but then given what they went through, it's also not surprising perhaps that he feels like he does.

This book has ignited bitter controversy in the UK. The inter-service rivalry and the accusations of incompetence have clearly stirred up plenty of old wounds. The luxury of hindsight means that anyone writing about the incident now can make a lot of "coulda, shoulda, woulda" comments, but the sad reality is that as recounted here, a lot of real time factors that can easily be highlighted by hindsight, just happen and have to be dealt with as and when they occur and decision makers, without the luxury of having complete information have to do what they believe is right... and sometimes, as on 8 June 1982, it isn't.



Te Kooti's Last Foray The extraordinary story of Te Kooti's 1870 abduction of two Whakatōhea communities into the Waioeka Gorge and how Whanganui's pursuit won the day but never the credit

By Ron Crosby
Published by Oratia Books

Ron Crosby is a member of the Waitangi Tribunal, he is a lawyer by profession and has written a number of books on aspects of Māori history. Crosby's publications focus on pre-treaty conflict or aspects of the Land Wars. Given his professional background, he is a skilled and detailed researcher, he knows how and where to find what he needs to tell and he tells them well.

I'm of a generation who were taught a minimal amount of New Zealand history at school, so my knowledge of Te Kooti, was pretty sketchy. I was concerned that given this book was a detailed account of one incident in his life, my lack of awareness may have hindered my understanding. However Crosby provides enough background that you could pick this book up knowing virtually nothing

of any aspect of the subject matter and be well informed by the time you reach the end.

This book has been written to correct the record as it stands. Crosby maintains that the story has previously not received the attention it deserves, but more importantly, that the record as it stands has been badly misinformed by the overwhelming use of a junior officer's (LT Porter) diary of this campaign.

Porter's diary account contains a number of errors which have become accepted as "fact" in other publications, partially because the diary was the only widely known, easily accessed account of the events in English. Crosby has clearly put a massive amount of work into finding other information which either corroborates or clashes with Porter's account.

But Crosby's meticulous research was not just restricted to libraries and archives, he has spent a significant amount of time tramping in the very rugged Urewera country most of these incidents occurred in. The text is

accompanied by numerous photos and maps, the maps highlight the large distances covered and the photos do a great job of illustrating just how rugged and harsh the terrain is. Crosby has put extensive research into working out likely routes of travel and settlement locations and supplemented this academic work by time spent walking the ground, work which is detailed in a couple of comprehensive appendices.

Overall it is a really well written, detailed account of a little known incident in this country's history. The factionalism, in-fighting and shifting allegiances of the multiple parties involved is fascinating and the endless bush bashing by parties on both sides must have been both physically and mentally wearying. *Te Kooti's Last Foray* clearly illustrates why the rich, fascinating and blood soaked history of this country needs to be taught, read, studied and understood.

Our people

Soldiers from 5 SIG SQN were invited to speak at Lemonwood School in Rolleston about leadership within the community, and about who children can feel safe around if they get lost or separated from their parents.

Corporal Karl Moulder said after talking to the children the soldiers played a variety of games with them, including a tug of war. They also inspected a LOV with cam net set up. "The children had an absolute blast, and the teachers have said that each student wants to write us all a thank you letter," said CPL Moulder.



Rest in Peace, Ivan Bodley

Dannevirke's last World War Two veteran, Mr Ivan Bodley died on 15 August 2023.

1RNZIR provided a firing party at his funeral.

Major Richard Short, Chief instructor at the Army's School of Military Intelligence is also the president of the Dannevirke RSA. He attended Mr Bodley's funeral and coordinated the RSA support.



ORGANISATIONAL CULTURE – THE NZ ARMY

By Lieutenant Colonel Sheree Alexander

Throughout 2023 I have had the opportunity to engage with numerous command teams and individuals. Our discussions have spanned a broad range of topics – trust, engagement, what good leadership looks like, retention, recruitment, diversity, flexible working, and the inevitable one about grooming standards. What I have concluded is that we do not need to ‘fix’ Army’s culture.

We continue to be a professional force of innovative thinkers with an expeditionary mindset. Our individual training system is world class, and, to cap it off, with limited notice we pull together individuals to create cohesive team units that perform to a high standard for every type of operation be they in Aotearoa NZ or overseas.

What has also been made clear to me from my time as a CO and my most recent role, is that there are some behaviours that need adjusting. Or more correctly, some individuals that are displaying behaviours not consistent with our values or culture, and these need addressing. Many of those I have engaged with this year have talked about needing the ability to address individuals who have displayed poor behaviours, including those in higher ranked or power positions. It can help to have a structure to follow when approaching these situations.

1. When trying decide if the situation is serious enough to merit taking action, consider – Was the behaviour in accordance with our values? Would the individual’s action build trust? Does it make you want to serve with this person overseas? If the answer is no, then action needs to be taken.
2. Did you observe the behaviour directly? If not, have you taken steps to verify the facts of the situation?
3. Once you are ready (close in time to the incident occurring is ideal, but not always realistic), address the person directly with the facts –
 - a. What, where, and when did it happen;

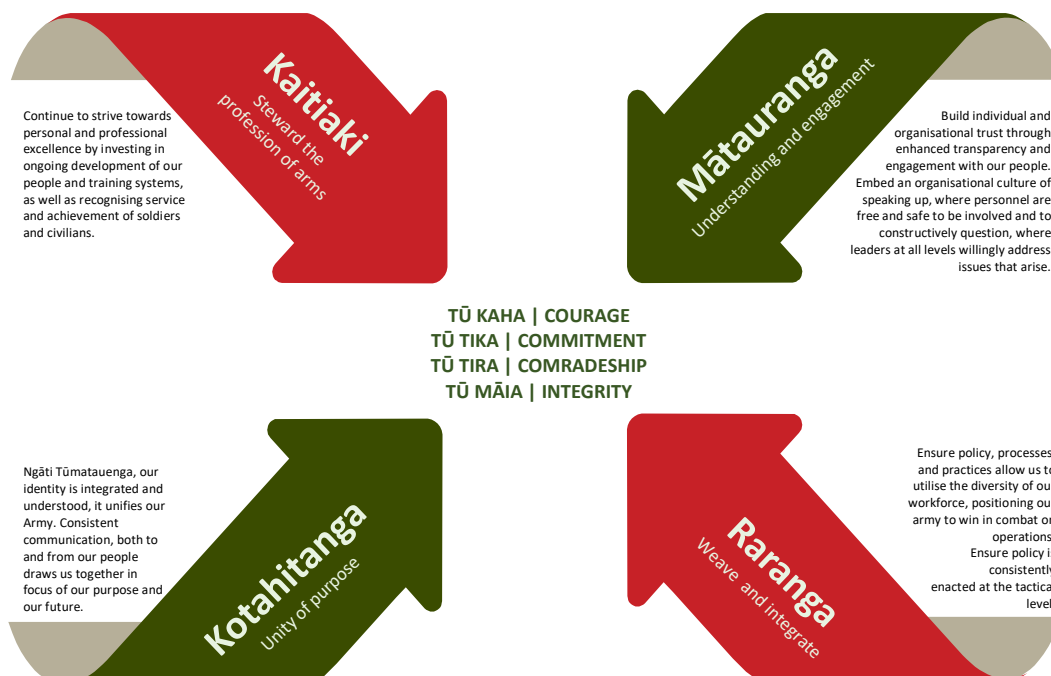
- b. How that behaviour affects other individuals or the team; and
 - c. Why changing that behaviour is important.
4. It can be beneficial for both you and the individual you are addressing to have some support on hand or in the room.

One other aspect of our organisational culture that has been frequently raised with me this year was about Army’s standards and the impact of changing or compromising them on Army’s ability to achieve operational outputs. When pushed to explain their position, most provided me superficial answers because the purpose of the standard they are

discussing and its relationship to operational success is not well defined or understood. Fitness is the most frequent one discussed, so I will use it as the example here. It is generally accepted that people in the Army need to be fit, but do we need to be 10% better than the population median for our respective genders? Why not 15% or 25%? Tasks on the battlefield are not divided by gender or age, so the ‘one standard’ LCFT makes sense. But do we understand why it is 4km in 32 minutes and not 35 or 30 minutes? If we do not understand the why behind the standard, we may struggle to hold ourselves to account or be positioned to adjust the standard when the operational conditions we are testing for have changed.

This culture model can be utilised to help identify and explain what ‘right’ looks like within Army’s context. I have intentionally not described the model itself – the language and environmental context of your respective workplaces is unique, so each of you need to consider how to apply this in your units. If in doubt, the focal point of our organisational culture continues to be our core values. The language you use to explain these will be different depending on who you are engaging with. Consider your context and be prepared to adjust your approach.

Thoughts? Contact army.peopleandculture@nzdf.mil.nz



SELF-AWARENESS OF PERSONAL LEADERSHIP STYLE AMONG AIMS OF WOMEN’S LEADERSHIP COURSE

By Major Anna Wylie

The Aspire Women’s Leadership Development Course is run through Wellington Unit Professional, and the aim of the course is self-awareness of your personal leadership style, knowing your values, being an authentic leader and building support networks.

The Aspire Programme recognises the differences for women in their path towards the top table and equips them with the tools to address internal and external barriers. The course challenges participants and helps give them tools to stand more confidently as a leader and make deliberate choices about building

a career, and the difference you want to make.

The course consists of eight sessions, over several months, and covers topics from mind-set for leadership, growth conversations to personal change. There are 16 women on the course, from a variety of industries and locations all over New Zealand. I was granted funding through a previous LCC, BRIG Hugh McAslan to attend the course.

The programme includes pre-work, theory, guest speakers, peer learning, practical exercises and career advice. Through these sessions I built new networks with like-minded peers for ongoing support.

Each sessions commenced with a guest speaker, and I really enjoyed the session with Rebecca Kitteridge, who at the time was the Director General of the New Zealand Security Intelligence Service. She described how

her roles and experiences had changed her leadership style, and she developed skills through her various roles. And her challenges of what is “acceptable weird, and not acceptable weird”. I also really enjoyed hearing Steph Dyhrberg speak, sharing her experiences as a partner in a legal firm, and the driving factors behind her philanthropic work. She has a passion for developing young female leaders, and shared this with our group.

There were several readings each week, and reflective exercises. This was to challenge the participants to identify areas of personal growth, give them skills to develop this on their leadership journey. I really enjoyed the resources that were shared on the online portal, and each week we could access information such as articles, podcasts and information that was helpful for development. As the classes were

two weeks apart, there was time to do research and delve into certain topics to prepare for the upcoming lesson.

At the conclusion of the course each participant gave a presentation of the main learning points, and then the action points, which was very personal for us all. I have been working on my action plan, and certainly feel inspired after this course. My goals relate to the work place, and also community groups that I am involved in. I would strongly recommend the course, and am grateful that I did have this opportunity. As I continue to work towards my goals, I know that this course has really helped with my leadership development.



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Dr Viktor Frankl

THE ADVENTURE RACE



By Acting Warrant Officer Class Two Dean Rennie

If I may, please allow me to offer a boots on the ground, no “BS” look at what the A18010 ELDA Lead Systems Course, or the “Adventure Race” that many of us have come to know it, that I and the other 23 members of the A15302 23/01 RF Warrant Officer Course undertook recently in the Nelson Lakes district.



For those who may not know, the ELDA Lead Systems Course is in part focused around aspects of one’s “Hogan’s reports” and mostly around understanding what one’s potential, challenge and value reports represent about you. During the course, prior to the “adventure race”, we spent time studying and discussing them to get a deeper understanding of what these reports indicate about each individual. Basically identifying what ones “baseline” behaviours might be, how you might react when in a challenging situation and then finally what your “derailers” might be, i.e. what you might be like when the red mist fully descends upon you. So with that, we spent two days looking and working over our “Hogan’s reports” with the help of the staff from the New Zealand Army Leadership Centre (NZALC) who facilitate the ELDA Course Adventure Race, as well as getting some information and exposure to mountain biking (cross country downhill riding), kayaking and prepping for the adventure race as a whole.

For the actual Adventure Race, it was, and I’m being deadly honest here, not anywhere close to the top 10 or 20 “cool things” I wanted to do with my life, especially as one of the more “mature” students on the course at 52 years of age (though that is not the oldest or even second oldest for this particular course).

I knew the Adventure Race would be a very physically arduous activity that would be hard on the body and mind, sleep would be minimal, and it would be one of those types of army activities where just “muttoning” it out for the duration would be what is required... most

of you will know what I mean, it’s that mentality you have to engage. So once you’ve planned what you have to do you, “just do it” and flick the switch directly over to “mutton” mode and keep going until it’s all done. Suffice to say, that true to the rumours I had heard, it was all that and so much more.

Though I can’t share with you many of the details of the Adventure Race (those are for you who have done it to know and for those who will do it in the future will find out), know that your syndicate (there are four syndicates of six people, comprising of a mixture of trades, corps, ages, experiences and abilities) has to come together with all the variations of personalities types, beliefs and traits that everyone has, to come up with your syndicate’s “plan” to complete the races first day.

Post each syndicate’s planning done, throw in a few hours’ sleep, and in the very early hours of the next day you begin! To summarise aspects of it, for the next 60-odd hours, all four race syndicates had about five to ten hours sleep in total (some syndicates got about ten hours, others as little as about five hours), completed enough mountain biking to eventually know why padded bike pants and soft gel seat covers are (in many cases) an absolute must and why chaffing cream is your friend. Then we did enough kayaking so that by the end of it you might have developed the utmost respect for strength, physicality and endurance of someone like Dame Lisa Carrington and finally, you’ll “mutton” through enough bush bashing (that’s what the ALC euphemistically calls “hiking”) by day and night through all variations of weather, and all

movement is conducted by some old school navigation by map and compass only (no GPS).

You’ll also learn to exist over that time period on mostly super calorie rich (chocolate coated) muesli bars, electrolyte infused sugary drinks (because that’s the easiest way to take on energy and minerals etc. that your body is nearly screaming out for) amongst whatever other versions of sustenance that you can put inside you, as and when time and the situations etc. permits. Then once the time and kilometres by water, land and hours have ticked over and everything you knew and didn’t know about yourself has been displayed to your fellow syndicate members (and yourself if you weren’t aware of it), “Insha Allah” you hopefully end up at the finish.

For me, as someone who had to really push himself right to the end and edge of my physical abilities, the relief to have finished the adventure race gave me a sense of achievement that I hadn’t felt in a very long time... and the endorphin dump at the end when my syndicate could see the end (knowing that we were about to win the White Water Raft race component of the Adventure Race) was pretty epic. I say that because of the strength of the handshakes and “bro hugs” we all gave each other when we crossed the finish line, as they were indeed the heartiest, strong and profoundly genuine I could give and appeared to receive.

I have to add that as with many things, the throwaway line that “some experiences may differ” in regards to the Adventure Race is valid... For me, it was tough, for others it might not have been but that is the nature of many of these



types of activities. I'm fairly sure that we all were thoroughly thankful that we had finished and passed the 2023 A18010 ELDA Lead Systems Course.

But that's not where this story ends. The Adventure Race wasn't or isn't just about putting a difficult task in front of you (and your syndicate/course) to achieve (the Army can do that in so many more ways than this). But it was all a part of a cunning plan to help show you and your syndicate peers some of the truths behind who you are and how your Hogan's report can help explain and let you understand you (and your fellow syndicate members). The wider ELDA Lead Systems Course does all of that by literally pushing you to the point where one's ability to "pretend" and possibly "show pony" is minimized or deleted and then what is left on display is the true you, which is actually good to see and know (trust me, it is). But another and possibly more confronting thing is letting others see who you are when all facades and masks are gone. This is the ultimate goal of the Adventure Race. Yes, it's hard yakka. Yes, you'll have minimal-to-no sleep. Yes, you'll be tired and possibly even fairly shattered. But in this case, it's not just the Army beasting you for the sake of it – the end goal is to push yourself to show you and your peers the real you, and this "Adventure Race" is a pathway or vehicle for this to occur.

Then there is the next hard part, which is having to discuss and be open to receive 360 feedback about you and your conduct (as a team member and team leader) which can be in some case pretty confronting, but the goal of this is not to "smash you". This lesson or phase is about

helping to make you a more self-aware person and leader

So, in summary, it's not just a beasting for a beasting's sake (though at times it will literally feel like it is), it's a learning journey that's cunningly rolled up into a pretty sweet beasting... but at the end, tired and sore and longing for sleep and a good meal you will understand the how and why behind the A18010 ELDA Lead Systems Course, or the "Adventure Race" run as part of the A15302 23/01 RF Warrant Officer. Well it did for me and begrudgingly I acknowledge that. At the end of this experience, it made me ponder and to a degree understand one of Friedrich Nietzsche's famous quotes, that being: *"What does not kill me, makes me stronger"* (yes, it's the quote from 1982 movie *Conan the Barbarian*) because though I felt like death warmed up at a few times during the Adventure Race, at the end I endured and it has indeed taught me a few things, therefore by default "made me stronger".

So all that said, what I would like to end with is, for the participants in the 2023 WOs Cse Adventure race...

A huge congratulations to Team WEKA for doing the hard yards and walking away with the big W, well played WEKA. To team TUI, you have my utmost respect for doing the hard yards on day two, 24 hours straight, getting back to the finish and having only 30 minutes to prepare (a.k.a no sleep) before getting straight into day three's race leg, that was hard-core. To Team RURU, my thanks for being a bunch of good buggers who once finished their rave legs, helped the other teams out without anyone asking and always making

sure the other teams knew where the hot soup/hot garlic bread and high calorie (chocolate) treats etc. were, for everyone to get into after each leg. For my Team, Team KIWI, James, Adrian, Donny, Joe, Denchy, thanks, it was an experience gents, and one I'll never forget... To all my fellow ELDA Cse members... all your team work made the dream (or nightmare) work!

Thank you for taking the time to read this story, our time is the most valuable commodity we have to give, and I appreciate that you gave some of it to read this story.

Oh and finally, from Team KIWI, a huge THANKS to all the NZALC staff, that stuck with us through thick and thin and during the good and bad decisions we made, especially my syndicates NZALC DS, which is "yeah cool" Dave (Team KIWI's nickname for him, purely because he always said "yeah cool" at the beginning of nearly everything he said), and the always keen to get amongst it Hillsy, you two know who you are, legends be you both... we thank you.





A WEEK OF ACHIEVEMENTS FOR ARMY RUGBY LEAGUE

The inter-service RNZN vs NZ Army Men's rugby league match took place at Trentham last month, with respective teams squaring off for a one-off game to determine who would claim the Waaka Otene Cup and Mad Butcher Inter-Service Trophy, which had previously been played for and won by NZ Army in 2018.

The match was a very competitive, hard-fought affair, as you would expect from Service rivalry, played on a heavy track at Trentham Camp's Davis Field.

A game which could have gone either way was epitomised by the result going down to the dying stages of the game. The final result in a see-sawing match was an 18-12 win to Navy. Point scorers for NZ Army were inspirational captain SGT Darcy Cook and PTE Daniel Vaivela with a try apiece. SPR Hosea Taripo converted both tries with his smooth goal kicking style.

The evening function was hosted by NZ Army Code Rep CAPT Barrie Law which included the reading of the ode in Te Reo Māori (delivered by CPL Tane Robertson-Raupita) followed by a minute's silence to recognise the fallen ADF soldiers from EX Talisman Sabre's helicopter incident.

NZDF Code Chairman CPO Pete Furjes RNZN shared his vision for forthcoming events in the NZDF rugby league space which includes pathways for women's rugby league. Code Champion COL Ant Blythen acknowledged Army's Player of the Day SGT Darcy Cook and also presented pockets and ties to new players: PTE Jayton Lawrie; CPL Julius Faulaii; LCPL Paula Havea; SGT Joe Lole; CPL Tane Robertson-Raupita; LBDR Shea Te Hae-Duncan; SSGT Marshall Oldehaver; PTE Edward-James Olsen; BDR Gus Nove; SPR Charles Schumann; and PTE Daniel Vaivela.

At the conclusion of formalities the tournament squad was named.

LCPL Paula Havea; SPR Hosea Taripo; SGT Darcy Cook; LCPL Timoti Nicholls; SGT Solomua Falemai; SGT Sonny Watson; and PTE Daniel Vaivela all featuring in the combined paper team selection.

Although the squad were feeling disappointed having to accede to their Navy counterparts, it was a week of achievements for NZ Army Men's Rugby League with eleven rookie players being blooded; NZ Army Coach SSGT Johnny Pritchard taking over the reins as NZDF Services Coach (SGT Malua Tupa'i assumes his new role of NZ Army Coach); a good mix of NZ Army personnel selected in the tournament squad; and more over the reinvigoration of NZ Army and Services Rugby League.



Clarification

In a story in last month's issue of *Army News* we ran a story on rugby player CPL Mary Kanace but accompanied it with photos of her good friend and fellow Fijian rugby player LBDR Ruci Malanicagi. Here is the real CPL Kanace (right) with her cousin who also plays rugby, 2LT Jokaveti Waqanivalu (left).



HOCKEY TAKES OFF IN NZDF

The 2023 Interservice Hockey Tournament featuring men's and women's teams from the three services and the NZ Police, totalling 141 personnel, took place recently at the National Hockey Centre at North Harbour.

Day one in the men's competition saw Navy beat Police 3-0 while Army and Air were locked at 2-2 at full time with Army winning the shootout 3-2. In the women's competition Police beat Navy 3-0, while Army beat Air 1-0. Day two in the men's competition saw Navy beat Air 5-0 while Police and Army drew 1-1 with Army winning the shootout 3-2. In the women's competition Navy women beat Air women 2-0 while the Police beat Army 3-1. Day three in the men's competition saw Air beat Police 3-1 while Navy beat Army 5-3. In the women's competition Police beat Air 2-0 while Navy beat Army 2-0.

During the tournament closing function W/O (Rtd) Brian (BK) Read, Patron of RNZAF Hockey presented LTCDR Jan Peterson, captain of the Navy men's team with the Read Trophy as winners of the men's interservice tournament. Base Commander Auckland GPCAPT Mike Cannon presented POET Tamara Dudley, captain of the Navy women's team with the Sam Kereama Memorial Trophy as winners of the women's interservice tournament, NZ Police with the Ces Cameron Cup - Spirit of Hockey Award, LTCDR Jan Peterson with the Army Hockey Association Trophy as the men's MVP, CPL Jade Forman (RNZAF) with the RNZAF Hockey Association Trophy as the women's MVP and Mr Angus Griffin (RNZAF) with the Navy Hockey Club Trophy as the most promising player. GPCAPT Cannon then presented LTCDR Jan Peterson, captain of the Navy men's team with the Pope Trophy as winners of the men's combined services competition and the captain of the NZ Police women's team with the Sommer Trophy as winners of the women's combined services competition.

The RNZAF Hockey Association wishes to thank the BCDR AK for hosting the tournament, the organising committee, ESS and the North Harbour Hockey Association and umpires who all contributed to a successful tournament.



Photos: Gary Fraser, Planet Hockey

The following NZDF men's and women's teams were named:

Men:

Navy

MID Alex Eichelbaum*
O James Harris*
A Myles Vos
LTCDR Jan Peterson
A Chavez Rahurahu
O Harrison Kemp*
LTCDR Ambrose O'Halloran

Army

SGT Craig Culver (Manager)
SIG Robert Belchamber
SPR Amiri Downs-Williams*
LCPL George Littlejohn
PTE Dylan Muggleston
LCPL Brad Collins*
LCPL Tux Tukapau
LCPL Kent Horsley

Air Force

FLTLT Jake Bullott (Coach)
SQNLDR Dave Timbs (Trainer)
CPL Daniel Boustridge
LAC Byron Buys
FLTLT Jamie Besley
Mr Angus Griffin*

* New cap

Women:

Navy

PO Tamara Dudley (Coach)
PO Jeremy Rees (Asst Coach)
A Sienna-Marie King*
PO Alex Carter
PO Samantha-Joan Scothern
ENS Hannah Larsen
A Paige Harvey*
A Petra Dye-Hutchinson
A Nadia Mwila
L Keisha Coutts

Army

CAPT Sandra Mitchell
LT Toyah Churton*
2LT Elese Russell
WO2 Diane Kareko
LCPL Rosemary Reed
LCPL Ariana Blackwood

Air Force

W/O Ann Clarkson (Manager)
AC Kristen Smith
CPL Nicola Murray
CPL Jade Forman
LAC Alice Roughan*



HUMAN PERFORMANCE

EXERCISE AND THE BRAIN

By Maj (Dr) Jacques Rousseau
OIC JSG Human Performance Cell

Exercise offers a wide range of benefits for the brain, contributing to improved cognitive function which comprises of mental abilities such as attention, memory and thought processing speed.

Exercise also improves the capacity for self-control, to stay focused and follow multiple-step directions even when interrupted. Not only does exercise have benefits for cognitive function, but also improves executive function, which is our reasoning, planning, problem solving and multitasking abilities.

These benefits from exercise stem from the intricate connection between physical activity and brain health. There is a growing body of evidence that supports the influence of exercise not only on the brain but the whole central nervous system that promotes resistance against neurological disorders. According to this research, exercise has the extraordinary capacity to improve mental health, and to reduce cognitive decline.

A question often asked when considering exercise and brain health is whether aerobic or strength training is the better form of exercise. The effects of strength training on the brain are not as extensively studied as those of aerobic exercise, however there is increasing evidence that strength training also offers numerous positive effects on brain health and cognitive function. While both aerobic exercise and strength training offer unique benefits, the combination of the two can provide the most comprehensive approach to brain health and cognitive function. Integrating regular aerobic activities to improve cardiovascular health, the formation of new nerve cells (neurogenesis), and mood, along with strength training to improve the ability of the nerve cells (neurons) to modify their connections (synaptic plasticity), muscle-brain coordination, and executive function, can lead to optimal cognitive benefits.

Let's have a look how strength and aerobic training can affect the brain:

Strength Training:

- 1. Neurotrophic Factors:** Strength training stimulates the production of neurotrophic factors such as brain-derived neurotrophic factor (BDNF). These factors promote

the growth, survival, and maintenance of neurons, as well as the formation of new nerve connections (synapses). BDNF, in particular, is linked to improved cognitive function and enhanced learning and memory.

- 2. Neuroplasticity:** This is the ability of the nervous system to change its activity in response to stimuli by reorganising its structure, functions, or connections, in other words the brain's ability to rewire and adapt. Strength training stimulates changes in brain structure and function that support neuroplasticity. This includes the growth of new neurons and the strengthening of existing neural connections. These adaptations contribute to improved cognitive flexibility and adaptability.
- 3. Hormone Regulation:** Strength training can influence hormonal levels, including testosterone and growth hormone. These hormones play roles in promoting neural health and neurogenesis, further supporting brain function.
- 4. Cognitive Benefits:** Research suggests that strength training can lead to improvements in cognitive functions such as attention, memory, and executive functions like decision-making and problem-solving. These benefits are thought to result from the combination of increased neurotrophic factors (BDNF), enhanced blood flow, and improved neural connectivity.
- 5. Mood Regulation:** Like aerobic exercise, strength training can stimulate the release of endorphins and other neurotransmitters (your body's chemical messengers) that contribute to positive mood and reduced stress and anxiety. Regular strength training sessions have been associated with improved mood and reduced symptoms of depression.

Aerobic Training:

- 1. Increased Blood Flow:** Aerobic training, such as running, cycling, or swimming, improves cardiovascular health, leading to better blood flow and oxygen delivery to the brain. This increased blood flow supports brain energy metabolism and overall neural function.
- 2. Neurogenesis:** The process by which new neurons are formed in the brain. Aerobic exercise has been shown to stimulate the production of new neurons in the hippocampus, a brain region critical for learning and

memory. This process of neurogenesis contributes to improved cognitive function and may play a role in reducing the risk of neurodegenerative diseases.

- 3. Neurotransmitter Balance:** Aerobic training increases the availability of neurotransmitters like serotonin and dopamine, which are associated with positive mood, motivation, and overall well-being.
- 4. Brain-Derived Neurotrophic Factor (BDNF):** Aerobic exercise is particularly effective at increasing BDNF levels. Higher BDNF levels are linked to greater cognitive function, improved mood, and reduced risk of neurodegenerative diseases.
- 5. Brain Structure:** Aerobic training can lead to structural changes in the brain, including increased grey matter volume in regions associated with cognitive function. These structural changes are related to improved cognitive abilities and overall brain health.
- 6. Stress Reduction:** Regular aerobic exercise can help regulate the body's stress response by reducing cortisol levels (cortisol is often referred to as the stress hormone). This has positive effects on mental health and cognitive function.

In summary, both strength training and aerobic training have profound effects on the brain. Strength training promotes neurotrophic factors, synaptic plasticity, and cognitive function, while aerobic training enhances blood flow, neurogenesis, neurotransmitter balance, and mood regulation. Incorporating a combination of both types of exercise into your routine can offer a comprehensive approach to promoting brain health and overall well-being.

Interestingly scientists have found that six weeks of intense exercise – short bouts of interval training over the course of 20 minutes – showed significant improvements in what is known as high-interference memory, which, for example, allows us to distinguish our car from another of the same make and model. The health advantages of high-intensity exercise are widely known but new research points to another major benefit: better memory. They also found that participants who experienced greater fitness gains also experienced greater increases in brain-derived neurotrophic factor (BDNF, remember supports the growth, function and survival of brain cells).

Enhancing Cognitive Performance in Military Personnel: The Role of Exercise

In the realm of military operations, cognitive sharpness and optimal human performance are paramount. The dynamic challenges faced by military personnel underscore the need for strategies that bolster cognitive function and mental resilience. Emerging as an encouragement is the science-backed synergy between exercise, brain health, cognitive function, and human performance. Let's explore the multi-faceted benefits of exercise for military personnel and shed some light on the types of exercise that can elevate cognitive capabilities and empower peak performance in demanding scenarios.

Cognitive Agility and Military Success: A Crucial Connection Military operations demand unwavering focus, rapid decision-making, and adaptability in high-pressure environments. The cognitive agility required by military personnel finds its ally in exercise, which has far-reaching implications for brain health and performance.

Neuroplasticity and Neurotrophic Factors: Forging cognitive resilience at the heart of exercise's impact on cognitive function lies neuroplasticity, as previously mentioned is the brain's ability to rewire and adapt. This process is fuelled by neurotrophic factors, BDNF taking centre stage. BDNF promotes neuron growth, synaptic plasticity, and cognitive adaptability, providing military personnel with the mental resilience needed to excel in complex missions.

Aerobic Exercise: Mobilizing cognitive strength for military personnel. Aerobic exercise emerges as a cornerstone of cognitive enhancement. Activities such as running, swimming, and cycling unleash a cascade of neurobiological effects that bolster brain health and cognitive capabilities.

Cerebral Oxygenation and Blood Flow: Aerobic exercise increases blood flow to the brain, ensuring an optimal supply of oxygen and nutrients crucial for cognitive performance.

Neurogenesis and Cognitive Flexibility: Regular aerobic exercise stimulates neurogenesis, particularly in the hippocampus (a structure in the brain which plays an important role in learning and memory), enhancing memory and cognitive flexibility—the ability to swiftly adapt to changing circumstances.

Stress Resilience and Decision-Making: Aerobic exercise's impact on stress resilience aids military personnel in maintaining a clear mind under pressure, leading to improved decision-making and mission execution.

Strength Training: Equipping the cognitive arsenal. Strength training, involving resistance exercises, offers cognitive benefits that align with the demands of military operations.

Enhanced Executive Functions: Strength training elevates executive functions, including problem-solving, planning, and decision-making – critical skills for military personnel.

Neural Coordination and Adaptability: The neural coordination honed through strength training aligns with the need for swift, precise movements in challenging situations, optimizing cognitive and physical responses.

The Marriage of Exercise and Human Performance: A Strategic Alliance

The impact of exercise on cognitive function directly translates to elevated human performance for military personnel. In the crucible of military operations, the cognitive benefits of exercise prove indispensable.

Cognitive Precision and Mission Success: Exercise sharpens memory, attention, and cognitive precision, equipping military personnel with the mental acuity to navigate complex situations.

Resilience and Mental Stamina: Exercise cultivates stress resilience and mental stamina, enabling military personnel to maintain cognitive focus and resilience during extended missions.

Adaptability and Innovative Thinking: Neuroplasticity fostered by exercise fosters adaptability and creative problem-solving, key attributes in ever-evolving military environments.

Empowering Military Personnel through exercise.

Military personnel must harness every available advantage to ensure success. The scientific evidence unmistakably positions exercise as a catalyst for cognitive enhancement and human performance optimisation. From bolstering memory to honing decision-making skills, exercise offers military personnel an arsenal of cognitive tools that are vital in the dynamic theatre of military operations. By integrating cognitive tasks into their exercise routine, military personnel can empower themselves with the cognitive resilience needed to excel and lead in high-stakes situations.

Regular physical activity is a powerful strategy for promoting brain health and overall well-being. Remember that consistency is key. Aim for at least 150 minutes of moderate to high-intensity aerobic exercise per week, along with two days of strength training. However, it's essential to choose activities you enjoy, as adherence to your exercise routine is crucial for long-term cognitive benefits.

CELEBRATING EXCELLENCE

THE NZ ARMY SPORTS AWARDS

The New Zealand Army annual Sports Awards which recognise and celebrate excellence in sport were held recently in Trentham. Chief of Army Major General John Boswell said all those who were nominated for awards and those who received them should all be justifiably proud of their achievements. The Supreme Award went to hockey player SIG Robert Belchamber.

Other awards:

Individual sports person of the year

SIG Robert Belchamber

Sports Official of the year

SSGT Rana Stevens (cricket)

Sports Team of the year

Army Men's Golf Team

Young Sports Person of the year

TPR Manuel Partsch (volleyball)

Outstanding Sports Person of the year

PTE Leah Miles (rugby)

The October issue of *Army News* will feature photographs and stories on the winners.



Private Leah Miles



Sports Official of the Year SSGT Rana Stevens.



Chief of Army, MAJGEN John Boswell congratulates WO2 Lawrence Colvin who won an Army Colour.



LCC BRIG Matt Weston presents the team award to the Army Mens Golf Team. Graham Sweetman receives it on the team's behalf.



MAJGEN Boswell with SIG Robert Belchamber.



WO1 Lyall Mooney presents a trophy to Trooper Manny Partsch.



Commander 1 (NZ) Brigade COL Ben Bagley with SIG Belchamber.

FRENCH TOWN NAMES RUGBY FIELD IN HONOUR OF FORMER ALL BLACKS CAPTAIN AND SOLDIER

The NZDF Men's rugby team, Defence Blacks, have been in France playing in the International Defence Rugby Competition – a four-yearly precursor to the Rugby World Cup. The Defence Blacks were based in the town of Pontivy in Brittany.

In recognition of the service and sacrifice of New Zealand personnel in the liberation of France in both World Wars, and acknowledgement of the NZDF team staying in the township, the Mayor formally renamed the town's main rugby ground in honour of a former All Blacks captain and soldier.

It is now the Dave Gallaher Field.

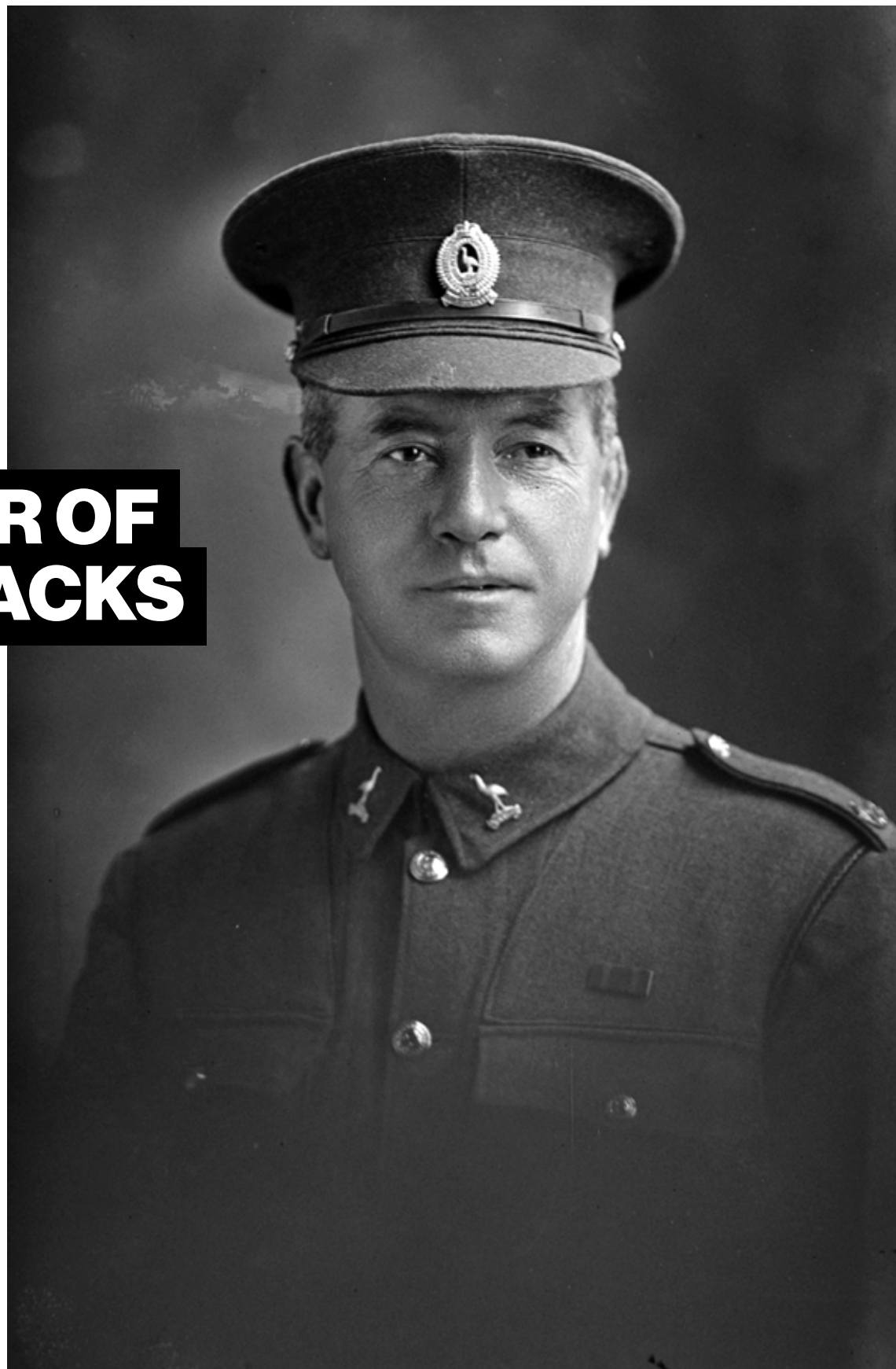
Dave Gallaher was the captain of the All Blacks on their first tour of the British Isles and France in 1905/06. Known as 'the Originals' the team won 34 of their 35 matches. Following the tour he retired from playing and became an age grade coach for Ponsonby, sole selector for Auckland and co selector for the All Blacks.

But Gallaher was also a soldier. He joined the Sixth New Zealand Contingent as a Corporal and served in the Boer War in 1901/02. In May 1916 at the age of 43, he answered the call again and enlisted in the Army and after

basic training was posted to 22 Reinforcements, 2nd Battalion, Auckland Regiment. He sailed with the Regiment in early 1917 arriving in Britain in May. Promoted to Acting Sergeant, his unit fought at the Battle of Messines in June and spent August and September in preparation for the Passchendaele offensive.

On 4 October 1917, Sergeant Dave Gallaher was killed in action during the Battle of Broodseinde.

The Mayor of Pontivy, Madame Christine le Strat commented in her speech that the strong bonds between Nouvelle Zeelande and France can be seen by the contribution that such a small country (New Zealand) has made to defend freedom and liberty in such far-away lands. She also commented that Sergeant Gallaher's story is even more poignant as Europe once again faces war within the continent and where New Zealand service



personnel are again playing their part in helping train Ukrainian Armed Forces.

The Contingent Commander of the Defence Blacks, Colonel Duncan George spoke at the dedication of the newly named field on behalf of all NZDF personnel. He said that "the field naming was an honour for the NZDF and brought much mana to the NZDF, the Gallaher whānau, and is a moving example of the continued friendship between France and New Zealand." A karakia was then given before the team performed the haka o Te Ope Katua o Aotearoa.

"The field naming was an honour for the NZDF and brought much mana to the NZDF, the Gallaher whānau, and is a moving example of the continued friendship between France and New Zealand."

Colonel Duncan George
Contingent Commander of the Defence Blacks



Mayor of Pontivy, Christine Le Strat, flanked by Defence Blacks Contingent Commander, Colonel Duncan George, and Defence Blacks Captain, Leading Diver Trent Luka.

