

# ARMY NEWS

ISSUE 535  
AUGUST 2022



## COMMONWEALTH GAMES SUCCESS

Boxer Mau'u wins bronze medal!

## WORKING WITH OUR PARTNERS –

The Army in Fiji, Niue

## LONE PINE

1 RNZIR win the coveted competition

TŪ KAHA COURAGE

| TŪ TIKA COMMITMENT

| TŪ TIRA COMRADESHIP

| TŪ MĀIA INTEGRITY

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**Pride: Understanding and valuing unique differences**

**I've never been much for pomp and ceremony. A life in a practical profession and seeking out mastery seemed a better fit to me. But as times have evolved, there's been time to reflect on the many traditions, special experiences and opportunities the NZ Army brings us closer to. Our 175<sup>th</sup> commemoration was one of those experiences that reminded me of our privilege.**

A combination of history played out that day. Recognition of a rich but tumultuous past; reverence for our fallen both past and present; and a Guard of Honour demonstrating discipline, precision, uniformity, and resilience under tough conditions. It was these new-generation warriors enacting a 300-year-old practice for Kings that stood out. It was a fine blend of culture and steadfast traditions oddly accompanied by next-generation platforms, arms and technology. It was a moment in time, and I was proud to be a soldier.

Being proud of what you do is not something to shy away from. There are times in our past where that has occurred. But like the current Commonwealth athletes competing in Birmingham, it's OK to be excited. It's right and accepted that we should be eager and dedicated to what we do in the occupation and profession of soldiering. Often it's an extension of the emotion we feel when connected to something significant.

Despite at times our partners and families bearing the brunt of Service life – I sense they are proud of us as service members too. Whether uniformed military or Defence staff members we all sign up for serving something greater than ourselves. I recount here, that we joined the Army, not the other way around.

My wife knows when I am happy or not. She'll remark on the grin on my face if I am about to go to the range, meet the troops or jump from a plane. Likewise my children, now grown, really enjoyed that dad who did what nobody else did. That sense of adventure, the remnant of cam-paint, the uniforms and medals, armoured vehicles or the Camp, dinner (Mess) with the drink machine. They don't always know or understand the challenges of our work – but they are quietly proud of your achievements. Let them have that!

My call to you this month is to work and serve with pride. Don't fall below the line, caught up in all that could be perceived as doom



or gloom. Instead, be determined to show-up for your families, your partners in life, and your military workmates. Acknowledge the privilege of serving and the comradeship we share.

**WO1 Wiremu Moffitt  
16<sup>th</sup> Sergeant Major of the Army**

**MEDAL FOR KIWIS WHO HELPED DURING AUSTRALIAN BUSHFIRE DISASTER**

**One hundred and forty five members of the New Zealand Defence Force have been awarded the Australian National Emergency Medal, with Bushfires 19/20 Clasp, as part of a group of 384 New Zealanders who travelled to Australia to fight the massive bushfires over the 2019/20 summer.**

The Australian National Emergency Medal is awarded by the Australian Government for sustained or significant service during national emergencies in Australia. It has a clasp for each event, to indicate which national emergency a person responded to. The medal has been awarded to Australians for five specific emergencies since 2009, the first being the 2009 Victorian Bushfires.

Defence Minister Peeni Henare said the NZDF played a multifaceted role, with NZDF firefighters and other personnel, including combat engineers and health support, assisting Australian authorities and the Australian Defence Force during what became known as the 'Black Summer.' NZDF NH90 helicopters and crew also deployed to assist.

"The work of our personnel varied from firefighting to transporting fuel and water, and supplies such as hay for livestock, clearing routes, removing trees which were blocking roads, and creating critical fire breaks. Our personnel also contributed to the massive efforts to support wildlife that survived the fires," Mr Henare said.

"As the Government's Defence Priorities reflect, the skilled, brave, and dedicated people of the NZDF are our best asset. It is appropriate that their significant contribution to this massive effort is recognised through these awards."



Cover: Officer cadets on Exercise Veiliutaki in Fiji.

Photo: Corporal Vanessa Parker



NZArmy



NZDefenceForce

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# A MESSAGE FROM CHIEF OF ARMY



**Very shortly I will take a series of CA roadshows to our camps and bases. And whilst I will focus on regeneration, what it means for Army in the short term, and the direction we are taking as an Army over the next two-three years, the roadshows also enable me to achieve a couple of other really important outcomes.**

First and foremost, I want to reassure Army that in these incredibly tough times we are listening. We are aware of the issues that are facing Army at the moment, and we are making every effort to get after those issues. I'll talk to policy changes that are being either enacted or considered, and I'll talk to the initiatives, particularly with regards to how we better support our soldiers and families, that we are pursuing.

I will talk to Army's vision with respect to regeneration, in particular the focus we are placing on improving Army's readiness, enhancing our training systems, and the progressive development of our warfighting capabilities. This will include both how the LCC-led regeneration training programme will take shape over the next three years and what it means to you in terms of key activities, overseas exercises and deployments.

I will leave you in no doubt that Army's senior leadership clearly understands that at the absolute foundation of our regeneration is our people – you. I'll update you on where we are at with respect to pay and conditions of service and I'll take the opportunity to talk to how we are looking to stabilise, prioritise and then grow our workforce.

Army's great culture continues to evolve and I want to continue the discussion of its importance to Army and how we are looking to improve both our warfighting edge and the positive, respectful environment within Army. Both are important, and both contribute to not only who we want to be as an Army but how good we are at what we do.

In parallel with regenerating the force it's important we maintain momentum with our modernisation programme. However, as we look to the next tranches of the Networked Enabled Army, Protected Mobility and Soldier Modernisation programmes we've got to be smart about how we introduce into service new capabilities and we've got to ensure that, as we do the introduction, we don't detract from our regeneration efforts.

Equally, we must ensure that any pressure we place on the organisation is only in those areas that can handle it. I will talk to both these concerns and the outcomes we're seeking during the Roadshow.

The final area I'll update you on is the priority areas of work either underway, or planned, as part of the Defence Estate and Regeneration Programme. The news here is a mix of good, indifferent and challenging however my intent is that you gain a better understanding of both the current plan and what it means to you, your unit and, in some cases, your Formation.

CA's roadshows are a great opportunity for me to get in front of Army. They allow me to clearly present my understanding of the current environment, my vision, and my priorities for Army. They allow me to give context to both the decisions made by your senior leadership and what factors are likely to shape future decisions. The roadshows also allow you to better understand what Army has control over and can influence and, equally, those areas where we are being required to conform to higher direction and policy.

These roadshows, and this is probably one of the most important outcomes, also provide you with an opportunity to engage with me. And it's an opportunity I encourage you to take. None of us knows everything, and none of us have all the answers – even Generals. I value your input and ask that you come prepared to enquire, question and challenge – the benefits of you doing so are mutual.

**Major General John Boswell  
Chief of Army**

## New Zealand Defence Force personnel have remembered all those who served in Solomon Islands during World War II, as they attended commemorations to mark the 80<sup>th</sup> anniversary of the Battle of Guadalcanal on Sunday 7 August.

A group of personnel from all three Services are part of a New Zealand contingent, led by Defence Minister Hon Peeni Henare, in Solomon Islands to mark the anniversary of the US Marine Corps landing on Guadalcanal, on 7 August 1942, a day which marked the first major Allied landings in the Pacific campaign during the Second World War.

The commemorations, also attended by New Zealand's Secretary of Defence Andrew Bridgman and Victoria Cross recipient Willie Apiata, began at dawn at the US Memorial at Skyline Ridge.

During the commemorations, US Deputy Secretary of State Wendy Sherman stole New Zealand hearts when she spoke of how her father Mal Sherman, a Marine who was injured on Guadalcanal in 1942, had been well cared for by New Zealanders when he went there to recuperate from his injuries and illnesses.

The day included the Solomon Scouts



Coastwatchers Ceremony, which highlighted the efforts and bravery of coastwatchers who provided the Allies with valuable intelligence and rescued airmen and sailors who would otherwise have fallen into enemy hands.

On Mt Austen, where Japanese forces dug in after being driven back from Henderson Field, there was a commemoration at the Japanese Memorial.

Commander Joint Forces New Zealand Rear Admiral Jim Gilmour, who laid wreaths at the commemorations representing the armed forces of New Zealand, said it was important to remember the Battle of Guadalcanal, which had marked a turning point in the defeat of the Japanese during World War II.

## Bronze for LCPL Mau'u in Commonwealth Games

**Super heavyweight boxer Lance Corporal Uila Mau'u is due a bronze medal after recording a first round knockout against Lerin Regis from St Lucia in the 2022 Commonwealth Games.**

LCPL Mau'u fought England's Delicious Orié but lost a unanimous points decision to the gold medal favourite in their super heavyweight semifinal bout on Sunday 7 August. A Youth Development Unit – North section commander,

LCPL Mau'u fought bravely against Orié's better reach. LCPL Mau'u said being part of the Commonwealth Games meant a lot to him. "To have my family name etched into history for something like this means a lot."

"The experience was amazing. Also the variety of fighters I came across. "The Army has supported me with time and pay while being away for training camps and overseas, and for that I am very grateful."



## ARE YOU A MOTIVATED LEADER, LOOKING FOR YOUR NEXT DEVELOPMENT OPPORTUNITY?

**Join the Youth Development Unit and help our rangatahi/young people thrive.**

Section Commander (Tri-Service) positions are currently available in Whenuapai and Trentham – **open to personnel qualified for CPL(E)**. Register your interest for Posting or Tour of Duty opportunities at these locations – and/or future openings in Ohakea and Burnham.

Email: CWO YDU  
steve.clarke@nzdf.mil.nz



# TRAINING RESUMES WITH OUR PACIFIC PARTNERS

**After almost a two-year Covid-19-related hiatus, the New Zealand Army is back training with its Pacific partners, conducting a combined exercise with the Republic of Fiji Military Forces (RFMF) in Fiji.**



Exercise Veiliutaki involved officer cadets and was designed to test students in command, leadership and battle craft in a jungle environment.

The exercise was held in the Nausori Highlands, and involved integrated close-country training with the RFMF.

Seventy-two RFMF personnel, 90 New Zealand soldiers and four international students from Tonga and Fiji took part.

The exercise re-affirmed long-standing relationships with the Fijian military through combined jungle training, battle craft and cultural exchanges, while testing the Officer Cadets in command and leadership.

Captain Jonty Hooson, Senior Instructor of the Field Wing at the Officer Cadet School, said by integrating the RFMF into the exercise, it enhanced the learning and experience of the cadets as they provided an array of support.

"Everything from soldiers operating alongside us within a platoon, to training teams coming over and showing us how they do exercises, as well as chefs and physical training instructors to help us through the acclimations phase as well."

Captain Hooson said it was great to be able to work alongside the RFMF, as New Zealand was quick to respond to anything overseas, but particularly when it involved partner nations like Fiji.

"We are pretty excited we can get overseas again, specifically to one of our key partner nations.

"They really came to the party with a lot of resources to help us out as well."

Overseas exercises were beneficial, he said.

"We get a jungle to train in, but more importantly it shows partner nations working together, and it gives the cadets overseas experience in terms of non-operational deployments."

Every year the Officer Cadet School of New Zealand conducts a field training exercise with a close partner nation as part of the New Zealand Commissioning Course.

The exercise is focused on military leadership, command, and field training that seeks to enhance compatibility and maintain genuine partnerships.

Each exercise focuses on the Pacific or South East Asian regions, with previous exercises held in Fiji, Brunei, Samoa, Tonga and Papua New Guinea.

The New Zealand Defence Force has also been providing instructor support to RFMF basic recruit and promotion courses, and a small contingent of NZ Army engineers are in the final stages of supporting an ADF-led construction project on Vanua Levu.

**Valued partners**

The support from the Republic of Fiji Military Forces (RFMF) while the New Zealand Defence Force was in Fiji was humbling, says Chief of Army Major General John Boswell.

After arriving in Fiji for an official visit, Major General Boswell said it was great to visit the Officer Cadet School (OCS) of New Zealand, who arrived in Fiji in early July taking part in Exercise Veiliutaki.

"We are two countries that have been through pretty tough times over the last couple of years and to have the opportunity now to re-engage, reconnect as militaries and renew our great partnership going back many years is one that's welcomed," Major General Boswell said.

Holding Exercise Veiliutaki in Fiji had been a real benefit to the Officer Cadets, both personally and professionally, he said.

"We are humbled by the way the wider RFMF, the

Third Battalion of Fiji Infantry Regiment and Delta Company in particular, have supported our cadets."

At a meeting held earlier with the RFMF Commander Land Forces Colonel Onisivoro Covunisaqa, the pair discussed opportunities going forward, which Major General Boswell said were significant.

"We've just had a great conversation about what the opportunities will look like, and how we can progress our relationship going forward into the future."

Colonel Covunisaqa said they were happy to support their New Zealand friends.

"We're glad to contribute to the development of their younger officers."



The Chief of Army, Major General John Boswell with Commander, Joint Task Force Command Colonel Manoa Gadai.



New Zealand Army Officer Cadets took part in several cultural activities during their time in Fiji.



**Living off the land**

Learning how to live off the land and fend for themselves in the bush were just some of the new skills a group of New Zealand soldiers learned from Republic of Fiji Military Forces (RFMF) experts in Fiji.

During their integrated close-country training with the RFMF officer cadets undertook a three-day RFMF-run survival training exercise where they were placed into the jungle with minimal equipment and no food.

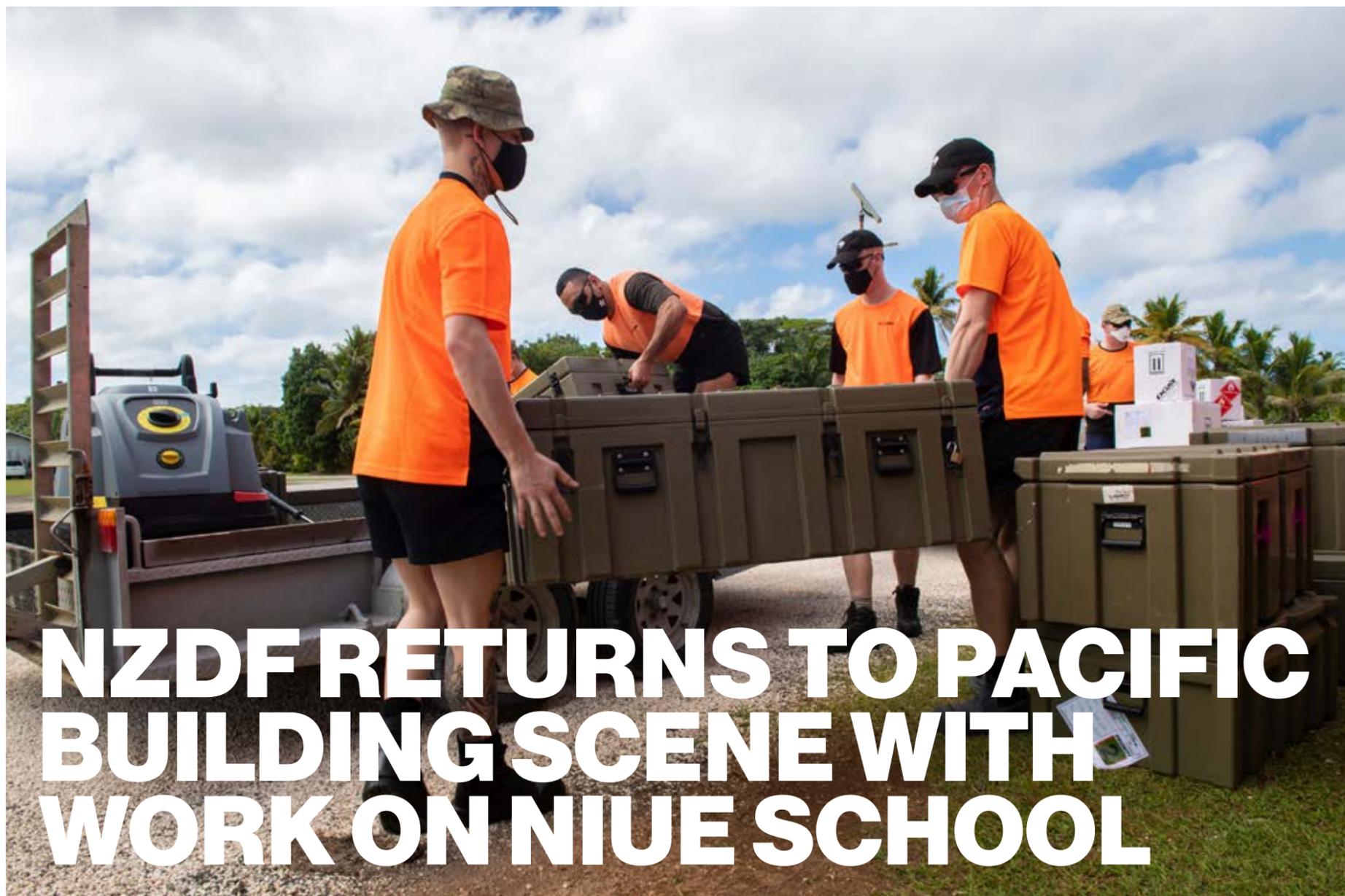
Captain Jonty Hooson, Senior Instructor of the Field Wing at OCS, said the survival exercise was incredibly beneficial and the cadets really enjoyed it.

They learned how to set up traps and snares, how to light a fire without matches, what was edible in the jungle, how to collect water, build a shelter, what was needed in a survival kit and how to use those items.

"This portion of the exercise provided really valuable skills. They caught eels, shrimp, fresh water lobster, and learned more about one another," Captain Hooson said.

"By exposing our cadets to this environment they proved that they can survive with minimal equipment. Our cadets are better people after conducting the integration and survival exercise. They are learning to accept different cultures and different customs and are gaining knowledge from RFMF about how to use natural resources."

Captain Hooson said it was also beneficial for the RFMF instructors as they didn't often get to teach their skills to people outside their own organisation.



# NZDF RETURNS TO PACIFIC BUILDING SCENE WITH WORK ON NIUE SCHOOL

## A New Zealand Army Engineer team travelled to Niue recently to carry out a number of construction tasks for the local high school as part of Exercise Tropic Twilight.

Funded by the Ministry of Foreign Affairs and Trade, Exercise Tropic Twilight usually occurs annually in the South Pacific, however it was postponed in 2020 and 2021 due to the Covid-19 pandemic.

The 30-person team from 2<sup>nd</sup> Engineer Regiment upgraded the Niue High School ablution blocks and replaced electrical points, lights and the switchboard in the school science lab.

The Royal New Zealand Navy also travelled to Niue, with ten personnel from the dive unit, HMNZS Matataua, conducting hydrographic surveys of the wharf and channel. This ensures that up-to-date information about access to the island is available in the event of a disaster.

Both teams were accompanied by two New Zealand Army medics.

Land Component Commander, Brigadier Hugh McAslan, said the New Zealand Defence Force welcomed returning to work in the South Pacific in this way.

“Being able to support our Pacific neighbours in such a hands-on capacity is something that we’ve missed during the past couple of years. We’re committed to providing assistance where it’s required throughout the South West Pacific, and we’re pleased to be back on the ground.”

The Army and Navy personnel were in Niue at the same time as the New Zealand Covid-19 response team, made up of five NZDF personnel and nine civilian medical staff who were deployed to assist Niue officials with the current Covid-19 outbreak there.

“We work with sovereign Pacific nations to understand what it is they require, how we can support them, and offer our assets and skilled personnel to assist where we can. It’s a team effort in Niue at the moment, and we’re more than happy to help,” Brigadier McAslan said.





## To mark Cook Islands Language Week, Army News spoke to Lieutenant Colonel Frank Prendergast about his culture, his career, and what it means to be a Cook Islander.

*Born in Mauke, the Cook Islands, in 1961, Frank is the Defence Attaché to Papua New Guinea and has served in the New Zealand Army since 1981.*

*Toke toke enua au no Akatokamanava, te mato I pao ia mai au, taku ipukarea, toku enua anau, te enua o toku ui tupuna, i e koko.*

My homeland is Mauke. It is where I come from, it is my beloved land. It is my birth land and the land of my forefathers.

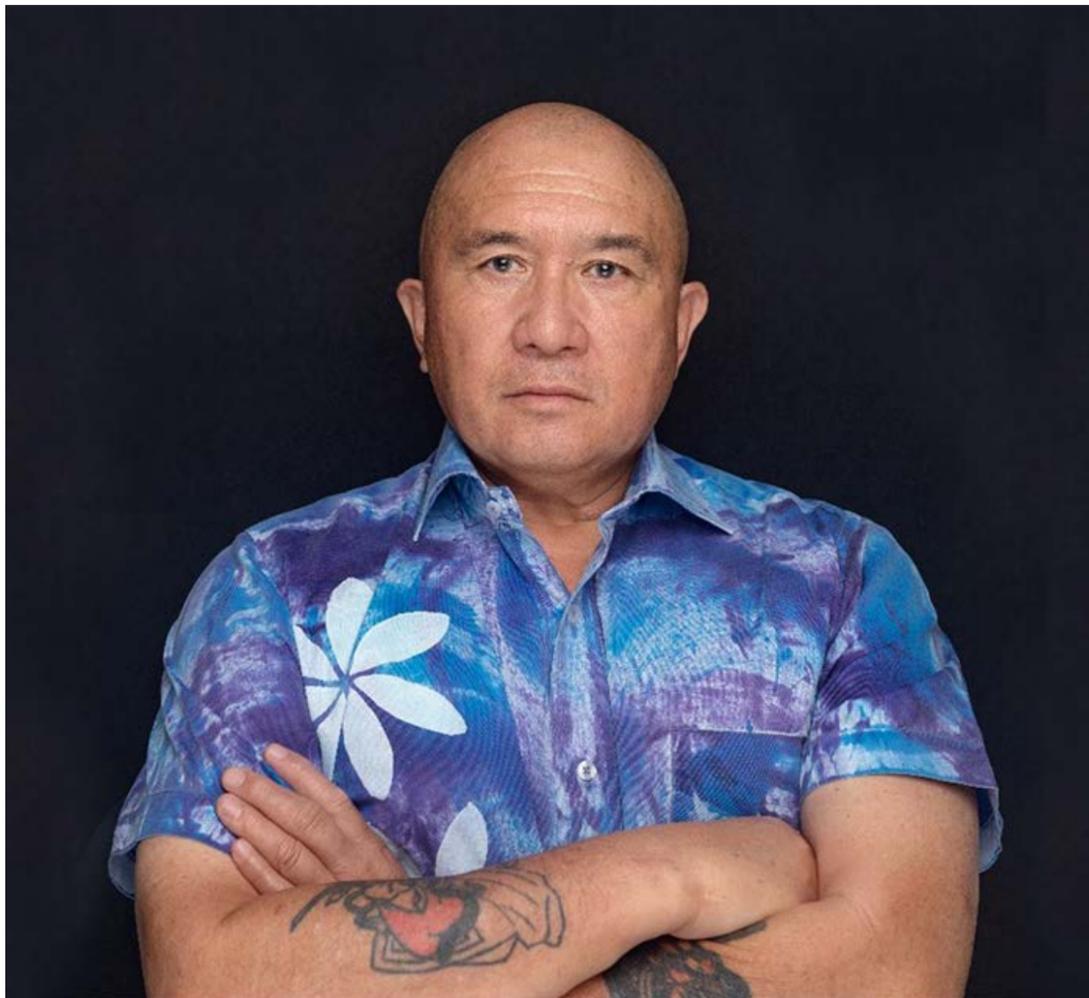
My pe'e, allows me to acknowledge my birth land, who I am, and share my culture through language and music.

I am the eldest of seven, and only two of us were born in the Cook Islands before immigrating to NZ. My mother is from Mauke, the Cook Islands, and my father is from Raiatea, Tahiti. I enlisted with the New Zealand Army in September 1981 as a private, was promoted to Regimental Sergeant Major in January 2003, and commissioned from the ranks to Captain in November 2005. I have conducted multiple operational missions and training deployments over my career in the NZ Army. I have many career stories that I could share. The following are two from operational deployments in Afghanistan.

In 2002, our special operations troop mounted a mobility patrol to assist the US Forces in Afghanistan. Unfortunately, the vehicle I was travelling in rolled down a bank

with two of us still in the vehicle. One was able to jump from the vehicle to safety. The vehicle with me still in it landed upside down in an icy river. The vehicle was ok. However, I and two others were severely injured. We were evacuated to Bagram Airfield for life-saving surgery before boarding a US C-17 to Germany. Two of us spent approximately a week in a US hospital before repatriating back to NZ. We were the first battle casualties of New Zealand's deployment to Afghanistan. There would be more in the course of the deployment over the coming years.

In 2011, during a special operations mission, our partner Afghan Police unit and my team responded to an incident at the British Council in Kabul, Afghanistan. Suicide attackers stormed the British Council office, killing several people and taking over the compound. Six compound residents took refuge in a reinforced safe room during the attack before being rescued by our forces. A high price was paid that day when Corporal Douglas Grant and one Afghan policeman were killed. Other NZ operators and Afghan Police sustained injuries during the rescue. I will never forget meeting those rescued several weeks later and hearing the words 'thank you for rescuing us'. In our line of work, you don't hear it too often. One of those rescued said, 'I cried when I saw my mum again, and all I wanted was to hug her.'



This life of service to my country has been made easier by my loving wife, who has always supported my endeavours. She has raised two beautiful children to be great adults, and I am very proud of who they have become. She also completed her doctorate and continued her career at the University of Auckland. Education and relationships have been the centre of our family and way of life. I have and will continue to put my family before everything.

In January 2020, I was posted as the New Zealand Defence Attaché to Papua New Guinea (resident) and accredited to the Solomon Islands and Vanuatu. I perform defence diplomacy on behalf of Aotearoa New Zealand. Being a Polynesian has allowed me to view my engagement not only from a diplomat lens but from a cultural perspective. Understanding Pacific values has enabled me to be in a better position to respond to and

acknowledge the differences with many other cultures. It has helped me to communicate appropriately with people in a culturally responsive way.

Connecting and partnering with people this way is a point of difference for me when engaging with people from different cultures. I am incredibly privileged to serve Aotearoa New Zealand offshore and to do this in a way that aligns with my values as a Cook Islander and a New Zealand diplomat.

I am a simple and humble man who is proud to be a Cook Islander and proudly serve New Zealand. Nothing is flash about me, and I prefer to work in the shadows of my chosen career. I have not used my ethnicity as an excuse to get where I am today – instead, hard work and perseverance have been the key to my success in the military. My military career has helped shape who I am today, and I am truly blessed and honoured.

I am proud of my Cook Island culture and language; though I understand the spoken words, speaking the language has eluded me over the years. Many may perceive that the loss of speaking can lead to a loss of culture and identity; I disagree. I know who I am and where I come from. I have not lost my culture or identity because I cannot speak Cook Island fluently yet.

I have embraced the diversity of what leadership represents during my Army career. I can be outspoken, but I primarily embody a sense of humility. My advice to anyone in the force is to work hard and with humility. Do not be afraid to seek advice from people with years of experience, because you are the future.

*'oro ki to au metua  
(run to your old people)  
Kia manuia*

## DUNTROON GRADUATES

**New Zealand Army officer 2LT Jakaveti Waqanivalu was awarded the Royal Military College Duntroon Officer Training Unit Scheyville Prize for the graduate who has shown the greatest improvement in leadership qualities during the course.**

The New Zealand Army has a long tradition of training officers at Duntroon in Canberra with the first Australians and New Zealanders starting training in 1911. RMC recently graduated another class of officers totalling 94 from seven different countries, including two graduates from New Zealand. The two New Zealanders, both former soldiers from 2 CSSB gained their commissions as 2LT in the New Zealand Army. 2LT Waqanivalu graduated into the RNZE and 2LT Jamie Cottam graduated into the RNZSigs.



2LT Waqanivalu is presented with a prize by Colonel (Rtd Wal Hall).

# WE REMEMBER

**A memorial service to mark the 10<sup>th</sup> anniversary of the death of Lance Corporal Pralli Durrer who was killed in action in Afghanistan was held in Nuhaka on 4 August.**

LCPL Durrer, along with LCPL Rory Malone was killed near Dahane Baghak in the Shikari Valley, Bamyan Province in a firefight that was to become known as the Battle of Baghak.

The memorial service was held at LCPL Durrer's final resting place, Kaitamure Urupa, Manutai Marae in Nuhaka. It was attended by family members and a group of his QAMR Crib 20 colleagues. His son Reef Pirika flew over from Australia for the occasion.

The service was officiated by Linton Chaplain Major Brendan

Drew. During the service a Roll of Honour was read, acknowledging the nine other Ngāti Tūmataunga soldiers who died in Afghanistan, including Corporal Luke Tamatea, LCPL Jacinda Baker and Private Richard Harris who were killed just 15 days after LCPLs Durrer and Malone.

LCPL Durrer's cousin, former soldier Cameron Burrows who helped organise the service, said the anniversary not only served as an opportunity for personnel to remember and celebrate Pralli's life, but was a means by which soldiers

past and present could meet Pralli's whānau for the first time and share their experiences and memories of him.

"We would really like to thank WO1 Shannon Brears, RSM QAMR, and WO2 Benny Meade SSM WEC SQN QAMR for facilitating a visit of the Unit for Pralli's son Reef and family before the service. It was an experience that will be cherished and remembered always by Reef."



LCPL Durrer's son Reef, 15, was shown around the equipment his father used to work with. He was hosted the day before the memorial by members of QAMR.



LCPL Rory Malone



CPL Luke Tamatea



LCPL Jacinda Baker



PTE Richard Harris



# MHOV TRAINING FOR RESERVES

**Combat Service Support ResF soldiers have been given the opportunity to obtain MHOV licences following a course piloted by 38 Combat Service Support Company (38 CSS Coy).**

The course was adapted from the RF MHOV operator's course.

From May to August 38 CSS Coy ran HX60 and HX58 courses for nine ResF personnel. The weekend courses were broken down into bite sized modules covering the technical aspects of each course respectively.

Defence Driver Training School supported the development of the ResF HX60 operator's course as this course is currently designed as a 10-day residential course for RF.

The respective syllabi were taught and tested, covering both on and off-road driving, major components, servicing, crane and winch operation and recovery.

The pilot ResF MHOV operator's course provides flexibility with ResF training and they are able to integrate with RF on the same equipment so they can deploy on operations together.

Transport Operations Officer, Warrant Officer Class Two Colin Blakemore said Reservists provide a wide range of other skill sets, which they bring to the Army.

"One challenge was keeping track of who had done what training and when, and how many driving hours etc... I designed a basic form which had the teaching points, date and the driving instructor who signed that piece off. Due to Covid-19 restrictions we had a number of different driving instructors assisting. The training was an efficient way for ResF CSS to complete the required training so they can integrate with RF."

Operations Officer 38 CSS Coy, Warrant Office Class Two Sandy Paterson said, "Operating MHOV is one of the easiest ways our ResF personnel can add value to the unit and assist in achieving our outputs. We have more MHOV operator

training planned for our Company members with a view to running two courses each year in order to maintain licensing levels and to reach our personnel posted across the North Island".

Commanding Officer 2 CSSB, Lieutenant Colonel Sheree Alexander said, "The focus for 38 CSS Coy is to grow and achieve effectiveness which will enable them to meet the outputs of supplementing the RF CSS elements on deployment. Delivering the RF MHOV operator's course in smaller, fit-for-purpose modules is a great example of the initiative and drive 38 CSS Coy and other CSS personnel within NZ Army have to mitigating the difficulties of our Reserve Force personnel qualifying on RF courses".



.....  
***"Operating MHOV is one of the easiest ways our ResF personnel can add value to the unit and assist in achieving our outputs."***

WO2 Sandy Paterson  
Operations Officer, 38 CSS Coy



# ENDURE, ACHIEVE, SUCCEED: THE SAS

**When C joined the Army, he did it for one reason and one reason only – to join the NZSAS.**

"I always intended on doing it, it wasn't a question of if, but when."

That time came in December last year, when C made the decision to apply with only six weeks to train before selection. When the moment came, he proved he was ready.

"There were parts that were very challenging but there was no point that I wanted to quit at all. There were times when it was just really grinding and enduring..."

"It is hard but very achievable."

And that's what C was able to do – endure, achieve, and succeed.

Despite the achievement, and before any celebration, he had another obstacle to conquer – Officer selection.

"When I finished officer selection I didn't feel elation, I turned to the next challenge."

Training for the day of deployment is the next challenge C is tackling. He says the training is operationally-focussed, which is why he joined the Army in the first place.

"It's challenging but excellent. It sounds corny but there's no place I'd rather be. I don't even really want to go home."

That's because he trains with his family every day.

"Everyone's really focussed, regardless of their backgrounds, units, everyone's after the same goal and really focussed and pretty determined to crack on with it."

C knows there will be more challenges to come, but he's confident he'll get through them.

"There'll be times when we're struggling but then it just goes back to that teamwork, that camaraderie factor... it's such a tightknit group."

To be a part of the group, C's message is simple.

"If you want to be the best then come up here and do selection and do cycle."

"Throughout the whole process, you're endlessly tested. Just don't overthink it."

*If you're interested in challenging yourself, are highly motivated and have a desire to work within 1 NZSAS Regt – register your interest by completing an 'AFNZ 3' located on the NZSOF intranet site. Nominations are now open for the October selection 18–30 and close on 12 September 2022.*

# 5/7 POLISH URBAN SOLDIERING SKILLS

By Sergeant Carolyn Williams

**Security and stability operations (SASO) training has been at the forefront for Wellington Company, 5/7 Battalion, Royal New Zealand Infantry Regiment (RNZIR) recently. The company has focused on intensive urban soldiering skills, culminating in Exercise Thorndon in early July.**

"The exercise provided a good challenge for the soldiers and enabled them to practise their TTPs (tactics, techniques and procedures) they've been focusing on with the SASO training," said 3 Platoon sergeant, SGT Rick Henderson.

"We have seen a marked improvement in soldiers' urban skills from the start of our urban block training in May through to Exercise Thorndon. Some of that, in no small part, is due to a section of seven soldiers recently training alongside Victor Company at Exercise Venom 3," he said.

The soldiers trained alongside Victor Company, 1RNZIR, during the exercise, giving them an opportunity to learn and hone their skills.

2LT Sione Tukia, one of the platoon commanders in Victor Company, said that from the outset of the exercise he ensured there was no isolation between the ResF and RF.

"I ensured both understood that my intent for the platoon was performance, teamwork, communication and a positive attitude. This was met by both," he said.

He commented that although the ResF soldiers had limited experience they understood this and took full advantage of the opportunity of the RF's knowledge and experience.

"The ResF soldiers bombarded them with questions and worked really hard to meet the standard, which they achieved," said 2LT Tukia. "The ResF soldiers also brought a different way of thinking when given tasks too," he said.

"ResF knowledge and experience outside the wire gave my soldiers opportunities to ask questions about their lives outside of the Army. Taking into consideration most soldiers have only experienced NZ Army life since leaving high school, this was a good way to build connection with people outside of the RF," he said.

SSGT Pio Ailao, Wellington Company cadre NCO, said having the soldiers train alongside their RF counterparts opens up future opportunities for ResF soldiers to be called back in a support role if required.

"The benefit to our Regular Force is they can call on our unit knowing we have soldiers trained to an acceptable skill level and who can be easily integrated within their unit," says SSGT Ailao.

He said that the ResF would mainly be utilised to conduct inner and outer cordons within both the international and domestic environments, with Victor Company conducting the search operations within the cordoned areas.



**Graduating from NZ Army Reserve Force (ResF) recruit training in December 2021, PTE Regan Macklin from 2/4 Battalion, RNZIR shares his experiences of life in uniform so far.**

PTE Macklin, 2/4 Battalion, RNZIR, had always planned on joining the NZ Army so was excited to arrive at Waiouru Military Camp to begin recruit training.

"I had always wanted to join the Army from a young age, I knew it would be something that I would do eventually," he said.

Although recruit training was what he expected, PTE Macklin found the short bonding time prior to heading out on the field hard but he said the section formed a strong alliance, supporting each other through the challenges.

"Everyone had realised this would be a challenge which led to our whole section working together, helping and supporting each other to make sure we could be as efficient as possible, which installed a feeling of pride."

"We began working as a team, coming together before inspections or heading into the field to check everyone's gear was uniform, and nobody stood out for the wrong reasons.

"The most rewarding aspect of recruit training was seeing

everyone from my platoon march out. We all tried our hardest and worked together, and in the end, everyone marched out together," he said.

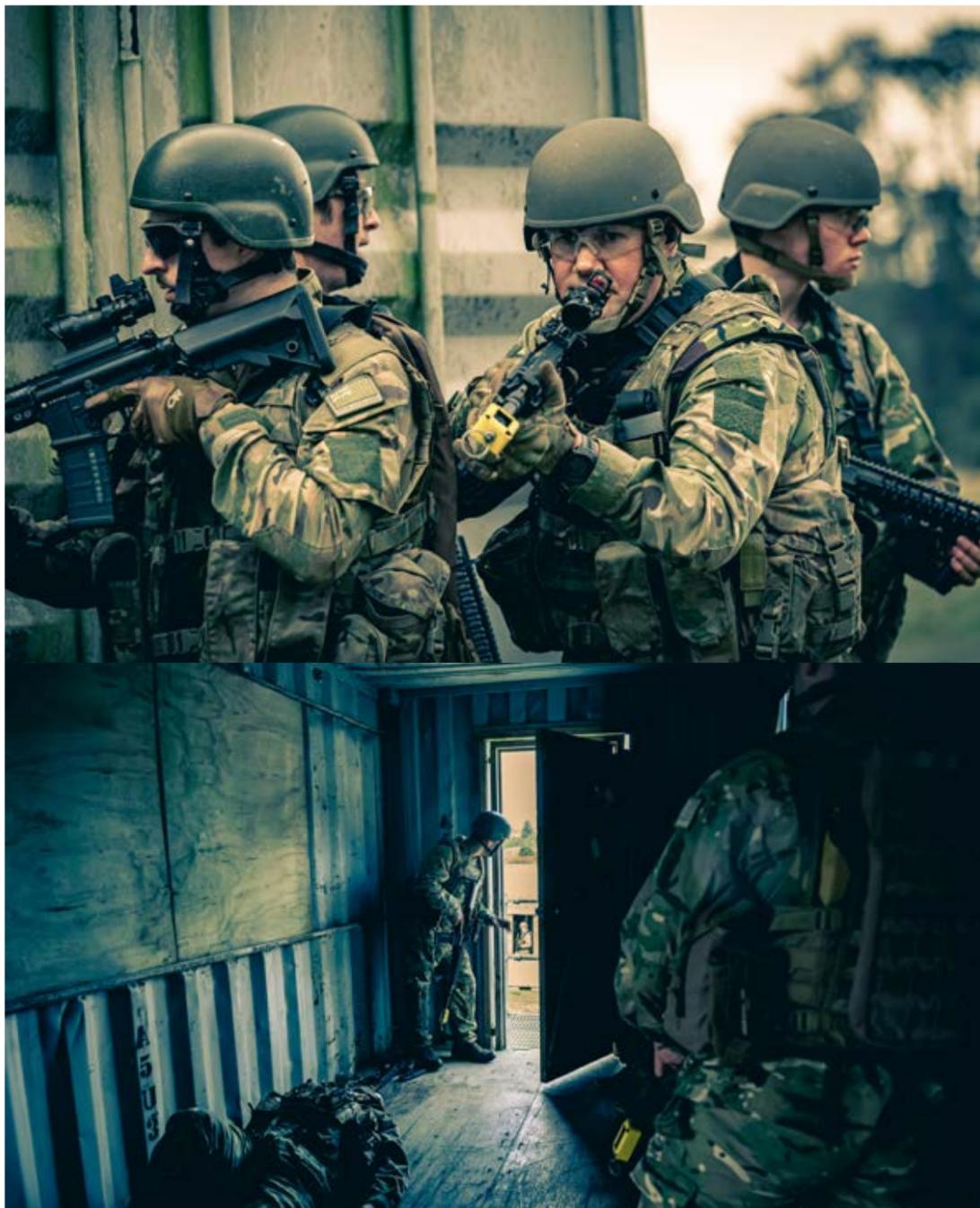
"I was proud on graduation day. It was a day I had been looking forward to for years," he said.

He encourages future recruits to always try hard and don't be afraid to ask others for help if they need it.

"The Army has taught me to have a sense of urgency. This has been a major transferable skill to civilian life for me. It prevents procrastination and ensures that you have completed whatever you need to do without wasting any time."

In his day job, PTE Macklin works as a teacher aide alongside vulnerable youth, many of whom have been victims of abuse.

"The Army has helped me to further develop my leadership skills. Those leadership skills are essential both in the military, and my civilian employment," he says.



**A feeling of pride surged through PTE Zara Reid as she stood on the very parade ground that her Dad had graduated on many years before. Receiving the award for Judson Platoon's top recruit on the NZ Army Reserve Force (ResF) recruit training graduation last year was the icing on the cake, and to say her family were proud of her achievements is an understatement.**

"My dad served in the Territorial Force (as the Reserve Force was known) in Delta Company (Masterton), 7<sup>th</sup> Wellington Battalion, and my great-grandfather served with the 28<sup>th</sup> Maori Battalion. It's been really special for my Dad and me to share our stories and experiences in the Reserve Force, and now I have a real appreciation of his time spent serving," says PTE Reid.

She has fond memories of her Dad sharing a lot of the skills he learnt during his time in the ResF.

"When we went on tramping trips or family camping holidays he would teach us some of what he learnt while in the Reserves. He would teach me things like navigation skills when we were out tramping. All his tips really helped me during basic training."

Recalling how she felt on graduation day, PTE Reid said being on the parade ground "felt unreal, a very proud moment." Since that day, PTE Reid has grasped ResF life with enthusiasm, realising many of her challenges prior to joining the ResF were mental barriers rather than physical ones.

Meeting PTE Reid, you can understand her hesitation, she is slight of stature. When soldiers are in the field, carrying a weapon and pack, weighing up to 40 plus kilograms, marching indefinite distances, mental determination and team work are essential to complete the designated tasks.

"While in the field, soldiers will carry up to three to five days' worth of 24-hour ration packs, up to two lots of first line ammunition, and section stores," says SSGT Pio Ailao who was the platoon mentor for 3/6 Battalion and 5/7 Battalion instructors, platoon headquarters and commanders on the Reserve Infantry Corps Training. "It is a challenge for both mind and body carrying that amount of weight, and physical and mental toughness are essential. Each section member plays a vital role for the success of the section to achieve its mission."

PTE Reid was the only female in the platoon and says she had five days in the field where she didn't see any other women. "Initially I was worried I would be looked down on but the boys in my platoon didn't see gender, we just all supported one another to get through. It was a real challenge carrying my pack but I didn't want to let them down," she says.

SSGT Ailao reiterates that the day-to-day challenges in the field environment and the self-doubt is real. With encouragement from the section members, self-confidence, motivation and determination, he says, soldiers can overcome many of the challenges they face. "When the mind is strong, the body is strong. When you face adversity together, the team will work together to become a solid unit and no one is left behind."

As a trainee nurse, in her second year of a nursing degree, PTE Reid

found her civilian training helped with managing the pressures of both basic and corps training. "There's a lot of pressure in the hospitals during placement to manage your time effectively and to deal with a variety of emotions, so this definitely helped get me through Army training."

PTE Reid's medical training was a real strength for her during the field phase of corps training where she could help other soldiers in the platoon with any cuts or wounds. "They knew they could lean on me if they had any medical cares. We all had our own strengths and weaknesses and we had to learn how to manage these in the best possible way to achieve success," she said.

Working in a team environment taught PTE Reid how to utilise everyone's strengths and weaknesses. She now also enjoys spending time on her fitness goals.

One of PTE Reid's highlights during her training, was time spent at the New Zealand Army National Marae, Rongomaraeroa o ngā hau e whā, where all soldiers pass through on their journey to becoming a member of Ngāti Tūmatauenga.

"When we visited the marae on corps training, SSGT Pita spoke a lot about the 28<sup>th</sup> Maori Battalion. I found this very personal that he was talking about my family, and how my history has led to my now. Having this personal link to Ngāti Tūmatauenga has given me a real

sense of cultural identity within both iwis," PTE Reid (Ngāti Porou) said.

She is now serving in 5/7 Battalion, RNZIR, and has attended all the company training to date. "The team is really supportive at 5/7. There's about 20 of us from Basic (RTF 166) too. We're taking part in urban training at the moment which is really new for me, and something I am really enjoying."





# 3/6 WORKS WITH ROTARY TO PROMOTE YOUTH LEADERSHIP

By Simone Millar

**One-hundred-and-one aspiring young community leaders have no idea what's coming. Sitting in a community hall in Auckland's Eastern Beach, on a rainy Tuesday night, they think this will be the end of a long day.**

In storms 3/6 Battalion's Captain James Gordon.

"Effective now, you're under the direction of the New Zealand Army," he shouts.

Soldiers from 3/6 Battalion clutch up the unsuspecting students and march them out into the dark night and on to an unknown destination.

This is the fourth day of the Rotary Youth Leadership Awards' (RYLA) week-long leadership development programme that brings together a diverse range of young people; from engineers to accountants and bankers, who have shown leadership potential.

The Army plays a vital role in identifying and developing their leadership skills over 48-hours at a secret location.

Twenty-six year-old Aucklander, Kathleen Oneroa, says the uplift was a complete surprise.

"It was really abrupt and it felt really turbulent – we thought we were going on a hike. For four days we'd been following a timetable and then we got split up and thrown in to this. It was dark outside and raining, and we didn't know where we were going," says the Oral Health Therapist from Health New Zealand.

On their arrival the students are given a tarp and a few tools to set up camp for the night, and if they make it through that, the 20 leadership mentors from five different units who are watching over them during the night will see them again at first light to start on the training exercise.

The 3/6 Battalion-led exercise is a unique opportunity for the Army to engage with aspiring young leaders, all aged between 20 and 28, and give back to the community by sharing leadership training and skills.

The development exercises are based around 20 evolutions designed to test how the students work in a team, demonstrate their leadership and develop self-awareness.

Lieutenant Colonel Jon Atkinson has designed the evolutions since 1999 and says he's put his "heart and soul" into the programme.

"I've developed the evolutions over time. They're designed to extend a leader and to be challenging but achievable. A good evolution requires a student to rethink and adapt to a new solution, to challenge them so we can see what they've got," says LTCOL Atkinson.

"I love to see the growth from these young civilians, that's why I do it. It's so rewarding. There is so much fantastic change," says LTCOL Atkinson.

The Army has been involved in the RYLA programme since 1998 and uses the PIXIE and DEB DESC feedback sessions, which are central to the students' development.

"This type of approach helps a mentor assess each leader. It's important that it's a circular rather than linear approach," says LTCOL Atkinson.

Ms Oneroa says the feedback sessions have really helped the female students with assertiveness.

"A lot of the girls were feeling like they were being bossy, even though they were actually being assertive. When I was little my nickname was 'Constable Kath', but this is teaching me there's a way you can be assertive and that delegating isn't a bad thing," she says.

"Being forced to all be a leader has given us lots of opportunities. It makes me want to lead in a way that's much more passionate," she says.

The activity is also used to conduct leadership training for

junior leaders, running concurrently with 3/6 Battalion's JNCO development initiatives, to prepare personnel who will engage in TRADOC's JNCO and Section Commander career progression.

Warrant Officer Class 2 Mani Wichman has been in the Reserves for 39 years and has been mentoring RYLA students since 2002.

"My favourite part is night-time, the challenges they face when they're tired and it's dark. Seeing them achieve goals individually and as a team when they're right out of their comfort zone," he says.

WO2 Wichman will be celebrating 40 years in Reserves next year and he's still feeling the rewards of the RYLA programme.

"It gives me a sense of achievement, when I've managed to give the students my experience and knowledge. A lot of them don't know just what they can achieve," he says.



LTCOL Jon Atkinson

**"I love to see the growth from these young civilians, that's why I do it. It's so rewarding. There is so much fantastic change."**

LTCOL Jon Atkinson.

## TRADITION CORNER

# NZ P77 Why?

**Did you know that bayonets are not fixed on normal ceremonial parades by the Royal Regiment of New Zealand Artillery?**

For the 150 years before World War II, bayonets were not issued to artillery units of the British Empire, as such, they were not a traditional weapon of the artillery. It was considered that gunners could defend themselves against close-quarters attack with their guns. If the gunners used bayonets they were not manning their guns and thus, not providing support to the infantry. Therefore, when ceremonial drills were being developed, gunners had no bayonets to fix, and they have carried on the tradition of not fixing them except on two occasions. The first is when artillery are providing the guard of honour for the Sovereign or persons representing the Sovereign; and the second is when parading as part of a mixed corps guard of honour, and they are not the lead corps.



TE OPE KĀTUA O AOTEAROA  
DEFENCE FORCE

## Help us support our military families



**Are you a partner of a military member of the NZDF or a serving single parent?**

**We would love to hear from you**

**Complete our NZDF Military Families Survey** – the aim is to check in with military partners, to help build understanding about areas where we can better support our Defence whānau.

Open to partners of NZDF military members 18yrs+ and single parent military members. It includes serving partners.

The survey is anonymous, and should only take around 20 minutes.

**To access the survey or find more information:**



Scan the QR code



Online at Force 4 Families: [force4families.mil.nz](https://force4families.mil.nz)



Pick up a paper copy of the survey from your local Defence Library or Defence Community Centre



<https://tinyurl.com/FamilyNZDF>

**Please share this with other military partners/serving single parents you know**



HEI MANA MŌ AOTEAROA  
A FORCE FOR NEW ZEALAND

# ENGINEER SURGE TACKLES SOUTH CAMP SINAI PROJECTS

**A New Zealand Army engineer surge team has been working in South Camp in the Sinai on controlling erosion in camp. Two recent heavy rainfalls have damaged foundations of slopes, accommodation, and social areas.**

The team began the reconstruction by improving the camp's drainage system and developing a water catchment area where most of the camp's rainwater will lead to. The engineers spent their first seven weeks moving bulk earth material, battering and compacting bunds to shape this area. The job tested all members of the team using multiple machines including: loader, grader, roller, excavator, telehandler, dump truck, and backhoe loader. The task required a broad range of operating skills and the team managed to move 19,000 square metres over seven weeks.

Next the team trenched 700m with an excavator and laid open reinforced concrete culverts from the catchment to the rest of camp. "We managed to mortar the 1m culverts together and back-fill them all. This task was more physical with regular breaks and everyone drank 6-8 litres of water a day. Over this time we managed to move 70 ton of concrete culverts," said the team Sergeant.

The team did not complete the full erosion control plan for the camp and there is still more work to be done. Higher priority projects and delays to materials arriving prevented completion of the work.

The team spent two weeks out of camp at one of the remote sites where they completed minor earthworks by conducting a cut and fill of a large area for further works to begin.

"We have been working alongside other engineers from Uruguay as they have been supplementing our numbers where possible. At times it is difficult to explain where you want them to park the dump truck when you don't how to speak Spanish, so you start to draw pictures in your notebook, which worked most of the time," said the Sergeant.

"As a part of the Engineer Surge 2022 a plant operator's life is busy. The team's work consists of mainly bulk earthmoving, and minor earthworks with some technicality to the job with designs.

"Some team members manage to achieve 24-30 hours per week on machines, but the high temperatures play a massive part on how we do business on the ground. We are currently working Sunday to Thursday starting the day at 0600 and finishing at 1430, with time for PT and admin in the afternoon. This is to conduct majority of the work in the morning before temperature rises later in the day."

The team have just finished installing HESCOs at the small range in South Camp. It installed 30 x MIL 3 and 1 x MIL 7 which was a good refresher before starting the next task.

"Currently we are working on upgrading the camp's ammunition supply point. This will be the team's final task before returning to New Zealand. We will be moving earth bunds and replacing the bunds with HESCOs. These bunds were also affected by the rain washing all their sediment into the ammunition storage units.

"As the senior surge team leader, I appreciate the good work and commitment the rest of the team has made as they remained focus throughout the last five months. I give thanks for their efforts. UBIQUE!"



# Our people



## Mrs Polly Kareko the Executive Officer at Army General Staff, Wellington has received a Chief of Army commendation for her work in helping to organise the Army's 175<sup>th</sup> anniversary event.

The planning for the Army 175<sup>th</sup> event suffered a number of challenges from the outset due to the short planning timeline which totalled less than eight weeks. The parade location needed to be changed twice and the formal evening reception venue was amended three times. These challenges coupled with the uncertainty and unavailability of personnel made it hard to finalise the planning for the event which added incredible pressure to the planning team. Despite this, Polly continued to provide effort across competing tasks, at any one time applying simultaneous coverage to current role responsibilities and forward-planning to Army 175. She exclusively managed contact with scores of civilian

groups, VIP attendees and activity support-staff, which grew to a dynamic database containing over 500 people.

The days leading up to the major ceremonial event saw both tempo and demand for committed outputs increase. Polly displayed diligence in the preparation of the Dawn Service and main event, and effectively co-delivered the dressing, layout and facilitation of the Formal Reception, including remaining on duty well after guests had departed to help clean and secure the expansive venue.

Polly made a significant contribution to the success of Army 175. She lives and breathes the Army values, specifically the ethos of honourable and loyal service.

## A Wairoa historian was honoured recently for her research into New Zealand's military nursing history and World War II soldiers of Ngāti Kahungunu descent.

Sherayl McNabb was presented a Chief of Army Commendation for her work in writing and publishing the 100-year history of the Royal New Zealand Nursing Corps and contributed research and data entries to the 28 Maori Battalion, D Company Touch Table.

Close family, members of the New Zealand Army, and a dozen or more in an online video call, attended the ceremony.

Mrs McNabb says there was a lot of hard work put into the Nursing Corps books.

"I did the 75<sup>th</sup> anniversary book with someone else, but I did the 100<sup>th</sup> anniversary book myself."

The new Chief of Army Commendation recipient says towards the end of the publication, she would be working until 3am and start again at 6am.

"It took eight to ten years and once it was published, I felt relieved to have completed it.

"I reviewed, a lot of photos, sometimes thousands a day."

Mrs McNabb says researching the Royal New Zealand Nursing Corps was like a journey of discovery.

"It is pieces of collective history and about making it into one piece.

"There were many great people to talk to.

"Each person I spoke to had a real interest in sharing their story and each of them had something special to share."

At the ceremony, Lieutenant Colonel Michelle Williams, Director of the Royal New Zealand Nursing Corps, acknowledged Mrs McNabb's dedication.

"The work you have done honours the past to allow us to re-live it in the present."

Major General John Boswell shared a message via video congratulating Mrs McNabb for her work and dedication stating it was an honour to award her a Chief of Army Commendation.

"Our Army's history is a proud one and the time, effort and energy you have put into your work is obvious and the outcome is well-deserved."

"Your work is very significant and much appreciated."

Staff Sergeant Richard Davies read the citation that accompanied the Chief of Army Commendation, highlighting the following, "Your work goes along with our values: Tū Kaha – courage, Tū Tika – commitment, Tū Tira – comradeship and Tū Māia – integrity."

Wairoa's Colonel Jeremy Harker then presented the Chief of Army Commendation badge to Mrs McNabb saying "It means a lot to me to present this to you; you have done a lot for us."

LTCOL Williams then shared a message from Buckingham Palace, a touching moment for Mrs McNabb.

Mrs McNabb was lost for words saying she was blown away by the message and the occasion.



Colonel Jeremy Harker presents the award to Mrs McNabb on behalf of the Chief of Army.

"I am proud to have done the work, it has been a wonderful time of my life."

Ngāti Kahungunu 28<sup>th</sup> Maori Battalion D Company research committee trustee Rita Morrison spoke on behalf of Wairoa Museum acknowledging the work Mrs McNabb had done with the touch tables.

"It's taonga for those families. Your recognition is well-deserved."

Story and photo courtesy  
The Wairoa Star

## A Letter to the Editor

I enjoyed the article on the Moascar Cup in Army News June 2022. In the article you quoted Jim Burrows. I believe it would have added to the article if you had highlighted who, besides being a player, Jim Burrows was. He was later Brigadier JT Burrows, CBE, DSO & Bar, ED. In WWII, Burrows commanded 20 Battalion and at various times he commanded all three of the NZ Brigades in 2NZEF. Among other roles, post-WWII, he commanded Kay Force – our commitment to the Korean War. He wrote a book called Pathway Among Men – an excellent read.

In the Christchurch Boys' High School team that played the 1920 Moascar Cup game there were five future All Blacks including Burrows. He also played Plunket Shield cricket for Canterbury and was the NZU Heavy Weight boxing champion.

His son (Ian) and grandson (Jamie) also served in the NZ Army. Ian won a MC for gallantry while serving with the SAS in Malaya (1955–57).

For your information

Rob Upton

## Kawau Mārō

### Army's Kawau Mārō or Senior Womens' Network, gathered for a professional development and networking day recently.



These networks are established informally across the three Services to connect senior women in the organisation, share experiences and support, and more importantly discuss the unique pressures and perspective that are associated with championing gender equality within the senior levels of the organisation. The network is open to any senior women of the ranks Warrant Officer, Lieutenant Colonel and above.

The focus for the July Kawau Mārō development and networking day was storytelling. This involved discussions around the importance of storytelling in any organisation, including the New Zealand Army, and teaching our wāhine how to own their stories and successes and confront the common 'imposter syndrome'.

Amy Wenden-Richardson from the Organisational Development team opened the day with a discussion about why an ability to own your success and tell your story is especially important for our senior wāhine within Army.

A multi-award-winning external writing consultant, Keri Welham, ran a workshop helping the wāhine find the words to tell their stories. And former Governor-General Dame Patsy Reddy very generously accepted an invitation to be the guest speaker. Dame Patsy shared stories of her own experiences, and took questions from the wāhine in attendance.

It is hoped the NZ Army's Kawau Mārō group will meet again before the end of the year.

*Kia urupū tatou; kaula e taukumekume.  
Let us be united, not pulling against one another.*

# Te Waitohu ō Te Waipounamu

By Charlene Williamson

**3<sup>rd</sup> Combat Service Support Battalion (3CSSB) was recently gifted a specially woven Kahu Huruahu which was two years in the making.**

In 2020 then-Commanding Officer Lieutenant Colonel (LTCOL) Marcus Linehan and Regimental Sergeant Major Warrant Officer Class One (WO1) Leon Whitelaw approached WO1 Robert Jobe asking him if he would design and weave the 3CSSB Kahu.

LTCOL Linehan said the unit had a great culture when he arrived but did miss some of the close connections some other units had with Ngāti Tūmataunga and the Army Marae in Waiouru.

"A command team visit to the Army Marae early on helped re-establish some of those connections, reminding us all of the importance of the term te ao Māori and use of tikanga," he said.

Having already woven eight other cloaks for the New Zealand Defence Force, including for the Royal New Zealand Army Logistic Regiment (RNZALR), WO1 Jobe said he was honoured to weave one for 3CSSB.

"It was an honour to weave this cloak for 3CSSB. Having woven the Regiment Kahu it allowed the 3CSSB Kahu to have a genealogy, a link to follow back to their regiment, as Iwi of Ngāti Tūmataunga and also their marae in Waiouru.

"It also meant that I could put a definite logistics feel, description and ownership of the cloak to make it exclusively 3CSSB," he said.

The Kahu Huruahu named "Te Waitohu ō Te Waipounamu" is explained in detail through the kaupapa (story) of the Kahu. The Kahu has been woven as symbolic link between the regimental cloak, regiment members, current members, the location of the unit and the remembrance of those who have gone before.

Wearers of the Kahu will be recognised as having, or living the Battalion motto of Whirikoka ō Roto, Strength from Within, and can be worn by any member of 3CSSB (military or civilian) who attend an occasion, or whose achievement warrants the wearing of the Kahu.

The initial design elements for inclusion on the Kahu were proposed by the CO and RSM and were derived from the 3CSSB Tukutuku, Patiki, and the RNZALR.

WO1 Jobe, who is currently posted to HQ Joint Operations Command in Canberra, said the design process was pretty simple, however he let wairua (spirit) guide him.

"I am very spiritual and believe that wairua will guide me, then I trust and will listen for their guidance on what should be on a cloak.

"What I came up with originally was not as the cloak was finished. I thought of some embroidery on the back and making it a bit longer, but it wasn't to be, and I believe that wairua didn't want more on it, or for it to be longer.

"In the end what 3CSSB got is a beautiful, stunning Kahu, uniquely and unquestionably theirs," he said.

The 3CSSB Kahu has been woven using many different coloured goose feathers, and took WO1 Jobe two years to weave. The colours chosen for the Kahu incorporated the red and black of the Battalion, teal blue representing the many rivers and lakes of the South Island, white depicting the Southern Alps, green which represents Te Waipounamu the South Island, and navy blue which relates back to the RNZALR Corps belt.

WO1 Jobe said the spiritual and physical side of weaving Kahu/ cloaks can't be separated.

"I feel so blessed to have wairua and tūpuna (ancestors) who guide me in weaving, and who are with me.

"I believe it's an honour to be asked to weave for people and the greatest gift is the smile on someone's face when they see the Kahu, put it on, feel both physical and spiritual warmth, aroha, and rangimārie of it," WO1 Jobe said.

Current Commanding Officer 3CSSB LTCOL Nik Hill said the Kahu is a significant unit taonga and represents a physical symbol of its cultural heritage.



## NZDF SUMMER INTERNSHIPS 2022/23

**Are you a serving Reservist about to complete your university studies or are you preparing for a break between semesters?**

**Do you want to learn more about what the New Zealand Defence Force (NZDF) does in your area of study?**

The NZDF Summer Reserve Force Internship Scheme (RIS) will provide selected NZDF Reservists with an internship at a NZDF base across New Zealand. Interns will be placed where their individual skills can best be used while the intern will be exposed to opportunities to further a military or civilian career with the NZDF.

At the end of the placement, applicants will receive a final report/reference from their Sponsor Branch. The report is detailed and covers Position Title, Position Description, Experience Gained, Task/Projects completed, Skills Acquired, Strengths Displayed and a general comment from the supervisor.

### Eligibility Criteria

10 internships are available to current tertiary students who:

- are junior rank or junior officer Reservists from either the Navy, Army or Air Force,
- have completed more than two years' undergraduate studies or are undertaking post graduate studies,
- are available between 21 November 2022 to 24 February 2023 (individual start and finish dates are able to be negotiated to suit academic commitments), and,
- are not in paid full time civilian employment.

### Remuneration

Interns will be paid in accordance with DFO 7.3.36 Reserves Full Time Duties noting:

- Interns are not to work in excess of five days/40 hours per week but may attend additional duty activities at Unit expense,
- All public holidays are unpaid as Holiday Pay is a component of Reserve daily pay,
- Interns are offered rations and quarters at the nearest military base to their place of employment at public expense. Packed lunches may be sourced through the mess but not subject to reimbursement if unavailable.

- Interns are offered a travel pass from their military accommodation to their place of work, if not located on a camp or base, and,
- Travel expenses to and from either university or home locations will be met by NZDF at the beginning and end of the internship.

### Administration

The Reserve Force Internship Scheme is managed by Defence Reserves, Youth and Sport (DRYS), 34 Bowen Street, HQNZDF, Wellington. For all queries please email Reserves@nzdf.mil.nz

### Selection Criteria

Applicants from any academic discipline will be considered.

#### 1. Security Clearance

Interns must have a NZDF (CV) security clearance prior to application.

#### 2. Application Process

- Applications will be made available from **06 June 2022** by email request to Reserves@nzdf.mil.nz
- Applications are to be endorsed and sent to Reserves@nzdf.mil.nz by the applicant's Chain of Command (OC/CO). Unit Commanders can endorse applications via email or by signature on the application form.

c. Applications are to include:

- Completed application form (available by email request to Reserves@nzdf.mil.nz),
- Covering letter, outlining why you would like to work at NZDF on a Reserve Internship,
- CV – current, to include all academic, sporting and cultural achievements.

**Final day for applications:**  
15 August 2022.



# QAMR GETS NEW ABODE

## New buildings for Queen Alexandra's Mounted Rifles were opened recently.

The buildings include a Regimental HQ, Squadron and Troop Lines for the two NZLAV Squadrons, and a Q-Store.

The Regimental Headquarters is the first purpose built RHQ that QAMR has had in its history.

The new buildings provide QAMR the functional work areas necessary to command, support and operate out of in order to deliver the NZLAV outputs required of the NZ Army.

When QAMR was re-located to Linton from Burnham it moved into temporary, ad hoc buildings that had been designed for entirely different purposes and situations. The temporary infrastructure included the old Linton Admin Centre that has since been demolished, part of the Engineer museum, and converted lecture rooms.

WEC and SCOTs Squadron Lines provides office space for the Squadron and Troop command elements, and personal equipment storage areas for all soldiers.

When QAMR re-located to Linton, the entirety of Spt Sqn (SHQ, Wksp, A1 Ech, Q-Store) moved into the building that was initially designed only for the NZLAV workshops platoon. The new Q-Store provides a functional, safe and secure facility for the RQMS and Q Team to support the regiment, and frees up much needed space back in the workshop building for the workshop, troop, squadron and A1 Echelon HQs.



## NZ Army Quiz

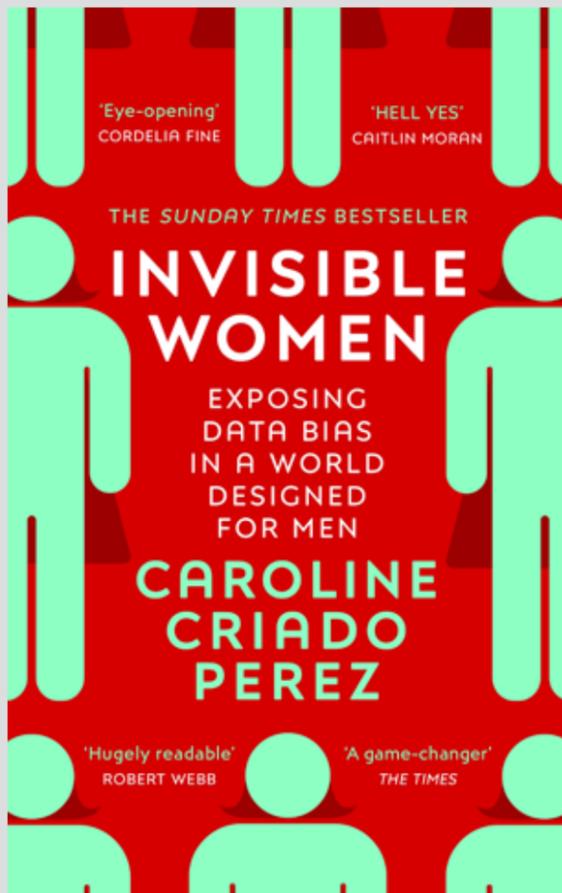
How well do you know the NZ Army?  
Take our quiz to find out.

1. What do the initials ANAOA stand for?
2. Who is the Colonel Commandant of the RNZE?
3. In pre-Covid times where was the Cambrian Patrol held?
4. What is the English translation of the German word Fliegerabwehrkanone?
  - a. Command vehicle
  - b. Anti-aircraft gun
  - c. Observation Post Vehicle
5. Name the last surviving member of 28 Maori Battalion?
6. What is a baby platypus called?
7. When was the NZ Operational Service Medal instituted?
8. Which Army Corps has the motto Mā Ngā Hua Tū Tangata, (By our actions we are known)?
9. How many New Zealand Army personnel died in Afghanistan?
10. When did the NZDF first deploy in large numbers to East Timor?



Answers: 1. Afghanistan National Army Officer Academy; 2. Colonel Paul Curry; 3. Wales; 4. Anti-aircraft gun; 5. Sir Bom Gillies; 6. A pugpie; 7. 2002; 8. RNZLAR; 9. Ten; 10. 1999

# BOOK REVIEW



## Invisible Women – Exposing data bias in a world designed for men

By Caroline Criado Perez

**GoodReads.com provides a succinct synopsis of this book which I have included here by way of an introduction – “Data is fundamental to the modern world. From economic development, to healthcare, to education and public policy, we rely on numbers to allocate resources and make crucial decisions. But because so much data fails to take into account gender, because it treats men as the default and women as atypical, bias and discrimination are baked into our systems. And women pay tremendous costs for this bias, in time, money, and often with their lives.**

“Celebrated feminist advocate Caroline Criado Perez investigates the shocking root cause of gender inequality and research in *Invisible Women*, diving into women’s lives at home, the workplace, the public square, the doctor’s office, and more. Built on hundreds of studies in the US, the UK, and around the world, and written with energy, wit, and sparkling intelligence, this is a ground breaking, unforgettable exposé that will change the way you look at the world.”

But what you really want to know is why you should read

this book. I’m often asked why we should apply the findings of research into civilian societies or industry to militaries, in particular, to our military. People would like to be able to discount those findings on the grounds that we (militaries) are special, that we are different and, in some way, we are isolated from failings of the society that are reported in the research. After all there is no gender pay gap in the NZ Army, remuneration is entirely performance-based – do your courses, succeed in your current post, and demonstrate potential for subsequent leadership roles and your REM will increase – gender is not a factor.

Or is it? If I look at promotion courses to see what the gender breakdown is, would I find that the proportion of female students accepted reflects the population (relative to respective ranks)? If I track the length of time it takes for females to get promoted, would it be comparable to the ‘norm’? If you do not get on promotion courses then your career will stall and so will your pay. Whilst our REM tables have no gender bias in them, our policies and priorities may have an unconscious or unintended bias that is impacting one group more than another.

*Invisible Women* is based on research into many spheres of life, industries, and countries and I would find it to be unlikely that militaries, which are inherently male-dominated, are immune from bias when they create policy, purchase new equipment, craft strategy, or set funding priorities.

The key lesson I take from this book is to look behind the façade that is presented to us and question if we are using the right data to formulate our decisions. This book asks us to challenge the criteria that has been used to establish organisational priorities, to look at the second and third order effects of strategy decisions, and to review policies to ensure they are achieving what they had intended.

*Invisible Women* can seem intentionally confrontational, so readers will need to set aside their preconceived ideas before they pick this one up. I know that the title itself is enough to start a long chain of comments on a not-to-be-mentioned blog site or meme page. If the reader goes into this book with an open mind, they will find that the author is advocating for the use of data to shape decision-making, rather than intuition or what best suits those who have managed to get a seat at the board table. Putting a gender lens over the testing methodology for vehicle safety standards showed that the ‘typical’ person for a crash test simulator was a 76kg 1.77m tall male – is this even an accurate representation of 21<sup>st</sup> Century males, NZ males, or NZ military males in full kit? Unlikely. Intentionally confrontational is ok, if it forces us to reconsider the data we are using to keep us all safe.

**Reviewed by Lieutenant Colonel Sheree Alexander**

## Need help with Literacy and Numeracy (LN)?

### ALL Army pers:

Literacy and numeracy e-learning awareness courses – all personnel should be encouraged to access them. They are available via the NZDF Defence Learning Management System (DLMS) “Search Catalogue” using the following codes:

1. D85012 Literacy and Numeracy for Command Teams
2. D85013 Literacy and Numeracy for Instructors
3. D85014 Literacy and Numeracy for NZDF personnel

### Improve your own LN skills:

- Inside NZDF
  - access course #3 above
  - get individual help from NZ Defence College learning tutors once you’ve completed the referral form in the Learning Toolkit > Learning Resources > Literacy and Numeracy assistance.
- Non-NZDF provider: <https://pathwaysawarua.com> – this is a free resource available to any New Zealand adult who wants to improve their reading, writing or maths skills, for work and for life. There are also four applied learner pathways that deliver content for driver licences, safety requirements for the workplace, and personal money management, while at the same time strengthening literacy and numeracy competencies.

### Support your soldiers

- View the Command Teams and/or Instructors courses (above) and use the suggestions.
- Make a unit-referral for your soldier(s) to get individual help from NZ Defence College learning tutors once you’ve completed the referral form in the Learning Toolkit > Learning Resources > Literacy and Numeracy assistance.
- Check out the LN and applied pathway options for your soldiers at <https://pathwaysawarua.com>



# LINTON MILITARY CAMP – FITNESS CHALLENGE

## Who is the fittest?

As part of the regeneration phase following Operation Protect, 1 (NZ) BDE Command wanted to see an event forecast developed for all units on camp to participate in. The intent – to boost morale, develop inter-unit competition, teamwork, Esprit de corps and the will to win.

Fitness Challenge event IC CPL Ashley French and the Linton PTIs conducted the first event of 2022, a team Fitness Challenge in June. The Fitness Challenge was broken into three events consisting of a team chipper event, max calorie event, and an endurance team row event to finish the day off. Six teams competed and the competition was very tight. Taking out first place was 1RNZIR, second was 25ESS, and third was 2CSSB.

Great prizes were purchased and sponsored from Xplosiv Supplements, and the Little Browns Coffee Cart also attended the event, which added to the afternoon and was enjoyed by camp personnel.

For some soldiers this was the first large-scale inter-unit event they had participated in since joining the NZ Army. For the PTIs it was a great opportunity to dust off the event management skills and

facilitate a well-run event. It was great to see and feel the atmosphere in the Linton Gymnasium – the vibe of intense competition, enjoyment and encouragement. Events like this help boost morale, create togetherness, provide mental resilience, develop all-important teamwork, the determination not to give up, and the drive to do your best. Ultimately assisting soldiers to be 'Fit to Fight' domestically and while deployed.

We look forward to seeing you at the next event!

*Mens Sana In Corpore Sano*  
"A Sound Mind in a Sound Body"



# LEARNING HOW THE MIND AND BODY RESPOND TO STRESS

By Major Jacques Rousseau, Health Performance Cell

Soldiers deployed in the field are often exposed to different kinds of stressors including physical, psychological, environmental, and nutritional ones.

They are required to undergo combat training in a multi-stressor environment to prepare them for similar situations in the case of war. This training can be short or long-term, and it can last for a few weeks. Military field training involves several different kinds of physical activities (e.g., marching long distances with heavy loads; running, jumping, and crawling during combat drills; and lifting and carrying heavy objects), and it also exposes soldiers to multiple other physiological stressors. These stressors include exertional fatigue, sleep deprivation, and energy deficits, which have all been shown to lead to declining physical performance brought on by different types of military field training.

Recently held Exercise Nemesis is an excellent example of military field training – it is physically and psychologically stressful, and it is taxing on the mind and body. It is meant to be that way. Officer cadets (OCDTs) learn how their bodies respond during situations/activities where they are under extreme pressure both physiologically and cognitively.



The human body is proficient at adapting, and with training, adaptation becomes more efficient. If you understand how your body adapts, take this knowledge on board and use it to prepare yourself to be the best at what you do. This means you're using evidence to base your training on, and this is the basis of planning for improvements in human performance.

During Exercise Nemesis OCDTs participated in a Human Performance Programme run by the JSG Human Performance Cell. The programme monitors both physiological and cognitive changes during the exercise plus the important recovery phase. Data is collected regarding changes in body weight, fat mass, muscle mass, hydration status, muscle and cognitive fatigue plus urine biomarkers such as the presence of ketones. An example of the results indicate OCDTs lose an average of 7kgs bodyweight and 6kgs of body fat during the exercise. Coinciding with this is a noticeable increase in the presence of ketones in urine which indicates a depletion of glycogen used for energy and an increase in using

fat for energy. Planning and using diet and exercise programmes before exercises can prolong the depletion of glycogen resulting in improvements in performance.

Data and information such as the above are given to the OCDTs after the completion of the exercise to make them aware of the physiological adaptations their bodies have gone through during the exercise as well as during the recovery process. This information allows the OCDTs to make decisions not only regarding their preparation for future exercises or deployments, but also to understand what their subordinates are going through during difficult and/or extreme situations.

Optimal human performance is critical for military personnel – we do not get second chances, being second is often a bullet coming your way! Access to human performance programmes such as conducted during Exercise Nemesis are often reserved for elite forces. This should not be the case. These programmes should be available for the soldier on the ground. When you understand how your body responds (both physiologically

and mentally) to situations such as Exercise Nemesis you are able to understand not only how you cope but how those under your command will be coping. It's easy to make decisions and get on with the job when all is going our way, however when bullets are flying, you've had no sleep, little food and water is scarce – you have to be prepared, you must know how to cope. If you've been exposed to these situations during training and have an understanding of how you respond it will have a positive effect on decision-making.

We want to give our soldiers all the tools and information that we are able to in order for them to become the best they can be.



# 1 RNZIR THE WINNER OF LONE PINE 2022





**The rivalry was fierce when 1<sup>st</sup> Bn, RNZIR and 2<sup>nd</sup> /1<sup>st</sup> Bn, RNZIR fought recently for the coveted Pine Cone which has been competed for since the early 1990s after 1 RNZIR returned from Singapore.**

This year it was the turn of 1 RNZIR to host the Lone Pine sporting event, which comprised four Lone Pine sports (basketball, running relay, football and rugby) and two exhibition sports (e-sports and cross fit).

The Lone Pine competition started with the two battalions squared up for the pōwhiri. CO 1 RNZIR welcomed 2/1 RNZIR and lead the Bn strongly through the haka, CO 2/1 RNZIR responded with the challenge of 'we have not come in peace' and 'we have come for what is ours'.

The hakas honoured the strong unit rivalry and also the special individual friendships between the members of the battalions. The scene was set for the week to come.

**1 RNZIR Football Team secures the three-peat in Lone Pine**

Football kicked off Lone Pine 2022 between 2<sup>nd</sup>/1<sup>st</sup> Bn and 1<sup>st</sup> Bn at the Manawatu Arena. There was a bumper crowd to witness the three-peat, with the majority having never seen a football match let alone understand the rules of the game.

The game was heavily contested in the early stages of the match with strong attacking play from both teams, and with emotions running high 1 Bn was reduced to 10 men following a yellow card offence, which did nothing to dampen the intensity of the match. Not long after, 2/1 Bn created an attacking opportunity, winning a penalty, with 2/1 Bn fearless captain CPL Roberts stepping up to slot the first goal of the game, 1 nil, 2/1 Bn.

Competitive play continued as it headed closer to half-time. 1 Bn with the majority of possession, were creating multiple scoring opportunities, wreaking havoc on the 2/1 Bn defensive line only to be denied by solid defending and exceptional goal keeping. However, cometh the half, cometh the man. In the 41<sup>st</sup> minute CPL Breuer (all 4ft of him) launched himself 6ft into the air and headed the ball into an open net from a set piece play, 1-1.

The dominance continued, as the second half was far more one-sided, with 1 Bn taking control, maintaining possession and pressure on 2/1, creating half opportunities. 1 Bn finally got a breakthrough, and CPL Penrose was brought down in the box, penalty 1 Bn. PTE Teodozio De Souza stepped forward to take it, but PTE Den Enting (2/1 goalkeeper) had other ideas and read the shot to perfection saving the penalty, denying 1 Bn the lead. This lifted the morale for 2/1 for a short time, but in the end was futile. In another turn of events, another penalty was awarded to 1 Bn, this time LT Jones stepped forward and slotted the penalty bottom right, sending 1 Bn into the lead and the crowd roaring, 2-1, 1 Bn.

1 RNZIR was able to wrap up the game in the 75<sup>th</sup> minute with a second goal from LT Jones off a perfectly weighted through ball. The final score was 3-1 to 1 Bn. The win extended 1 Bn's football dominance of Lone Pine to three and assisted 1 RNZIR in retaining the Lone Pine trophy for the third year in a row.

Man of the match for 1 Bn, CPL Johan Breuer.

Man of the match for 2/1 Bn, PTE Tynan Den Enting.

**“Run Forrest, run!”**

This year's Lone Pine relay took the form of a six by 400 metre baton relay run around the varying vertical inclines of the 1 RNZIR quad. The teams were made up of one Private, Junior NCO, Senior NCO, Warrant Officer, Junior Officer and Senior Officer.

Overnight rain on the eve of the race resulted in a slightly slippery track and some tough cornering. The warm-ups were extreme with deep squats and lunges for some lycra-clad individuals who looked fast.

2/1 RNZIR took an early lead in the Privates' category but were soon reeled in with 1 RNZIR leading from the Junior NCO category until the end of the race. Despite some near-misses in the baton transfer zone, 1 RNZIR won the relay with a commanding eight-second lead.

There were strong performances from each side and both teams came in well under seven minutes.

**Basketball redemption**

If the thought of being back-to-back-to-back Lone Pine champions wasn't enough, the haunting memory of a blowout loss, and the opportunity for redemption motivated an early and serious commitment to training for Lone Pine basketball.

With a decent build up and brand new uniforms, the saying "look good, feel good, play good" couldn't be a more perfect representation of how the 1 RNZIR basketball team went into the game.

2/1 RNZIR came into the game equally prepared, and showed exactly why they won so emphatically last year, hitting almost every shot they put up. It was going to take a huge performance from the 1 RNZIR boys to come out on top.

Back and forth, the shots dropped for both teams, but it was evident that the lack of depth on the bench from 2/1 RNZIR would be their downfall, as their starting five was pushed and pushed until they were eventually run off the floor. Not without a final fight back by 2/1 RNZIR, the 1 RNZIR team came away victorious, final score 83-79, and sealing the Lone Pine in 1 RNZIR's possession for another year.

**Hard fought rugby**

The 7<sup>th</sup> of July 2022 saw the rugby game between 1 RNZIR and 2/1 RNZIR take place as part of the annual Lone Pine Competition for the George Skudder All Black jersey.

The game was played on a quick track in perfect conditions which promoted expansive fast-flowing rugby from both teams. 2/1 came out firing and took advantage of good field position to score two tries early.

1 RNZIR came back with a penalty goal from wing LCPL Hira-Dalrymple, but was forced to defend for most of the first half due to some unforced errors and 2/1 maintaining possession for long periods.

The score going in to half time was 17-3 in favour of 2/1 RNZIR. In the second half 1 RNZIR managed to put some phases together and capitalised on a 2/1 kick that was charged down by No. 8 CPL Beale and pounced on for a try by lock CPL Surrey. LCPL Hira-Dalrymple converted and the score narrowed to 17-10. Ill-discipline cost 1 RNZIR two penalty goals but a try from half back CPL Crossan meant 1 RNZIR was back in the contest. But it was too little too late. 2/1 RNZIR kept plugging the corners forcing 1 RNZIR to run it out with time getting tight.

A final try from 2/1 RNZIR flanker LCPL Vaka sealed the deal, crowning 2/1 RNZIR with a well-deserved victory. Final score 28-15.

Players of the day went to CPL Surry from 1 RNZIR and LCPL Vaka from 2/1 RNZIR.

**Mission success**

The two battalions met a final time, at the Lone Pine prize giving. A great night to complete a week with the Colonel of the Regiment and both of the respective battalion honorary colonels in location to see 1 RNZIR retain the 'pine cone'.

The week ended as it began, battles fought and friendships rekindled in preparation for the heat of battle in the future as 'iron sharpens iron'.

Most importantly, the Lone Pine is still in the 1st Battalion, Royal New Zealand Infantry Regiment trophy cabinet.

**Lone Pine sporting results**

<b>Football</b>	
1 RNZIR	3-1
<b>Rugby</b>	
2/1 RNZIR	28-15
<b>Basketball</b>	
1 RNZIR	83-79
<b>Relay</b>	
1 RNZIR victory by 8 seconds.	
<b>Exhibition sports</b>	
<b>Cross Fit</b>	
2/1 RNZIR	4-1
<b>E Sport</b>	
2/1 RNZIR	3-0



*A Fijian soldier helps train NZ Army officer cadets in jungle survival.  
Photo: Corporal Vanessa Parker*