

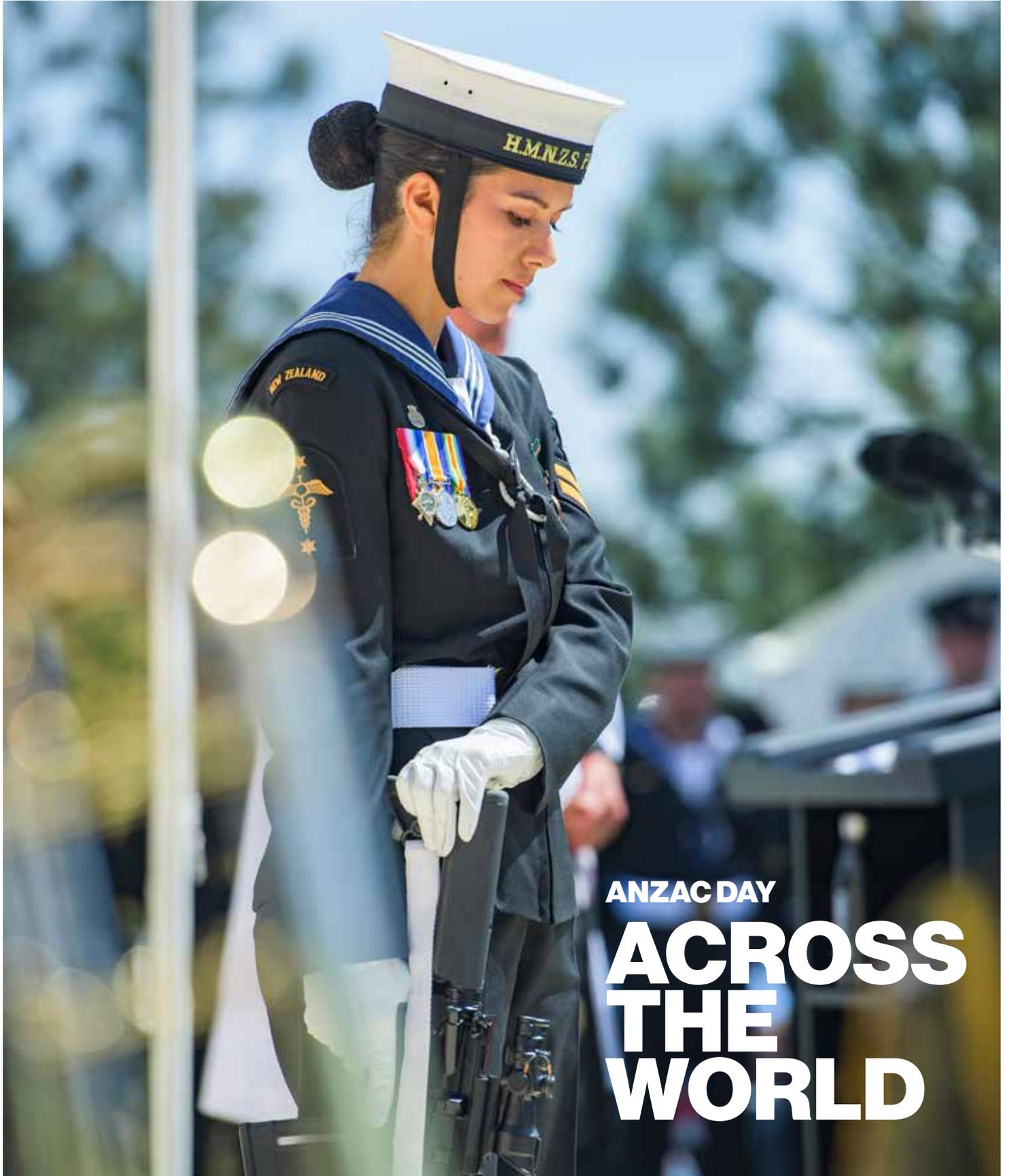
NAVY

T O D A Y

HMNZS MANAWANUI
GOES TO WORK

SEARCHING FOR
A LOST CANNON

BEING A MOTHER
IN THE NAVY



ANZAC DAY

ACROSS THE WORLD

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“It was really overwhelming, seeing that name, my relation, my blood. It’s such a privilege, I just don’t have the words to explain.”

– LMED Liana Wellington at Chunuk Bair, Gallipoli



Navy Today is the official magazine of the Royal New Zealand Navy. Established to inform, inspire and entertain serving and former members of the RNZN, their families, friends and the wider Navy Community.

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New Zealand ceremony at Chunuk Bair, Anzac Day 2022.

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Photos: CPL Sean Spivey



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Yours Aye

Commander Logistics



I'm honoured to once again to pen the Yours Aye for *Navy Today*. As we approach the mid-point of 2022, I find myself reflecting on this already busy and exciting year. We've experienced many challenges and uncertainty this year from the eruption of Tonga's Hunga-Tonga-Hunga-Ha'apai, to the news of NZDF's withdrawal from Managed Isolation and Quarantine Facilities and the reopening of New Zealand's border through to the conflict in Ukraine. The Defence Logistics Command has had touch points in all these activities and even with these events testing our agility I remain optimistic about what lies ahead. Much of my optimism originates from the competence, adaptability and versatility that has been displayed time and time again by NZDF, Navy and Defence Logistics Command people.

Though we're only five months into the year, we've already seen plenty of action in the Maritime space. NZDF was able to swiftly respond to the situation in Tonga and deploy HMNZ Ships CANTERBURY, WELLINGTON, and AOTEAROA as part of Operation Pacific Relief – Tonga, all while adhering to Aotearoa New Zealand's and Tonga's COVID-19 protocols. The outstanding display of capability, collaboration, and coordination across All-of-Government ensured operational success. I'd like to acknowledge the roles the Defence Logistics Command (Maritime) (DLC(M)) and our strategic partner, Babcock New Zealand Limited

(Babcock NZ LTD), played in ensuring that ships and supporting operational capability were ready to deploy with less than eight hours' notice after Op Pacific Relief commenced. Moreover HMNZS CANTERBURY was regenerated ready to assist the Met Service and the Department of Conservation in their work in the sub-Antarctic just a month after leaving Tonga and HMNZS AOTEAROA was 'turned around' to deploy south and complete the highly successful Antarctica resupply mission.

The first quarter of 2022 marked the start of several new NZDF contracts. The DLC's Defence Equipment Management Organisation (DEMO) facilitated the change in NZDF's contract for the provision of wearables (uniforms and personal equipment) from Workwear Group (WWG) to Australian Defence Apparel New Zealand Limited (ADA). This was the first change in over two decades to the wearables portfolio. NZDF and Babcock NZ Limited signed a new strategic partnership agreement to extend the continued support and maintenance of New Zealand's Naval capability. The agreement Hāpai Taua Manuao (Maritime Fleet Sustainment Services (MFSS)) extends the relationship for a further 7.5 years and will deliver Maritime Fleet Sustainment Services (MFSS) with contract signed 23 February and operational 1 March. The benefits of this renewed contract include the introduction of a Strategic Asset Management approach and a more refined definition of what and when Maintenance, Repair, and Overhaul (MRO) work 'should and can' be undertaken.

Nearly two years after Aotearoa New Zealand closed its borders, I had the privilege of heading to the US as a representative of the NZDF. It was a fantastic opportunity to reunite with our allies, solidify relationships, and attend strategic logistics engagements. Overall, there was a feeling of increased momentum and strategic focus that has been challenging over the last few years.

There is plenty of other great 'behind-the-scenes' work happening in the Maritime logistics space. In April I got to see first-hand the

deep maintenance work on HMNZS TE KAHA, one of the largest Maritime MRO package attempted in Aotearoa New Zealand in the last 30 years. HMNZS TE MANA has recently docked in Canada and completed a large amount of MRO work through remote supervision to prepare her for final sea trials and return passage to Aotearoa New Zealand.

I want to finish with a huge thank you and acknowledgement to our sailors who deployed in support of Op Protect, NZDF's single largest commitment to a response in over half a century. During Op Protect the professionalism and commitment from our sailors helped protect us all. I acknowledge additional pressure was placed on families, our shipmates and our strategic partners during Op Protect but your support was critical to the success of this mission whilst continuing to deliver capabilities to deliver the NZDF outputs.

As COMLOG, I have a unique vantage with views across the logistics functions of all the Single Services and an interface with all the portfolios that enable our defence force. No matter in which direction I look, I see progress and continuous improvement delivered by passionate people including NZDF uniformed, civilian and contractors. My last contribution to Yours Aye in April 2021 provided insight into where I believed the Navy and the Defence Logistics capabilities were heading. It's exciting to reflect on those predictions and see that they've been progressed and in some cases surpassed by reality. As Aotearoa New Zealand ramps up efforts to regenerate and reconnect with the rest of the world, the role that the Navy and Logistics Command plays in this will be significant. I believe we're up to the challenge and I'm excited to see what the future holds and look forward to seizing every opportunity to aid in our success.

He heramana ahau

Commodore Andrew Brown
Commander Logistics

ANZAC DAY

ACROSS THE WORLD





Gallipoli



Photos: CPL Sean Spivey

As dawn broke across the Gallipoli peninsula on Anzac Day, the solemn chorus of the karanga—call to gathering—once again rippled across the Gallipoli peninsula.

Following a three-year absence due to the pandemic, Anzac Day services in Turkey recommenced in a series of moving and emotional services on Monday, April 25.

On a clear and still morning, the Dawn Service took place at the Anzac Commemorative site, with around 500 New Zealanders, Australian, Turkish and other nationalities in attendance.

Navy medic strengthens whānau link to Gallipoli campaign

■ **By Greer Berry**
Principal Adviser Media,
Defence Public Affairs



Leading Medic

**Liana
Wellington**

As Leading Medic Liana Wellington stared at the name of her great-grandfather on the wall of Chunuk Bair Memorial on the Gallipoli Peninsula, her thoughts drifted to the journey that got her to this point.

Carrying the history and stories of her whanau, LMED Wellington's trip to Gallipoli to take part in the Anzac Day commemorations has affected her in ways that she had never imagined.

"It was really overwhelming, seeing that name, my relation, my blood," she said.

"It's such a privilege, I just don't have the words to explain."

Sergeant Thomas Haehae Wellington, originally from Ngunguru near Whangarei, served with the Auckland Mounted Rifles and was killed on 8 August 2015, aged just 25, on the Gallipoli peninsula.

His name is commemorated alongside almost 850 others at the Chunuk Bair memorial, erected to commemorate New Zealand soldiers who died on the Gallipoli peninsula and whose graves are not known.

LMED Wellington, who is based at Devonport Naval Base, said a lot of people were living through her experiences, especially her nana.

She said the opportunity to follow in the footsteps of her great-grandfather has meant a lot – not only to herself but also to her family who have never had the opportunity to travel to Turkey to pay their respects.

"Before I travelled here, I had the chance to go home and learn more about him," she said.

Reading old letters, postcards and other taonga such as newspapers from 1915 helped LMED Wellington to connect further with her family member who paid the ultimate price.

She credits her father Robert and her uncle Mike for teaching her about the experiences of her great-grandfather, helping bring his story to life by sharing his experiences with her as she grew up.

"It means a lot to me but it means the most to my Dad, he would have done this trip if he could have."

For the first time, she wore her great-grandfather's medals this year on Anzac Day as she served as part of the Catafalque guard at the Dawn Service and New Zealand memorial service at Chunuk Bair.

LMED Wellington was one of around 35 members of the New Zealand Defence Force who travelled to Turkey to take part in the commemorations after a three-year absence due to the COVID-19 pandemic.

Contingent members took part in battlefield tours ahead of their duties, visiting gravesites of service personnel and learning the stories behind many of the sites and those who were killed.



Gallipoli

Surreal experience for great-grandson of Gallipoli veteran

■ **By Greer Berry**

Principal Adviser Media,
Defence Public Affairs

The emotions brought up through following in the footsteps of his great-grandfather through the bloodied battlefields of the Gallipoli campaign snuck up on Chief Petty Officer Seaman Combat Specialist Nicholas Hunter.

In Turkey as part of the New Zealand Defence Force Anzac Day 2022 contingent, CPOSCS Hunter struggled to put into words his experience, as he paid respect to those who served and lost their lives in World War I.

“It’s been a privilege to come this far and know that they landed down on that beach somewhere and they came up the ridges that we came up, and the fighting that ensued... it’s surreal. It’s hard to put into words, and all the emotions that go with it,” he said.

CPOSCS Hunter’s great-grandfather Corporal Victor Eather served in the Auckland Infantry Regiment and served on the peninsula in June 1915.

He survived his time in the Gallipoli campaign and went on to serve in the Western Front in 1916, before returning to New Zealand.

CPOSCS Hunter, originally from Rotorua, said it meant a lot to be selected as a site liaison officer for Anzac Day commemorations and it provided him the chance to learn more about what his great-grandfather lived through.

As part of the contingent’s role in Turkey, battlefield tours are conducted to understand the stories and history of the areas where commemorations take place, and it’s here where CPOSCS Hunter felt the true weight of the meaning behind the commemoration.

“The cemeteries like Hill 60 and 12 Tree Copse are the ones that I got really emotional at. I guess when you see so many headstones that say “Believed to be in this site”... it is heart-wrenching, and the loss of life is just staggering, it’s hard to try to comprehend that. It has been a privilege to come and honour that, and pay respect.”

It’s not just CPOSCS Hunter who has been affected by his trip to the Gallipoli peninsula.

In a message sent from home while in Gallipoli, his mother shared how she felt about him following in the footsteps of their family member.

“I feel truly emotional about you being there, not only that you are so far away in these unprecedented times, but that you are treading in the footsteps of our ancestors who did so much to fight for our countries,” she wrote.

“For you in this Defence Force, to honour those fallen, is something you and all of us will never forget.”



Chief Petty Officer
Seaman Combat Specialist

**Nicholas
Hunter**



Health protection a priority for Anzac Day

Health protection protocols remained at the forefront of the New Zealand Defence Force's marking of Anzac Day throughout New Zealand.



At Devonport Naval Base, an Anzac Day commemorative service was held at the Memorial Wall, for Devonport-based Defence Force personnel, including the midshipmen of Junior Officer Common Training Course 22/01 and the recruits of Basic Common Training intake 22/01, as well as representatives from HMNZS PHILOMEL and reserve unit HMNZS NGAPONA.

It is the third time Anzac Day has played out during the COVID-19 pandemic, which included the award-winning 'Stand At Dawn' campaign in

2020 when personnel and citizens decorated their home entrances and stood outside their homes at dawn.

Initially NZDF personnel were told the health risk was too great to attend public events, but that was revised as Omicron settings were lowered. Personnel could attend, maintaining social distancing where possible and wearing masks throughout, but were not able to march in ad-hoc groups or attend after-functions. Proximity to vulnerable veterans was a priority, as was the Defence Force's obligation to be ready for deployment,



Devonport



meaning an avoidance of events where COVID-19 could spread.

The same precaution was also on the mind of RSAs throughout New Zealand, with many opting not to hold services.

Devonport RSA cancelled their street parade and opted for a small invitation-only event for 20 persons at the local Cenotaph, with the public invited to commemorate Anzac Day and the fallen at their leisure during the day. The RSA then live-streamed their member-only morning service.



Te Mana's team pay tribute to fallen

The largest overseas contingent marking Anzac Day was in Esquimalt, Canada, where 165 Royal New Zealand Navy personnel, posted to HMNZS TE MANA during her Frigate Systems upgrade, attended an Anzac Day service at the Esquimalt Memorial Park Cenotaph.

"Being overseas during Anzac Day makes the commemoration even more poignant for New Zealand service personnel," said Commander Mike Peebles, Commanding Officer of HMNZS TE MANA.





Canada

“We enjoyed sharing our special day with our friends and partners from the Canadian Armed Forces.”



WRECKS REVEAL THEMSELVES TO MANAWANUI

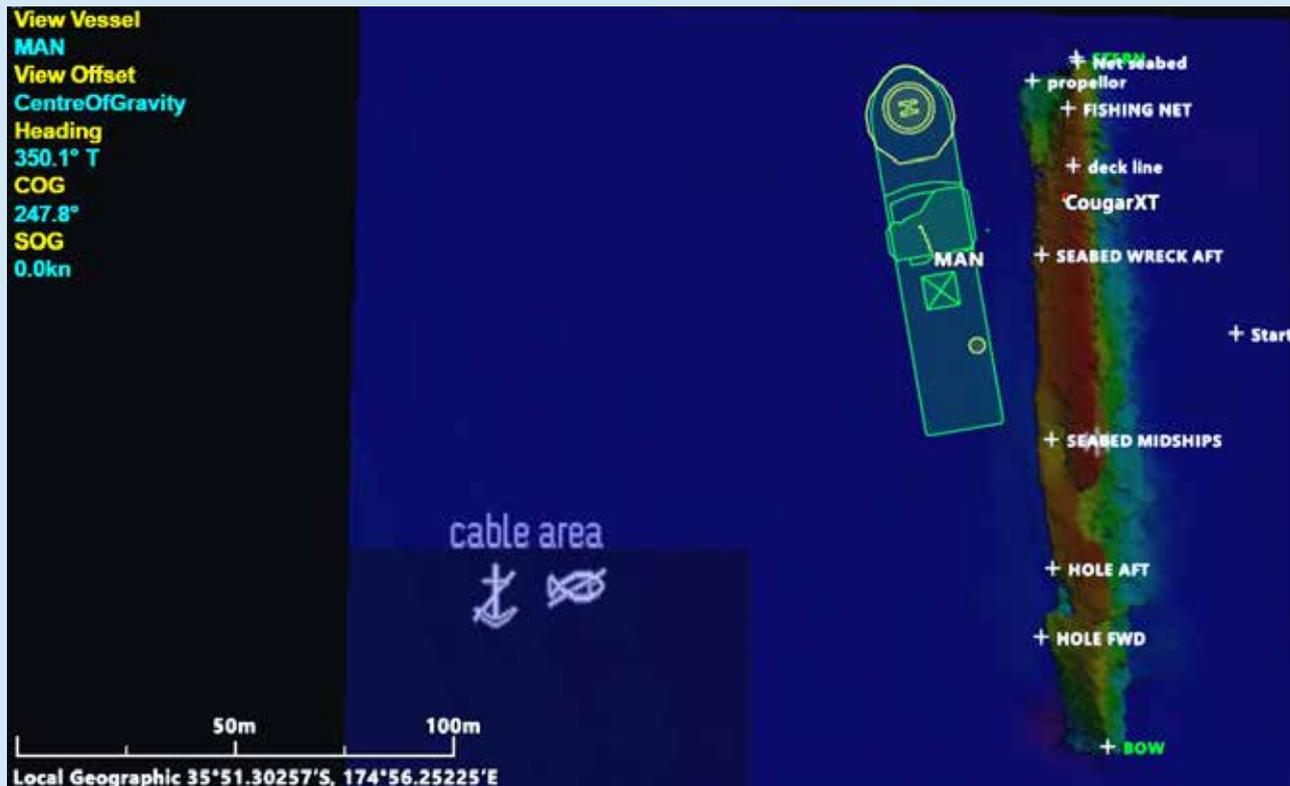


Over the past month, personnel from HMNZS MATATAUA have been training on one of HMNZS MANAWANUI's capabilities – the Saab Seaeye Cougar XT, the Dive Hydrographic vessel's remotely operated vehicle (ROV). This capability, permanently housed within MANAWANUI and launched from its own side door in the hull, is a vehicle equipped with high-definition cameras, sonar, high precision acoustic positioning (HiPAP) beacons and a tooling skid with manipulator arms.

The ROV's underwater operations include surveying shipwrecks and the seabed, placing beacons as reference points for MANAWANUI's Dynamic Position (DP) and interacting with the crane to lift objects off the seabed.

All of the footage and data captured by the ROV is analysed real-time and recorded by a suite of computers and screens located in the mission processing room (MPR) aboard MANAWANUI.

HMNZS MANAWANUI's ROV is launched.



HIDDEN DEPTHS REVEALED

There are a lot of fun jobs in the Navy, but exploring shipwrecks that might still have gold in them has to be near the top of the list. Last month HMNZS MATATAUA's divers and hydrographers got to grips with the complex technology that makes HMNZS MANAWANUI such a versatile vessel.

Above: HMNZS MANAWANUI hovers above the wreck of the RMS NIAGARA.

Sailors are taught basic positioning awareness and how that relates to ROV operations, operator-level ROV maintenance, the operation of the launch and recovery system (LARS), navigating shipwrecks and risks involved, use of the tooling skid, and how to pilot/ co-pilot an ROV as part of a team.

It means long hours sitting in the pilot seat, and fine motor skills are needed. Slowly bringing power to the vehicle's thrusters and waiting for the right response is key to smooth flying.

A highlight last month was the opportunity to 'fly' the ROV around the RMS NIAGARA, sunk by a German mine in 1940 and lying at a depth of 110 metres near Northland's Bream Head. She had eight tonnes of gold on board when she sunk, and five bars of gold are reputed to have never been recovered.

The MANAWANUI team was able to provide the Whangarei harbour master and Maritime New Zealand with an updated survey of the condition of the wreck, which may still hold a decent amount of heavy fuel oil.

A modern wreck – MV RENA – was used to work the skills of Military Hydrographic Group Team 1, embarked on board HMNZS MANAWANUI to train on the ship's Multibeam Echo Sounder (MBES) and rapidCAST computer system. RENA, a container ship, grounded and broke apart on Astrolabe Reef near Tauranga in 2011.

MBES uses sound waves to scan and survey the seabed, producing a picture that can be used to identify objects on the seabed. It is also used to record depths of the seabed and the data can then be processed to produce navigational charts.

RapidCAST is used in conjunction with the MBES by recording how the speed of sound and water temperature changes throughout the water column from the surface to the sea bed.

But there's at least one capability that is purely ship's company – MANAWANUI's 100-tonne offshore crane, with the ship growing a pool of operators trained to use it.

From left: Floating over the surface of the RMS NIAGARA.

The propeller of MV RENA.

*A painting of
the grounding of
HMS BUFFALO*

*Image: Mercury
Bay Museum*



THINGS THAT GO BEEP IN THE ESTUARY

A five-person hydrographic team from HMNZS MATATAUA has combined the first-time trial of new capability with a museum's quest to discover parts of a 19th century shipwreck.

Last year the Mercury Bay Museum in Whitianga, Coromandel, in collaboration with the HMS BUFFALO Re-examination Project, contacted the Navy to request help in finding cannons and anchors from doomed Royal Navy vessel HMS BUFFALO, which was driven ashore at Whitianga during a cyclone in 1840. The museum believes the ship's cannons and a remaining anchor were thrown overboard in a last-ditch attempt to save the ship.

The BUFFALO wreck still exists as a protected archaeological site, but the museum hoped to locate the ditched items. They asked the Navy if a team would be willing to collaborate on a magnetic and sonar survey of a large area where the debris could lie.

HMNZS MATATAUA were keen for the training opportunity, possessing new side-scan sonar technology and having recently acquired a magnetometer.

Petty Officer Hydrographic Survey Technician Luke Morris and his team—Able Hydrographic Systems Operator Katie de Jong, AHSO Ana-Marie Conroy, AHSO Thomas Sullivan and Ordinary Hydrographic Systems Operator Hailey Brown—spent three weeks in March surveying a strip four kilometres long and 500 metres wide, a target set by the museum as the likely 'wrecking event' area, with a lot of extra metres built in for error. And while they haven't confirmed anything yet, they achieved some readings that the museum will dive on for further investigation.

POHST Morris says the brand-new kit worked well. MATATAUA also operate the larger REMUS 100 Autonomous Underwater Vehicles, also with side-scan sonar, to scan the sea floor for objects that sit above it. Each REMUS can be programmed to scan a set area by itself before returning. That sounds ideal, but it produces hours of data to process.



Left: AHSO Ana-Marie Conroy and AHSO Thomas Sullivan prepare the side-scan sonar for use.

Below left: OHSO Hailey Brown lowers the magnetometer into the water.

Below right: An aerial image of the wreck of HMS BUFFALO (Supplied image).

The smaller device is simply towed behind a boat, with the images coming through as a live feed to the operators on-board. Combined with a towed magnetometer, the operators can see shapes of submerged objects and determine whether they have a metallic signature—all ideal when searching for historic anchors or cannons.

“It was a great way to get used to the kit,” says POHST Morris. “We were out there from 8am to 3pm, weather dependent. We can use the gear for mine countermeasures, rapid environmental assessment surveys, and it can go places where our REMUS can’t go, like a fast-flowing river. The devices can be hull-mounted on our workboats, which is something we’re looking at doing.”

He says they did pick up some big magnetic spikes. “In the decades since the BUFFALO went down, there’s been a lot of movement in the bay.” He concedes it could just be magnetic rock, but the signals are strong enough to be hopeful for museum director Rebecca Cox and maritime archaeologists Dr Kurt Bennett and Matthew Gainsford.

Ms Cox said it was fantastic to work with the Navy, and she was impressed by how young the team were.

“We thought of asking the Navy for help because it’s a Navy ship, and the Navy were here for the ship’s 175th anniversary.”

She says it is largely sand in the estuary and the wreck of the BUFFALO is in a surge zone where it keeps getting uncovered and covered. “In the 1960s the wreck was completely covered. In 2014–15, it was pretty much uncovered and last year it was really exposed. Then a storm came and covered it back up.”





From left, Dr Kurt Bennett (Maritime archaeologist), AHSO Ana-Marie Conroy, AHSO Katie de Jong, Rebecca Cox (Manager of Mercury Bay museum) and Matthew Gainsford (Maritime archaeologist), with the side-scan sonar device.

The team gather around the screens in the workboat's cockpit.

AHSO Thomas Sullivan keeps an eye on the screens as the devices do their work.

Photography: PO Chris Weissenborn

All of which makes finding random items rather complex. “We asked them to survey the anchorage of HMS ENDEAVOUR—Cook’s ship—because we know BUFFALO tried to use Cook’s anchorage at first. We know they lost rigging, the keel, and anchors in the storm. When we get big easterly storms we get washed-up timbers of teak, sometimes three metres long, delivered to the museum.”

It was a worthwhile project, she says. “Matt and Kurt will process the Navy’s data and work out where those anomalies are. They will dive those sites and survey what’s there.”

Lieutenant Jordan Markham, Officer in Charge, says POHST Morris and his team made themselves subject matter experts of a brand-new piece of hardware in those three weeks. “It’s a great capability increase for the Navy,” he says. “The museum reaching out for support creates a nice precedent for civilian-related taskings, where we can be used as hydrographers who benefit from the surveying practice, and civilian agencies benefit from our expertise and technology.”

'Dream Come True' For Hydro Operator



Ordinary Hydrographic
Systems Operator

Hailey Brown

Hailey Brown loves the ocean and anything to do with it, so the chance to work in maritime environments and get paid to do it was a dream come true.

Ordinary Hydrographic Systems Operator Brown, 21, is a member of Maritime Hydrographic Group 3 within HMNZS MATATAUA at Devonport Naval Base.

Naval Hydrographic Surveyors help create accurate seabed and coastline charts for navigational and military purposes. They help search for mines, underwater explosives, missing persons, sunken vessels, using Autonomous Underwater Vehicles (AUV) and Remotely Piloted Aircraft Systems (RPAS). Personnel are trained in operating a variety of watercraft, such as workboats, RHIBs and zodiacs.

She says it was her sister's obsession with joining the Air Force that made her look into the Navy while at Pakuranga College, Auckland.

"Although I didn't see myself as having the right kind of personality for the military, the more she talked about it, the more it made me realise just how great an opportunity it would be, especially to push myself."

OHSO Brown wasn't into flying, but she was into the ocean. "When I looked at it, it was actually the hydrographic work that really got me excited to join. The chance to get paid to learn how to operate this high tech equipment in all sorts of cool maritime environments when I was only eighteen years old sounded like a dream come true."

She joined the Navy in 2020 and after basic training posted to HMNZS MATATAUA the following year.

Her daily routine is about getting proficient with MHG 3's equipment and completing her taskbook, although it sometimes can be anything but routine due to the effects of COVID.

She describes the team's recent mission to Whitianga, assisting the local museum in searching for artefacts from a 19th century shipwreck, as an "awesome" experience.

"I like how hands-on hydrography is, especially since you're out learning to operate equipment and getting a solid foundation of the trade, even as a brand-new Ordinary Rate. It's also given me the chance to experience

working in small boats as I was never exposed to that growing up. Overall, I just like how the actual work when we're out there doing it gives you the coolest environment to work out of, and it makes me so grateful that I've had the chance to experience this amazing career."

She likes how the Navy is like one big family. "Everyone kind of knows everyone through some deployment or other that they've been on together. I also like how it's a place where you get to work with people of all ages and backgrounds, and know that the job you're doing in some ways is actually making a difference."

Her advice to a Year-13 contemplating the armed services is to go for it. "Don't let any preconceived ideas about the Navy stop you, because it really is such a diverse place with so much support to help you grow and succeed in the challenges you face. Most people that knew me before I joined thought I wouldn't make it past the first week of Basic Common Training, and even though it was challenging, if an introverted person like me can make it then I'd say anyone who sets their mind to it can too. Also, there are so many benefits, and I don't know many other jobs straight out of high school that will pay you to travel!"





OUR PEOPLE

1. Lieutenant Commander Andrew Jameson with his wife, Commander Fiona Jameson and daughters, Amy (right) and Freya, following LTCDR Jameson's Deputy Chief of Navy commendation for his work in Operation Protect.

2. LT Alex Pereyaslavets is promoted to Acting Lieutenant Commander.

3. LTCDR Nicholas Foster, XO of HMNZS TE MANA, holds his position during filming for Anzac Day in St Christopher's Chapel, as LTCDR Leander Scott-Donalen, Defence Public Affairs, adjusts the lighting.

4. Wreath Bearers and Ode Reader from TS AMOKURA at the Citizens' Wreath Laying Service at Wellington Cenotaph. From OCDT Samantha McPherson, OCDT Jane Young, ABCDT Lucas Noble, OCDT Rachael Worth and ABCDT Alexander Worth.

5. Commanding Officer CDR Woody Leef, receiving on behalf of HMNZS MATATAUA, the Chatham Rose Bowl trophy from Maritime Component Commander CDRE Garin Golding.

6. CPOLSS Dean Hapi and his supporters from HMNZS AOTEAROA following his Maritime Component Commander commendation.

7. Poppy collection at Devonport. From left, CAPT Brendon Clark, OMA Holly Shaw, OMT Brooke Matthews and LTCOL Chris Mullane (Rtd).

8. AMT(P) Kritsada Pornekapat and OMT Max Stuart get prepared as HMNZS TE MANA's Tox Team 4 for a Damage Control exercise.

9. Supporters turn out for the Change of Command ceremony for CDR Bronwyn Heslop, HMNZS CANTERBURY.

10. HMNZS Toroa personnel at the Dawn Service held at Queens Gardens, Dunedin. From left, ex-CPOS Ted Haar, CPOWEF Neil Leonard, CPOWTR Barry McCone, ex-WOPTI Gerry Sannum, LSEA Brendon Tilleyshort, AMED Rob Annesley, LTCDR Mason Tolerton (CO) and WOCWS Peter Gee.

11. CDR Jennie Hoadley collecting for Poppy Day on Waterloo Quay, Wellington.

12. LT Holly Swallow receives Maritime Component Commander commendation from CDRE Garin Golding.

13. ACT Kaitlin-Grace Jones and ASCS Olivia England on HMNZS TE MANA's fo'c'sle during an entry into Esquimalt Harbour.

14. LTCDR Kerry Mayall collects for Poppy Day on the streets of Wellington.

Bringing the feminine touch

Commander Bronwyn Heslop can still remember the pull-out Royal New Zealand Navy advertisement in the NZ Listener. “There were lot of different officer jobs and I thought, this sounds like me. But on the form to fill out, in the fine print, it said: “because we do not yet have women serving at sea, women need not apply”.

Twenty four years or so later (after she said, ‘screw you, pal’ to that advert), CDR Heslop uttered “I have the ship” on 8 April, taking command of Landing Ship Logistics vessel HMNZS CANTERBURY from departing Commanding Officer Commander Martin Walker.

She had been determined to join the Navy. “I was a stubborn person. I remember being rung by the recruiter when I was at Rotorua Girls High, and being told if I was a man, I’d be in immediately. I waited six months, then the Navy started taking female officers in support ships. At the time I wanted to be an engineer or warfare officer, but that wasn’t available. Hydrographic Officer was an attractive option.” CDR Heslop joined in the same intake as Captain Lisa Hunn, currently an Assistant Chief of Navy and a former frigate Commanding Officer.

CDR Heslop worked in hydrography and navigation for her first 10 years, duxing her Frigate Navigating Officer course in 1999. She was the first female Officer in Charge of a vessel (HMNZS MOA) in 1998. But after over eight years of being constantly at sea

she left the Navy to travel overseas, then returned to New Zealand to join the reserves. She met her husband shortly after, and has moved between reserves and regular forces as she had her family, two boys who are now teenagers. “Flexibility in the Navy works really well now,” she says. “It didn’t back then, which was why I left. I was told I had to remain at sea, despite several consecutive sea posts. But I also wanted to get married and have a family.”

Resuming her operational career in 2012, she embraced a new specialty, meteorology. “I’ve got three specialisations – hydrography, navigation, meteorology. It’s like being a maker of charts, a user of charts – and meteorology combines the whole lot. I’m from that science background and I loved being able to decipher it and working out the operational impact.”

She says she was born for the Executive Officer role, notably with HMNZS ENDEAVOUR in 2001 and again in 2015–16, and as the Fleet Seamanship and Executive Officer (FSXO) of the Maritime Operations Evaluation Team in 2019–2020, prior to becoming Commander MOET last year.



She has not previously been billeted in CANTERBURY, but knows the ship extremely well, having overseen Sea Acceptance Readiness Checks and a Work Up on her. "CANTERBURY is the pinnacle of seamanship," she says. "It's the perfect platform and I love how she is the only true 'joint' ship. She pulls Air Force and Army in with Navy to make a whole force for good."

She says she brings a "feminine touch" and 50 years of life experience to the command of CANTERBURY – as well as the high standards she exhibits personally and developed in her time in MOET. "My three pet peeves – leaning on guardrails, hands in pockets, chewing of gum. The ship already runs very well, she's a very happy ship. It's not about changing anything. I'm just bringing that old-fashioned Navy and standards but delivered with a feminine touch."



CDR Bronwyn Heslop accepts the symbol of command for HMNZS CANTERBURY from CDR Martin Walker.

CDR Martin Walker is honoured with three hakas as he departs his ship's company.

Chief of Navy Message Co-Champion for Sustainability Challenge



Rear Admiral
David Proctor
Chief of Navy

The Defence Excellence group (Dx) has been organising the NZDF Sustainability Challenge for 2022. As a Co-Champion I wish to express my unwavering support for sustainability and this movement. Sustainability has many benefits for our military. It allows us to contribute positively to New Zealand's green image. It allows us to lessen the effects of climate change. It allows us to save costs. And most importantly, it allows us to work in an enduring manner and ensure our operations are effective going into the future. It is a kaitiaki obligation I take seriously.

I encourage all NZDF members to think about Sustainability and contribute to this challenge. To Te Taua Moana o Aotearoa – civilians, Regular Force, Reserve Force and our whānau, please take some time and think what you individually, as a team, as a unit, and even as the RNZN can do to improve in this space. Commanders, managers, leaders – challenge yourself. Dare to take on at least one new sustainability initiative this year and submit it to the Defence Excellence site – maybe another unit could implement the same innovation.

“I encourage all NZDF members to think about Sustainability and contribute to this challenge.”

For me – my goals are a mix of small and practical; and large and aspirational. I am endeavouring to move to a more paper-less system. I have been trying to use online conferencing tools as an alternative to travel, and I often car pool to and from work with a friend. At the organisational level, ahead of central direction, I use hybrid vehicles as a preference. Additionally, I am active in testing if our new and refreshed capabilities have a sustainability opportunity or component. I look forward to seeing your ideas, especially you, my more youthful comrades. I will support you as I can.

Rear Admiral David Proctor
Chief of Navy

When home is waiting for you



Being presented with a pair of gumboots provided a moment of levity for Commander Martin Walker, departing Commanding Officer of HMNZS CANTERBURY.

But it is likely the senior rates who gifted the quintessentially Kiwi red-topped gumboots understood what Commanding Officers and indeed many in the Navy—have to defer to get the job done at sea.

The gumboots are a nod to CDR Walker and his wife Susie's two-hectare lifestyle block in East Taratahi, Wairarapa, which they purchased in May 2018. He might say it's nothing major, but it's obvious the robust shaping of a rural block into a home is something they really enjoy. "The farmer grazes some of it for us. We've had two sheep and two cows – just recently sold the cows. It's a full-time weekend job."

But those jobs become Susie's jobs when CDR Walker's postings take him to sea. And it wasn't just ocean water keeping him from the home they both love. "The last two years have been quite interesting. I would get home when I could, commuting from Auckland, but when Auckland went into different levels of lockdown, quite a few times I'd be stuck there."

Quite often he'd 'live' on board HMNZS CANTERBURY. "At any one time, there's a few sailors on board. For the Commanding Officer, well, you remember what my cabin is like. But I can remember doing it as a junior officer 30 years ago. It's not as if you've got an apartment in Auckland. I quite liked it, being with your mates."

His wife is of farming stock, and will get stuck into a list of tasks CDR Walker leaves for her. He works hard to ensure, particularly in winter, that certain things are done and the firewood is well stocked. "My awesome wife just ticks them off," he says.

"What you learn in the Navy is that life goes on in New Zealand without you. You come back, things have changed. Quite often I've returned and a room has been redecorated. Something has been ripped out. Or a tree has been chopped down. Things happen. She doesn't hang around for me. This is true with quite a few Navy partners. You're gone for four, five, six months, they don't want to wait around. They will just get on, and it never surprises me."

His new posting, as Director of GEOINT, is a Wellington-based position, meaning a pleasant daily commute to Carterton. In many ways it really is 'coming home' because prior to his CANTERBURY command (May 2019-April 2022), he had 15 years in Wellington postings.

As director, he's got some overseas engagement coming up. "We do our best to set things up as much as possible at home before I go. A problem shared, is a problem halved."

AQUABOT RECRUITERS



From left, Sergeant Vanisha Patel, Petty Officer Chef Courtney Grey, and Sergeant Jackie Tuala at the Northland Aquabot Competition.

Photo: Northern Advocate

While Northland high school students went head-to-head with underwater robotic creations, the New Zealand Defence Force was on hand to demonstrate real-world underwater warfare and discuss Defence Force careers.

Around 160 students attended the Northland Aquabot Competition at the Whangarei Aquatic Centre last month. The students had to combine engineering, robotics, maths and design in a competition that combined speed and maneuverability to complete underwater tasks.

It's a great venue for Defence Recruiting, with Sergeant Vanisha Patel (RNZAF), Petty Officer Chef Courtney Grey, and Sergeant Jackie Tuala (NZA) invited up to join the Whangarei NZDF recruiter at the pool.

As well as helping with scrutineering the robots and helping with judging, the team came with divers and hydrographers from HMNZS MATATAUA, complete with Remotely Operated Vehicles (ROVs).

The Aquabot programme originated with the US Navy, to encourage students to take up science, technology, engineering and maths (STEM) careers. POCH Grey says it was an opportunity to show the students what robotic capability the Navy had.

"While one group was in the water racing their robots, another would be looking at our equipment and talking to the divers and hydrographers. And seeing people in uniform provides a bit of 'buzz' among the students." The Navy diver, constantly in the water, was handy if a robot had a malfunction.

The recruiters have a tent there, but it's a passive affair, with people helping themselves to brochures.

SGT Patel says they fielded a lot of questions about careers from caregivers and students at the event. "Even those that were only 14 or 15 were asking, what do I need to do? That's great because it gets them focusing on their NCEA. People do want to enter at Year 13, but they might not have taken the subjects into account. So these events are awesome at focusing what we've got. I had some very in-depth conversations about training."

It's good to be back in the field after COVID restrictions, POCH Grey says. "Prior to this, everything's been on-line. But in the last couple of weeks, we've been getting back out to schools. We've done the North Shore Careers Expo, and then there's the Auckland Careers Expo and New Zealand Tech Week – those are our big three."

Recruiting is not a posting that simply comes your way, but a lot of sailors, soldiers and airmen want it. "It's a position you apply for," says POCH Grey. "It's a three-year posting. We all want to be here. You get to that point in your career, where you have done so much and you want to share your knowledge."

Being a Mother in the Military



Petty Officer Steward

**Marieta
Makasini**

“It felt normal that it was hard to stop. I gave birth to all my three children on my last day at work, the day before I had maternity leave booked, then I was back to work three months later, and then back to sea. It felt normal. Keeping up with exercises and daily duties on the last few days of work was quite tough but it felt like it was my commitment to the Navy. I grew up in Samoa and remember as a child when a tropical cyclone devastated my island, the New Zealand Defence Force were there to help. From that time, I wanted to be a part of the NZDF.”

POSTD Marieta Makasini with her family, Una Junior, Ignatius, Kaliopasi, Una, Gabriella and Silaumua.

Family Photography: PO Chris Weissenborn

POSTD Marieta Makasini receives her Royal New Zealand Navy Long Service and Good Conduct Medal.



Hello, Malo e lelei and Talofa lava. I am Petty Officer Steward Marieta Makasini and I am here to share my story about being a Mother in the Military. When I first started having children I never questioned my service to the country or what would happen if I go away and leave my kids behind.

I was adopted with a few others by my big sister Cecilia Auva'a and she immediately became my second mother when I moved to New Zealand. She is my role model and someone I very much looked up to growing up. She is a hard worker and had three jobs when I moved here, and with her help we adopted four children. My husband and I have three biological children, all boys aged eight, four and one. Alongside our two adopted children, that is a full house of seven including myself and my husband.

The first time I was deployed in 2014 for three months in Hawaii for RIMPAC was when our first-born Ignatius was just under 18 months old. That was pretty tough as he was our only child and it took him a while to remember who I was once I was back home. During that time I felt guilty for leaving him, but my passion and devotion to my job helped me overcome this feeling. I also knew in my heart that he was being cared for and loved by my husband and in-laws—nothing would be possible without them.

After I completed my 18 months on-board HMNZS CANTERBURY I was posted out for some ashore time. During my time ashore I had my youngest two boys. With all my three boys, I worked right up to the day I gave birth to them. I took three months off then I was back to work.

With my two younger boys it took me some time to work out when to go on maternity leave and how long for. In the end, it was always my last day of work, before maternity leave started, that I gave birth to them. It also felt normal for me to come back to work early and carry on as usual. I felt it was my commitment and love for the Navy.

In 2021 I posted back to HMNZS CANTERBURY. Our youngest boy just turned one and I had a lot of questions on my mind. I can't do this, should I be leaving my one-year-old behind and would I be the only one doing this? What would people think of me? I was nervous, but with my husband's support it made everything easier for me.

Straight away I deployed for Singapore for four months which was part of the upkeep package to ensure CANTERBURY was ready for future operations by being in a good state of maintenance and repair. The maintenance of CANTERBURY is extremely important to the New Zealand Government. If there is a devastating event in the South Pacific it is highly likely that CANTERBURY would be involved as part of a Government response. I feel like it is my duty to serve and protect for the greater good, so my purpose to help people in need is what drives me to succeed on Humanitarian Aid and Disaster Relief (HADR) deployments.



It's always nice to be wanted and awesome when it feels like our work makes a positive difference.

On the day of departure my family farewelled me on the jetty. It felt normal and I tried to be positive. Normally I get dropped off at the gate but this time I wanted my children to see me walking on the brow so they understood where I will be if they asked for me. While their car drove slowly to the main gate I quickly ran up to the bridge to see them for the last time.

I posted to CANTERBURY with a lot of goals and one was to learn as much as I can about Damage Control. On my first week on-board prior to SARC I was given the role of IC (In Charge) Containment in any incident. A few days later the Maritime Operations Evaluation Team (MOET) embarked so I knew I had to pick up my game. My first priority was to know my way around so every day I would walk my routes, finding the easier and the fastest way to get from the bottom of the ship right up to the bridge where I make my reports if there was any incident in the main machinery. My goal was to keep moving and keep my mind busy. As soon as the ship's alarm goes off, I run up and down the stairs. Seeing the words of Courage, Commitment, Comradeship and Integrity on the stairwells in between decks motivated me to keep on running. In the end I was given special mention by MOET for my enthusiasm and willingness to learn

and grow in the role. I felt a sense of pride for myself and also a sense of relief because I knew how big a responsibility the task was.

Once we arrived in Singapore we had to live in accommodation ashore for about three months during our maintenance period. I knew this would be a challenge for me and I was hoping I wouldn't get homesick. On ship there are always things to do, whereas living ashore can be more relaxed. Luckily I went prepared; I had other goals, such as studying online with Te Kura school. Again, I wanted to keep busy and always moving forward.

During our time ashore I was put on the Chefs watch-bill. That was one of my highlights while on this trip. What I enjoyed the most about our trip was working with the chefs preparing meals for our ship's company. These were new skills and I learnt so much about cooking and this kept me going. Providing food for my ship mates kicked in my maternal instinct which allowed me to be part of this family I have in my home away from home.

Despite Singapore reaching 5,000 COVID cases per day, this was one of the best trips of my naval career. Even though I was away from my family, the work that I did in Singapore fulfilled a purpose within me, and I made it fun. On my days off I made sure to always have an activity lined up. Going for a 5km run became a norm. I went to the gym, to the Terror club to do laps in

the pool, and rode a bike around the streets of Sembawang.

Our eldest, Ignatius, turned 9. Up until this moment everything was going smoothly. This was my lowest point; I cried like a baby. And what made it harder was my husband had to leave him with family members for a week so he could get ready for work the next day. I felt heartbroken because neither of us was there. I overcame this by keeping up with exercising and spending time with my ship mates. I reminded myself that I was there for a reason and getting paid to do the job that is required of us.

I also prayed using my rosary beads a lot during our deployment. I prayed mainly for our safety in a country where we were exposed to COVID constantly, and for everyone's safety back in New Zealand during lockdown. Every day I called my family to have Facetime on Messenger. My children were always happy! Seeing them happy made me happier and made me feel better to carry on with my tasks. One of the memories I will never forget was my four-year-old always asking me, "Mommy are you happy or sad?" Then I would say "Yes darling, I am happy," trying to hold my tears back, because I missed them so much. Then he would say "then I am happy too Mommy". When our one-year-old started walking, it was a mix of emotions for me, seeing him growing up so fast and looking so cheeky and so happy.



Family help was our biggest support. We come from a background where our families looked after our kids and almost take them like their own; therefore I am blessed to have this culture within me. Throughout my Navy career our families were always there for our children.

During our deployment my husband was one of the two from his work that got chosen to work right through level four lockdown as the hospital needed gas for medical procedures and he was the most reliable one. His family were there for our children during those hard times. For a whole week my husband couldn't go see our children because he was potentially exposed to COVID with his work. Each weekend he had to wait until his COVID tests returned negative and he was safe to see them. Those were the moments I felt upset for my children because I knew their father wasn't there and neither was I. It was always a relief for me when he called

POSTD Makasini beside the messages in CANTERBURY's stairwell that push her along.

to say he was going to visit the kids on the weekends as I knew they would have at least one of us there. I kept my faith in knowing they were safe, which helped me keep going each day.

OUR COMING HOME

Coming home from a deployment was a process and a lot of mixed emotions. You have anxiety and excitement and wonderment. You don't know what to do, how to react or how your family will react. I think not knowing how your children will react is the most stressful part of coming home. The day of our arrival to New Zealand I surprised my children at the playground where it was easy for me to give them proper hugs. They were excited but more shocked to see me, calling out "Mommy" and running towards me. My one-year-old got attached to me straight away; I was so relieved that he remembered me. He was so chubby, I squeezed his thighs and cheeks so hard that he just smiled and couldn't stop staring at me like he couldn't believe I was real. That was probably one of my happiest memories. I took a couple of days off work before we headed back to sea, and every day I spent with them was so worth it. It went from: "Mommy are you happy or sad?" to hugging me constantly, telling me they loved me and that I was the best Mommy ever. It felt like I never left and it feels like I can go back to sea anytime knowing that my kids are strong and can cope without me.

OPERATION PACIFIC RELIEF FOR TONGA VOLCANO ERUPTION

Straight after our Christmas leave we were tasked to deploy for Tonga for Operation Pacific Relief. I was excited and I knew my time spent in Singapore was worth it. My husband is from Tonga and I was excited and proud to help out where my kids come from.

Over a three-week period the deployed personnel completed a number of tasks in support of Tonga including water distribution, stores delivery, harbour surveys, reconnaissance tasks and support to critical communication infrastructure while maintaining strict COVID protocols. Time went slow and there was a lot of uncertainty and I knew taking naps during the day made me homesick so I motivated myself by studying, working the ship's canteen and helping out my stewards where I could. Even though we didn't get a chance to step ashore in Tonga the bond we had on-board for three weeks with Army and Air Force was really well spent. We made good friends and we were a family.

Straight after supporting Tonga we spent a few weeks at home before we headed off to sea for a few days before our maintenance period. To keep me motivated I got myself on the Flight Deck Officer course. I knew it would be a challenge and I took the risk knowing this was something totally new.



It was a whole different language and this was my first time learning about aviation. It was a lot of information to take in and during our classes I would be fully focused from morning till late night when night flying was being conducted. I love my green teas but man I have never drank so many coffees. Sitting and listening out on the comms, watching the Officer of the Watch getting busy on the bridge and standing on the flight deck when the Seasprite or the NH90 helicopters landed was overwhelming but exciting. There was five of us on the course and not long after our exam we got given our task books from our instructor. I shed a few tears because in my heart I knew that with that task book I was entering a new journey and a new chapter in my Navy life.

Unloading supplies from HMNZS CANTERBURY onto wharves at Nuku'alofa.

POSTD Makasini (right) helping out in CANTERBURY's canteen.

MY ENCOURAGEMENT

To all our mothers in the NZDF who are serving the nation while also protecting and caring for their families, it is a journey balancing both sea life and home life but it is a worthwhile journey. It can only truly be done with the loving support of our families and fellow shipmates. Sometimes you might want to give up, or it may feel tough, but there are some things you can do to help get you through it. For me, I keep myself motivated both mentally and physically with daily PT sessions, studying, work and helping others wherever I could. Leaving my family was a sacrifice so therefore I wanted to make it worth something by continuously moving and not wasting any time. A goal I have would be to get on the Crane, Forklift and the Coxswain course while I'm posted to CANTERBURY if I can this year. Why not? If the opportunity is there, might as well take it. My courses keep my mind engaged and body active. It helps train the brain to handle a wide range of challenges and keeps your neural pathways active. It's exciting! Also having the support of our partners, who are committed and willing to make sacrifices within the relationship to help us prepare for whatever comes next. I have a purpose every day, and knowing that my family is safe keeps me positive each day. Each person has their own struggle, and their own way of keeping strong through it, and as a mother in the NZDF you are never alone. Thank you for your service.



ACKNOWLEDGEMENTS

My special thanks to my in-laws, my children's nana, Mrs Minoletti and Mr Kaliopasi Makasini for always being there for us. I also want to thank my niece Petty Officer Cecilia Auva'a and her partner Petty Officer Benjamin Larking for helping us look after our kids with school, also dropping and picking them up when I'm at sea or on duties. Thank you to the chefs' department for all the skills you've taught me about different types of cooking. I enjoyed working with you all and they are memories I will cherish forever. To my shipmates, my second family, thank you for all the good memories and being awesome. If it wasn't for you all I wouldn't have done it on my own.

Last but not least—my husband, thank you for your patience. Your commitment to our marriage allows me to fulfil my dream career in the Navy. Thank you for being a mother and father to our children when I am out at sea. You are my rock, my everything, and I am deeply in awe that God has blessed me with the right man.

HMNZS TE MANA PREPARES FOR HOME VOYAGE

The first quarter of 2022 has effectively been the penultimate quarter for HMNZS TE MANA in Esquimalt, Canada, with families returning home and the Ship's Company working on sea trials and the box-ticking that will close out the last stages of the ship's Frigate Systems Upgrade.

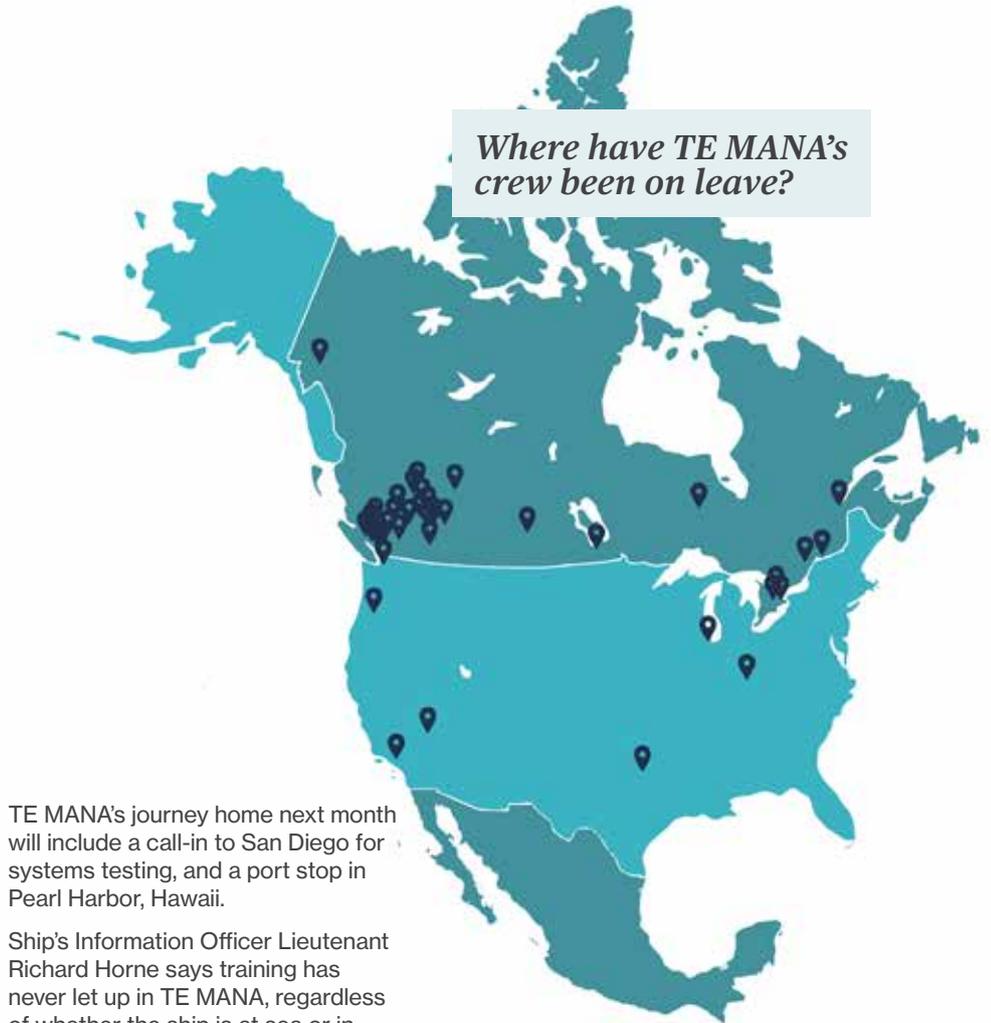
TE MANA's journey home next month will include a call-in to San Diego for systems testing, and a port stop in Pearl Harbor, Hawaii.

Ship's Information Officer Lieutenant Richard Horne says training has never let up in TE MANA, regardless of whether the ship is at sea or in port. Hours of training are spent in core mariner skills, damage control, seamanship, force protection training and trade-specific training. "The more we do it, the more it becomes muscle memory so when we need it, especially in stressful situations, the training kicks in."

It is not all work for the crew. Members of TE MANA's rugby fraternity boosted a local rugby club by providing talent to a combined Esquimalt-Navy team called the Westshore Doggies – who went on to earn the Westshore Club's first title in 40 years. A team of eight competed in the Vancouver full marathon and half marathon, and some made it to the Canada Sevens in Langford, Vancouver Island, to cheer on the Black Ferns against Australia.

"Thanks to opportunities to take leave, we have collectively travelled to almost every corner of North America. There's not many times in a Navy career that we would be based in such an amazing place outside of New Zealand for so long, but Canada – especially its winter – will hold some lifelong memories for us."

Where have TE MANA's crew been on leave?





TE MANA personnel in Whitehorse, in Canada's Yukon territory.

Ship's Company at Esquimalt Memorial Park after the Anzac Day service.

ASTD Sydney McGillicuddy and ASTD Vegas Tipoki tend to a simulated casualty during a 'Virtual Sea Day'.

TE MANA lends its muscle to the local rugby scene.



Dave Samuels, Te Puni Kōkiri and Ngā Ara Whakatupuranga New Frontiers

It's very difficult to find fault with Dave Samuels' logic.

"You only need to read the news to see that the Public Service is struggling to deliver the outcomes that Māori need and deserve. That is the situation we are facing right across our agencies whether it be in justice, health, housing, education or employment."

"Put simply, the Public Service is screaming out for Māori Leaders to assist them in the delivery of their services and obligations to Māori citizens but there is a paucity of Māori leaders in the Public Service."

His solution is to create a pathway for Māori veterans to get into the public service. That pathway is Ngā Ara Whakatupuranga | New Frontiers. A programme for Māori service people from any of the forces to transition through Te Puni Kōkiri to a career in the wider Public Service.

Dave Samuels is the Te Tumu Whakarae mō Te Puni Kōkiri | Secretary for Māori Development at Te Puni Kōkiri. He knew that NZDF had the right people, because Dave is a veteran.

Following his Dad, Dave joined the Royal New Zealand Infantry Regiment (RNZIR) in 1978 as a Rifleman. First posted to the 2nd/1st Battalion RNZIR and then to the 1st Battalion RNZIR in Singapore. In 1983 Dave was selected for officer training and graduated as a Second Lieutenant.

From 1985 to 2003 he held a range of command and operational appointments. He was in Singapore and Malaysia and saw operational service in the Sinai, Bougainville, and with the United Nations in Lebanon, Syria, and East Timor. He transferred to the Royal New Zealand Air Force in 2003, then retired from the Defence Force in June 2004. Twenty six years of service.

Since 2004 Dave has had policy and leadership roles at the Department of Corrections, the Ministry for Primary Industries and the Ministry of Foreign Affairs and Trade. He took up the role as the Secretary for Māori Development in 2019.

He believes that veterans have the values, skills and experience that would be valuable in the public service.

The first is a commitment to Service. "Veterans have a strong sense of service that has similarities to the "spirit of service" ethos we adopt in the public service, a commitment to make our country, our whānau, and our communities a better place.



"They also have leadership skills. Leading in the forces is much more than the common perception of just pulling rank, those leadership skills are taught and then practised."

"The other skill that served me well in my career, and that veterans will be familiar with, is situational awareness. It is the appraisal and understanding of a situation and the context in which you are working. Very valuable in a field of operations, but also in public service. Understanding the context in which you are working helps you to get things done and bring people with you."

Dave's thoughts about what veterans could bring to the public service echo his own service experience and that of many veterans.

"These are the values and skills for nation-building. This is what New Zealand forces have done offshore in Afghanistan, Somalia, Iraq, Bougainville, East Timor and more recently in New Zealand.

"It's an opportunity for people who have spent a lifetime in the New Zealand Defence Force to return to their people to continue to serve and help build a nation."

A healthier NZDF community

We all know that maintaining good health, and recognising and getting on top of health concerns early, help us to thrive and perform at our best.



Now a new Defence website, Pūtahi Hauora (Health Hub) (health.nzdf.mil.nz), will support our NZDF community to achieve this. As an external website it's accessible to our whānau and entire community and is both phone and PC friendly.

This 'one-stop-shop', has been developed by Defence Health, to provide a wide range of information for NZDF personnel, their families and veterans. It significantly expands on the old site to include more tools and information to empower people to maintain good health, while also helping visitors to the site recognise and manage common health concerns.

Director Integrated Wellness, Defence Health Directorate, Colonel Clare Bennett says Pūtahi Hauora has something for everyone. Alongside tools, self-checks, resources and handy information on facilities and services relevant for all, there's also information on fitness standards, medical gradings, and how the NZDF health system works for serving members; and community connections and support services across camps and bases for families and external connections for retired veterans.

"We've designed the Hub so you can get all the health information you need in one place. From general health information that applies to everyone, to information specific to defence community groups, the Hub has it all," she said.

"The Hub will be updated with new and useful information and tools continuously so keep checking in regularly," she added.

The Defence Health Directorate also want to hear from personnel who are happy to share their personal stories with the NZDF community on Pūtahi Hauora. Get in touch by emailing defencehealthhub@nzdf.mil.nz or putahihauora@nzdf.mil.nz

What if I need support beyond the website?

There are a range of services and facilities available to personnel and their families and you can learn more about these on the site. These include social workers, chaplains, community facilitators, sexual assault prevention and response advisors, psychologists, nurses and medical officers and health professionals. There are also links to external support services groups and specific veteran support organisations such as Veteran's Affairs and the RSA.

Our NZDF community can also access 0800 NZDF4U—a 24/7 confidential wellbeing support line and text service for all members of NZDF and the Defence community, including families.

Alternatively you can contact the NZ Healthline 0800611 116 for general health concerns or 1737 for mental health support.

For further information, visit:
health.nzdf.mil.nz

FOR MORE INFO

Visit Pūtahi Hauora outside of DIXS for information on:

- Physical, mental, spiritual, and social/whānau health
- Health at work including: workload and burnout, fitness standards, transition, deployments, injury rehabilitation to peak performance, nutrition
- Women's and Men's health
- Relationship tips, parenting, finances, mental wellbeing
- Self-assessment tools
- Resources and tips for self-management, goal setting and action planning
- Where to go to get help and support
- NZDF facilities and providers by region
- Finding your local RSA, gym and library
- Videos, webinars, shared stories and links to additional resources



LETTER TO THE EDITOR

I had my surprise when reading the 80-year book (Te Taua Moana - Celebrating 80 years of the Royal New Zealand Navy). On page 12, I looked, looked again, and knew I had seen that photo, when I was a child over 70 years ago. I thought, that's my father in that photo. I could remember a photo with a gun barrel in the background.

Before mentioning this to you by letter, I thought it best to confirm whether I was right. My parent's photo album, passed to my sister, who gave them to her daughter, who has been collecting data on our parents' past history. She brought to me the background of my parents' lives and things we never knew about. Included was the photo I had seen on page 12.

I cannot get over what a coincidence this has been! So much history can be secured by the press of a button.

*Many thanks,
John Batten*

Former LME John Batten featured in Navy Today March 2022, recounting his adventures aboard HMY BRITANNIA. His father, AS William John Batten, served in HMS DUNEDIN from 1924 to 1926.

REUNIONS

Intake Reunion

RNZN 1/73 Intake Reunion to be held in Nelson, January 20–22, 2023. Any interested personnel can email Gary Howard, gchoward@xtra.co.nz.

RNVR (NZ Division) Otago reunion

It is proposed to hold a reunion for the 95th Anniversary of the RNVR (NZ Division) Otago in June 2023. Registrations of Interest from ex and current serving members of HMNZS TOROA are requested to forward names and numbers of those wishing to attend to the Secretary, RNZNVR Association (Otago) at jimdell295@gmail.com, no later than 31 August.

15 ROUNDS

WITH COMMANDER MIKE PEEBLES



01

Job title and description:

Commanding Officer,
HMNZS TE MANA

02

Date joined RNZN:

Feb 2001

03

First ship posted to:

HMNZS TE MANA (I've gone full circle with my first posting as a Midshipman, and now my final sea post as a Commander).

04



Above: An RNZAF P-3 Orion passes over HMNZS TE MANA in the Gulf of Oman, 2003.

Best deployment:

Every deployment has been epic for many and various reasons – but a few standout:

- HMNZS TE MANA Gulf Operations in both 2003 and 2004;
- USCGC POLAR SEA deployment to Antarctica;
- HMNZS TE KAHA 2015: Anzac deployment.

05

Hometown:

New Plymouth

06

High school:

New Plymouth Boys' High (1996-2000)

07

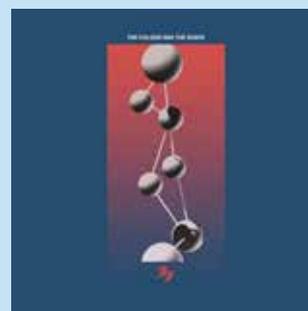
Favourite book:

No one favourite, as I love any action/adventure that takes you away. Favourite authors include Bryce Courtenay, Clive Cussler, Matthew Reilly, Lee Child, and Wilbur Smith.

08

Favourite movie:

A three way tie between *Ali-G: In da House*, *The Princess Bride*, and *Biodome!*



09

Favourite album:

Foo Fighters – *The Colour and the shape*, but also Six60's *Gold Album*.

10

Favourite song:

Simple Man – *Lynyrd Skynyrd*

11

Favourite holiday destination:

Hawaii!
Sun, sand, and surf!

12

Outside of work, what's a couple of things you enjoy doing:

Being outside, or at the beach with my whanau.

13

What's something about you that not many people know?

I make the world's best fudge! (self-assessed obviously).

14

A valuable life/Navy lesson for me is?

Have no regrets.
Make the most of every opportunity – you may not be here tomorrow!

15

How would you describe the Navy in 10 words or less:

Living the Dream, and driving Warships!



ROYAL NEW ZEALAND NAVY

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