

# ARMY NEWS

ISSUE 540  
MARCH 2023



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Army at the forefront of  
disaster response

## **KIWIS ON ICE**

The NZDF's link to Antarctica

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A strong relationship  
continues



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Ko Ngāpuhi ki Whangaroa toku Iwi  
Ko Ray Kareko toku ingoa**

**Tihei wā mauri ora**

Having now completed three months as the Land Component Sergeant Major, SMA has kindly offered me the opportunity to write a few words for this edition of *Army News*. While I have been drinking from the proverbial fire hose to get my head into the role, I find myself remarkably familiar and surprisingly excited with the tempo of the work and the complexity of the issues. I consider it a privilege to advocate to senior Army and NZDF leaders on behalf of the Land Component. I can recall a very wise Warrant Officer once telling me that I need to know the difference of where you want to be (watching training and engaging with soldiers) and where I need to be (windowless building in Wellington representing

soldiers' concerns). These are all great challenges as I establish my battle rhythm to re-orientate myself with the Land Component after an educational 12 months at Defence House working in People and Culture.

The arrival of 2023 had us bristling with energy and filled with anticipation as we launched into Army Regeneration after a few years of Operation Protect. That was until a certain weather event (TC GABRIELLE) reminded us what a fragile environment we live in. In a very short period of time, we were able to pivot the Land Component from regeneration to a domestic HADR response. Operation Awhina has confirmed how fortunate we are that our training is 'world class' and that with little recent collective experience we have been able to demonstrate that we are a force of trusted professionals who are 'combat capable and crisis ready'. What we can be certain of is in time we will hear stories of the remarkable exploits of our people who are assisting fellow Kiwis in times of need and hardship.

Regenerating the force will see us cycle through the crawl, walk,

run phases of safe, considered, and planned training. We will look to 'sharpen' our All Arms Competencies and get back to the basics of soldiering through the principles of Move, Shoot, Communicate, and Medicate. These fundamentals will be our baseline as we eventually progress towards the attainment of regenerating our combined arms and collective capabilities. An area under constant management is the maintenance of our Individual Readiness Criteria, a lead self issue. Keeping this criteria in the green is an ongoing challenge and there have been many soldiers who have missed deployment as a result of readiness criteria not being met.

Training will need to incorporate a 'harden' factor that increases and enhances physical performance while testing resilience. We will need to get tired and hungry, to train in austere environments where lack of sleep and cold become regular friends and the mantra 'train as we shall fight' is protected and nurtured like a pair of well-worn boots. As members of the Profession of Arms we train to be experts



in the art of soldiering, and we must be prepared to willingly endure cognitive, physical, and emotional hardships in the pursuit of enhancing our warfighting skills. To be comfortable being uncomfortable.

'We are Ngāti Tūmatauenga'

**WO1 Ray Kareko**

**TRADITION CORNER**

**Commendations, Citations and Order of Wear**

**As formations and units look to commence the roll-out of the Covid-19 Response Recognition Awards, this month's Tradition Corner looks at commendations, citations, and their Order of Wear.**

The Chief of Defence Force (CDF), Single Service Chiefs, Vice Chief of Defence Force (VCDF), Commander Joint Forces New Zealand (COMJFNZ), and senior Defence leaders at two-star level, can award commendations to members of their respective Service, in recognition of excellence and outstanding performance that would be unlikely to meet the criteria for a NZ State Honour.

Commonwealth and foreign unit awards recognise exceptional performance by groups or organisations, and are awarded to specific military units. Examples include the Korean Presidential Unit Citation (16 Field Regiment), the United States Meritorious Unit Commendation (161 Battery), and the Australian Meritorious Unit Citation for service in East Timor (3 SQN, RNZAF).

In March 2022, the Prime Minister announced the establishment of the Covid-19 Response Recognition Award, to recognise individuals and organisations who contributed to Aotearoa and the Government's Covid-19 response. The CDF subsequently directed the insignia of the award be worn on NZDF uniform by eligible recipients until 30 June 2025.

**Order of Wear and Versions of Dress**

The order of wear for a single commendation ribbon/unit citation/Covid-19 insignia is on the right side of the uniform jacket or shirt. The award is placed centrally, 5mm above the flap of the right breast pocket, or in an equivalent



position for servicewomen. If a name-tag is worn, the award is placed centrally 5mm above the name-tag. For personnel entitled to wear multiple commendations/citations, the senior commendation is to be worn closest to the centre-line of the jacket/shirt, and no more than three ribbons are to be placed in a row. The hierarchy of wear is as follows:

- Dress 1 Service (A-E);
- Dress 2 Mess (19mm above the crown of the right side collar dog);
- Dress 5 Formal (Steward);
- Dress 7 Patrol Reds (NZ Army Band and OCS); and
- Dress 8E Ceremonial (Highland).

**References**

- Further information regarding the Order of Wear for honours, medals, awards and commendations can be found in the following references:
- NZDF Wearing of Medals at this link <http://medals.nzdf.dixs.mil.nz/info/orderofwear.html>
  - DFO 6, Part 1, Chap 10, Wearing of Orders, Decorations, Medals and Commendations
  - NZ P23, Part 2, Chap 2, Sect 2, Orders of Dress

- Life Saving Awards of the Order of Saint John and the Royal Humane Society of NZ
- CDF Commendation
- CA Commendation (or other single service award)
- Covid-19 Response Recognition Award
- Commonwealth Unit Citation
- Foreign Unit Citation

For Army, commendations, unit citations and the Covid-19 insignia are to be worn by entitled personnel with all versions of:

Cover: 2ER Officer in Charge Lieutenant Bradley Tamiora-Brockelsby and Sergeant Lachlan Ferguson wade through debris during the disaster response following Cyclone Gabrielle.  
Photo: Sergeant Vanessa Parker



NZArmy



NZDefenceForce

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## A MESSAGE FROM CHIEF OF ARMY



At the end of last year the Ministerial Advisory Panel supporting the Defence Policy Process visited Linton to develop a better understanding of Army. They took the opportunity to familiarise themselves with our key capabilities, review our infrastructure and meet with our people. One of the key messages I looked to pass on to them during their visit was that Army is an organisation of significant agility able to be adapted to a range of tasks, threats and environments. That we provide the Government and people of New Zealand with a range of response options in times of crises, and that we have significant utility domestically, throughout the Pacific and around the world.

There is no better example of this than our recent response to Cyclone Gabrielle, increasing engagement across the Pacific, and continued support to the Ukraine war effort.

In a very short space of time a range of Army capabilities, as part of the wider NZDF cyclone response, were deployed to Northland, the Coromandel, Tairāwhiti and the Hawke's Bay. Communications, logistics, engineer, medical and command elements provided the bulk of our response and they, along with local Reserve forces, continue to provide critical support to affected communities. When I visited the Hawke's Bay with our Minister and Minister Nash I could not have been prouder of the great work our people were doing, the positive impact they were having. To all those who responded, are currently deployed, or are warned out for follow on tasks – thank you.

Great to also see our mates from the Republic of Fiji Military Forces providing critical support to the response. The RFMF offer of support was one of a number received by New Zealand and it was impressive that they could mobilise and get here as quickly as they did to lend a hand. Also really pleasing to see how the militaries from throughout our region come together in times of crises. It's at times like this that we see the value of our partnerships in the region and the importance of the relationships we maintain.

These relationships are at the centre of Army's engagement plan for 2023 and will see many of you training and exercising alongside our partners and allies both here in New Zealand and in numerous overseas locations. Look forward to these opportunities and use them to not only develop the interoperability which is so critical between our respective Armies but further develop the great friendships that exist.

Globally, our Op TIEKE training team continues to provide critical support to the UK-led training of the Ukrainian Armed Forces. To date three teams have deployed and a fourth is due to depart in April/May. It is so incredibly important that, even for a distant nation like NZ, we can contribute to these collective security efforts

and in doing so provide a tangible demonstration of our Government's support to Ukraine.

The key reason we are able to undertake a range of tasks as diverse as those described above, and indeed many others here and around the world, is that Army continues to position itself, despite some resourcing challenges, as a high utility, multi-role, combat force. Our ability to operate across the spectrum of conflict, be rapidly scalable, and to adapt to any situation, in order to both understand it and generate the required effects, is absolutely fundamental to remaining successful in the contemporary operating environment.

Equally, and indeed common to the three tasks described, is a clear recognition that Army operations are people-centric and that we operate amongst the populations most important to New Zealand. It recognises that our forces must be capable of defending the local populace, partnering with them, protecting both their interests and our own, and supporting them in times of crises. The provision of human security is not unique to the Army but it is the Army that has the greatest capacity to protect, support and engage with populations on land. It is a very clear demand on us, and we must be expert at doing so.

2023 has started at pace and already, in a very short period of time, you have been called upon to undertake land operations in a range of environments and often at short notice. Your response has been first class and the support you have provided here in New Zealand, throughout our region and around the world of the highest order and in the best traditions of our Army.

What you continue to do is of value and it is appreciated – be proud of that, thank you.

**Major General John Boswell**  
Chief of Army



## Hongi with the King a memorable moment for member of TIEKE training team

**A visit by King Charles III to the Op TIEKE infantry training team created a memorable moment for 31-year-old Corporal Tyson Petero, when he asked the King if he minded being greeted with a hongi.**

"He said 'not at all, I'd love to'. After the hongi, the King said 'I'm really pleased that we did that'."

Corporal Petero, 2/1 Battalion, Royal New Zealand infantry Battalion, had been keen to greet the King with a hongi.

"It's how we greet people in New Zealand and it's something significant to us as Māori people."

Corporal Petero's mother is Ngāti Maniapoto and his father is from the Cook Islands.

"I don't do the hongi often," he said. "I do it with my close friends when I haven't seen them for a while. I thought I'd take this opportunity, it's a once in a lifetime, right?"

"It meant a lot to me because this is our King.

"I spoke to my platoon commander about it. I wanted to go through the right channels and he supported it and my company headquarters supported it. My platoon commander suggested I ask the King prior to doing it."

After greeting the King, they talked about how the training was going with the Ukrainians. The King also asked about Cyclone Gabrielle and whether Corporal Petero had family who had been affected.

He has family in Auckland and told the King, "they're fine, they're doing alright".

"My niece had a day off school so she was happy."

The NZDF personnel currently deployed on Op TIEKE have completed their first training course for Armed Forces of Ukraine trainees since arriving in the UK in January, with a new group of trainees to arrive shortly afterwards.

Corporal Petero said the training had been going well, and involved long days.

"They only have five weeks to learn everything that we would learn in New Zealand in months of training. It's intense training and quite tiring on the commanders.

"It's rewarding to see them take on board everything that we're teaching, and applying that."

The trainees in his section ranged in age from their early 20s to 52 years old, and came from a variety of backgrounds and careers prior to volunteering to fight for their country.

"You only have five weeks with these really good lads and knowing where they're going, it's quite sad. It's like a reality check that you shouldn't take things for granted."

It's been a year since Russia invaded Ukraine.

NZDF personnel have been working in UK and Europe as part of the international community's efforts to support Ukraine's self-defence. The roles our personnel have been involved with include intelligence, liaison, transportation, logistics support, and artillery and infantry training.

### Overseas subscribers to Army News

With the establishment of the latest iteration of the New Zealand Defence Force website, we are reviewing how our Service publications are presented and distributed to the public. At present they are in hard copy form and viewable online at [www.nzdf.mil.nz](http://www.nzdf.mil.nz).

Following this edition, we will be stopping the delivery of hard copy service magazines to private subscribers at overseas addresses. This is due to cost of delivery and our desire to reduce the carbon footprint of our international deliveries. Domestic subscribers will continue to receive their Service magazine in the mail.

### Electronic copy available

A number of former hard copy subscribers, both domestic and overseas, have told us they prefer to read the magazines online.

For both domestic and overseas readers, we can offer an electronic copy of the magazine sent to your email each month. If you would prefer this option instead of a hard copy, please email us at [armynews@nzdf.mil.nz](mailto:armynews@nzdf.mil.nz) and you will be placed on an electronic mailing list.

Our personnel, Defence Force organisations and partners, and Defence Advisers in New Zealand and overseas will continue to receive hard copies.





**ARMY SUPPORT  
FOLLOWING CYCLONE  
GABRIELLE DISASTER**



Staff Sergeant Todd Rogers with locals in Hawke's Bay.



## When Cyclone Gabrielle hit the North Island last month Regular Force and Reservist soldiers sprang into action.

They responded to multiple events across the North Island, with a particular focus on the East Coast, given the scale of the destruction there. The NZDF was involved in a number of rescues in the Hawke's Bay and worked hard alongside partner agencies, civil defence and emergency authorities, to respond to community needs including evacuations and requests for help.

Esk Valley in the Hawke's Bay was one of the hardest hit areas. As part of the immediate response a convoy of trucks and more than 500 personnel from 1 (NZ) Brigade at Linton travelled to the Hawke's Bay region to assist and crews on NH90 helicopters assisted with evacuations including winching people from roofs of their homes. HMNZS Manawanui deployed from Devonport Naval Base for Napier to deliver urgently needed supplies. As evacuations were carried out in Hawke's Bay, there was also an urgent need for reconnaissance flights to survey damage.

A C-130 Hercules transport aircraft was tasked with taking blood and oxygen supplies to Hawke's Bay Hospital.

Up north, Unimog truck qualified personnel deployed from Whenuapai to Whangārei to reinforce NZDF personnel attached to Northland Regional Council ECC.

An NH90 helicopter was tasked to support FENZ's response to Northland ECC. Tasks included airborne reconnaissance and photography, personnel transport and cargo movement. This movement of cargo included vital cancer medication for patients in Northland.

Devonport Naval Base also had personnel on standby ready to move for emergency response in Northland region if needed. A total of nearly 1,000 NZDF personnel responded to the aftermath of Cyclone Gabrielle and several ships, aircraft and numerous military vehicles were involved. The support provided by personnel covered a huge range of roles from liaison officers in local coordination

centres and the National Emergency Management Authority, through to evacuations, checking and establishing routes to cut-off communities, delivering critical supplies including water, fuel, food and medical supplies, welfare checks on people, clearing flood damage, and helping individuals with repairs on properties such as water tank supplies.

A group of seasonal workers stranded by floodwaters in Hawke's Bay were just some of the people who were rescued and taken to a local evacuation centre.

The group was rescued near Hastings by Army personnel and New Zealand Police using four Unimog trucks.

Second Lieutenant Judge Gregory said the teams rescued about 50 to 60 people in that particular area, and they were grateful to be picked up.

"The floodwater was waist high, but the Unimog tyres and clearance meant we were able to get into the elevated areas needed to reach the seasonal workers."

Earlier when water banks burst, the agricultural landscape surrounding Hastings was flooded, leaving hundreds cut off from town.

"We were sent to support those areas and evacuate families trapped in homes," he said.

Overall, the Army teams rescued more than 200 people.

In the initial response in Hastings, the Army was operating with seven Unimogs and a police officer was allocated to each truck to help with navigation and traffic control.

Police determined high priority areas for the New Zealand Defence Force to respond to.

2LT Gregory said people they rescued were glad to see them.

"Heaps of waves and smiles but there's quite a bit of heartbreak when we were driving past.

"When we picked up people they were pretty grateful."



Home-owners climbed into ceiling spaces and onto roofs to avoid rapidly rising water. Several were winched to safety by the NZDF.



Soldiers delivered food to isolated residents.

### By the numbers:

- Nearly 1,000 NZDF personnel from across the Royal New Zealand Navy, NZ Army, and Royal New Zealand Air Force were involved in the response to the cyclone
- Rotary and fixed-wing aircraft
- HMNZS Manawanui, HMNZS Te Mana and HMNZS Canterbury
- A convoy of trucks and other military vehicles and 574 personnel from 1 (NZ) Brigade at Linton to Hawke's Bay region.



**Keen to serve his country, Private Owen Rayner joined the New Zealand Army Reserve Force last year, and didn't have to wait long as the deluge of Cyclone Gabrielle pounded much of the North Island, including his region of Tairāwhiti.**

In the midst of attending the 5<sup>th</sup>/7<sup>th</sup> Battalion, Royal New Zealand Infantry Regiment live field firing activity, Exercise Bapaume, news came through to Battalion Headquarters that there was a Civil Defence emergency declared on many parts of the North Island, including Tairāwhiti and Hawke's Bay regions. The decision was made that the soldiers and officers were to return home.

With the treacherous conditions, many roads were inaccessible so Rayner, along with other 5/7 soldiers from East and West Coast Company were deployed to Napier to help with the initial response efforts.

"We were tasked with missions ranging from civilian evacuations, resupply of isolated communities, and search and rescue efforts," he said.

By Friday Rayner had received no communication from his Mum or friends from Tairāwhiti, but was lucky enough to receive word from workmates at the Gisborne District Council.

"I was a little worried about Mum but I know she's prepared. I just wanted to get up and help those cut off communities, but even that might take a while," he said.

Rayner, arriving in Gisborne later that day by NH90 helicopter, began assisting with the clean-up and other tasks the following day.

"I didn't hear from Mum until the 19<sup>th</sup> of February. She said they had no power or connectivity at home, and would travel to nearby Te Puia Springs to resupply. They're okay though."

Rayner is part of the Gisborne District Council Liveable Spaces Team, focusing on all things within the public parks and reserves space. His job is broad and involves anything from community projects, assets and resources to park spaces. Feeling grateful that he can have a military career, he says his workplace has been supportive of his Reserve Force training.

The 26-year-old is a truly committed community man.

Since Covid-19 kicked in, he's been part of the Civil Defence Emergency Management Team, and is also heavily involved in Surf Lifesaving New Zealand, Eastern Region. Heading into his tenth year as a surf lifeguard, he's also instructor qualified. The skills gained, both civilian and military, interweave, creating a strong network and diverse skill set that will enhance the way he can serve both his community and the military.

Hearing numerous stories from his Dad about the time he spent serving in the Army definitely ignited a passion within Rayner.

"Dad served as an infantryman in 2<sup>nd</sup>/1<sup>st</sup> Battalion, and Mum was a medic in the Reserve Force," said Rayner. "My whole life I've been wanting to be in the military. I grew up in Wigram, close to Burnham Military Camp, and seeing Dad's equipment, his models, and history books definitely made me want to join."

Thinking of his Infantry Corps Training in January, he speaks of the pride he feels to be wearing the uniform and continuing the family legacy.

"The challenges haven't really crossed my mind. It's been the reward of being able to wear the infantry badge that I've focused on," Rayner reflects.

"Feeding off the knowledge and experience has set me on a path where I want to head," he says of his time so far in the Reserve Force.

Speaking highly of his time with 5<sup>th</sup>/7<sup>th</sup> Battalion, he recommends the Ride Along programme, giving those civilians interested in joining the Reserve Force the opportunity to visit training and garner an insight into the workings of the NZ Army. Rayner says it gave him a good insight into the Reserve Force and the NZ Army.

*More stories and photographs on the NZDF response to the aftermath of Cyclone Gabrielle will appear in the April issue of Army News.*







**As first responders to Cyclone Gabrielle, New Zealand Army Reserve Force soldiers Staff Sergeant Todd Rogers, Privates Ashton Tyack (Tong) and Savannah Williams felt humbled and privileged to assist their community.**

The trio, all hailing from central Hawke's Bay, found themselves in varying roles assisting in the initial and ongoing response from the New Zealand Army. Serving in 5<sup>th</sup>/7<sup>th</sup> Battalion, Royal New Zealand Infantry Regiment, East Coast Company, Napier, meant they were part of the initial response team.

Staff Sergeant Rogers prepares students for life in the New Zealand Defence Force, Police and Corrections Services in his day job as creator of the Services Pathways programme at the Eastern Institute of Technology | Te Pūkenga.

At Eskdale, he noted the contrast between the excitement of children, still in pajamas and covered in mud, getting a ride in a Unimog, and the obvious distress of their parents.

"It's been heart-breaking with what's happened but heart-warming seeing the way locals are all helping each other," Staff Sergeant Rogers said.

He served as an engineer in the Regular Force so his skills have been called on to assess damage and to relay the information back to NZ Army engineers so the right equipment can be transported to each location. He's travelled far and wide during the response.

"The further away from the city, the more hearty and resilient the people are. They come to town and purchase two weeks of food at a time so they are pretty well set up.

"There's some bloody awesome people out there."

Private Williams, recently posted to the unit after completing her Reserve Force

Recruit training, was thrown in the deep end.

Adapting quickly to the tempo, completing a variety of tasks, and always with a smile, the 19-year-old found the experience filled her with a sense of relief that she could actually pick up tools and assist.

"It's just been good to help," she said of her experience.

"A lot of people want to help and don't know how. I'm lucky to be in the position to assist as part of the NZ Army response. Obviously, what's happened to people, it's devastating but I feel lucky to be able to help where I can."

Private Ashton Tyack wasn't expecting his 19<sup>th</sup> birthday to roll out quite the way it did but he took it all in his stride.

"We cracked on like a normal day," he said. PTE Tyack has been assisting with many of the tasks.

"It has been good to be out in the community and giving back, and it's rewarding being able to lend a hand to help people in their time of need," he said.

Although his birthday might not have panned out as planned, Company Sergeant Major, Warrant Officer Class 2 Billy Te Hiko wasn't going to let the day go by without acknowledgement, organizing birthday cakes for Private Tyack and another soldier also celebrating their birthday.

Soldiers from East Coast Company were stood down eventually to return to their civilian employment. However, Staff Sergeant Rogers, and Privates Williams and Tyack (Tong) continued to assist in the response.







# MILITARY INTERNATIONAL DRONE RACING TOURNAMENT 2023

**A team of NZDF drone racers came in a close second place in the 2<sup>nd</sup> International Drone Racing tournament held at the Avalon Airshow, Australia earlier this month.**

The New Zealand Army led the team which was made up of four Army pilots and one RNZAF drone racing pilot. Together they held first team position and top pilot for the first three days of the tournament. Fierce competition saw the final title going to the Australian Army and team NZDF came in second. The individual 2<sup>nd</sup> top military pilot position went to Kevin McKenzie, team captain. Kevin had held first place until the final race, a significant achievement by the team on an international stage.

Five military nations competed with nine teams entering the competition. The participating teams were from the United Kingdom, Singapore, Indonesia, New Zealand and Australia with representation from all Services of the ADF, also a veterans and Cadet Forces team.

The tournament provided an exceptional opportunity to showcase respective organisations' science, technology, and mathematics acumen, and embrace technological skills relevant to the 21<sup>st</sup> Century.

Showcasing unmanned aircraft system capabilities through the

tournament also provided an opportunity to reinforce a shared commitment to the profession of arms and the enduring camaraderie between militaries. Traditionally it has been a highly effective means to strengthen international bonds through friendly competition.

Competition drives performance, and it is an accelerant for excellence and innovation. In that sense, drone racing plays a similar role to the Queen's Medal and Skill at Arms competitions.

Military Drone Racing was initiated and is promoted by the ADF as a science, technology, engineering and maths (STEM) activity.

The first NZDF Drone Racing Team was stood up and competed in the inaugural Military International Drone Racing Tournament held in Sydney in October 2018. The team proved to be highly competitive on an international stage with a podium third placing for the team and a third place for individual.

As part of the Future Land Operating Concept, A3I (Automated, Automatic and Artificial Intelligence) the NZ Army is developing Unmanned Aircraft Systems. The Australian Army had previously identified that of all of their ten lines of operation in their UAS programme development drone racing has had the biggest benefit return to their organisation.

To date there has been a remarkable increase in recruiting, 'She Flies' diversity programme and a mechanism for positive public engagement and relations. Also identified within a military context are the skills required of sensor operators for the future battlefield. The skill sets of a drone racer



*The NZDF drone racing team.*

are those required in future battle management systems.

The military capability and potential for the skill set development is being exploited for multiple benefits at a low cost, say contest organisers. From New Zealand the team were visited by RNZAF Air Vice-Marshal Andrew Clark Chief of Air Force, Warrant Officer Kerry Williams and Group Captain Colin Marshall, Director Aerospace Domain.

"Drone racing is one of the fastest growing sports in the world. The skill sets of a pilot are those

that future soldiers, sailors and aviators will require in the battle space of tomorrow as 'Sensor Operators'."

The Army Drone Racing Team aims to ready itself for the next military international tournament to be held in London in 2024.

This sport is adaptive and encourages diversity. If you would like to know more or would like to join the Army drone racing team email [armyinnovation@nzdf.mil.nz](mailto:armyinnovation@nzdf.mil.nz)



# NZDF'S LINK TO ANTARCTICA



By Charlene Williamson

**The NZDF's tri-Service Operation Antarctica is one of the NZDF's oldest missions, having contributed personnel to Antarctica since 1957.**

At the helm, is Senior National Officer Major (MAJ) Lucy Wright, who works as the liaison between the military and the important scientific and environment programmes on the ice.

"I work full-time in the Antarctica New Zealand offices near Harewood Terminal in Christchurch, and also deploy to Antarctica during the summer season for short durations."

Each year Operation Antarctica provides support to Antarctica science and research programmes in a variety of ways.

"It's a cliché but no two days are the same on Operation Antarctica."

"I work with Antarctica New Zealand General Manager Operations, the team working on the Scott Base rebuild, NZDF, and other Antarctic programmes that use Christchurch as the Antarctica gateway."

NZDF has a team at Scott Base and McMurdo Station, and deploys a ship offload team each year to offload cargo from container ships at McMurdo.

"We have the RNZAF conducting airlift to and from Antarctica of people and cargo, NZDF personnel at both Scott Base and McMurdo supporting operations, and HMNZS Aotearoa is now in service and successfully completed the ship's first trip south in early 2022 to resupply fuel."

"We also have the Harewood Terminal Team in Christchurch who facilitate the movement of passengers and cargo to and from the ice for all the Antarctic Programmes operating in Christchurch," she said.

This season sees an increase in NZDF staff at both Scott Base and McMurdo as both bases are undergoing a rebuild, as well as supporting a full science season. The Harewood Terminal Team operations will also ramp up due to

an increase in winter flights to the ice towards the middle of the year.

MAJ Wright said the importance of this mission is significant as changes in the Antarctic environment have implications for the rest of the planet.

"The work NZDF supports allows us to understand this impact and how this may change in a warming climate – if all the ice melted in Antarctica, global sea levels would rise by 60m."

"New Zealand is a world leader in Antarctic science and the NZDF's contribution to Antarctica New Zealand helps support this. We also work closely as part of the Joint Logistics Pool with the United States Antarctic programme."

"This season is really busy as it is the first full season post-Covid, so there are lots of moving parts."

"I am very fortunate to have an amazing team down on the ice and I work with great people at Antarctica NZ. The variety in this job is great and I feel like I am contributing to New Zealand's operations in Antarctica," MAJ Wright said.

Starting out her military career as a Reserve Force officer in 2006, MAJ Wright was offered a Regular Force role in 2013 and took it as an opportunity to do something different.

"I've had a number of amazing roles and experiences with NZDF, and have also had some time with the Ministry of Business Innovation and Employment as the Regional Operational Manager for MIQ during the pandemic response."

The role of Senior National Officer for Op Antarctica is a three-year posting.

"Over the next few years I am looking forward to working with the team and seeing the part that the NZDF plays in future operations in Antarctica," she said.

## Army engineers deploy to ice

**A light engineering team (LET) from 2 ER has deployed to McMurdo Station to complete a number of tasks.**

McMurdo Station is three km west of Scott Base in the Ross Dependency, Antarctica. The station accommodates up to 1,200 personnel from USAP and is a self-sufficient site, resupplied by an annual supply ship during the summer months. The number of personnel fluctuates throughout the seasons with approximately 1,000 during summer and as few as 200 over winter. The station has been in location since the 1950s and has a number of aging buildings that require either repair or demolition.

The LET will look at, amongst other tasks, re-levelling utilities pipeline stanchions. A permanent utility pipeline runs from McMurdo Station to the shore-line on the eastern side of Ross Island. The pipeline is essential to the operation of both McMurdo Station and Scott Base as it transports fuel, water and electrical lines. The permanent pipeline is supported approximately 1m above the ground by adjustable steel supports. Many stanchions supporting the fuel pipeline running between Scott Base and McMurdo Station have become disjointed due to the freeze-thaw process. This has caused the pipeline to "float" in the air in a number of locations putting

great stress on the pipeline and reducing the flow. The work will involve re-levelling the current stanchions over approximately three km of pipeline.

The sappers will replace some exterior windows in one building, and will build a partial wall in the Firehouse. The USAP has requested that an internal wall be constructed in the Firehouse apparatus bay. This will provide a space for emergency responders to hang/store equipment in a readily accessible location for call-outs. The task provides good training value for carpenters and supports an operational output of McMurdo Station.

A Variable Multiple Flow boiler which is old and decommissioned will be removed from Building 143.



# EXERCISE BAPAUME

**Cutting short the 5/7 Battalion, RNZIR live field firing exercise, Exercise Bapaume, proved to be a sage decision with the onset of Cyclone Gabrielle.**

With about 50 officers and soldiers attending the exercise, based in the heart of the Waiouru Military Training Area, many were redirected to the cyclone affected areas and utilised as first responders, pulling civilians to safety in the treacherous conditions.

"We decided to send a number of key people home early in anticipation of the response. That way they were on the ground when the cyclone hit, and could assess the situation and liaise with local authorities. It also meant the soldiers were able to continue with their live field firing training until such time as we were required to respond," said Officer Commanding Wellington Company, MAJ Ian Auld.

The exercise, beginning with the Annual Weapons Qualification, is designed to give soldiers experience with live field firing in a controlled situation. Conducting a night shoot and familiarisation with the Night Vision Goggles was also a highlight.

Soldiers received individual tuition during live field firing then built up to

working in pairs and fours. Although training was cut short, all soldiers had the opportunity to conduct live field firing.

"Although we were there for a shortened duration we accomplished a lot. Making the decision to send everyone back to Waiouru to prepare for the Civil Defence emergency highlighted our two roles that need to be fulfilled," said MAJ Auld.

"Being out in the field meant soldiers had no contact with the outside world," said WO2 Billy Te Hiko, CSM of East Coast Company. "When we went through Pahiatua we started to get a real feel for what was happening. We weren't expecting to get over the Waipawa Bridge but we managed to push through to Napier. The water was lapping at the top of the Waipawa Bridge, I'd never seen it so high.

"When we got back to Faraday Street (East Coast Coy HQ) we had first responders on the ground so I sent everyone home who could get home, to check in with home



command. Then they came back in dribs and drabs over the next 24 hours."

Some soldiers heading to Gisborne made it as far as Napier and were utilised in the first response team. Although part of the response, some soldiers had no contact with whānau until nearly a week after the cyclone struck, depending on their locations.

"We managed to get everyone who needed to get to Gisborne

on an NH90 flight three days later, pulling some off tasks to get them there in the 30 minute time frame. And from the time we arrived, we didn't stop for the next 12 days," said WO2 Te Hiko.

Assisting in rescues, locating communities that were cut off, checking roading issues, and houses for those still trapped were the priority for the Reserve Force company.

**Any Defence Recruiting enquiries can be directed to 0800 1 FORCE. Each Reserve Force company has its own training programme in line with its battalion's training focus. Company level training typically occurs one weekend a month with platoon level training occurring once a week.**

## RESERVE FORCE Q&A

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

**What questions do you have?**

Send queries to [timothy.sincock@nzdf.mil.nz](mailto:timothy.sincock@nzdf.mil.nz)

### From the Army Reserve Sergeant Major, WO1 Sincock

With the recent extreme flooding events in the north and east of the North Island and the upcoming deployment to Australia (Exercise BARDIA), of a platoon plus, on behalf of the ACA(R) I would like to acknowledge all those ResF people involved.

Whether it was direct or indirect involvement, from the initial responders, coordinators, planners, trainers and participants – thank you for what you do in the service of your country when called upon.

These events again highlight the value and versatility of the NZ Army ResF, whether it be domestic HADR integrating with the Regular Force or training for warfighting alongside our ally.

An important part of the post event/activity process is the After Action Review, so can I please ask that if you have any feedback or observations to feed this through your chain of command.

Finally there are people who would have been affected by the recent flooding, including those who assisted in critical incident recovery tasks, so we need to support and keep an eye on each other.

### ResF upcoming activities

Keen to attend an exercise or serve on operations? Talk to your unit about these upcoming activities and to register your interest.

#### Confirmed options:

- Ex LULUAI (OCS exercise in Papua New Guinea 4–30 Sept 23); potential for ResF round-out of Pls; option for 10–15 pers.
- Ex GARUDA SHIELD: CPX and FTX in Indonesia Aug 23); potential for 1–2 Staff Offr (MAJ level) as observers.
- Ex SUMAN WARRIOR: CPX in Darwin Nov 23; potential for 2–5 staff Offrs or SNCOs.

#### Possible options:

- Ex CROIX DU SUD: New Caledonia 24 Apr – 9 May.
- Ex TROPIC TWILIGHT: Tonga in May 23; RNZE Trades; Med & Dent support.
- Ex TALISMAN SABRE: Australia 24 Jun – 8 Aug.
- Ex BERSAMA LIMA: Singapore 2–20 Oct 23.

#### Operations:

Ukraine Training Team to the UK; if mandate extends past 31 Jul 23; potential for ex-RF & ResF RNZIR JNCOs and SNCOs for a 3–4 month STRFE; part of ROTO 4 late-Jul returning late-Oct 23.

### Did you know...

Along with many New Zealanders, ResF personnel have also been impacted by Cyclone Gabrielle, and may need financial support. For information about how the NZDF can support you through this time, visit <https://health.nzdf.mil.nz/assets/Documents/Force-Financial-Guide.PDF>

The NZDF have been in discussions with financial partners and stakeholders to provide you the most up to date financial support information. If you have any questions or need further assistance, email [benefits@nzdf.mil.nz](mailto:benefits@nzdf.mil.nz).

### What's happening?

ResF have had three pilots attending the Military International Drone Racing Tournament 23 – Avalon Australia, 27 Feb 23 to 3 Mar 23.

ResF are involved in the NZDF Innovation Hackathon, 3 day workshop to solve 4 of NZDFs top future problem statements.





# PLANT OPERATORS HELP DOC WITH VITAL WORK

By Simone Millar

**A team of New Zealand Army plant operators from 2 Engineer Regiment has carried out geographical surveys and soil and ground bearing testing, to assist the Department of Conservation in the assessment of the Kermadec Island's airstrip.**

The Royal New Zealand Navy has recently returned from the islands, supporting Government agencies in resupply, conservation and maintenance tasks to Rangitāhua/Raoul Island.

HMNZS Canterbury and a Navy Seasprite from No. 6 Squadron Royal New Zealand Air Force undertook Operation Havre, to help promote safety and security in the region, ensuring environmental stewardship for New Zealand.

Plant Troop SGT, SGT Brendon Clarke from 25 ESS, 2 ER, said the operation was a unique opportunity to conduct this type of recon and gain valuable training.

"Being dropped on to an isolated island, working through the mobilisation phase, incorporating ourselves into the Navy and

organising ourselves in this environment was really valuable," said SGT Clarke.

The information collected will be used by DOC to assess the future of the historic airstrip.

The tests conducted included gauging the compaction of the soil on the airstrip, testing the density and moisture of the ground and using laser surveying to measure the grades of the airstrip.

LCPL Dylan White said the experience of using these survey methods in the island's unique environment would help him in future deployments.

"It's the first time I've used these skills to survey an existing airfield. I've only ever used the survey methods and equipment for roads so it's good to use it in this environment. It would be good to use this experience in future deployments or HADR in the Pacific Islands," says LCPL White.

This was the first opportunity for SPR Te Anini O Rongo Pardoe to go on operation. "I'm learning about all the equipment on this operation. It's giving me a great insight into my future course and I feel it will help me get ahead," said SPR Pardoe.

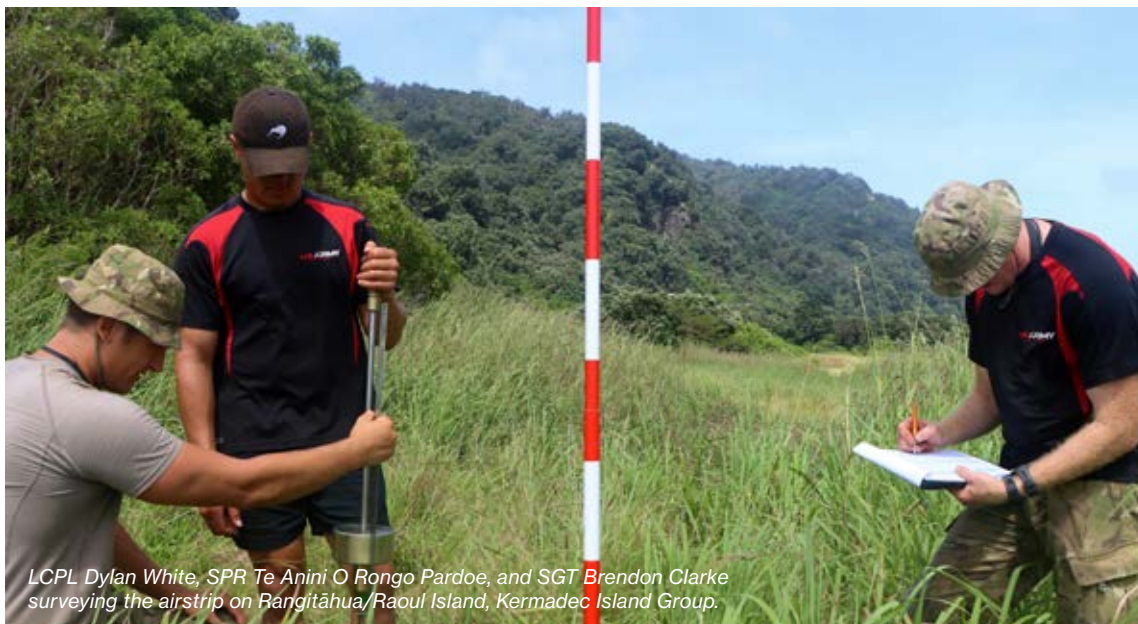
"It's also my first time on a Navy ship so it's good mixing with other personnel from other Services, working with civilians, iwi and it's great to be on a tri-Service operation for my first time away," he says.

SGT Clarke said it was operations such as this, that set the Army apart.

"The Army gives you the opportunity to go to unique places and gives you rare opportunities, such as this. It's really a great place to be," he said.



LCPL Dylan White and SPR Te Anini O Rongo Pardoe surveying the airstrip on Rangitāhua/Raoul Island, Kermadec Island Group.



LCPL Dylan White, SPR Te Anini O Rongo Pardoe, and SGT Brendon Clarke surveying the airstrip on Rangitāhua/Raoul Island, Kermadec Island Group.



# OPERATION SOLOMON ISLANDS ASSISTANCE

## A small New Zealand Army team is making its mark in the Solomon Islands.

The Multi-National Police Support Group (MPSG) is an ADF led military force based in Honiara as part of the Solomons' International Assistance Force (SIAF), the Australian Federal Police (AFP) led police and military force deployed in the wake of the November 2021 riots. The NZDF initially deployed elements of the High Readiness Task Unit and HQ DJIATF, alongside the ADF's Ready Combat Team, in November 2021.

Once the situation in Honiara calmed down the majority of the military forces pulled out leaving the MPSG in Honiara. The MPSG numbers comprises members from the ADF, Republic of Fiji Military Forces and the four New Zealand Army personnel. The NZDF personnel fill the TG 2IC/Operations Officer, TG RSM, Training and Works Officer and Current Intelligence Officer Positions within the MPSG.

The MPSG has been providing ongoing support to the Royal Solomon Island Police Force through the conduct of partnered patrolling. RFMF, ADF and NZDF members alongside the RSIPF continue to be present in Honiara communities providing a security presence and maintaining stability.

Major Gareth Collings of 2 ER says engagements on patrols are positive with members stopping to play soccer with local children and handing out lollipops, playing card games and engaging in general conversation, sport being a popular conversation starter. "There are a lot of waves and smiles with some community members even now saying 'Kia Ora' when they see the Kiwi patch. The partnered patrols enable the MPSG, as part of SIAF, to provide a multinational presence as one Pacific family and integrate shared cultural practices."

2023 will be a busy year for the Solomon Islands in preparation for the Pacific Games. The current situation in Honiara has seen the return of Solomon Islanders to the city and wider Guadalcanal area, with many adults returning to work and children to school.

There is ongoing development across Honiara for the preparation for the Pacific Games in November. Many Solomon Islanders are excited to host the games and look forward to the opportunity to attend sporting events.

## Training and Works Cell (TWC)

A key component of the MPSG is the Training and Works Cell. The Cell is responsible for providing external training to the Royal Solomon Islands Police Force (RSIPF) and internal training for MPSG personnel.

## RSIPF Training

The New Zealand team is delivering First Aid courses for the RSIPF. This capability was requested by RSIPF and has been planned since 2022 with the first course was conducted recently.

The course is designed to give the RSIPF very basic first aid skills utilising and improvising with the available resources they will have on or around them. The course has been well received and will train approximately 352 RSIPF officers before the Pacific games.

## Quick Impact Projects (QIP)

The TWC are responsible for managing the ongoing quick impact projects being conducted by the MPSG. These projects are:

- A new kitchen at the Christian Care Center (CCC): The center is a refuge for women and children who are victims of domestic violence. The kitchen will have the capacity to cater for more than 40 people.
- Colina Two Water Catchment Project at Bloody Ridge: The Colina Two Community Church roof will receive guttering and feed water into four new 10,000 litre water tanks. This will support a community of over 150 people to be able to have clean drinking water rather than walking to the local river for water.



- Henderson Police Station (HPS) Refurbishment: HPS is the HQ for the Guadalcanal Province which is the largest policing district on Guadalcanal, covering all of the island less Honiara itself. The project to improve the station's capability includes the installation of solar power panels, POL storage facility for fuel drums, a car port for station vehicles, new kitchen, cell refurbishment, toilets upgrade, and container shelving installation. The HPS project is likely to be finished in May.

"Being involved with the planning and implementation of these projects that provides local communities with essential facilities which improves their lives is very satisfying and fills you with a sense of pride," says Major Collings.

## Australia and Waitangi Days

The contingent celebrated both New Zealand's and Australia's National Days. Australia Day was a low tempo day comprising sport, card games, and an Australian Quiz.

Waitangi Day was celebrated in a similar way, however the weather was terrible so sport couldn't be played. "We shared our Kiwi culture with our Australian friends and made a hangi and fried bread. For a number of the Australians it was their first time seeing the hangi process from the start (food prep) to the finish (lifting the hangi and eating). Everyone got involved with the experience and mahi.

"One of the highlights for one person was enjoying hot fry bread with butter and golden syrup, "Sensational". In the evening we were invited to celebrate Waitangi Day at the NZ High Commission with the NZ High Commissioner and other dignitaries in Honiara.

"Overall Op Solomon Islands Assistance is an enjoyable and busy deployment that is having a large strategic effect in the South West Pacific. The current contingent is enjoying the opportunity to interact with partner forces and the local community, and enjoying the chance to help improve life in the Solomon Islands through the maintenance of peace and security," said Major Collings.

## A sporting connection forged more than a decade ago in the Solomon Islands is still going strong.

Staff Sergeant Andy Sawyer deployed in 2010 to the Solomon Islands on OP RATA 12 which provided support to the Regional Assistance Mission Solomon Islands. Part of his role included completing postal and bank runs into Honiara from Guadalcanal Beach Resort (GBR) each day.

"Early on in the deployment I was driving in Honiara and noticed the Solomon Islands Football Federation Training Centre and decided to pull in for an inquisitive look. On arrival I met Leonard Paia (Committee member) and

Jacob Moli (Solomon Islands National Team Coach). After a very warm and welcoming discussion, it became apparent that there was a lack of goalkeeping coaches within the Solomon Islands. Having played and been coached at a reasonable level throughout my footballing career, I offered my services to help with the goalkeepers noting that this was going to be subject to CO RAMSI's approval. On my return to GBR I submitted a minute to the CO requesting permission to assist the Solomon Islands Football Federation which was subsequently approved. Over the duration of my deployment I conducted training sessions twice a week in the evenings and on international match days. On leaving the deployment I received a heartfelt letter from the Solomon Islands Football Federation thanking me for the assistance in preparing the Solomon Islands National Goalkeepers for the Pacific games 2011.

"Last year I was the nominated to attend the 80<sup>th</sup> Anniversary commemorations of the US invasion into Guadalcanal. Having remained in contact with Jacob and Leonard through Facebook, I arranged to meet up should the opportunity arise. Prior to attending 80<sup>th</sup> Anniversary commemorations I spoke to Mr Shane Higgison, President of Hokowhitu Football Club and Mr Jason Flynn, President of Palmerston North Football Club as to whether they had any training gear they would like to donate to the Solomon Islands Football Federation. They came up trumps and provided me with playing strips and training gear for both adults and juniors."

SSGT Sawyer arranged for the kit to be taken to the Solomon Islands on a relief in place flight.

LT Berryman, 2 CSS Bn safe-handled the training gear to the Solomon Islands Football Federation on his behalf. "I am looking to continue with my relationship with the Solomon



Islands Football Federation and if the opportunity presented itself to send more training gear over, I will take it," he said.



LTCOL Smith on deployment in Solomon Islands.

# EIGHT QUESTIONS

**Lieutenant Colonel Sam Smith**



**Lieutenant Colonel Sam Smith is the new Commanding Officer of 2<sup>nd</sup>/1<sup>st</sup> Battalion RNZIR**

**Where are you from and what was it like growing up there?**

I grew up in Christchurch.

**What influenced your decision to join the Army?**

The military was always something that had interested me growing up. The sense of purpose, adventure and challenge that I had picked up through movies and books certainly had an influence, as did stories of my grandfather's service in the Second World War. At high school the active engagement with recruiters helped make the transition through to the bus to Waiouru an easy next step.

**If not the Army what would have been your choice of career?**

I genuinely don't know. I had lots of ideas and options at high school and joining up had the most appeal to me. It's fair to say that my Mum wasn't super stoked. However, I'm still pleased with my decision – I have not seen any career path that would have given me more variety.

**Have there been any defining moments in your career so far?**

My career has been both rewarding and challenging. The Army takes you on a journey no matter how long you serve and I have more good stories than bad. I have been fortunate to deploy a number of times and leading the NZDF response to the Solomon Islands in 2021 with a great team from across the organisation was a recent highlight. Getting the call from the CA appointing me as CO 2<sup>nd</sup>/1<sup>st</sup> Battalion was a pretty surreal and defining moment and I'm loving the role and team.

**What are the challenges of being a CO of a large infantry unit?**

Deciding on what's most important and focusing on that. There are so many opportunities and challenges (and paper work!) that if I'm not focused on what's important and giving clear messages to my team then we can't work as a battalion and our efforts will be scattered and less effective. Our focus is a return to soldiering and supporting 2<sup>nd</sup>/1<sup>st</sup> Battalion retain its agility, competitive spirit, warfighting outlook and continuing to be a rewarding place to soldier. Our unit motto *Kura Takahi Puni* sums up what our biggest challenge and task is – being ready for when the fight comes.

**What do you enjoy most about your role?**

The people. An Army is built on people and we have some of the best in the world. When a section or company has good leadership, purpose and they empower their people to know their roles and do their part the NZ Army is at its best. Supporting that to happen is without question the best part of the job.

**What are the challenges facing today's Army?**

A lot of time is taken on talking about the challenges that all levels of the Army face and we are all acutely aware of them. The next few years won't be easy with continued pressures on the international system and our people as we bring in new technology, doctrine and vehicles. Balancing operations and tasks while trying to rebuild our collective capability with reduced numbers will remain our most long term and complex challenge.

**What do you do to relax?**

My young family keeps me very occupied and getting out on adventures with them on the trails, hills, beaches around Canterbury since being posted has been great.





# ENGINEER REGENERATION



## RNZE Section Commanders Course

The School of Military Engineering conducted the watermanship phase of the RNZE Section Commanders course on Lake Moawhango. LCPL Jonathan Darby, a course member, said the course was a step up. "It's been good to adjust into the section command role, getting lessons on planning a boating task and thinking of everything a flotilla commander should be aware of and do."  
Increased exposure and confidence at the section level will be critical as the Corps moves forward towards more demanding tactical tasks on Ex Arras 23.



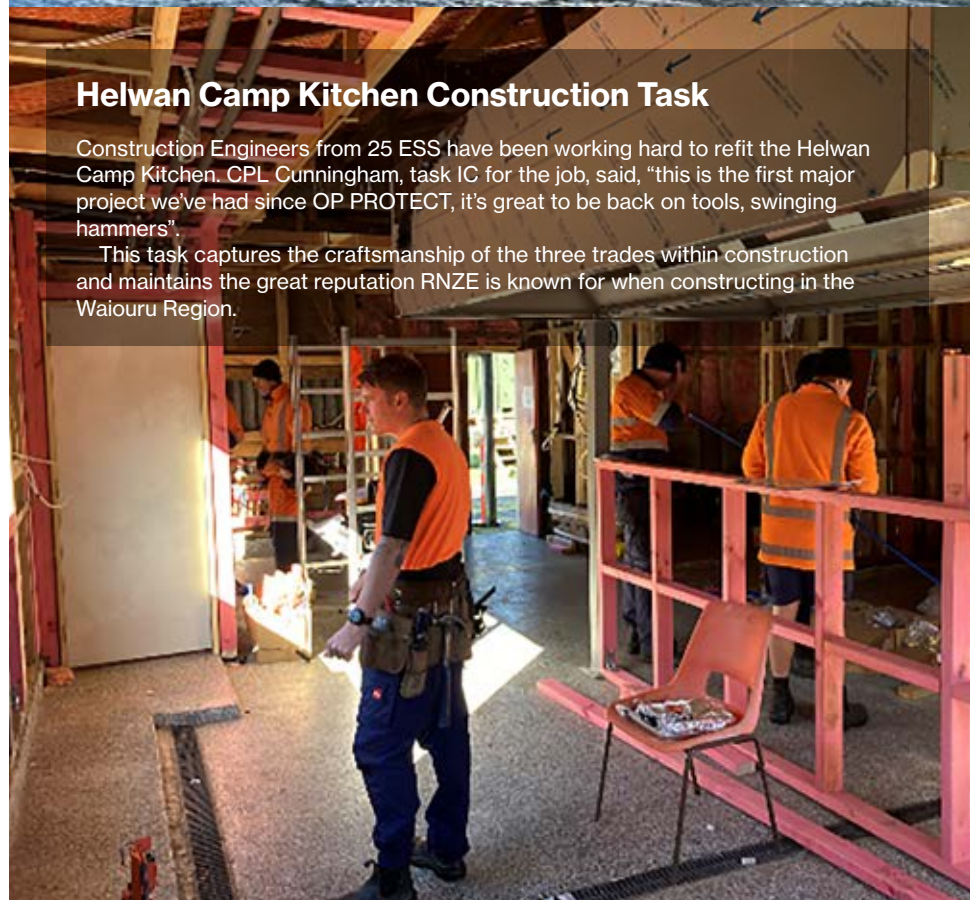
## Explosive Detection Dog Handlers Course

The concentration of engineers in Waiouru allowed for mutual support and maximising training value. The EDD Handlers Course hitched a ride on the RNZE Section Commanders course boats to gain exposure to different insertion techniques.  
"Becoming environmentally conditioned to the more austere climates of Waiouru enabled the handlers and their dogs to practice route and cache searches in more demanding environments than usual," said EDD lead CPL Aidan Cornwall.



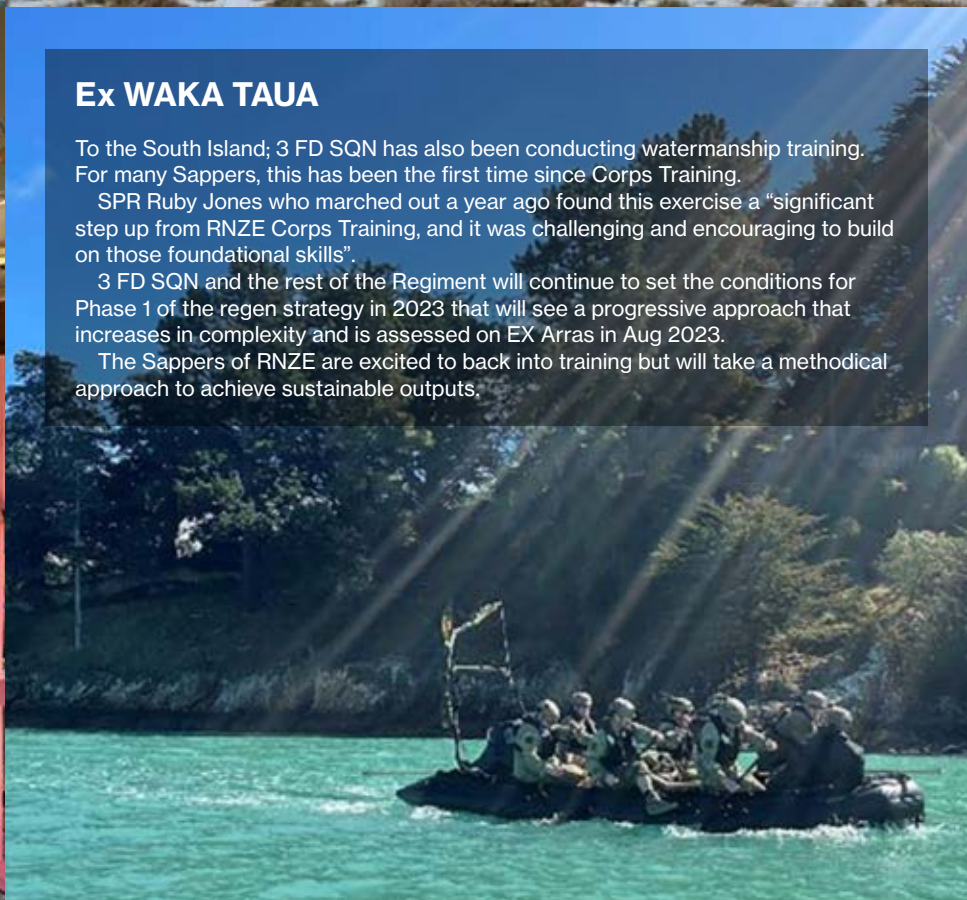
## Helwan Camp Kitchen Construction Task

Construction Engineers from 25 ESS have been working hard to refit the Helwan Camp Kitchen. CPL Cunningham, task IC for the job, said, "this is the first major project we've had since OP PROTECT, it's great to be back on tools, swinging hammers".  
This task captures the craftsmanship of the three trades within construction and maintains the great reputation RNZE is known for when constructing in the Waiouru Region.



## Ex WAKA TAUA

To the South Island; 3 FD SQN has also been conducting watermanship training. For many Sappers, this has been the first time since Corps Training.  
SPR Ruby Jones who marched out a year ago found this exercise a "significant step up from RNZE Corps Training, and it was challenging and encouraging to build on those foundational skills".  
3 FD SQN and the rest of the Regiment will continue to set the conditions for Phase 1 of the regen strategy in 2023 that will see a progressive approach that increases in complexity and is assessed on EX Arras in Aug 2023.  
The Sappers of RNZE are excited to back into training but will take a methodical approach to achieve sustainable outputs.





# SSGT DAVID FIU WINS TERRY MOLONEY MEMORIAL BUGLE

Staff Sergeant David Fiu from the New Zealand Army Band has won the prestigious Terry Moloney Memorial Bugle.

In 2011 the International Military Music Society established the Terry Moloney Memorial Bugle annual award for the New Zealand military band member who has made the greatest contribution to military music.

WO2 Terry Moloney was the founding Bandmaster of the 1<sup>st</sup> Battalion NZ Regiment Band in 1957, and became known affectionately by his colleagues and successive military musicians as 'the grandfather of the New Zealand Army Band'. Terry was an enthusiastic member of the International Military Music Society and, prior to passing away in December 2010 at the age of 88, he gave his blessing to the creation of an annual award in his memory.

The citation read: Staff Sergeant David Fiu was born, bred and educated in Wellington. An accomplished singer and multi-instrumentalist David began his musical journey learning piano at the age of eight, before receiving cornet tuition from the Wellington South Salvation Army at age 11. He was promoted to the senior band at age 15 and ultimately appointed Deputy Conductor at age 27.

At a tertiary level David studied classical trumpet at the Wellington Conservatorium of Music and contemporary rock at the Whitireia Polytechnic. During this period he became proficient on guitar, bass guitar, cello, and trombone, as well as forming an a cappella vocal group which toured Australia on numerous occasions.

During his time in Wellington David was also a member of the Wellington Youth Orchestra, National Youth Jazz Orchestra, the Central Band of the Royal New Zealand Air Force, and a foundation member of the Wellington reggae band Southside of Bombay, known for the song *What's the time Mr Wolf?*, which featured in the New Zealand movie *Once Were Warriors*.

In 2000 David enlisted into the New Zealand Army Band and continued a musical career whose highlights include solo vocal performances in Canada, South Korea, England, Italy, Switzerland, Germany, Australia, France, Belgium, Israel, Fiji, and the finale of both the 2019 and 2022 Royal Edinburgh Military Tattoo in Scotland.



International Military Music Society deputy president Denis Spurdle presents SSGT Fiu with the Terry Moloney Memorial Bugle.

As a multi-instrumentalist David has proven particularly invaluable to the New Zealand Army Band, having performed with the unit on cornet, trumpet, flugel, tenor horn, baritone, euphonium, trombone, Eb bass, Bb bass, percussion, bass guitar, and piano keyboard.

In 2011 David was appointed Bandmaster of the Territorial Force 2<sup>nd</sup> Canterbury Nelson Marlborough West Coast Regiment Band and in 2012 he was appointed Musical Director of the civilian band Addington Brass, proceeding to lead them to provincial and national success. In 2014 David attained his Licentiate from the Royal Schools of Music, London in Music Direction.

Over his military career David has held various appointments within the New Zealand Army Band including Staff Arranger, Deputy Bandmaster, Course Manager of the School of Music's Mutual Assistance Programme,

Senior Instrument Instructor and Bandmaster.

The diligence, enthusiasm, dedication and professional expertise David has displayed

throughout his military career is worthy of formal recognition by the International Military Music Society with the award of the Terry Moloney Memorial Bugle.

### Previous recipients of the Terry Moloney Bugle are:

- SQNLDR Graham Hanify (originally NZ Army Band, prior to RNZAF Central Band)
- WO1 Graeme Bremner (NZ Army Band)
- WO Denis Spurdle (originally NZ Army Band, prior to RNZAF Band),
- WO Shaun Jarrett (originally NZ Army Band, prior to RNZN Band)
- FLT SGT Sandra Wheeler (RNZAF Ohakea)
- WO2 Dwayne Bloomfield (NZ Army Band)
- WO2 Phillip Johnston (NZ Army Band)
- SSGT Tristan Mitchell (NZ Army Band)
- SGT Bill Rimmer (Band of the Royal Regiment of NZ Artillery)
- SGT Rick Henderson (7th Battalion Band)
- POMUS Seleni Sulusi (RNZN Band)

## Reservist Weapon Shoot



### Northland Company, 3/6 RNZIR recently conducted its Annual Weapons Qualification (WQ) for the MARS-L on the range in the Ardmore Military Training Area.

The WQ was open to 3/6 RNZIR personnel with 45 soldiers and officers participating. Ninety-six percent of participants passed the qualification and eight achieved a Marksman grade. The WQ is an important activity for Army Reserve soldiers and officers to ensure they continue to develop their individual weapon skills, and meet baseline levels of operational readiness requirements.

One of the key contributors to facilitating success was the use of the new Longshot LR-3 target camera system, recently purchased by 3/6 RNZIR. The technology provided shooters with real-time feedback on their accuracy via tablet screens. It also assisted shooters in making adjustments while still in position on the mound. This resulted in better application of the marksmanship principles, and more efficient use of training time by up to two thirds, particularly during zeroing and the application of fire.

Five soldiers also conducted the Light Support Weapon qualification to ensure they are ready to deploy to Australia this month. They will be deploying to conduct Ex Bardia with the attached New Zealand Army Reserve Platoon and the Australian Army Reserve. Ex Bardia is a valuable opportunity to build relationships and develop NZDF's interoperability with our Australian reserve counterparts, and experience training overseas.

Northland Company also had the opportunity to welcome our new and highly motivated soldiers from Infantry Corps Training to 3/6. The Battalion looks forward to continuing to support them as they begin their New Zealand Army careers.



## ARMY OFFICER ATTENDS NAIROBI COURSE

Major Emily Hume recently attended the Female Military Officer Course (FMOC) in Nairobi, Kenya at the International Peace Support Training Centre. The course was attended by 39 participants from 36 countries, largely from Africa, Europe, Central and South America.

The FMOC was originally developed with three aims. First, to equip military women with tools and knowledge to enable them to deploy on UN peacekeeping missions. Second, to provide female military officers with training in special strategic, operational and tactical skills demanded by commanders on the ground, including conflict related sexual violence. Third, to provide a unique opportunity to interact with fellow female military officers and to support UN Member States to increase deployment of their female military officers to UN missions.

The FMOC is about ensuring an increased participation of women at all levels of decision-making in peace operations. Continued research has recognised the importance of women's



involvement in peace and security issues to achieving long lasting stability. This acknowledgment stems from the efforts by international organizations, national governments and civil society around the world to establish the Women, Peace and Security Agenda through the adoption of United Nations Security Council Resolution 1325. The NZDF is committed to the ongoing implementation of UNSCR 1325 and participation on the FMOC demonstrates that the NZDF is committed to ensuring integration of UNSCR 1325 and broader Women in Peace and Security agenda.

"The course provided an amazing professional experience, enabling me to engage with so many female military officers from a range of countries," said Major Hume.

"As a New Zealand military officer most of my previous training,

exercises and deployments have predominantly been with other Five Eyes nations. So the opportunity to meet and understand the cultures, backgrounds and military experiences from officers from Togo, Nepal, Argentina, Brazil, Nigeria, the Philippines (just to name a few) was valuable and unique opportunity.

"From the 39 attendees on the course, there are currently eight women deployed, with six more to deploy in the upcoming months. As I am about to deploy to South Sudan, I am thrilled that there are three other women who attended the course also deploying there in the next few months. I hope to be able to connect with them at some point during the deployment to hear from them about their work and continue to develop my understanding of how military women meet the demands and challenges that arise."

## Australian forum attended by top soldier, sailor and aviator

The 2022 Soldier of the Year (runner up) Corporal Jack Dowdle attended the Australian Defence Force Chief of Defence Force Leadership Forum in Canberra recently.

He was accompanied by the NZDF Sailor and Aviator of the year. Personnel from Singapore, Tonga, and Malaysia also attended.

The forum is a tri-service event involving 130 NCOs from all ADF units and services along with invited international personnel.

The purpose of the forum was to bring together a wide representation of ADF NCOs and provide them with direct access to senior leadership to discuss current issues from the ground up. The forum covered an array of topics from leadership to culture and ethics. The New Zealanders were given topics to present to the group, and through doing so quickly realized that the difficulties faced by the ADF are remarkably similar to those the NZDF are struggling with – retention and recruitment being their biggest ones.

Personnel were also given the opportunity to directly pose questions to not only service chiefs and representatives, but also directly to the ADF CDF. Previous forums proved to be successful and popular platforms for NCOs to voice their valuable opinions.



CPL Dowdle said one of the most positive aspects of the forum was having the opportunity to network with Australian counterparts.

"Often from our respective trades which we expect to work closely with in the future. Learning the importance that the ADF puts into training ethics at all rank levels was an eye opener and we noticed both similarities and differences in what's important to each military, what we teach and even how each Service operates.

"In addition to the Leadership Forum, we were fortunate to be hosted by the New Zealand High Commission for a day where

we received an official welcome and met key players, such as the Defence Advisor team, the High Commissioner and our MFAT counterparts. We learned how and what a High Commission does and how it serves New Zealand interests in Australia. Visiting the Australian War Memorial was a poignant moment and highly recommended for anyone visiting Canberra wishing to pay their respects to fallen comrades.

"Overall, we were all incredibly grateful for this opportunity and look forward to further occasions where we can work closely with our Australian counterparts."

## Te Ahi Ka – Keep the home fires burning

By Charlene Williamson

**It is no secret that the support system of family of those serving in the military is second to none.**

In late 2022 2<sup>nd</sup>/1<sup>st</sup> Battalion, Royal New Zealand Infantry Regiment (RNZIR) was gifted a family korowai – Te Ahi Ka (keep the home fires burning) from the Neale family. LTCOL Cory Neale served as Commanding Officer from 2020–2022.

The modern piece was crafted in Canterbury by Toni Neale (Ngāi Tahu) and was designed and created over a few weeks in late 2021.

"The piece was made to acknowledge the support system behind the person in uniform. The sacrifices made by wives/partners/significant others are sometimes massive and often go unseen.

"So on formal occasions or when a suitable occasion arises, it is there to be worn as an acknowledgment of their support for the person in uniform," Mrs Neale said.

The black and white centre of the korowai recognises the importance of the unit and places it at the heart of everything. The design above and below represents the whakapapa, or lineage of those that have come before, as well as those who will come after.

"I wanted the design to acknowledge those that have come before us and those that will come after us, and that 2/1 is at the heart of everything you in during your time here," she said.

Te Ahi Ka was blessed at the New Zealand Army Marae in Waiouru before making its journey to 2/1 RNZIR.

"We wanted it to be blessed at the home of the Army in Waiouru, and follow the same journey as our people in uniform do, so it holds the right level of mana/importance.

"Wearing a korowai is an honour and a mantle of prestige," Mrs Neale said.

Mrs Neale said the idea is that in a small moment of reflection by the person in uniform it will honour their significant other/family member as recognition of their ongoing support.

"It was an absolute honour seeing it being presented for the first time during the handover parade and, we hope that it will be worn and enjoyed by many in the years to come."

More of Toni's work can be found at Korowai Designs by T on Facebook.





# ROYAL NEW ZEALAND CORPS OF SIGNALS MARKS CENTENARY WITH THE PRINCESS ROYAL

**The Royal New Zealand Corps of Signals (RNZSigs) has marked its 100<sup>th</sup> Anniversary with its Colonel-in-Chief, Her Royal Highness (HRH) The Princess Royal, Princess Anne.**

Due to Cyclone Gabrielle and the NZ Army's involvement in the emergency response, the original event in Linton Military Camp was scaled back. Instead, the Princess Royal attended a reception at Government House in Wellington, where she met Signallers and presented a Corps painting.

RNZSigs Regimental Colonel, Colonel Kate Lee, said it was a once in a lifetime opportunity to share this occasion with the Princess Royal.

"It is a privilege to have our Colonel-in-Chief in New Zealand to commemorate and connect with past and present members of the Royal New Zealand Corps of Signals and acknowledge the importance of signallers within operations for a century.

"While it's disappointing to not be able to celebrate in Linton with the Corps past and present and their families, our first role is protecting and looking after the

wellbeing of New Zealanders and that is what we've been doing across the country."

Celebrations were initially intended to be marked sooner, but were delayed due to the Covid-19 pandemic.

"Since our inception, the Corps has provided the means for information to flow around the battlefield and allowed commanders to command. Signallers pride themselves on their ability to adapt, improvise and innovate, especially as their role increasingly requires their people to keep pace with technology. That is something the New Zealand Army is doing and will do for the next 100 years," Colonel Lee said.

Military signals became a component of the New Zealand Army in the early 1900s. In 1911 Post and Telegraph Corps was formed and then in 1913 it was absorbed into the NZ Army Engineer Signal

Service along with the NZ Signal Corps formerly known as the Cycle and Signalling Corps.

On 1 June 1921, the Post and Telegraph Corps became the New Zealand Corps of Signals.

There were nine signal units that operated during the Second World War and in July 1947 King George VI gave the Royal prefix to the unit and it became the Royal New Zealand Corps of Signals.

From climbing telegraph poles to utilising state of the art equipment as a network enabled Army, the corps has come a long way from its inception, and is an essential part of a military operation.

The Corps prides itself on being able to improvise and adapt in order to overcome the challenges of getting the message through, from Lieutenant Colonel Bassett VC at Gallipoli to the present day providing support by delivering reliable military communications in

a range of contexts. This includes land operations globally and humanitarian and disaster relief.

The wreath laying took place in the Hall of Memories at Pukeahu National War Memorial.

The painting presented has been designed to depict a snapshot in time of the Corps, the diversity of missions, equipment and most importantly of its people.



Princess Anne greets signallers.



Princess Anne presented a painting by artist Captain (Rtd) Matt Gauldie to the Corps.





# INTERNATIONAL WOMEN'S DAY

On Wednesday 8 March New Zealand and the rest of the world celebrated International Women's Day.

*Army News* acknowledges the hard-working, committed and innovative wāhine of the New Zealand Army as well as those women who support our personnel.





# Heart health month



Every 90 minutes a New Zealander dies from heart disease – many of these deaths are premature and preventable. This month is Heart Health Month with a focus of providing you with the information and tool you need to stay on top of your heart health and help you to reduce your risk of heart disease.

There are a number of risk factors which can increase our chances of heart disease. Some things we can't change (our age, ethnicity, gender, family history of a heart attack or stroke). However, there are some risk factors which you can do something about which can have a significant impact on your overall heart health and wellbeing.

## Easy ways to keep your heart healthy include:

- Eating a healthy and balanced diet
- Drinking enough water
- Being smoke-free
- Regular exercise
- Taking your prescribed medicines regularly

**My Heart Check** is a free online heart health check, that gives you an idea of your heart age compared to your actual age as well as your estimated risk of having a heart attack or stroke; and relevant tips on how to reduce the risk.

## When should I go and see my GP or DHC?

You should get a heart and diabetes check if you are in one of the following groups:

- Māori, Pacific and South-Asian men over 30 and women over 40
- European men over 45 and European women over 55
- You have a family history of heart problems
- For people with a severe mental illness, a heart check is recommended from age 25

## Contact your local DHC to book an appointment to check up on your heart health

Just because you are at 'low risk', doesn't mean you are at 'no risk'. You may still have a heart attack or stroke even if you are at low risk. That's why it is important to look at the choices you can make to improve your life-long heart health.

Many of us don't know whether we're at risk of having a heart attack or stroke.

Warning signs of heart problems include feeling pain, discomfort, pressure, tightness, or heaviness in the jaw, neck, shoulders, chest, arms or back. You may also feel: dizzy, tired, sweaty, short of breath or sick.

**If you have any of these symptoms for more than 10 minutes, you may be having a heart attack, call 111 in this instance.**

**For more information on support your Heart Health visit the Defence Health Hub or Heart Foundation Website**

### FACT SHEET 1:

#### What can go wrong with your heart?

- 1 in 3 deaths in NZ are caused by cardiovascular disease – includes heart, stroke and blood vessel disease
- 175,000 people in NZ living with heart disease (more than 1 in 23 adults)
- Every 90 minutes a New Zealander dies from heart disease – many of these deaths are premature and preventable. Anyone is at risk of having a heart attack – however certain factors make the risk higher for some.

#### How your heart works

Your heart pumps blood to every part of your body. It sits in your chest and is protected by your rib cage. Your heart is about the size of your clenched fist and weighs about 300 grams (that's just over half a packet of butter). Your heart is a bit like a house it has:

- Outer walls (muscle)
- Rooms (chambers)
- Doors (valves)
- Plumbing (arteries and veins)
- Electrics (electrical conduction system)

#### What can go wrong with your heart?

When things go wrong with your heart, you may suffer from heart disease. Heart disease is an umbrella term for any type of disorder that affects the heart. Common heart disorders include: angina, arrhythmia, heart attack, heart failure, valve disease, high blood pressure and high cholesterol. In some instances these issues can result in a heart attack or a stroke.

- A **heart attack** happens when **blood stops flowing to part of your heart**
- A **stroke** happens when **blood stops flowing to your brain**

You are more at risk of heart disease if you:

- Smoke
- Have gestational or prediabetes
- Overweight
- High blood pressure
- Poor diet
- Not enough exercise
- High cholesterol

Your overall risk of a heart attack or stroke is worked out by looking at all your risk factors added together. Your GP will discuss your overall risk with you.

### FACTSHEET 2:

#### Heart attacks – what are the warning signs?

A heart attack occurs when blood flow to a section of the heart muscle becomes blocked. If the blood flow is not restored quickly, the section of the heart muscle dies. **Anyone can have a heart attack** – but it is more likely if you already have angina or other risk factors. The **most common symptom** of a heart attack for both men and women is **chest pain** – but women may experience less obvious warning signs.

The warning signs of a heart attack, listed below and shown in the diagram, involve experiencing pain, discomfort, pressure, tightness or heaviness in any of these areas:

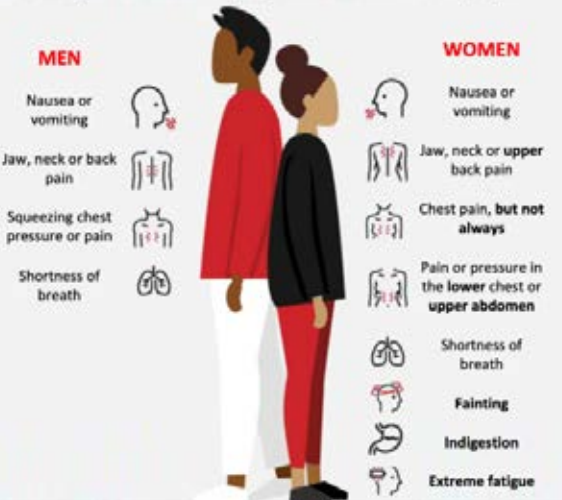
- Jaw
- Neck
- Shoulders
- Chest
- Back
- Arms

#### You may also feel:

dizzy, tired, short of breath, sweaty or sick.

#### HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.



If you have any of these symptoms for more than 10 minutes, you may be having a heart attack.

#### What to do:

1. Stop and rest now. Tell someone how you feel
2. If symptoms continue for more than 10 minutes – **call 111** and ask for an ambulance.

### FACT SHEET 3:

#### How to keep your heart healthy

Healthy living is all about choices, there is heaps you can do to keep your heart healthy – no matter your age. Easy ways to keep your heart healthy include:

- Eating a healthy and balanced diet
- Drinking enough water
- Being smoke-free
- Regular exercise
- Taking your prescribed medicines regularly

#### What to do to stay on top of your heart health

Heart disease is the biggest cause of death and disability in New Zealand. Knowing your risk gives you the chance to take steps to protect your heart. **My Heart Check** is a free online heart health check, that gives you an idea of your heart age compared to your actual age as well as your estimated risk of having a heart attack or stroke; and relevant tips on how to reduce the risk.

To get the most accurate view of your heart health you should book an appointment with your GP or nurse for a heart and diabetes check.

#### When should I book an appointment for a heart and diabetes check?

You should get a heart and diabetes check if you are in one of the following groups:

- Māori, Pacific and South-Asian men over 30 and women over 40
- European men over 45 and European women over 55
- You have a family history of heart problems
- For people with a severe mental illness, a heart check is recommended from age 25

Our NZDF Doctors are your General Practitioners and along with the wider NZDF health team, they can look after all your holistic healthcare needs, this means the health team has a knowledge base across a broad range of health conditions and cover A to Z for your primary healthcare needs, including heart health.

#### Contact your local DHC to book an appointment to check up on your heart-health

Many of us don't know whether we're at risk of having a heart attack or stroke. A heart and diabetes check ensures we learn about our risk, and find out what steps we can take to protect our heart. Just because you are at 'low risk', doesn't mean you are at 'no risk'. You may still have a heart attack or stroke even if you are at low risk. That's why it is important to look at the choices you can make to improve your life-long heart health.



# HUMAN INTELLIGENCE IN THE NEW ZEALAND DEFENCE FORCE

In the last 20 years, the Kiwi attitude and psyche on operations has proven to be a winning combination when working amongst the local population. NZDF has established a reputation for effective engagement in all environments from the Pacific to the Middle East; conducting activities ranging from patrol questioning, and liaison, to intelligence collection.

## What is HUMINT?

HUMINT encompasses capabilities which leverage human sources and individuals of intelligence interest to support NZDF operations. HUMINT provides a unique perspective on the human terrain and the motivations and intentions of an adversary.

## Where does HUMINT fit within NZDF?

Within the NZDF context, HUMINT is conducted by both specialist and non-specialist HUMINT entities to use at tactical, operational and strategic levels across all services. As the capability grows, units throughout Defence are employing qualified personnel to capture information of intelligence value. The NZDF also has a specialist HUMINT Source Operations unit in 1 NZ BDE.

## HUMINT Training

The School of Military Intelligence and Security (SMIS), Mission Command Training Centre (MCTC), is responsible for delivering all individual HUMINT training for the NZDF.

## What training opportunities does SMIS offer?

**Debriefing:** Debriefing is the formal and systematic questioning of selected, willing individuals by specifically trained personnel in order to gather information of relevance. MCTC regularly delivers the five day Tri-Service Debriefing Course, which qualifies students to conduct debriefing operations. This base level HUMINT training is an all – Corp skill and does not require any previous experience as students receive theory and practical exercises, including the employment of linguists.

**Tactical Questioning:** Tactical questioning (TQ) is obtaining information from Captured Persons (CPERS). TQ is neither debriefing nor interrogation, but is the first phase of questioning, conducted on willing CPERS as soon as possible after capture and normally at unit level. MCTC has developed the Material and Personnel Exploitation Course, which includes a TQ component. This training is an all-Corp skill and does not require any previous experience.

**Defence Source Operations Series:** The Defence Source Operations Series are the NZDF's specialist HUMINT trade courses. MCTC offers training for suitable personnel of all Corps with no previous experience.

**Defence Source Operations Assessment (DSOA):** The DSOA is a four day assessment designed to identify personnel from across the NZDF who are suitable for specialist HUMINT training. HUMINT operators will interact with a wide range of individuals from an array of different backgrounds, cultures, religions and values; the ideal HUMINT team should reflect this diversity and as such, NZDF service personnel of all ages, ethnicities, genders and Corps are encouraged to apply.



# CONDUCT AFTER CAPTURE INSTRUCTOR SELECTION



CAC is a tri-service capability and we are looking for uniformed personnel that would like to train our people through creating realistic captivity scenarios.

Develop a unique set of skills that will help train NZDF personnel for adverse conditions on overseas deployments and help you to gain professional development opportunities.

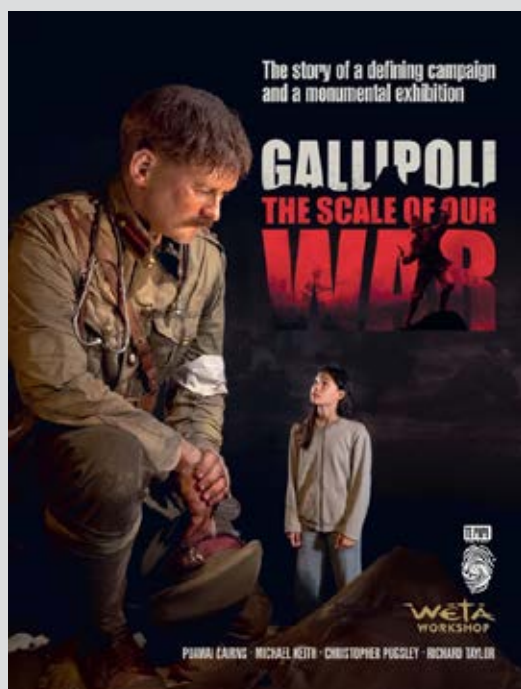
## 24-31 MARCH 2023

[CAC.RECRUITING@nzdf.mil.nz](mailto:CAC.RECRUITING@nzdf.mil.nz)





# BOOK REVIEWS



## Gallipoli The Scale of Our War The story of a defining campaign and a monumental exhibition

By Puawai Cairns, Michael Keith, Christopher Pugsley and Richard Taylor

Published by Te Papa Press

**This book has been produced to accompany the exhibition, opened in 2015 of the same name at Te Papa. Given that the exhibition is one of the most popular in Te Papa's history, it is a little surprising that it took until now to produce a book to accompany it. The book strikes an excellent balance between being a 'behind the scenes' account of the exhibition's creation and the campaign itself.**

The exhibition is focused around a series of giant, ultra realistic sculptures of soldiers involved in the campaign. The story of how the sculptures were made and detailed so expertly by Wellington's famed Weta Workshop is brilliantly told by Sir Richard Taylor. The book also describes the way the exhibition

was conceptualised and created by a combined team from Weta and Te Papa. The story details how a variety of potential obstacles were overcome and how technology was utilised innovatively to illustrate aspects of life and death at Gallipoli.

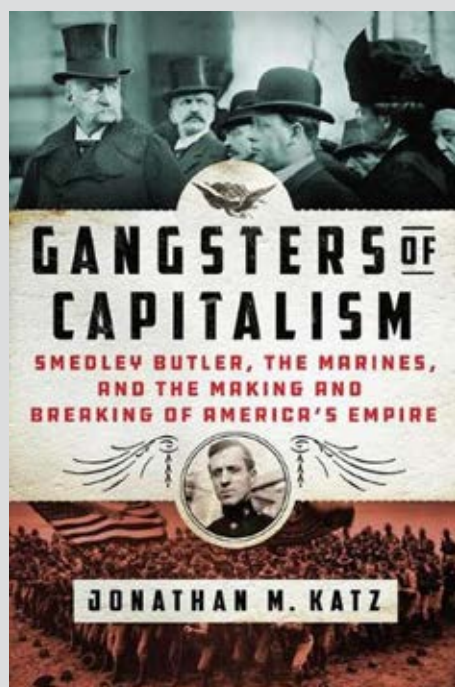
Accompanying the detailed and fascinating story of the creation of the exhibition is a superb historical overview of the campaign itself by Chris Pugsley. The calibre of the individuals involved in creating all aspects of the exhibition is one of the key reasons the whole exhibition is so good, so comprehensive and so authoritative.

The story of the overall campaign is told at the macro level, but the sculptures and the stories of the people they depict provide a uniquely personal insight into life, and death, on the peninsula. The individual impact of service on Gallipoli is starkly portrayed through these personal stories and the book provides brief biographical notes on each and their role in the campaign.

The book is produced on high quality paper and heavily illustrated throughout. A superb array of detailed photos, graphics, maps and historical photographs illustrate every aspect of both the campaign and the exhibition. The design of the book, like that of the exhibition is superb and it is not only a great souvenir, but also a great introduction to the campaign, at both the strategic and personal levels.

I hope this book becomes a best seller and is widely read. It provides a great window into the work of the Wētā team and a highly accessible introduction to, and overview of the Gallipoli campaign. As the exhibition has done, this excellent souvenir/ keepsake has the potential to inform, entertain, educate and make all New Zealanders aware of what happened at Gallipoli and why it matters... and in that regard, should be compulsory reading.

*Reviewed by Jeremy Seed*



## Gangsters of Capitalism Smedley Butler, The Marines, and the making and breaking of America's empire

By Jonathan M Katz

Published by St Martins Press

**Smedley Butler is a legend of the US Marine Corps (USMC). Butler is one of very few individuals to have won America's highest ranked award for gallantry, The Medal of Honour, twice. He fought around the world in the years before, and after the First World War and retired as a two star General.**

During his time in uniform, Butler became famous for his leadership and war fighting prowess. This book is the story of his service in, and rise through the ranks of, the USMC. Butler fought in more than ten campaigns and 'small wars' in countries where the US was seeking to expand its economic influence and control. The USMC could be relied on to replace unfriendly governments with puppet regimes who would guarantee US commercial interests (fruit, oil and banking) access to and in many cases, control of countries.

Toward retirement, as he reflected on his life, Butler realised that his men had fought and, in many cases, died in the interests of large corporations. This realisation didn't sit well with Butler and in retirement, he spoke out frankly and openly about how the US military was used to further US commercial interests. In 1935, Butler published a small book called "War is a Racket" in which he condemned war as being only fought for the benefit of capitalists

To be honest there's no surprises here, nation states have used military force to further their national interests for centuries. Anyone familiar with twentieth century US history will know how the US empire was expanded and the role the military played. The difference of course is that in Butler's day, without constant media scrutiny it was all done brutally, openly and without any pretence.

The big deal about Butler speaking out, was that he was the first retired senior US officer to put so much on the record. He laid the pathway for another to speak

out in a similar vein when retired five star (one of very few to attain that rank) US Army General and later President Dwight Eisenhower warned of the collusion of business and the military in the 1950s in what he called The Military Industrial Complex.

In writing this story Katz visited the places Butler served and discusses how Butlers actions ultimately impacted the country, the people and long term attitudes toward America. Katz is clearly politically to the left of centre and elements of this come through in his writing, but he does not let it colour his narrative. In short this is a fascinating story about a man who was clearly intelligent, visionary, brave and above all of immense integrity.

*Reviewed by Jeremy Seed*



# THE HIGHS AND LOWS OF AN ULTRA MARATHONER

**Corporal Jesse Elms' first ultra-marathon was 62km in Wellington and he was keen to do the 102km, followed eventually by the 100 miler in 2024. He signed up for the 102km Tarawera Ultra-marathon a few weeks out from race day. This is his story.**

The Tarawera Ultra-Marathon has three ultras to choose from; 50km, 102km or "100 miler" (160km). There is also a half-marathon too. It's an international event, with people flying in from all over the world to participate.

First you start with the athlete check in and mandatory gear check. This is where they provide your race numbers and check to make sure you have all compulsory gear. Most ultra-marathons have a mandatory gear requirement (basically warm kit and a light) that you must carry with you at all times in case you run into difficulty and on an isolated part of the course.

My race had 679 people *finish*, which means there were a lot more to start with that don't cross the line at the end. So there's plenty of people at the start point. Everyone waits around listening to the music and MC cracking jokes on the speakers, excited to finally start, chatting away, stretching, the odd person looking nervous and deep in thought, while others curiously scout out the competition and their gear. If I have learned anything from ultra-running, it's that you cannot judge a book by its cover.

The route is very well marked for both day and night and features beautiful scenery, different types of track (sand, dirt, grass, mud, road), and has plenty of aid stations. Nutrition can make or break you, and it becomes massively important as the race goes on. Most aid stations are allowed spectators and support crews, and the atmosphere and energy at each one is amazing. It's basically a party at each one, and it's so uplifting. I tried to cut my overall race time down by stopping for no more than a couple of minutes at each station before pressing on. In the end I ran 103.2km, with an elevation of 2,347m, in 14 hours and 49 minutes.

The hardest part for me is the joint and inevitable muscle pain that comes and goes. You have plenty of highs and lows on your journey. Most strategies are similar; walk uphill and run the flats and downhills, which preserves your legs and your energy stores. Every runner is friendly, supportive and will happily assist one another if need be. Sometimes my legs would seize and I could barely use them, or sometimes I had no energy and struggled to maintain a running pace. At one of the aid stations in the last 30km of the race I was delirious and worried my support crew. They said I seemed drunk and as if I may pass out. But I knew what was happening and what I needed, and instructed them on what food I required to revitalise me. It's interesting how quickly your body starts absorbing the nutrients it craves the moment you ingest it. My support crew, comprised of my mother Susan and partner Fabiana, did an outstanding job and made my job a lot easier. In the end, all the struggle makes for a much more satisfying achievement upon completion.

Perspective and how you look at the situation can be a massive game changer. I broke down the race into sections between aid stations; "only 10km over this hill", "14km till the next stop", "just a marathon left", "only 20km left, harden up and run faster". Although you have to keep an eye on cut off times (if you are just cruising), they are extremely lenient and allow for you to walk the whole course and still make the cut off time of 30 hours. Personally, it becomes a lot less stressful in a way when you dismiss quitting as an option. Broken bones was my only exception. By giving yourself no way out, it gives you less to worry about, you just have to keep moving forward one step at a time and deal with the problems as they arise. 'Burn the boats'.

This relatively new approach to fitness began at the start of last year when I decided to commit to a new lifestyle based around continually pushing myself to, and beyond, my perceived limit. It's nothing new to most people; starting a diet, consistently training and having the discipline to carry you through. My goal was to feel healthier and shed some weight, and although I enjoyed the results of my hard work at the end, I realised it was the journey to the destination which I loved the most. Ultra endurance athlete David Goggins became a massive motivation for me and I really fed off his mentality, which I tried to adopt myself. This new approach made me start to push myself significantly more than I had ever previously

done. Eventually it became more about pushing myself mentally. I worked out 2-3 times per day, I would run a marathon (42km) after work if we finished early, and often I would wake up at 4am so excited to get after it that I'd squeeze in a half marathon and weightlifting session that morning before unit PT.

Fast forward to this year and my training hasn't changed much. Of course a training program depends on what your goals are and may differ from person to person. I usually run 10km in the morning and weightlift at lunchtime. My third session in the evening could be some form of cardio, more weights, another 10km run or just a stretch. My philosophy is that if I am continually fatigued, I have to learn how to persevere mentally. So when I become drained and worn down during endurance runs or physical challenges, I know how my body will react and how to manage that with mental resilience. My training is generally split 50/50 between cardio and gym workouts. The reason my training isn't just focused on running is because I believe as a soldier, my physical capability should extend past solely being able to run long distances in a shirt and shorts. Hence I try my best to maintain a more balanced and well-rounded level of fitness. Rather than trying to be the fastest or strongest in one aspect, my focus is on being better than I was yesterday and strengthening my mind-set through constant hard work.

I highly recommend attempting an ultra-marathon to anyone. It's an awesome and rewarding experience. You meet so many people. The running community is so friendly and welcoming. The organisers do all of the behind the scenes work and it's really easy to get into. The sense of achievement at the end and what you learn about yourself is definitely worth it. The medal is pretty cool too.







# THE NEW ZEALAND ARMY REGIONAL GOLF TOURNAMENT



2023 winners of the Team Award.



Corporal Sam Allen, Senior Champion



Intermediate Champion Corporal Richie Robbins



Sergeant Leanne Brown, Ladies Champion



Corporal Mark Stallard, Junior Champion



WO1 Steve Harvey, Manager's Trophy winner


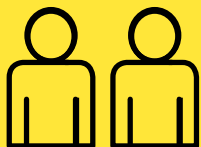




# HOW SHOULD I FUND MY RETIREMENT

*Review your savings now*

Discover how much you will need to save by the time you are 65, to supplement your NZ Super and fund a 25 Year Retirement. The following assumes that you will be Mortgage Free.

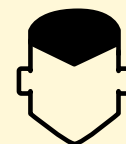
		FOR A “NO FRILLS” RETIREMENT:	FOR A “CHOICES” RETIREMENT:
 <b>ONE PERSON HOUSEHOLD</b> NZ Super: \$462.04 p/week <sup>2</sup>	<b>METRO</b>	<b>\$277,000<sup>1</sup></b> +NZ Super will give you <b>\$781</b> p/week	<b>\$561,000</b> +NZ Super will give you <b>\$1,107</b> p/week
	<b>PROVINCIAL</b>	<b>\$163,000</b> +NZ Super will give you <b>\$650</b> p/week	<b>\$658,000</b> +NZ Super will give you <b>\$1,218</b> p/week
 <b>TWO PERSON HOUSEHOLD</b> NZ Super: \$712.22 p/week <sup>2</sup>	<b>METRO</b>	<b>\$191,000</b> +NZ Super will give you <b>\$931</b> p/week	<b>\$755,000</b> +NZ Super will give you <b>\$1,578</b> p/week
	<b>PROVINCIAL</b>	<b>\$77,000</b> +NZ Super will give you <b>\$800</b> p/week	<b>\$480,000</b> +NZ Super will give you <b>\$1,263</b> p/week

**HOW MANY YEARS SHOULD I BE SAVING FOR?**

This data assumes a retirement that last 25 years. **What are your individual circumstances?**



If you are a healthy female, aged 30 today, you can expect to live to 91.<sup>3</sup>



If you are a healthy male, aged 30 today, you can expect to live to 89.<sup>3</sup>

1. Massey University and New Zealand Retirement Expenditure Guidelines 2022. 2. April 1, 2022 figures from Stats, NZ 3. Aging statistics from Stats, NZ.

