

ARMY NEWS



**MAKING PEACE IN
SOUTH SUDAN**

**ANZAC DAY
LEST WE FORGET**

EXERCISE BLACK SABRE

3

Chief of Army's Message

4

SMA.NET

6

Anzac Day 2024

8

Exercise Black Sabre



10

What Anzac Day Means

12

Operation Sudden

14

Working with our
Fijian partners

15

80 years since the
Battles of Cassino

16

Photographer CPL Naomi
James talks about her craft

18

Camo no match for UAS

20

NZ Army Band shares
the same musical cheer
60 years on

21

New role gives
Reservist clarity

22

Emergency responders

24

Reserve Force Q&A

25

Peacekeeping in the
Middle East

26

Remembering Somalia



28

Summary Trial Outcomes

29

Strength Training and
the Modern Soldier

30

When we say we're
combat ready we mean it



32

Project Convergence

33

Book reviews

34

Army Leave Centres

35

Tattoo artist makes her
mark in Army Reserves

NGĀTI TŪMATAUENGA
NZ ARMY

 HEI MANA MŌ AOTEAROA
A FORCE FOR NEW ZEALAND

 Te Kāwanatanga o Aotearoa
New Zealand Government

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Cover: 2nd/1st Battalion Royal
NZ Infantry Regiment conducted
Exercise Black Sabre in Tekapo
Military Training Area.

The exercise consisted of small
arms fire and manoeuvre in the
open country environment and
was also supported by 16 Field
161 Battery mortars.

Photo: CPL Sean Spivey

CHIEF OF ARMY'S MESSAGE

MAJGEN John Boswell



A very quick calculation suggests I've written 40 or so of these columns as the Chief of Army over the past five plus years.

None of them though have been as hard as this one, my last one, to put on paper. And that's because I won't ever get the same opportunity again. I won't ever be in a position where I can directly and from a position of authority say to you this is what matters; you need to be aware of this; you need to ignore this, celebrate this, be mindful of this; or that this is something you should take real pride in.

Someone else will shortly get that honour and, like you, I will fully support them in every way I possibly can as they execute their stewardship of our Army.

Retiring from the Army in no way implies I no longer care. Because I always will. I always will because I firmly believe in all that our Army stands for and the service we provide. I always will because our Army, your Army, has been such a huge part of who I am, what has been important to me, and it has given me a sense of purpose, a sense of belonging and, more than anything, a sense of pride.

But it is not, and never will be, just about the individual nor the achievements of just one soldier. The true strength of the NZ Army has, is, and always will be bigger than one person and, whilst all of us in our own way matter, it is the team that matters more than anything. And, there is nothing more powerful, for me nothing more satisfying, than being part of that team.

Of being part of a team where the relentless pursuit of professional excellence is not just a throwaway line but lies at the heart of who we are, of all we represent. Where you're able to work alongside people of character who desire the same outcomes, the same successes as you. Who, for the sake of the team, are willing to suffer the same hardships, face the same adversary, laugh at their own misfortune whilst at the same time go out of their way to comfort a mate. Being inspired by, and not envious of those whose performance is exceptional. By always being there when the team needs lifting. Never accepting failure yet in celebrating success knowing that as a team we can always be faster, smarter, better and, in doing so, revelling in the challenge.

The NZ Army continues to undertake, has always undertaken, a range of incredibly impressive actions in the service of our nation. Within New Zealand, throughout the Indo-Pacific region and around the world the NZ Army, although small in comparison to many of our partners, achieves quality outcomes, it is valued and it is respected.

I guess, at the very heart of it, this is why I've stayed in this organisation for more than 40 years. It's about service, it's about the quality of the people, and it's always been about succeeding as a team.

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It's about service, it's about the quality of the people, and it's always been about succeeding as a team.

- MAJGEN John Boswell

From the first platoon I commanded in 1986 to my last days as the Chief it has been an absolute honour to have been afforded the opportunity to lead some quite outstanding New Zealanders. An opportunity I am humbled to have had and have never taken for granted. There have been moments of triumph and of absolute tragedy; times of frustration, despair even disbelief. Regardless, the determination of our Army to be the best has never waned and, more often than not, you were bloody spectacular doing so.

I thank you all, past and present, military, civilian and whānau for your support, your service and your sacrifice. You are fine people, who achieve quality outcomes, with whom I am proud to say 'I served'.

To today's Army, I wish you every success as you get after the next challenge, as you prepare for the next fight.

You've got this, go well.



“
Purpose is the lifeblood that sustains every service member. With purpose as our compass, soldiers are able to navigate the complexities of military life.

– WO1 Ray Kareko

Every Service Member Deserves Purpose

Purpose serves as more than just a guiding principle—it is the very essence that fuels us through our most challenging trials, gives depth to our sacrifices and fosters the bonds of unity and camaraderie that define service. By exploring how purpose manifests in various aspects of military life, from providing guidance in times of adversity to infusing sacrifices with meaning, in this column I want to underscore the indispensable role that purpose plays in shaping the experiences and outcomes of service members. Through these reflections, it becomes clear that purpose is not merely a luxury but a fundamental necessity for every soldier, providing direction, strength, and a sense of belonging amidst the rigors of military service.

Guidance in Adversity – When things get tough, purpose is like a beacon in the dark, showing soldiers the way forward. It helps us stay focused and clear-headed, even when chaos surrounds us. Regardless of how tough it is, purpose gives us a reason to keep pushing through, no matter what hurdles we face. In moments of uncertainty when the path ahead seems obscured by the fog of war, purpose serves as a steady hand, guiding soldiers through the storm. With purpose as our compass, soldiers can navigate even the most treacherous terrain, knowing that our actions are grounded in a higher calling and a greater mission.

Finding Meaning in Sacrifice – Sacrifice is part of our job as soldiers, and purpose gives sacrifices meaning. Every time we are away from family or put ourselves in harm's way, we know it's for something bigger than ourselves. Whether it's defending our country or helping others in need, purpose makes our sacrifices feel worthwhile and important. As soldiers we draw strength from the knowledge that our sacrifices contribute to the good of our nation, fuelling our determination to persevere in the face of adversity.

Unity in Camaraderie – Purpose doesn't just help soldiers individually – it brings us together as a team. Shared purpose creates strong bonds between soldiers, no matter where we come from or what rank we hold. In tough times, we support each other, knowing we are all working towards the same goal. This sense of unity and purpose strengthens our resolve and makes us unstoppable as a team. United by a common mission and shared values, soldiers forge deep connections that transcend the barriers of rank, background, and personal differences. Through our shared purpose, we form a whānau of arms, bound together by our service, and the unbreakable bonds of camaraderie.

The essence of purpose should run deep within the veins of military life, serving as the guiding force that propels Ngāti Tūmataunga through the toughest of challenges and which infuses our sacrifices with meaning, and fosters a bond of unity and camaraderie. From providing guidance in moments of adversity to instilling a sense of purpose in sacrifices made, and ultimately forging unbreakable bonds. Purpose is the lifeblood that sustains every service member. With purpose as our compass, soldiers are able to navigate the complexities of military life. Purpose enhances our courage, resilience, and unwavering dedication, embodying the ideals upon which our service is built. I challenge all our leaders to recognise the profound impact of purpose on soldiers and to actively cultivate it within our ranks, fostering a sense of meaning and direction that fuels our dedication to serve.





ANZ

DAY 2024



ANZAC

From dawn services across New Zealand to Anzac biscuits in South Sudan, serving New Zealand Defence Force (NZDF) personnel commemorated Anzac Day in a variety of ways 109 years on from the Gallipoli landings.

Although Anzac Day has its origin at Türkiye's Gallipoli Peninsula, nowadays Anzac Day provides an opportunity to remember the service and sacrifice of all personnel who have served in New Zealand's interests over the years. More than 30,000 New Zealand military personnel have been killed in wars and conflicts since 1915.

Across major cities and rural communities from Northland to the deep south, New Zealanders gathered for dawn services to spark a day of national collective remembrance.

"From those who landed on the shores of Gallipoli, to our servicemen and servicewomen posted abroad today protecting and upholding the international rules-based order, and values intrinsically important to Kiwis – we remember and acknowledge them all.

"On a personal note, representing the Defence Force at this commemoration has been incredibly moving, and something I will forever feel privileged to have experienced. And being able to mark my final Anzac Day in uniform alongside our friends and colleagues from across the Tasman is truly significant for me."

Retiring CDF Air Marshal Kevin Short was joined at Pukeahu in Wellington by his Australian Defence Force counterpart, General Angus Campbell.

"It is an honour to spend Anzac Day in New Zealand. The Australian Defence Force is proud to continue our long and deep history of service alongside our close neighbour and ally New Zealand, in support of a stable, secure and prosperous Indo-Pacific region," General Campbell said.

"Anzac Day holds a very special place in the bond between Australia and New Zealand; it symbolises the enduring importance of our shared military history, and commemorates the courage and sacrifice of those who have contributed to the freedom of our nations."

EX BLAC

By Laura Jarvis

Three hundred troops converged on the Tekapo Military Training Area recently to take part in the South Island's largest training exercise since 2017.



Photos: CPL Sean Spivey

Led by 2nd/1st Battalion with support from 16 Field Regiment and elements from across 1st (New Zealand) Brigade, the exercise focused on live field firing from section to company level to achieve collective training tasks and an introduction to combined arms.

The Network Enabled Army (NEA) Mobile Tactical Command System (MTCS) equipment was undergoing Operational Testing and Evaluation (OT&E) on this exercise, with Combat Team Alpha equipped to test functionality within field environment. This was the first live field firing (LFF) activity to use NEA MTCS equipment to track soldiers undertaking training. Voice and data communications were tested from section level up to Task Group Red in the command post.

Commanders at all levels were able to live track friendly forces with 'blue dots', which greatly enhanced decision making, battle tracking, and safety for the entire exercise.

Commanding Officer Lieutenant Colonel Sam Smith said that Exercise Black Sabre reflected his unit's progressive approach to training development and overall learning mind-set.

"It follows our previous activities Exercises Whakamahi, Whakaaro and Black Bayonet to enhance competence at warfighting up to Coy level. LFF in 2nd/1st Battalion can now be conducted safely and confidently up to platoon level and at CT in a controlled space. The exercise also provided junior soldiers and commanders training on the co-ordination and detail required to conduct activities on this scale as well as working within a larger organization."



K S A B R E

Exercise Black Sabre saw support from 163 Battery which conducted integration training with 2nd/1st Battalion elements at the platoon, company, and enabler level. An all-arms-call-for-fire training serial was utilised as a medium to train, discuss, and reset expectations ahead of the final combat team attack. Joint fires team planned, coordinated and controlled the fire plan incorporating mortars, direct fire support weapon and snipers.

After multiple days of training, and a lot of rain, the exercise culminated in the combat team completing a large scale assault, a major milestone for all those attending. Rapid engagement of targets by fire support group and indirect fires from 163 battery set the conditions for maximum surprise and firepower which was maintained during the fight.

Platoon Commander Lieutenant Steve Ward said the exercise was a great opportunity to further grow his skills on the battlefield.

“Through multiple repetitions of platoon quick attacks, I could develop my command skills and identify areas of improvement. It was also an opportunity for me to test and adjust the use of the new NEA platform and UAS to assist with gaining situational awareness and communicating intent to my section commanders,” Lieutenant Ward said.

For Platoon Commander Lieutenant Zane Blackman it was important for him to practise employing different weapon systems.

“My platoon had the ability to use the Carl Gustaf M3, 40mm grenade launcher, and the M-72. Having all these weapons at the disposal requires a good assessment of when and how to employ high explosive natures to best execute platoon quick attacks,” Lieutenant Blackman said.



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Through multiple repetitions of platoon quick attacks, I could develop my command skills and identify areas of improvement.

– LT Steve Ward

WHAT ANZAC DAY MEANS

Anzac Day is a time of reflection when we remember not just those Kiwis and Australians who fought in Gallipoli and the Western Front, but all those who fought in more recent combat, and those who are ready today to fight wherever and when the government requires it. *Army News* asked some soldiers and officers what Anzac Day means to them.

“

To me Anzac Day is a dedicated time to be solemn and to remember the past, the horrors of war. It is equally a day to be grateful and to know how lucky we are, and to live as we do.

– LT Lily Feng



Sapper Gareth Komene

Sapper Gareth Komene comes from a long line of military men. His dad is a soldier, as was his grandfather, great-uncle and great grandfather. Every year he and his family mark Anzac Day, no matter where they are.

"I grew up in Papakura so was always around soldiers. It seemed natural for me to join the Army. Anzac Day is a time to honour the connections we have. Remembrance is a big thing. We think about the people who have passed away and what they did for our country. We marked it every year when I was a kid, even if we were on holiday. It's important to remember."

Lieutenant Lily Feng

"It is easy to get carried away with the distractions of life, focusing on now and the future," says 3/6 RNZIR Lieutenant Lily Feng.

"To me Anzac Day is a dedicated time to be solemn and to remember the past, the horrors of war. It is equally a day to be grateful and to know how lucky we are, and to live as we do. This was only made possible from the sacrifices of the brave soldiers that came before us."

Lieutenant Feng says being a reservist gives her a sense of duty to New Zealand. "I like being a reservist because I am part of something bigger than me, an organisation that has and will continue to defend our nation and to protect our loved ones. I enjoy it because of the people that serve alongside me and the how it challenges me."

In her civilian life she is a category marketing manager for Fisher & Paykel Healthcare (NZ medical device company).

Major Olly Lynn

Anzac Day holds great importance for me, as I know it does for many who have connections with military service. It always cues reflection and introspection. I often first think of my own whakapapa; of a great grandfather serving in the sands of North Africa in the British Army, and another as a Combat Engineer with the US 10th Armoured Division in Northwest Europe. I think of my maternal grandfather, a Navigator on Canberra Bombers at the height of the Cold War, and his memories of spending freezing, West German nights in his aircraft, fuelled and armed with a tactical nuclear strike payload, ready to become airborne on detection of a Soviet missile launch.

I reflect on my own military service, the growth, adventure and opportunity it has provided me, and the costs it has at times exacted. I think of my mates, and those whom I have had the privilege to serve with. The intensity of the shared experience, the shared values. I remember the toll that service has taken and for some, the wounds they carry. I think of those whom I have served with, and those whom came before, that are no longer with us. Lastly, I think of the obligation to be the custodians of our profession of arms; to pass down our skills, training and professionalism to the next generation of soldiers. New Zealand, and the world, asks much of its small Defence Force. I remember, and express gratitude for those trainers who passed onto me the knowledge and skills to perform what has been asked of me, and I acknowledge our duty to carry the flame, and ensure those whom come next are prepared to achieve their mission, and serve honourably and wisely.

Laochailan Mcgregor

Service is in the blood for plant operator Lance Corporal Laochailan Mcgregor. LCPL Mcgregor's great-grandfather served in WW1 in Africa, his grandfather was in the RNZN for many years, and his father in the New Zealand Army.



OPSSU

Several months into his deployment to South Sudan Major Josh Sullivan and his team are experiencing a heatwave which has seen temperatures exceed 40 degrees every day, he writes.



“The United Nations Mission in South Sudan (UNMISS) is a United Nations led mission to support the people of South Sudan. It is built on four pillars: protection of civilians, creating conditions conducive for the delivery of humanitarian assistance, supporting the implementation of the revitalized agreement and the peace process, and monitoring and investigating human rights.

Consisting of some 18,000 peacekeepers from around 73 countries, it’s safe to say that the job working for UNMISS is as diverse as the people assigned to it. New Zealand contributes three personnel, two United Nations Military Observers (UNMO) and one Force Headquarters staff officer. While no two days are the same the role of the UNMO requires the planning and execution of patrols to get out on the ground and act as the “eyes and the ears” of the Force Commander, interacting regularly with the community, key leaders and the South Sudanese Defence and Polices Forces.

Despite its composition being made up of personnel from all over the world, there are two key defining traits that help drive everyone in UNMISS towards a common purpose: their desire for a peaceful end to the humanitarian crisis in South Sudan, and the use of a common language – English. However, unlike the English we are used to back home, “Kiwi English” doesn’t really fly here, and we are often left with blank stares and vacant looks, on more than one occasion I’ve been told that I need to speak English, having been misinterpreted somehow for speaking an eastern European dialect.

The current rotation has deployed at an interesting time; the situation is growing increasingly tense with distrust and mixed messages developing over the likelihood of conducting the country’s first democratic election in December. There is increasing intercommunal violence between cattle herders and cattle raiders, and ever more common clashes between the key armed groups (both within and external from the

DEEN



government). In short, the situation is tense and from the outside looking in – it doesn't seem like a safe and stable environment to be conducting elections in. That said, observations are always a matter of perception, and the reoccurring message when interacting with members of the South Sudan communities is that the situation is calm and stable. When you're a nation that's only 13 years old and half of that has been fraught with civil conflict and genocide, while contending with mass famine and inadequate medical care, cattle raids and intercommunity violence probably does seem relatively peaceful. Further worsening the current situation is a national food shortage and hyperinflation of the national currency (the South Sudanese Pound) which has gone from \$1 USD to £1100 SSP to, \$1 USD to £1800 SSP over the three months we have been here. This is not isolated to South Sudanese personnel, as OP Sudden, unlike other NZDF missions, doesn't have access to a mess or dining facility, so we need to procure

our food in an increasingly food scarce environment. Invariably, this has resulted in the contingent using click and collect via DHL from New Zealand. Despite the inherent difficulties of Op Sudden, the current contingent is enjoying the challenges, representing New Zealand proudly and doing our best to have a positive impact. It's safe to say that, Op Sudden is shaping up to be an experience like none of us have encountered before."

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Consisting of some 18,000 peacekeepers from around 73 countries, it's safe to say that the job working for UNMISS is as diverse as the people assigned to it.

– MAJ Josh Sullivan

WORKING WITH OUR FIJIAN PARTNERS



A New Zealand Army School of Artillery weaponry instructor Staff Sergeant TJ Chapman has been helping our Fijian partners hone their weaponry skills, and learning about their culture and ethos at the same time.

SSGT Chapman says in January this year he was privileged to attend the Fijian Warrant Officers Course at the Force Training Group (FTG) in Nasinu, Fiji. Working alongside his Fijian colleagues was not just of benefit to the Fijians, he says, but he also learned a lot about their culture and how they operate.

“Through the first six weeks of the 12-week course, I gained valuable insights into the operations of the Republic of Fiji Military Forces (RFMF), including their roles, responsibilities as well as their ethos and values. The RFMF has embraced a new leadership framework, known locally as the Veiliutaki framework. I was fortunate to be a part of a highly motivated cohort of senior non-commissioned officers (SNCOs) and officers, aiming to implement positive changes for the RFMF as a professional organization.

“Our training has included extensive drill practice on the parade ground, focusing on funeral and sword drills, with a primary emphasis on understanding the role of a Company Sergeant Major (CSM) in a company parade. Additionally, we engaged in theory lessons covering topics such as customs and traditions within the RFMF, roles and responsibilities as warrant officers, service writing, and the Army Training System.”

The last part of the course involved practical lessons, including Tactical Exercise Without Troops (TEWTs) and range shoots.

“It became apparent to me that collaboration between the New Zealand Army and the RFMF is paramount for fostering regional stability, and mutual understanding in the Pacific. By working together on engagements such as this, the NZ Army and RFMF can build strong relationships based on trust, cooperation, and shared experience.

“I am seeing for myself that exchanges between the NZ Army and RFMF enables the exchange of knowledge, skills, and best practices, benefiting both organizations in terms of professional development and operational effectiveness. Through joint training exercises, capacity-building initiatives, and personnel exchanges, the NZ Army and RFMF can learn from each other’s experiences and perspectives, ultimately strengthening our ability to address common challenges.”

SSGT Chapman says he thoroughly enjoyed his experience in Fiji.

“Through this programme I have acquired new skills and insights that I am eager to implement in New Zealand. These skills will undoubtedly enhance the effectiveness of my subordinates and prepare them for their roles as future leaders. I highly recommend this course to others as it offers valuable perspectives on New Zealand and the broader South Pacific region. It has been an enriching journey that has broadened my understanding and equipped me with tools to contribute positively to the professional development of my team.”

80 YEARS SINCE THE BATTLES OF CASSINO

New Zealand Defence Force personnel are in Italy, to honour those who fought and died in what were among the most gruelling battles for New Zealand forces in the Second World War.



Major Alex Bowyer, from the New Zealand Army's 2nd/1st Battalion Royal New Zealand Infantry Regiment, is leading the contingent that is participating in commemorations marking 80 years since the Battles of Cassino.

He says it's an incredible honour.

"In 40 years' time when I'm in retirement, sitting on the couch reading a book, I'll have to stop and reflect. It certainly will be one of my top career highlights."

Situated at the head of the Liri Valley, Cassino was a key point in the Gustav Line – a chain of German defences in the Italian mountains south of Rome. The battles to capture the town would ultimately liberate Italy and lead to the success of the planned Normandy landings.

But New Zealand's efforts there through February and March 1944, proved to be among the most costly battles of the Second World War for the 2nd New Zealand Division – of the 1,481 casualties, 343 lost their lives.

The NZDF contingent has supported the New Zealand National Commemorative Service at the Cassino War Cemetery and a New Zealand Service of Remembrance at the Cassino Railway Station. The Regimental Colour of 2nd/1st Battalion, which bears the Battle Honour CASSINO I, was paraded at both services, along with the 28 (Maori) Battalion Banner.

"An area of significance to New Zealand when fighting at Cassino was the railway station," Major Bowyer said.

"It was a key objective in both battles the New Zealand Division directly fought in. The first to fight there were the men of 28 (Maori) Battalion A and B Companies, and a month later 26 New Zealand Battalion fought and captured the railway station, holding it for nine days.

"In both cases there was a grievous loss of life for both units."

The fierce close-combat fighting, and hundreds of thousands of shells and bombs, left little behind but broken river banks, piles of rubble and an ever-increasing loss of life throughout the battles. At Cassino, the New Zealand Division along with 4th Indian Division, comprised the New Zealand Corps commanded by Lieutenant-General Sir Bernard Freyberg. Fighting units included six New Zealand infantry battalions an armoured brigade, divisional artillery and engineer units totalling 17,000 men.

The ferocity of the fighting at Cassino had few parallels during the Second World War and Major Bowyer said it was an honour to acknowledge the New Zealand soldiers who served there, alongside their Commonwealth, French, Polish and American allies who all made the ultimate sacrifice.

Cassino eventually fell in May 1944 to British and Polish troops, with support from the New Zealand artillery.

CPL NAOMI JAMES

Defence Public Affairs photographers have selected their favourite images to share with *Army News* readers, and here they explain how they got the shots. These images are the work of Corporal Naomi James.

1

NZSAS conduct night time training drills across Auckland, New Zealand. Being in the right place, right time, is sometimes all you need to get the shot – it's even all the more challenging during night tasks. After watching a few of their serials, I knew that placing myself right by the entranceway would be a prime location to capture the action candidly.

2

A gunner from NZ Army's 16 FD Regiment fires from an L119 Light Gun during Exercise Long Tan in the Waiouru Training Area. When I get tasked to photograph live firing activities, my main approach is to get as close as possible whilst maintaining a safe distance to show the viewer a point of view that is exciting. By discussing my ideas with the gun group on the ground, I was given the all-clear to photograph right behind the gunners shoulder and captured the action as it unfolded.

3

A Biggin Hill Supermarine Spitfire from the RNZAF Heritage Flight conducts a flypast over Wanganui, Rangitikei. One of my top career experiences to date, when the Heritage Flight Commander asked me whether I wanted to photograph the Anzac Day flypast out the back of the Grumman Avenger whilst in formation I couldn't answer yes quick enough. Steady camera control, a slow shutter speed and the occasional directing is what you need for a great air to air photo.

4

RNZAF's 3SQN NH90 crews conduct trooping activities with the Australian Army soldiers in the Townsville training area. Before going out with the crews on this tasking, I didn't quite know what to expect in terms of the Australian training area environment. I knew that NH90 rotorwash kicks up a bit of dust, but safe to say I wasn't expecting what I captured. Nonetheless, it made for an epic atmosphere.

5

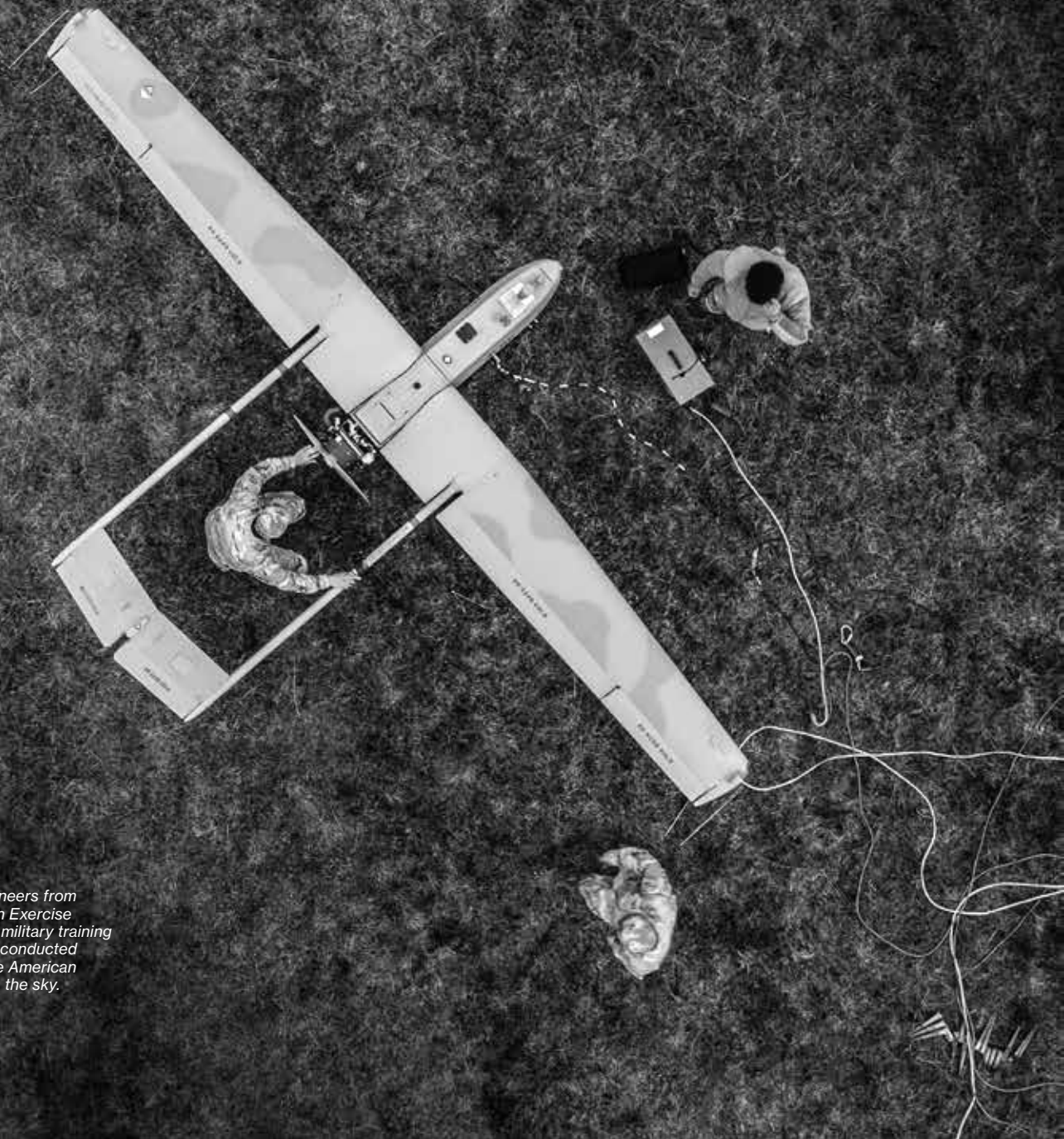
Recruits of NZ Army's RRF407 march out from their basic training in front of family and friends during their snowy graduation. Waiouru stayed true to its climate and provided a generous dumping of snow the night before the soldiers marched out. Fortunately for me it offered an opportunity for a new creative spin on capturing a ceremonial event.





CAMO NO MATCH FOR UAS

By Jo Priestley



US UAS operators and NZ Engineers from 2 Fd squadron work together on Exercise Wayfinder Lightning in Waiouru military training area. 2 Fd Squadron Engineers conducted recon on specified targets while American UAS operators kept watch from the sky.

Photos: LAC Andy Jenkins

“

If you are out in the open the enemy can see everything you do from 10,000 feet or higher.

– CAPT Greg Hinch

The NZ Army has got its first taste of the power of the RQB-7 Shadow uncrewed aerial system as 2nd Engineer Regiment discovered camouflage is no match for its sensors.

Exercise Wayfinder 24 was held recently at Waiouru in a week-long warfare simulation designed to promote interoperability between New Zealand and United States engineers. Twenty-five US soldiers from the 29th Brigade Engineer Battalion's 3rd Infantry Brigade Combat Team, out of Hawai'i, were hosted by 2nd Engineer Regiment, 1(NZ) Brigade at Waiouru.

The star of the exercise was RQB-7 Shadow, which has never before been flown in New Zealand. Combat engineers got a close look at the reconnaissance capabilities of the Shadow and how it can be used in combat to assist soldiers on the ground and to disrupt enemy progress. The Shadow has a wingspan of more than six metres. It weighs 43 kilograms, can reach heights of up to 18,000 feet, has a maximum speed of 200 kilometres per hour and a range of nearly 110 kilometres.

It's launched from a trailer-mounted pneumatic catapult and recovered with the aid of arresting gear similar to those found on an aircraft carrier. Captain Greg Hinch, S3, 2nd Engineer Regiment, said the exercise was held in two parts: to demonstrate reconnaissance capabilities at key points and routes and then to show how the UAS could be used in a tactical situation.

An "enemy" party was tasked with hunting the engineers' reconnaissance teams and disrupting their activities. The UAS provided the engineers with information on the enemy's location and movement and also the best direction for them to escape the contact area.

"In situations on the ground where we used to rely on line of sight to find and track the enemy, having an UAS deployed is game-changing as we can track the enemy safely from above, even if they're heavily camouflaged."

Captain Hinch said the exercise was successful on all levels and they took a lot of lessons on board.

"The biggest lesson was that camouflage is no match for the surveillance and expeditionary capability of the UAS, which can track the enemy using movement and infrared heat signatures.



"I think the soldiers watching the footage afterwards were taken aback at the detail in the imagery that was relayed from the UAS and how exposed they had been throughout the entire exercise.

"If you are out in the open the enemy can see everything you do from 10,000 feet or higher."

Major Grant Palmer, Staff Officer UAS, NZ Army, said it was exciting to host the US engineers.

"It affords the opportunity to push the boundaries that test our policies and procedures and ensure they are fit for purpose to enable future UAS capabilities with our partners."

This type of exercise also enhanced interoperability, he said.

"We are going to be seeing more demand in the future for the sharing of technology and interoperability between partners.

"Training like this ensures the NZ Army can easily integrate with its military partners at short notice and in response to a range of contingencies – ranging from humanitarian assistance through to armed conflict."

NZ ARMY BAND SHARES THE SAME MUSICAL CHEER 60 YEARS ON



It's six decades since the New Zealand Army Band was formed and members, past members and their families celebrated with a concert at the Christchurch Town Hall.

The concert was part of a reunion which saw more than 100 past band members gather from around New Zealand and further afield to share memories and enjoy another chance in the spotlight. Their performance highlighted the band's evolution over six decades and demonstrated not only its wide range of styles, but why members are internationally recognised for their musical prowess.

Director of Music Major Graham Hickman said the celebrations were a tremendous success.

"This was all about honouring our veterans, our 'Living Heritage', whose efforts over the decades shaped the band into the world-class organisation it is today.

"The current band is very much standing on the shoulders of giants, and it was great to be able to host so many legends over the weekend."

A member of the Army Band since 1985, and Director of Music since 2010, Major Hickman's connection to the band runs deep.

"There have been Hickmans in New Zealand's military bands for five generations now, so I feel a real sense of responsibility towards the band's heritage," he said.

"It's also a huge privilege to work with the fabulous musicians we currently have in the band. They are exceptional – both as individuals and as a team – and achieve stunning results wherever they perform."

Past member Trevor Bremner, who joined the band in July 1964, said the weekend was great fun and brought back many good memories.

Mr Bremner was introduced to the band by a good friend who used to bring him along to play when they were short a cornet. He was then officially enlisted, with two stints lasting more than seven years.

"Music is my life. I started playing before I was five and am still blowing to this day," Bremner said.

“

The current band is very much standing on the shoulders of giants, and it was great to be able to host so many legends over the weekend.

– CAPT Greg Hinch

Another past member, Tristan Mitchell, spent the weekend reminiscing on his 25 years with the band. He auditioned with his trombone after seeing the group perform in his home town of Westport, and officially joined the band in 1993. Mr Mitchell held many positions over the years, including Drum Major and Senior Instructor for the School of Music.

He said his role as Drum Major was a highlight, as he designed and led marching displays for major events including the 2006 Royal Edinburgh Military Tattoo, Her Majesty Queen Elizabeth II's Diamond Jubilee Pageant in 2012 and her 90th Birthday Celebration in 2016.

"It was a bit nerve-wracking. There was a lot of pressure and responsibility but I always had faith in the people behind me," Mr Mitchell said.

The band officially marks its formation as 5 April 1964, when it was involved in the opening of the Hall of Memories at the National War Memorial in Wellington. The band continues to support military ceremonial and diplomatic events today, along with inspiring future generations of musicians through a range of programmes and engagements.

"Everything the band achieves today is a result of continuous inspiration, innovation and improvement over the past six decades," Major Hickman said.

"For this, we owe a great debt of gratitude to our predecessors, those who drove this quest for excellence."

NEW ROLE GIVES RESERVIST CLARITY

By Sergeant Caroline Williams



Working on the ground as a logistics soldier in the NZ Army Reserve Force gave Second Lieutenant Mary Millett the clarity she needed to pursue a career in disaster response.

“As a soldier, I had the opportunity to assist on the ground with weather disasters, and saw all the cool things the Army did with helping communities which made me want to complete my Masters.”

Second Lieutenant Millett went on to submit her Masters in Disaster, Risk and Resilience then took a commission to become a Royal New Zealand Army Logistics Officer in the Reserve Force.

On completion of her study at the University of Canterbury, then Christchurch based, she was offered a short term transfer into the NZ Army Regular Force.

“When I was a soldier and studying at the University of Canterbury, I’d often ask if the Reserve Force Christchurch based unit had any work available for me. I loved the feeling of being helpful, and it was a great part-time job.

“Then my Platoon Commander suggested I commission as an officer, and straight off the bat of my commissioning course, I was asked to go on a Seamless Transfer Regular Force Engagement (STRFE) with 3 Transport Company. I really hit the ground running with that one! It was a win-win situation, though, they needed an extra helping hand, and I needed a job as I’d just finished my Masters degree.”

As part of her time in the Regular Force, Second Lieutenant Millett worked as a Liaison Officer in the Civil Defence Centre for the West Coast and Nelson 2022 local Civil Defence State of Emergency.

“This gave me a real appreciation of the work that goes on behind the scenes during an emergency. You need to remain flexible – things change on the ground constantly, and deal with a wide variety of personalities. With my time as a soldier, I think it gave me tools to understand how and why the changes were occurring (roads might be flooded for example) which definitely helped me to remain flexible and understand of the requests we needed to deal with,” she said.

“While working in the Regular Force, both my Officer Commanding and Commanding Officer caught wind of what I studied and guided me towards a secondment. I wouldn’t have been able to get that opportunity without the Army, so I am truly grateful,” she says.

As part of her time in the Regular Force, Second Lieutenant Millett was offered a secondment to the Christchurch Civil Defence Group for four months. She left her mark by writing up an Emergency Fuel Plan and Cordon Guideline for the entire Selwyn District, a population of over 60,000.

Now Second Lieutenant Millett’s civilian role is at the University of Auckland as the Risk Coordinator.

“The role involves a lot of administration around emergency and incident management in the University, as well as ensuring faculty members are trained and aware of the Coordinated Incident Management System (CIMS) structure,” she says.

Now based in Auckland, Second Lieutenant Millett is a platoon commander with the Reserve Force’s 38 Combat Service Support Company (38 CSS Coy). She’s required to manage and coordinate training for Reserve Force Combat Drivers, Logistic Specialists and other logistic trades within the platoon, as well as administration around courses and qualifications they may need.

“The team I work with are awesome and come from such an array of backgrounds, so seeing them with a smile on their faces after a cool weekend of training is so special.

“As a platoon commander, I enjoy helping my soldiers gain the qualifications they need while at the same time, seeing them enjoy their training within the Reserve Force. In my civilian capacity, it’s the bigger picture; concentrating on contingency plans to mitigate disaster for different communities. I find that if I can help, I will do so to the best of my abilities and lean on the skills I have learnt previously, and my network of contacts, both military and civilian.”

MILITARY ENGINEERING FIRE WING



The School of Military Engineering Fire Wing is undertaking one of its most physically and mentally demanding fire fighting courses. Over 14 weeks the course is covering the following elements:

Medical co-response

Basic equipment skills

Pump Operation

Rural fire fighting

Fire Science

Breathing apparatus

Structural fire fighting

Hazardous materials and decontamination procedures

Motor vehicle accident training

Aircraft crash rescue response



RESERVE FORCE

Q&A

By WO1 Timothy Sincok

VOLUNTEERS EMPLOYMENT PROTECTION ACT 1973 (VEPA)

Key information for Reservists

Section 2 defines protected voluntary service as:

- An aggregate of 3 months of whole-time service (this is not defined, but is anything other than an annual collective training activity (CTA), weekend training or evening service, so includes things like courses, other exercises that are not the unit annual CTA, civil defence callouts);
- An aggregate of 3 weeks for part-time service (an annual CTA, weekend training or evening service);
- Time spent travelling to and from any place of service or training; and
- Any period during which a volunteer is prevented from resuming employment after service or training due to sickness or any reasonable cause attributable to service or training.

It does not include:

- Time spent on service as a result of a Reserve callout by the Governor General in time of war or emergency under Part 2 of the VEPA, or
- Time spent on service as a result of a Reserve callout by the Governor General in time of a Situation of National Interest (SONI) under Part 3 of the VEPA.

Therefore, as long as the aggregate periods of whole- or part-time service or training are not exceeded, and you provide the required notice of needing time off for service or training (see below), your employer is to treat time off for ResF service or training as protected voluntary service or training.

Part 1 of the VEPA covers normal ResF training, i.e. “protected voluntary service or training” (PVST) as defined above.

- Section 4 – the employer is deemed to have granted (unpaid) leave of absence (LOA) during any period of PVST.
- Section 7A – if you go back to work for the same employer after the PVST, then being on LOA does not break your employment and you are still eligible for any employment rights or benefits that are conditional on unbroken service with your employer.
- Section 8(1) – annual leave with your employer continues to accrue while you are away on PVST (you are on LWOP/LOA with AL accruing).
- Section 8(2) – you do not have to use AL for PVST unless you ask to use it. Therefore, your employer cannot compel you to use AL for PVST.
- Section 9 – if another holiday falls during your PVST (e.g. a public holiday), the obligations of your employer shall be ascertained as if you had stopped work with the employer at the start of the PVST. That means, you can't claim time off for a public holiday that occurred during your PVST.
- Section 11 – you have to give your employer a minimum of 14 days' notice of needing time off for PVST. If you don't give that notice, then your employment is not protected when you are off doing ResF service.
- Section 12 – your employer can apply (to an official appointed in MBIE) for postponement of your PVST if your absence will cause undue hardship to the employer. That official would hear from both parties and make a decision to postpone or not.

Did you know...

Protected voluntary service in the Armed Forces includes any period that you are prevented from resuming employment after service or training because of sickness or any reasonable cause attributable to the service or training (see section 2, “protected voluntary service or training” sub-section (b) (ii) of the Volunteers Employment Protection Act 1973).

That means that if you are injured or get sick while on duty in the Army and cannot go back to work straight away because of that, then you are entitled to continue on duty and be paid by NZDF until you are able to go back to work. Of course, you'd have to provide evidence of being unable to return to work, such as a doctor's certificate.

Another example is that if your travel back to your home location after training is delayed for reasons outside of your control (eg a flight cancelled) and you cannot go back to work on the day planned, then your time on duty can be extended until you do get home and can return to work.

What questions do you have?

Send queries to WO1 Sincok, ResF SM (Army) at timothy.sincok@nzdf.mil.nz

PEACEKEEPING IN THE MIDDLE EAST



It's been a few months since Captain Penny Roy joined international troops on peacekeeping patrols on the Israel-Lebanon border.

The New Zealand Army captain works as an impartial military observer for the United Nations Truce Supervision Organisation (UNTSO). This was the first peacekeeping mission established by the UN, and it operates across Lebanon, Israel, Syria, Egypt and Jordan. New Zealand Defence Force (NZDF) personnel deployed to the mission carry out patrols and monitor ceasefires and military activity in the territory between Israel, Lebanon and Syria.

Since Hamas' attack on Israel on 7 October, limitations have been placed on some patrols due to the ongoing security situation, however personnel are continuing to get out each day. The conflict hasn't changed how Captain Roy feels about the role.

"We have been asked to come here to do a job, and we continue to try to do this to the best of our ability.

"We have to be more deliberate in our planning of patrols and understand our contingency plans, however, we can still achieve our aim of 'observe, monitor and report!'"

One of the typical patrols Captain Roy undertakes is on the border between Lebanon and Israel, also known as the Blue Line. There, the United Nations military observers monitor and report on whether parties are adhering to the ceasefire conditions as set out in the UN Security Council Resolutions.

"When you are on duty you move out to a patrol base close to the Blue Line. Each morning you have breakfast with your team, conduct the pre-patrol administration and then go out.

"On patrol you will go to the Blue Line, establish a temporary observation post, have coffee in the local villages where you speak with locals, and drive around observing.

"After completing that, you head back to base and conduct the post-patrol administration. This is where you report on any violations observed," Captain Roy said.

When on duty Captain Roy stays on a patrol base, but she lives in one of Lebanon's larger cities while off duty.

After completing her training as a Senior Observer, Captain Roy moved into the role of Military Personnel Officer within the headquarters of Observer Group Lebanon. There, she has oversight of the mission's outstations and works with people from many nations across all the teams of military observers.

"You are exposed to so many cultures, you are always learning and get great insights in to their countries."

Captain Roy went to school in Timaru before moving with her family to Wellington, where she attended Wellington Girls' College. She joined the New Zealand Army in 2011 as a reservist while studying at university in Dunedin. She was inspired by her mother, who had also been in the Reserves.

"I grew up watching her and thought it sounded pretty fun".

She had other family members with military experience too; one of her grandfathers underwent compulsory military training, and Captain Roy said he was always really proud of her service. Her other grandfather served in World War II, "although he spoke less about it".

As well as her current posting to the Middle East, Captain Roy previously deployed to Kabul's Camp Qargha in 2018-2019 where she served as a mentor for instructors at the Afghan National Army Officer Academy.

Her message to other women thinking of a pursuing a career in the NZDF is to "go for it". She said in addition to overseas deployments, the NZDF offers training opportunities, leadership development and many different roles.

"There is something for everyone."

REMEMBERING



With the unpredictability of Somali militia shoot-and-scoot tactics whilst under the influence of the hallucinogenic drug ‘khat’, Mogadishu had no peace to keep, writes former soldier Doon Groves, one of the organisers of the recent 30th reunion of the Somalia deployment.

In December 1992, the United States was authorised to lead the Unified Task Force (UNITAF) in Somalia to establish a secure environment for humanitarian operations. This response was prompted by a severe famine in Somalia, where thousands of people were starving and dying. While relief agencies were providing food, the real challenge arose from Somali militia extorting money from these agencies at the Port, delaying the aid distribution.

In March 1993, the United Nations established the United Nations Operation Somalia II (UNOSOM II) to succeed UNITAF. UNOSOM II's mission was to create a secure environment for humanitarian assistance throughout Somalia by implementing disarmament and reconciliation initiatives to restore peace, stability, law, and order.

The New Zealand Government was invited to contribute to UNOSOM II and sent an NZ Army-based Supply Platoon, Royal New Zealand Air Force (RNZAF) personnel, three Andover aircraft, and Staff Officers to the UNOSOM II Headquarters for 12 months.

Additionally, Australian counterparts provided an Infantry Battalion for four months, assigned to a Humanitarian Relief Sector to restore peace, along with an Air Movements Group and Air Traffic Control personnel.

The NZ Sup Detachment advance party deployed into Mogadishu in December 1992 without weapons, which was and is unprecedented. Despite the occasional exposure to hostile gunfire and mortars, New Zealand personnel exhibited remarkable resilience and adaptability in the operating environment.

The Army's supply role in Mogadishu was to receive, store, and distribute rations and general stores to all UN contingents. The small team was at its height, handing supplies to up to 33,000+ UN troops throughout Somalia. The task was made complex at times when forklifts and cranes became unserviceable, resulting in the urgent hand unloading of hundreds of tonnes whilst ships were berthed.

In January 1993, 42 Squadron arrived in Mogadishu and established a tented camp literally right next to the airport runway. Using their Andover aircraft under Op Samaritan, the Air Force conducted humanitarian aid flight operations, plus PSYOPS leaflet drops, and facilitated troop and equipment movements within Somalia.

Hostilities against the US and UN troops escalated in June 1993 after the massacre of 25 Pakistani personnel. With the security situation deteriorating, the next army rotation that arrived in Mogadishu in July 1993 was reinforced with a Rifle Section from 1 RNZIR in what was the first deployment of a New Zealand Infantry element into a combat zone since the Vietnam War. Hostilities between the American Forces and Somalia militia reached a tipping point when the Battle of Mogadishu unfolded on 3 October, with 18 Rangers of the United States Task Force and one Malaysian of the rescue force killed in action, with an estimated 300 to 700 Somalis killed.

Not many peacekeeping missions have an AC-130 gunship providing overwatch during the night, M1A1 Abrams and Bradley Fighting Vehicles at key junctions/entrances, a US Marine Corps, Ready Reaction Group, poised 1 kilometre off the coast of Mogadishu city, Cobra gunships and Blackhawk helicopters patrolling the city, not to mention Task Force Ranger.

The opportunity to deploy back in the 1990s was extremely rare, so to actually do that in a hostile environment, wearing insufficient PPE in soft-skinned vehicles was a huge eye-opener. The deployment allowed you to look at yourself personally and as a New Zealander, plus how we as a people treat and respect others was genuinely humbling. The opportunity to perform haka at our camp for guests from all over the world really brought the team together and was very rewarding.

NG SOMALIA AN AUSTRALIAN & NEW ZEALAND VETERANS' REUNION

Reunion 2024

On 16 April, a small group of Wellington based Somalia veterans attended a State Dinner at Government House as guests of the Australian Governor-General (General rtd) David Hurley. His Excellency was the CO of 1RAR in Baidoa, Somalia in early 1993. The following morning veterans attended a wreath laying ceremony in the Hall of Memories at Pukeahu.

42 Sqn Op Samartian veterans held a pre-reunion gathering on 22 April, hosted by Brett Marshall, Director RNZAF Museum in Wigram, Christchurch.

Wellington CBD was the centre of gravity for Australian and New Zealand Somalia Veterans to conduct their 30-year reunion from 23 to 25 April. A total of 60 veterans and an additional 20 family members attended the 3-day reunion event.

Day One began with a powhiri at Defence House, which was facilitated by WO1 Red Robinson, WO1 Brent Pene, and SSGT Mike Te Hau. Veterans Affairs NZ and the NZ RSA provided presentations outlining their support policies to the veterans and families. That evening, the attendees assembled at the Thistle Inn for three key speakers who briefly outlined the Kiwi and Australian roles and achievements on the Horn of Africa some 30 years ago.

Day Two featured a Wellness Walk along the Queens Wharf and Oriental Parade, followed by a luncheon at the Fox Glove Restaurant overlooking the harbour.



On Day Three, the reunion culminated on Anzac Day with attendance at the Dawn Service at Pukeahu, followed by a special access event inside the Hall of Memories, kindly arranged by the Ministry of Culture and Heritage, with a wreath-laying ceremony and reunion closure speeches. The parading veterans were humbled when the Governor General acknowledged the Somalia Veterans reunion during her Dawn Service address.

The New Zealand Somalia Veterans Committee would like to thank OC TRSC Major Maguire and DSSG Trentham for access to NPF banking facilities to assist with reunion delivery. All veterans would also like to especially thank Veterans Affairs NZ for supporting veterans and families through the Commemorative Travel Contribution and Commemorative Event applications, which made for a delightful event.

If the Battle of Mogadishu had not been made into a Hollywood movie, "Black Hawk Down", the Somalia campaign 30 years ago would invariably have faded into insignificance. Australian and New Zealand Somali veterans will continue to remain engaged so that the Anzac spirit and our service in Somalia are not forgotten. Veterans left Wellington with rekindled camaraderie, souvenir goodie bags, and a desire to meet again sooner rather than later.

SUMMARY TRIAL OUTCOMES

The Armed Forces Discipline Committee has directed that the outcomes of summary trials be published by Single Services quarterly.

While deterrence is one factor in publicising the trials outcomes, it is also important that all offences are treated seriously and our people deserve to know that justice is being done.

It also ensures that command are aware of trends across the NZ Army and sentencing is consistent. This shows that personnel are held to account for their actions, regardless of rank.

MMP

The following table is a collation of summary trials that occurred in Army over the period Jan – Mar 2024

Serial	Rank	Offence(s)	Finding	End point punishment
1.	SSGT	Disobeying a Lawful Command	Guilty	Fine – \$285 Reprimand
2.	PTE	Failure to Comply with Written Orders	Guilty	12 days stoppage of leave
3.	CPL	Avoidance of Duty	Guilty	21 days stoppage of leave
4.	CPL	Disobeying a Lawful Command	Guilty	Fine – \$1107.10, Reprimand
5.	PTE	Avoidance of Duty	Guilty	Fine- \$366.96, 4 days CB
6.	CPL	Committing a Civil Offence namely smoking a Class C controlled drug	Guilty	Reduction in rank
7.	PTE	Absence Without Leave	Guilty	7 days CB
8.	LCPL	Failure to Comply with Written Orders	Guilty	Reprimand
9.	GNR	Loss of Equipment and unclean equip post-ex	Guilty	10 days CB
10.	GNR	Obscuring a motorcycle registration plate	Guilty	6 days CB and fine \$352.54
11.	LCPL	Driving a Vehicle Carelessly	Guilty	Suspension of DDP for 13 days, conduct driver assessment under unit driving instructor
12.	SPR	Failure to Comply with Written Orders	Guilty	Fine – \$366.94 and 5 days CB
13.	SGT	Failure to Comply with Written Orders	Guilty	Ordered to attend an NZDF SERR workshop

STRENGTH TRAINING AND THE MODERN SOLDIER

By MAJ (Dr) Jacques Rousseau OIC HPC

Hormones and Strength Training

Continuing with the series on strength training, this month we take a look at the role our hormones play when training for strength. Hormones are part of the endocrine system which plays a crucial role in strength training. The endocrine system is a complex network of glands and organs in the body that produces and secretes hormones.

Hormones are essentially chemical messengers that regulate various physiological processes, such as metabolism, growth and development, tissue function, sexual function, reproduction, sleep, mood, and more. This system plays a crucial role in influencing various aspects of muscle growth, recovery, and performance.

Let's have a look at some key hormones and their roles in strength training:

1. Testosterone: Testosterone is the primary male sex hormone, but it's also present in females in smaller amounts. It plays a vital role in muscle protein synthesis, which is the process by which muscles grow and repair after strength training. Higher levels of testosterone can increase muscle mass and strength. Strength training, particularly heavy lifting and compound exercises, can stimulate the release of testosterone.

2. Growth Hormone (GH): Growth hormone is essential for muscle growth, repair, and recovery. It stimulates the production of insulin-like growth factor 1 (IGF-1), which promotes muscle protein synthesis and prevents protein breakdown. Intense strength training, especially with short rest intervals and high volume, can increase GH secretion.

3. Insulin-like Growth Factor 1 (IGF-1): IGF-1, as mentioned earlier, is produced in response to GH and plays a key role in muscle growth and repair. It stimulates the production and distinction of satellite cells, which are involved in muscle repair and hypertrophy. Satellite cells are the precursors to skeletal muscle cells and are responsible for the ability of muscle tissue to regenerate.

4. Cortisol: Cortisol is a stress hormone that, in high levels, can have catabolic effects, i.e., breaking down muscle tissue for energy. While acute increases in cortisol during strength training are normal and can even be beneficial for adaptation, chronic elevations due to overtraining or inadequate recovery may lead to muscle loss and hinder strength gains.

5. Insulin: Insulin is primarily known for its role in blood sugar regulation, but it also has anabolic effects. It promotes the uptake of glucose and amino acids into muscle cells, facilitating muscle growth and recovery. Strength training can improve insulin sensitivity, enhancing its anabolic effects.

6. Epinephrine and Norepinephrine: These hormones, also known as adrenaline and noradrenaline, are released during intense exercise, including strength training. They increase heart rate, blood flow to muscles, and energy availability, enabling greater performance during workouts.

7. Thyroid Hormones: Thyroid hormones, such as thyroxine (T4) and triiodothyronine (T3), regulate metabolism and energy expenditure. They can influence muscle strength and endurance indirectly by affecting metabolic rate and energy production.

The type of exercise that is best for hormonal stimulation depends on the specific hormones you're targeting and your fitness goals. However, certain types of exercise are generally effective for prompting hormonal responses that support muscle growth, fat loss, and overall health. Here are some recommendations:

1. Strength Training (Resistance Exercise):

Testosterone and Growth Hormone: High-intensity resistance training, especially with compound exercises like squats, deadlifts, bench presses, and rows, can stimulate the release of testosterone and growth hormone. Focus on using challenging weights and moderate to high repetitions for optimal hormonal response.

Insulin Sensitivity: Resistance training improves insulin sensitivity, especially when combined with short rest intervals and high-intensity techniques like supersets or circuit training. This can help regulate blood sugar levels and promote fat loss.

2. High-Intensity Interval Training (HIIT):

Growth Hormone and Fat Loss: HIIT workouts, which involve short bursts of intense exercise followed by brief recovery periods, can increase growth hormone levels and enhance fat burning. The intense nature of HIIT also stimulates the release of catecholamines like adrenaline and noradrenaline, which can boost metabolism.

Insulin Sensitivity: HIIT has been shown to improve insulin sensitivity and glucose metabolism, making it beneficial for overall health and weight management.

3. Endurance Exercise:

Endorphins and Mood: Moderate-intensity endurance exercise, such as jogging, cycling, or swimming, can stimulate the release of endorphins, which are natural feel-good hormones that help reduce stress and improve mood.

Thyroid Function: Regular aerobic exercise can improve thyroid function and metabolism, supporting overall energy levels and weight management.

4. Flexibility and Mobility Training:

Cortisol Reduction: Activities like yoga, Pilates, and stretching can help reduce cortisol levels and promote relaxation, which is beneficial for stress management and recovery.

5. Balanced Exercise Routine:

Rest and Recovery: Adequate rest and recovery are essential for hormonal balance and optimal performance. Overtraining and chronic stress can lead to elevated cortisol levels and hinder progress.

A well-designed strength training programme that incorporates compound exercises, progressive overload, adequate rest, and proper nutrition can optimize hormonal adaptations and promote muscle growth and strength gains.

Ultimately, the best type of exercise for hormonal stimulation depends on individual factors such as fitness level, preferences, and goals. A well-rounded exercise programme that includes a mix of resistance training, cardiovascular exercise, flexibility work, and adequate rest will provide the most comprehensive hormonal benefits.

WHEN WE SAY WE'RE COMBAT READY WE MEAN IT

NZ Army Reservist soldiers take part in Exercise Tauwharenikau in the Waiouru military training area alongside visiting soldiers from the Australian Army.

Photos: CPL Maddy Butcher

By Jo Priestley



“

The training has an edge to it, it needs to, as our people need to be prepared.

– LTCOL Nick Jones

More than 300 New Zealand Army Reservists and their Australian counterparts gathered at Waiouru Army Training Area over nine days to take part in the largest collective Reserve Force exercise in nearly 20 years.

Reserve Force soldiers traded their suits for boots as part of Exercise Tauwharenikau, a simulated conflict exercise based on unrest on a fictional island in the South Pacific. The exercise incorporated missions that were both intelligence-driven, and action-based.

The lead unit for the exercise was Army Reserve Battalion, 3/6 Royal New Zealand Infantry Regiment. Commanding Officer, Lieutenant Colonel Nick Jones, said the exercise was designed to replicate the scale and complexity of operations our soldiers are likely to encounter once deployed overseas.

“It developed and enhanced our reservists’ ability to effectively work alongside each other as a collective, to integrate with the Regular Force, and to enhance our interoperability with our Australian allies also attending.”

“Our soldiers experienced operating within a combat team framework made up of a light infantry rifle company consisting of rifle platoons from both the NZ and Australian Army Reserve Forces, a command-and-control centre, an unmanned aircraft system (UAS) detachment, communication specialists, intelligence specialists, a mounted reconnaissance section, combat service support specialists, combat engineers and medics (including dental support).

“We also trained with RNZAF NH90 helicopters and NZ Light Armoured Vehicles (NZLAV) deploying soldiers into remote and challenging environments, as well as utilising a combat engineer dog handler and his Explosive Detection Dog – Flicker.”

For many Army Reservists, it was their first exposure to an NH90 and the NZ Army LAV, and according to reservist Private Tayla Craigen (2/4 RNZIR) it was a highlight of the exercise.

“I joined the reserve force to give back to my community but also out of a sense of adventure and love of being in the outdoors. Being in an NH90 was a new experience I will never forget and something I wouldn’t have been able to do as a civilian.”

“Reserves from other Army trades are integrated with the infantry company to provide essential specialist skills. This enhances the combat capability of the infantry company creating what is known as a combined arms combat team.”

LTCOL Jones said when the Army talked about being ‘combat ready’, they meant it.

“The training has an edge to it, it needs to, as our people need to be prepared. We need to be prepared to fight alongside each other, our Regular Force, and our Australian ally – that’s what I mean by being combat ready.”



He said Exercise Tauwharenikau was supported by a team of experienced officers and soldiers who have “been there and done that” and now they’re passing on their knowledge to our reserve force members.

Major John Dunn, Australian Army Contingent Commander, said 38 Australian reservists took part in Exercise Tauwharenikau.

“Enabling our Australian reservists the opportunity to take part is vital to building and strengthening the Australia – New Zealand relationship that we’ve nurtured for over 100 years. We have our similarities in the way we work but we also have our differences and that’s why this exercise is important – so we can adapt to each other and work efficiently together.”

PROJECT CONVERGENCE

Project Convergence Capstone Four (PC C4) is the premier US Army experimentation campaign of learning, seeking to define how the US Army, US Joint partners and its ABCANZ partners will fight in a future multi-domain battlespace.

It is a sustained campaign designed to advance and integrate allied force modernisation objectives and ensure we can “converge” effects across the battlefield at network speeds. PC C4, conducted earlier this year in Camp Pendleton and the National Training Centre in California, was the culminating experimentation event for the US Army and its Joint and multi-national partners.

For New Zealand, PC C4 represented a comprehensive platform for testing, learning, and advancing our capability development, ensuring New Zealand remains at the forefront of military innovation and coalition warfare readiness. This is New Zealand’s first active participation within the Convergence series following on from observations of the capstone event in 2022. Personnel from Army General Staff, the Land Component and the Networked Enabled Army (NEA) programme combined to develop a concept for NZ Army experimentation alongside our ABCANZ and multinational partners. This focused on leading-edge command and control and fires systems and technologies. PC C4 provided an opportunity to assess the NZ Army’s Network Combat Force and NEA technologies and the ability to integrate with allies and partners in the conduct of large-scale combat operations.

As part of its goals for the activity, New Zealand forces worked alongside Australian forces to integrate a Motorised Infantry Battle Group (MIBG) Headquarters framework and fires capabilities into an Australian brigade. The focus on enhancing interoperability and effectiveness within coalition operations alongside NZ Army’s ally highlighted New Zealand’s commitment to Plan ANZAC and the force generation

of the MIBG. The scenarios involved engaging live Opposing Force (OPFOR) based on the Decisive Action Training Environment (DATE) tactics which tested participants and pushed the capabilities in play to their limits (NB. NZ Army has recently adopted DATE- INDOPACIFIC to define its training adversary, capabilities and tactics).

The Senior National Officer for the deployment Lieutenant Colonel Dom Wylie says contributing to Project Convergence has been a pivotal initiative for the NZ Army.

“It marks a significant milestone in New Zealand military collaboration and technological advancement. The project offers a unique opportunity to train in Live, Virtual and Constructive (LVC) environments amongst high-threat emitters, presenting realistic challenges and learning experiences for the involved personnel”.

The contingent, made up of signallers, artillery, intelligence, infantry and logistics personnel, provided a combined arms approach to delivering the experiment outcomes. Gunner N. of 16 Field Regiment spoke about their interactions on the experiment. “The collaboration with the Australians was an awesome experience, particularly in understanding how missions and orders can be effectively executed using the AFATDS to ARCFIRE system and vice versa. This new system has proven its worth, especially in our joint operations, instilling in me a sense of confidence in its capabilities.”

Being so far from home and without significant resources to keep equipment up and running meant logistics needed to be flexible and ready to meet the challenges of a complex and ever changing environment. Lance Corporal Caitlin Moffat, an electrical fitter with 2CSSB, worked hard to deliver much needed support to ensure the success of the activity. “It has been a journey of honing a mix of trade skills, ranging from basic to advanced, to meet the diverse needs of the mission. I have also had to learn about a power system that is starkly different from back home and ensure our equipment is safe to operate on it.”

“

The project offers a unique opportunity to train in Live, Virtual and Constructive (LVC) environments amongst high-threat emitters, presenting realistic challenges and learning experiences.

– LTCOL Dom Wylie

Assistant Chief of Army Training (G7), Colonel Aidan Shattock says being involved with activities like PC C4 ensures NZ Army personnel are combat ready and improves the ability to work within a coalition environment as a valued and trusted partner.

“Experimentation at this scale is essential for defining our future force structures and capabilities to meet the challenges of an increasingly complex and uncertain security environment.

“The interoperability goals we achieved proved our ability to operate in a highly technical, complex and data saturated Joint multinational environment, setting the conditions for success on the battlefield of the future.”

The Convergence series is set to continue, with more regular touch points between ABCANZ nations as they all keep a close eye on the changing trends in warfare. Future participation for New Zealand has the potential to expand across the services and will see more technologies and concepts tested. This essential experimentation will then drive future capability development and decisions.



THOSE WHO HAVE THE COURAGE

The History of the Royal New Zealand Armoured Corps and predecessor forces
By Matthew Wright
Published by Oratia

The first thing that strikes you about this book is its sheer size, it is a heavy, A4 sized hardback that runs to over 600 pages. The design and production quality is first class, almost a third of the book is dedicated to multiple, detailed appendices which cover aspects of the history of the corps and the units that preceded it.

This volume is the result of work by the RNZAC history project charitable trust. The trust engaged Chris Pugsley as historical adviser and with his assistance, undertook the fund raising, research and background work necessary to produce this volume. The trust engaged historian Matthew Wright as author and thanks to his work, we have this definitive history of mounted troops in the service of New Zealand.

The chapters step the reader chronologically through the evolution of mounted forces in New Zealand, from colonial times to the present day. Detailed chapters on WW1 and WW2 provide a superb overview of both the roles played by mounted troops and the evolution of the vehicles which replaced the horses.

Throughout the book, personal accounts of individuals on operations provide a valuable and often amusing human perspective. J-Force, Korea, Vietnam and more recent operational service is also recounted alongside details of equipment and establishment changes as the corps evolved through the post WW2 years. The text is broken up with copious illustrations and a series of very good maps provide an excellent accompaniment. Matthew Wright has taken a detailed, complex and multifaceted subject and written a very readable and informative book.

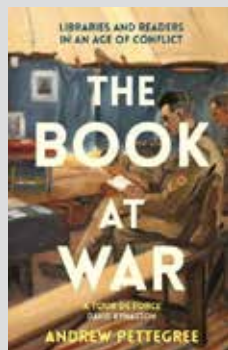
Many, like me, are probably familiar with the WW1 and WW2 histories which tend to be infantry focused. Wright has done a wonderful job of telling the detailed story of the mounted troopers, and what they experienced.

Of course, 600 pages isn't enough to cover everything. The trust clearly knew what it wanted to be included and what it felt was necessary to cover in an official history. This is not a personal memoir or a social history so disappointingly, but not at all surprisingly, there is very little mention of personalities and characters, be they particularly long serving, eccentric or otherwise notable individuals. Nor are incidents or accidents which brought glory or sorrow to the corps covered in any detail.

I have never worn a black beret but have plenty of mates who have. The fierce parochialism and pride of members of the RNZAC is well known and when you read the long history of the mounted soldiers, you understand where that pride comes from, and how justified it is.

To my mind, the quintessential appeal of the corps at its most basic but pragmatic level is articulated by Trooper Jack Brunton, a CMT soldier who, when asked why he chose the RNZAC said "I didn't see any reason I should walk when I could get a ride"....why indeed.

This book will become the go to volume for anyone wanting to know anything about the origins, operations or organisation of mounted troops in the service of New Zealand. Anyone who has served in the RNZAC should be justifiably proud of their heritage. Matthew Wright has done a superb job of telling us why.



THE BOOK AT WAR

Libraries and readers in an age of conflict
By Andrew Pettegree
Published by Profile Books

When this tome arrived for review at *Army News*, the Editor handed it to me with a slightly bemused look on her face, commenting that she didn't know anything about it, hadn't requested it but that it would be worth a review. I enjoy books and find the study of war can be fascinating, so what was there to lose?

Well dear reader, I read through these books and write these reviews so you can decide if the book being reviewed is a title you want to aid your professional development, or if it is better left off your reading list. This book is a bit of an enigma because it is, I suspect, a title that will probably fall very much into the second category for most, if not all of you, BUT which is technically superb.

The book is extremely well produced, it is a quality hardback that is also very well written, illustrated, indexed and referenced. So what's my beef? – it's the subject matter. The cause of my displeasure is revealed by the sub-title, "Libraries and readers in an age of conflict", which frankly provides a far more accurate overview of what this book is about than the main title.

If the history of libraries and how their collections were impacted by war (in particular, European libraries in WW2) is of interest, then this is the book for you. While primarily focused on libraries, Pettegree also examines the role of books in wartime as instruction manuals, propaganda, maps, loot and welcome distractions to readers who are being bombed.

There is no coherent narrative thread tying the chapters and concepts and ideas together. A couple of times while reading this book I found myself asking what it was supposed to be about. There is a very literal narrative which tells the reader about exactly what it says it will on the cover – books in wartime...who reads them, what do they read, how does war impact the publishing trade etc.

What makes it a bit of an enigma is that despite the dry subject matter and sometimes seemingly disjointed narrative, Pettegree writes in a way that manages to make it both interesting and informative. The author is an academic and anyone familiar with my reviews will know that I am wary of books written by academics because they are often written in that academic style which doesn't really lend itself to enjoyable, informative reading.

All that being said, IF you decide to read this book, you will at least know what you are letting yourself in for.

ARMY LEAVE CENTRES

Our Leave Centres are quality self-contained holiday accommodation at a competitive cost. The Centres are located in popular holiday destinations throughout New Zealand and available to all NZDF employees, military families and ex-military personnel.

Mount Maunganui Victoria Road

4 Units are all identical – 3 bedrooms and sleep 7. Unit 4 has been designed for disabled access and has a “magic lift” and wet floor shower.

A popular destination with holidaymakers all year round, Mt Maunganui has a temperate climate and is ideal for those who enjoy surfing, swimming and fishing, as well as the beachside café culture. Also enjoy a discounted visit to the local Mount Hot Pools. The four units are located in Victoria Road, Mt Maunganui. All Units are two storey with two bedrooms, a bathroom, and the living areas located upstairs with one wheelchair accessible unit. The garage, third bedroom and 2nd bathroom are downstairs. The Leave Centre is ideally located close to the main swimming beaches and lively town centre.

Rotorua Kain Avenue

3 Units are all identical – 3 bedrooms and sleep 7

Rotorua, rich in culture and natural wonders is top of the list for many tourists. The area is well known for its thermal activity and Māori heritage. Enjoy the picturesque mountain biking or thrilling luge. There are four units available in Kain Avenue, Rotorua. Units 1-3 are three bedroom and sleep seven persons.

Taupō Alberta St, Acacia Bay

6 Units – Units 1 & 6 sleeps 7 (3 bedrooms)

Units 2–5 sleeps 6 (2 bedrooms)

Taupō is renowned for its trout fishing in the crystal clear lake and its adventure tourism activities. The Army Leave Centre enjoys a peaceful setting just a short walk from the lakeside. Taupō can also be used as a base for skiing Mount Ruapehu in the winter.

Napier Tom Parker Avenue

3 Units – Unit 1 & 2 sleeps 7, Unit 3 sleeps 7

One of our most popular destinations. Unit 1 and 2 are three bedroom town houses and Unit 3 is an “Art Deco” styled Unit. The townhouse units have an open plan living area, while Unit 3 has separate living and dining rooms. The Leave Centre is ideally located just a short drive from the renowned Art Deco city centre and the surrounding Hawkes Bay vineyards.

Wellington Cuba Street

3 Apartments – each sleeps 6

The Apartments are located right in the heart of Cuba Street providing easy access to one of Wellington's main shopping and entertainment quarters. The facilities that are available and part of the Wellington Apartments are a lap swimming pool, a spa pool, a communal sun deck and a gym. Two apartments bedding configuration is a Queen Bed, 2 x Single Beds and a bed settee in the lounge area. 884 has 2 x queen beds and a fold out bed settee in the lounge. Being centrally located, users will be able to walk to facilities such as the Wellington's famous Cable Car, Te Papa and Sky Stadium. If you feel like taking a day trip out to the Hutt Valley or Johnsonville to explore, the Wellington Railway Station and the main bus terminals are within walking distance.

Hanmer Springs Jacks Pass Road

3 Units – sleeps 6

With its therapeutic hot pools located just yards away from the units, Hanmer Springs is a popular year-round destination. The cosy alpine units here are two bedroom and sleep up to six people: have a double bedroom, and two sets of bunks. Situated in Jacks Pass Road the units are convenient to pubs, restaurants, and shops and are an ideal base for skiers and trampers.

Wanaka Mt Aspiring Road

2 Units – Unit 1 sleeps 6, Unit 2 sleeps 8

Skiing, tramping and fishing are often on the agenda of those who visit the Wanaka Leave Centre. It is an ideal base for skiing Cardrona and Treble Cone ski fields. The journey along the highways to Wanaka have some of the most spectacular scenery New Zealand has to offer, including the Lindis Pass. The two units are situated in a wooded alpine setting with views over Lake Wanaka. Unit one has two bedrooms with a double bed and two sets of bunks. Unit two is the larger unit and can accommodate eight people; it also has two bedrooms, one double bed, and a bunkroom with three sets of bunks.

Waikanae Tutere Street

3 Units – each sleeps 6

The Waikanae Leave Centre is located in Tutere Street right on the beachfront with views over the Kāpiti Island. Just over an hour drive from Wellington the three Waikanae units cater for six people. All units are identical with 2 bedrooms, one with a queen bed and another with two sets of bunks.

For more information and bookings contact
army.leavecentre@nzdf.mil.nz
0800 111 823

TATTOO ARTIST MAKES HER MARK IN ARMY RESERVES

By Sergeant Caroline Williams

“
I do this because I want to be able to help and give back to the community,

– PTE Shannon Ruscoe

In her day job, Shannon Ruscoe is a tattoo artist working out of a studio in Christchurch. But during select evenings and weekends she's an Army Reserve Force soldier with the 2nd/4th Battalion, Royal New Zealand Infantry Regiment, based out of Burnham.

PTE Ruscoe has recently returned from training in Waiouru. “I do this because I want to be able to help and give back to the community,” she says. “Both my parents were in the Defence Force – my Mum was Army and my Dad was in the Air Force. I heard lots of stories as I was growing up.”

Reserve Force soldiers and officers generally train one weekend per quarter, as well as parade nights on weekday evenings twice a month. They are expected to commit to a minimum of 20 days a year, and will frequently supplement regular force units in New Zealand and overseas.

Corps training includes weapon handling, first aid, field craft, navigation, fitness training and teamwork.

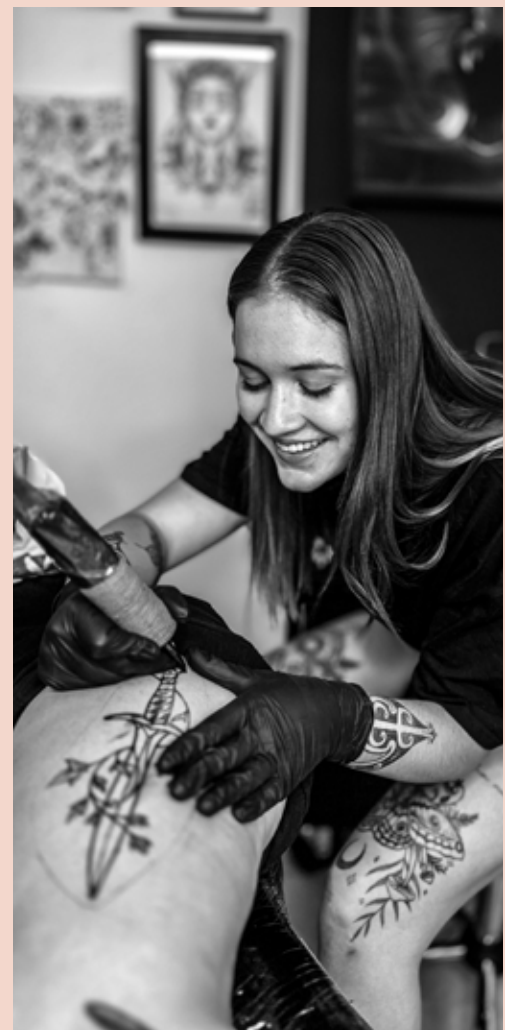
Private Ruscoe joined 2/4 Battalion in the middle of 2023. She had previously done five months in Officer Cadet School but left for health reasons. The Reserve Force training keeps her connected and she plans to re-enroll in the future.

“We're a busy unit,” she says. “We have lots of parade nights throughout the month, and then a weekend in the field to summarize what we've learnt.”

The weekend's activities are a lot of fun, but her favourite part of being with 2/4 Battalion is the people. “When you go through these challenges, you build a lot of camaraderie. We've got a lot of hard working people, ranging from university students to doctors and lawyers. There's so many different backgrounds.”

She's been a tattoo artist for over two years, working in her own business Crimson Rose Tattoo in a shared studio. Some of her customers have been Army colleagues.

She likes the Reserve Force training for that feeling of accomplishment. “You feel like you're being pushed outside your comfort zone. It helps in all aspects of your life. Building resilience is a big one, but there's small things you don't even notice that improve your everyday life, like time management and being organized. It's good experiencing that routine.”



Military working dog Flicka was ready for action and keen to get started during Exercise Tauwharenikau recently.

Photo: CPL Maddy Butcher

