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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: Exercise Red Kukri
involved around 250 soldiers
from the NZ Army's 2nd/1st
Battalion, integrating with around
200 troops from the 1st Battalion
RGR, part of the British Infantry
comprised of Nepali soldiers.

Photo: CPL Rachel Pugh

“
I leave
knowing
that you will
always rise
to meet that
challenge.

– MAJGEN John Boswell

END OF AN ERA FOR MAJOR GENERAL JOHN BOSWELL

By Jo Priestley



More than 40 years after completing his own Officer Cadet training, Chief of Army Major General John Boswell, DSDI returned to Waiouru to formally relinquish his command of the New Zealand Army. The ceremony took place at the Waiouru Marae on Friday 7 June 2024, where CA handed back the symbols of his command, the hoe and korowai.

The process to select his successor is underway with an announcement expected next month. In the meantime, Deputy Chief of Army, Brigadier Rose King, is Acting Chief of Army. At the same ceremony the Sergeant Major of the Army, Warrant Officer Class One Wiremu Moffitt relinquished his role and taonga.

MAJGEN Boswell entered the marae after reviewing a 50 person Guard of Honour. The ceremony opened with a karakia followed by several speakers before he handed his taonga to the Marae for safekeeping. A waiata and prayer closed the ceremony.

His final task before the ceremony was to review the March Out of Regular Recruit Course 414, the Army's newest soldiers at a graduation parade held earlier in the day.

MAJGEN Boswell said the Army they join is very different from the Army he joined all those years ago yet its core purpose remains exactly the same – to be equipped, trained and combat ready to protect the interests of New Zealand.

“Their future, however, is based on the same foundations of the Army I joined – our values of courage, commitment, comradeship and integrity, and an ethos of loyal and honourable service.

“The global security situation our Army faces is both complex and challenging. It is a circumstance that demands of all a demonstration of those values daily and, in particular, when you are deployed operationally. I leave knowing that you will always rise to meet that challenge.

“I look back with pride on my career, especially the deployments to Angola, East Timor, the Middle East and Afghanistan and of course the honour of commanding the New Zealand Army for the past six years.

Throughout his career, Major General Boswell has held many roles, including:

- Chief Instructor of Combat School
- Director Army Training
- Military Assistant at the New Zealand High Commission in London
- Head of Strategy Management (Army)
- Acting Deputy Chief of Army

A MESSAGE FROM COMD TRADOC (NZ)

Colonel Lisa Kelleher

“

Training is a means in which to build our overall capability no matter the environment, equipment or adversary.

– COL Lisa Kelleher

Poipōia te kakano, Kia puāwai Nurture the seed and it will blossom

Training affects us all. Whether civilian or military we all undertake training during our lives. It is through training that we learn new knowledge and skills, enhance and build on previous experiences and learnings, and stretch ourselves to turn potential into performance. Training enables us to grow, develop, and perform at our best capabilities.

As members of the New Zealand Army, we have a constant requirement to train and develop to meet our outputs. TRADOC (NZ) has the responsibility to deliver individual training to the New Zealand Army. This training is iterative, and the courses required, how this is delivered, what is delivered, and when, is subject to continuous improvement.

In April's *Army News* an update was provided on the implementation of the Decisive Action Training Environment – Indo-Pacific (DATE-IP). This has seen TRADOC (NZ) coursing take on a realistic modelled operating environment under the training scenarios of Operation Swift Defender. For students and staff alike, this has meant learning a new 'Blue and Red' Force and standardisation of scenarios, in line with our Australian counterparts. This has enabled a real ability for students to step away from traditional templates and take on the challenge of a contemporary and dynamic adversary across the different levels of coursing.

While there is more to do as we adjust in this area, simulation support continues to be developed enabling individual and collective opportunities for high quality, relevant and challenging training. The application of this within a wider partner network is currently being explored, including the potential to be the basis for Exercise Suman Warrior 25 which TRADOC (NZ) will be hosting as part of Five Power Defence Arrangement (FPDA) exercise in New Zealand next year.

Implementing Army's Capstone Orders along with Plan ANZAC, has seen TRADOC (NZ) continue to work to align with Australian Army doctrine, and what this means in relation to our current coursing construct. This gives us the opportunity to leverage learning content, but most of all allows us to more effectively integrate with Australia and be interoperable with other partner Land Forces. The exception to this is where our capability or cultural differences require us to have our own doctrine/coursing or an addendum to Australian doctrine. As with all our new capabilities being brought into service, TRADOC (NZ) coursing supports Capability Branch development and adjustment of training to ensure that you have the most current NZDF capabilities available in your learning.

Ongoing modernisation in the delivery of training through continuous improvement sees increasing use of simulation, technology and where able the ability to modularise coursing content. This is being supported through New Zealand Defence College and Defence Digital Group.

We continue to build on foundations of leadership, command, resilience, field craft and application of war fighting skills including live firing, through demanding and testing field exercises. While our Army training is proven and robust, the work that is being undertaken continues

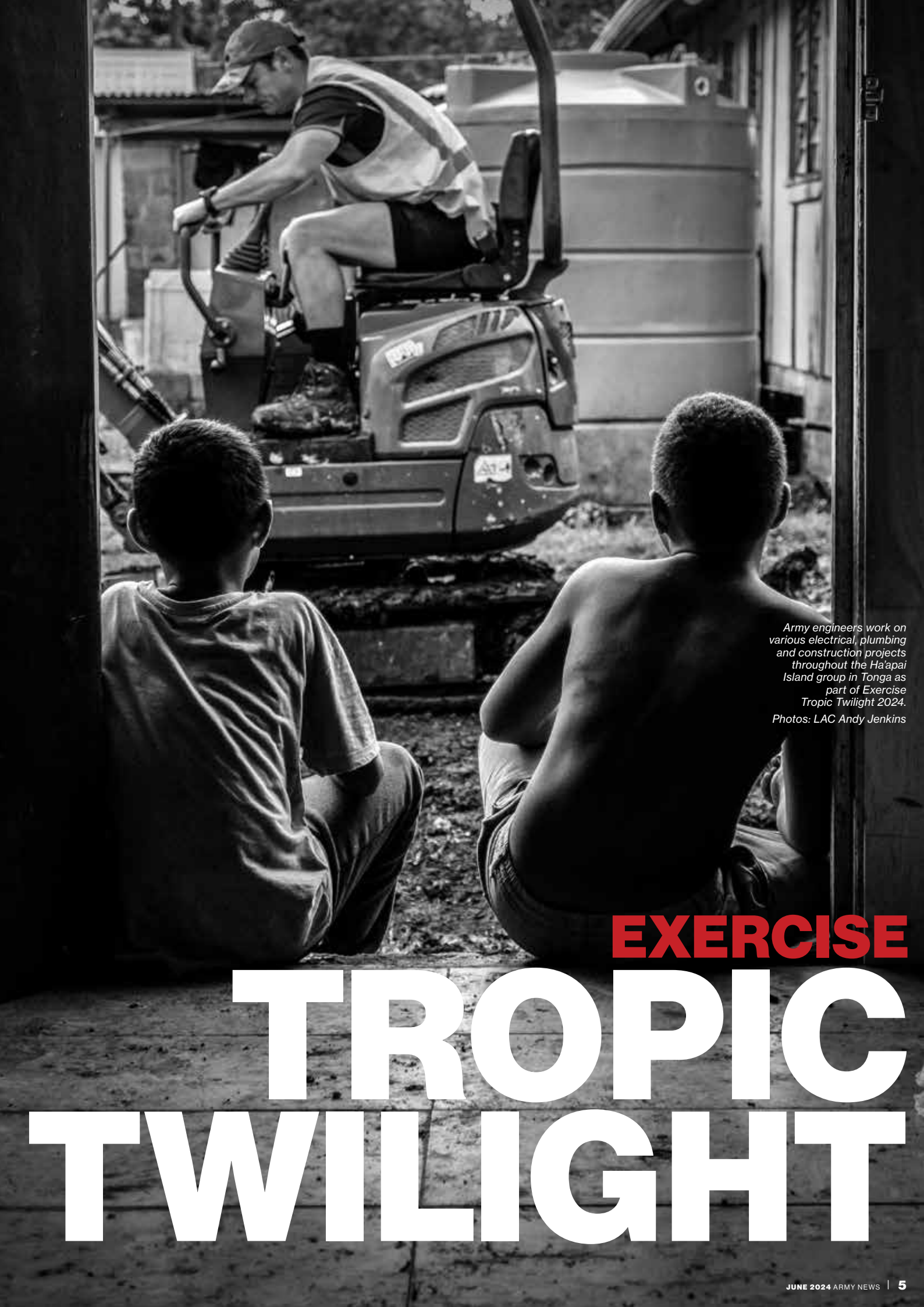


to refine what and how we deliver training. Where significant changes have occurred, bridging courses will be made available to enable you to maintain your skills and be current, competent and capable. I encourage you all to seek out opportunities outside of your required courses, to upskill and be aware of the developments being made, by being members of supplementary staff to exercises and courses.

Amongst these changes, personnel within TRADOC (NZ) have continued to contribute to operational missions, been members on exercises in support of 1(NZ) Bde, such as Exercise Tropic Twilight, and we currently have personnel in the Pacific assisting in the delivery of partner nations' recruit training. Plan ANZAC has also created significant opportunities for instructors and students alike to engage with our Australian counterparts, with both Armies having personnel attend each other's training activities and courses to support, develop and learn from each other.

So while there is a lot occurring in the training space, a common thread is ongoing improvement. Our training remains robust and effective. Training is a means in which to build our overall capability no matter the environment, equipment or adversary. We are enabled to apply our technical and professional skills to succeed in our domains on a daily basis. To consolidate these skills in collective training, and ultimately deliver to a world class standard in operations be that domestic or internationally.

As a final note, I wish to acknowledge the outstanding instructors who enable and facilitate our training. Delivering training is a rewarding but challenging role. Thank you for your dedication and efforts in training today's force which will enhance our future.



*Army engineers work on various electrical, plumbing and construction projects throughout the Ha'apai Island group in Tonga as part of Exercise Tropic Twilight 2024.
Photos: LAC Andy Jenkins*

EXERCISE
TROPIC
TWILIGHT

REBUILDING TONGAN ISLAND GROUP POST ERUPTION

By Laura Jarvis



“

I am confident that if we were required to deploy at short notice in support of disaster relief we could seamlessly integrate with our Pacific partners.

– MAJ James Brosnan

The New Zealand Army has led five weeks' worth of building work on a remote island group in Tonga which will help the kingdom better respond to natural disasters.

The annual Ministry of Foreign Affairs and Trade-funded Exercise Tropic Twilight was held in Tonga for the second year in a row to support the relief from the 2022 Hunga Tonga – Hunga Ha'apai eruption. The NZ Army was joined by soldiers from Tonga, Vanuatu, Fiji, Papua New Guinea, Australia, United Kingdom and Japan. Over five weeks the 74-strong multinational contingent tackled several projects in the Ha'apai island group.

The work covered four main sites; the Ha'ateiho Community Centre, the Meteorological Centre, Pangai Government Primary School, and Koulo Government Primary School.

From new toilets, showers, a kitchenette and playgrounds to upgraded plumbing and electrical work, the projects focused on creating accessible and secure places for people to gather in natural disasters, with durable infrastructure to provide power and clean water. Senior National Officer, Major James Brosnan, said the work would support communities for years to come.

"I am immensely proud of the contingent and all they have achieved," he said.

"From solving the complex problem of getting our people and equipment to the remote location, through to the construction, medical and dental capabilities which have left a tangible impact on the communities in Ha'apai."

Corporal Maitlin Kakau worked at the troop's largest site, the Ha'ateiho Community Centre and it was different to any job he had run in New Zealand.

"Working with electricians, carpenters and plumbers from different countries was stressful at times – there was a bit of a language barrier to begin with, but we were able to work through it, helped by our similarity in training.

"What we achieved in a short time was amazing. It's special to know it is going to such a good use."

A New Zealand Defence Force (NZDF) dental team saw almost 200 patients, performing fillings, extractions, root canal treatments and hygiene appointments. Working with field kits out of the old hospital on Lifuka, Captain Amanda Rowe said she was proud of how her team got the job done, especially as they were a lot busier than anticipated.

"We were seeing on average 12 people a day. In the humid conditions with limited supplies, everyone worked together, under the pump, to problem-solve and get the work done."

Captain Rowe said she joined the NZDF to make a difference in communities that need help.

"When people come in who are in real pain and you can help them, it's a rewarding feeling," she said.

Major Brosnan said working on a remote island presented a few challenges. Supplies were limited and material sometimes took weeks to arrive.

"However our military training, collaborative approach and can-do attitude allowed us to resolve them to ensure our tasks were achieved to a high standard," he said.

Tropic Twilight was also a chance for personnel to learn more about the Tongan culture, food, nature and lifestyle.

"Working alongside Tonga's His Majesty's Armed Forces meant our units were fully integrated with the local culture. The hospitality and gratitude shown by the community was second to none," said Major Brosnan.

"It was pleasing to see how quickly the NZDF and our international partners integrated.

"I am confident that if we were required to deploy at short notice in support of disaster relief we could seamlessly integrate with our Pacific partners," he said.

SPARKED BY EXOTIC START TO MILITARY CAREER

“

There are lots of amazing women in engineering within the New Zealand Defence Force and we all support each other.

– LCPL Krimson Pamata

Lance Corporal Krimson Pamata has just started out as a New Zealand Army electrician but has ticked off an early career highlight – sleeping under mosquito netting on a remote Tongan island and tackling the challenge of not being able to duck down the road to get electrical supplies.

LCPL Pamata recently took part in Exercise Tropic Twilight. More than 60 NZ Army personnel partnered with Tongan forces to complete construction projects supporting resilience against natural disasters and provided a free dental clinic.

She completed her apprentice qualification last year and it was her first deployment with the NZ Army. The isolated Ha'apai islands made for a unique work site compared to Linton Military Camp.

“When I first thought about joining the Army, I never thought I would end up in such a remote location and sleeping under a mosquito net every night, but it was the highlight of my career,” LCPL Pamata said.

Tropic Twilight projects included upgrades and repairs to the Ha'ateiho Community Centre, the Meteorological Centre and Pangai Government Primary School. These provide communities with easily accessible places to gather, shelter and provide clean water during a natural disaster.

“We had a complete field set-up there and we made do with what we had. You couldn't go to a store as you can in New Zealand, if you didn't have the exact supplies you needed, you just had to adapt,” she said.

“We upgraded switchboards, lights and mains and fitted out the new ablutions block. Some of the set-up before was rusting, falling apart and exposed. We made it safer, more efficient and increased the overall lifespan.

“All those jobs might be small to us, but you know you are making a big difference.”

LCPL Pamata said she loved being a sparkie and there was a good sense of job satisfaction.

“When you see the lights come on, and know you can do a technical job not everyone else can – it's a cool feeling.”



She was one of only three females in the 38-strong construction troop but said that didn't stop her from getting stuck into the job in Ha'apai or back home.

“Some people are shocked to see a female turn up to the site but I have gotten used to it and it doesn't faze me anymore,” she said.

Tropic Twilight provided the opportunity to work with electricians from Tonga, Australia and Japan has helped to grow her skills.

“Everyone has a different way of doing things so it was great to learn how others would tackle a problem,” she said.

COMMANDING A CONSTRUCTION TROOP IN TONGA

By Laura Jarvis



For Lieutenant Jokaveti (Sue) Waqanivalu, being in Tonga's remote Ha'apai islands with the New Zealand Army's Exercise Tropic Twilight reminded her of her home country Fiji.

As the Construction Troop Commander she had a key role in the annual humanitarian exercise, which saw skilled tradespeople support local projects that will help boost the Pacific kingdom's resilience to natural disasters.

Lieutenant Waqanivalu moved to New Zealand when she was four years old and grew up in south Auckland.

She said the Fiji village she's from was not unlike those in Ha'apai.

"As soon as we arrived at the wharf and I saw how similar it was, it made the tasks feel a lot closer to home," she said.

While looking after 37 personnel on deployment was at times a steep learning curve, Lieutenant Waqanivalu said her Fijian heritage meant she had a greater understanding of local ways.

"You make do with what you have out there and you needed to tap into the local networks.

"There was a lot of problem-solving on the spot, something I was very proud of my team for.

"It was fulfilling work, watching the walls go up, the lights turn on and the plumbing switch over."

Almost 60 NZ Army personnel were joined this year by soldiers from Tonga, Vanuatu, Fiji, Papua New Guinea, Australia, United Kingdom and Japan, spending five weeks in the Ha'apai islands completing health and construction projects.

The main projects for the New Zealand unit included the installation of a new accessible ablution block and kitchenette at the Ha'ateiho Community Centre, and updated electrical work and an improved water collection system for the Meteorological Centre.

They also provided a new playground, improved water collection system, and an upgraded bathroom at Pangai Government Primary School and a refurbished playground at Koulo Government Primary School.

"The community has been so supportive of the work we are doing. Hospitality is important here and they have been bringing us food every few days on site," Lieutenant Waqanivalu said.

Now in her 10th year with the New Zealand Defence Force (NZDF), she still remembers taking the bus to Waiouru Military Camp for basic training.

"My parents thought I was going to university and on that bus ride, I remember thinking, what was I doing? But once I finished and marched out in front of my family, I knew I had made the right choice."

She has also reached many sporting achievements in her military career, representing the NZDF on the international rugby stage.

PROVIDING FREE DENTAL CARE ON REMOTE TONGAN ISLAND

“

Every day was different there, we had booked appointments and walk-ins, from children to adults.

– LCPL Victoria Nawalaniec

On the remote Tongan island of Lifuka, New Zealand Army dental hygienist, Lance Corporal Victoria Nawalaniec, found herself a long way from her private practice roots. The Wellington woman was one of five dental personnel deployed on Exercise Tropic Twilight as part of a wider NZ Army contingent.

They worked together to see almost 200 patients and perform oral hygiene care, fillings, root canals and extractions.

“It was my first deployment and it was definitely a change from my office in Burnham – working in the heat, with a field kit and with a new team presented some challenges,” she said.

“However, you soon find a routine and together we had great success.”

Born and raised in Lower Hutt, Lance Corporal Nawalaniec fell into dentistry by chance.

“I actually never finished high school but eventually ended up getting a job as a dental assistant. After completing my training at Otago University, I never looked back.

“You really just have to find what interests you.”

After 17 years in the dental industry, Lance Corporal Nawalaniec joined the NZ Army six years ago out of a desire to focus on helping people; Exercise Tropic Twilight offered the chance to do just that.

Working with field kits out of the old hospital on Lifuka, which is part of the Ha’apai island group, she and her colleagues provided free dental care to anyone who visited.

“Every day was different there, we had booked appointments and walk-ins, from children to adults. There were even people who had travelled in from smaller islands who had heard about us.”

Five weeks of experiencing Tongan culture provided her with some valuable takeaways.

“To have the opportunity to go there was really refreshing, helping people in need, there was less pressure to be rushing all the time and it was a good break from the normal routine. You really just need to stop sweating the small stuff,” she said.

This is important to Lance Corporal Nawalaniec, who moved from private dental practice after completing a dental hygiene maternity cover contract with the New Zealand Defence Force, which allowed her to shift gears.

“I found people got consumed with profits rather than putting the patient first, and it got quite stressful. Whereas in the Army, I can treat soldiers with the care they require without thinking of the monetary value.



“I also get time to do physical training as part of my job – it’s much better for my mental health,” she said.

“I used to be quite shy, but now working with people every day I am more outgoing and comfortable.

“I’m even able to give oral health classes to large groups in the Army, something I never thought I would do.”

Almost 60 NZ Army personnel were joined this year by soldiers from Tonga, Vanuatu, Fiji, Papua New Guinea, Australia, United Kingdom and Japan, spending five weeks in the Ha’apai Islands completing health and construction projects to support the Pacific kingdom’s resilience to natural disasters.



By Jo Priestley

Notorious Exercise Nemesis puts our New Zealand Army Officer Cadets to the test as one of the hardest training exercises they will face during the New Zealand Commissioning Course.



Designed to develop mental and physical resilience, Exercise Nemesis works to move cadets from their comfort zone, into what's known as their stretch zone. For five days, the cadets are put under pressure in the field with a number of Battle Handling Exercises (BHE's) that are designed to have very little sleep and food.

Exercise Nemesis planner, CAPT Joe Helu-Makasini, says the exercise is designed to put the cadet under extreme and prolonged pressure to expose their true character and personality.

"This gives us a clear idea of how the Officer will perform in battle. We must be sure that the Officer in Charge can get the job done, is able to make sound tactical decisions under pressure, can look after their troops, and is not going to crack."

Over the past four years there has been a subtle shift in direction for Nemesis. While the exercise remains as demanding and feared as ever, cadets are now being given more tools to cope with the mental, psychological, physiological, and cognitive challenges it presents.

CAPT Helu-Makasini says in the past cadets have been thrown into the deep end and expected to swim the race of their lives. He said now cadets are treated like the tactical elite athletes they are, and equipped with the tools needed to thrive and survive in combat. "After that, it's up to them."

Tools include the Prepare, Perform, Recover framework, talking to a psychologist about stress and conflict, and hearing from members of the NZ SAS team about coping strategies. Cadets are continually monitored by staff and at the end of each exercise fill out self-evaluation forms to increase self-awareness and growth.

Cadet Lewis Dellabarca said one of the most valuable things he learned was how to 'chunk' goals, so they are small and achievable. I remember thinking – get up this hill – get to that tree."

He wasn't unduly worried when he spotted a team member asleep on his feet or when he hallucinated and thought he could "see" boxes of food along the track.

An unexpected challenge for overseas cadets from warmer climates was the freezing cold weather and experiencing their first frost. One Papua New Guinea cadet was "pleasantly surprised" there were no crocodiles or snakes in the dreaded Ngamatea Swamp challenge.

Photos: F/S Sam Shephard



As well as monitoring physical and mental performance, physiological performance is also tracked. Officer in Charge of the Human Performance Cell, MAJ Jacques Rousseau said that the body and mind are linked and stress on one can lead to stress on the other.

“One of the tools we now give cadets is to teach them how their body responds to prolonged periods of stress and minimal food and sleep – and how this can negatively affect our physical, mental, psychological and cognitive functions.

“In short, when we are stressed our body doesn’t perform as well, we may be a bit clumsy or foggy in our thinking, and we aren’t as strong as we usually are. Cadets are baseline tested before Ex Nemesis, at the end of each 12-hour BHE and 48 hours after the exercise has ended.

“We see a pattern of deterioration over the first few days with decreased glycogen and fat stores, reduced fat mass and decreased cognitive ability. Interestingly, the body starts to adapt around day 4 or 5 and performance can increase slightly. We would expect to see a rapid recovery post exercise.”

MAJ Rousseau says they are using science gleaned from the sports science field but putting it into a military context.

“Tests include a body composition machine which gives us muscle mass, fat mass, hydration, and cellular integrity. The dual force plate and grip strength test shows power output. There’s a cognitive test which measures the speed of the cadet’s thinking process and urine biomarkers assessing ketones, hydration status, if there are elevated levels of blood in the urine, etc.” These provide insights to the physiological adaptations taking place.”

The cadets’ next major challenge is Exercise Tebaga Gap – command skills at platoon and section command level are developed and tested in a conventional environment. Those who successfully complete the Officer Cadet Commissioning Course will graduate in December this year.



“**One of the tools we now give cadets is to teach them how their body responds to prolonged periods of stress and minimal food and sleep.**

– MAJ (Dr) Jacques Rousseau

SUPPORT TO UKRAINE EVOLVES AS WAR CONTINUES

New Zealand Defence Force (NZDF) personnel deployed on Operation Tieke in the United Kingdom have marked the departure of the latest intake of Armed Forces of Ukraine (AFU) soldiers to complete their basic infantry training, and are readying to pivot to a new training approach.



Op Tieke Senior National Officer, Major Matt Blake, said personnel should be incredibly proud of their contribution to Ukraine's security to date.

"The training delivered by NZDF personnel has prepared Ukrainian soldiers for the realities of war, and taught the necessary skills to support Ukraine's self-defence. There's no doubt the training has saved lives.

"I am incredibly proud of my team, who have worked side by side with Ukrainian soldiers in challenging conditions – through the mud, rain and snow. They have done their utmost to share every bit of knowledge and skill they can," Major Blake said.

“

The training delivered by NZDF personnel has prepared Ukrainian soldiers for the realities of war, and taught the necessary skills to support Ukraine’s self-defence.

– MAJ Matt Blake

“The training NZDF delivers has evolved to become more realistic, intense and aligned with the latest lessons from the battlefield. New Zealand personnel have left no stone unturned and enhanced all facets of the training delivery to ensure the soldiers are as best prepared as possible.”

The NZDF has trained more than 3,100 AFU recruits, and is now adapting what it delivers to more specialist training and ‘train the trainer’ support. This shift will commence with the next intake of Ukrainians in July, and includes medical and mine awareness training.

Reflecting on Op Tieke, Land Component Commander, Brigadier Matt Weston, noted the importance of the Defence Force contributing in a positive way to security issues around the world.

“Helping another country to defend themselves from an aggressive invader demonstrates the NZDF’s support and commitment to the rules based international order.

“As we have continuously done throughout Op Tieke, we are adapting to meet the needs of Ukrainians in a way that balances NZDF resources, while maximising the direct support we can provide. We will continue to evolve the training we provide as the needs change.

“This is important work. We can be justifiably proud of the work we’ve done to help Ukraine defend their country,” Brigadier Weston said.



Image top: Major Matt Blake is the current Senior National Officer for Operation Tieke.

RED K



KURKRI

By Laura Jarvis

The New Zealand Army was joined by the Royal Gurkha Rifles for combined training around Reefton recently. The famous Nepali soldiers swapped the heat of tropical jungles to get a different taste of the cooler plains and bush of the South Island's Buller and Tekapo regions.

2/1st Battalion Royal New Zealand Infantry Regiment and the 1 Royal Gurkha Rifles participate in Exercise Pacific Kurkri in the South Island town of Reefton.

Photos: CPL Rachel Pugh



The Royal Gurkha Rifles, armed with their signature kukri knife, have exercised in and around Reefton alongside the NZ Army's 2nd/1st Battalion.

A combined training exercise between the New Zealand Army and Royal Gurkha Rifles (RGR) boosted Reefton's population when 450 soldiers recently descended on the Buller town.

Exercise Red Kukri involved around 250 soldiers from the NZ Army's 2nd/1st Battalion, integrating with around 200 troops from the 1st Battalion RGR, part of the British Infantry comprised of Nepali soldiers.

RGR Delhi Company Officer Commanding, Major David Walker, said they made the journey to New Zealand for tough training and friendship.

"Being based in Brunei, we are the British Army's jungle specialists. Coming to New Zealand's plains and forests in winter provides us a valuable opportunity to train and develop our skills in a completely different environment and climate."

Just as important is the opportunity to mix with – and learn – from 2nd/1st Battalion, he said.

"Delhi Company takes experimenting and learning seriously. We want to see how others approach situations, experiment, discuss and learn.

"We also wanted to experience some unique New Zealand Defence Force customs and traditions, while sharing some of ours."

“

We also wanted to experience some unique New Zealand Defence Force customs and traditions, while sharing some of ours.

– MAJ David Walker

The exercise marks another step up in training for 2nd/1st Battalion, which spent two weeks working through various manoeuvres and scenarios, developing warfighting capabilities focused on operating in the close country. This included conducting patrols around the Reefton community and moving into local bush for tactical “close country” training, all managed from the battalion headquarters.

2nd/1st Battalion Commanding Officer, Lieutenant Colonel Sam Smith, said getting back into the close country and developing the core skills of an infantry battalion enables soldiers at every rank a chance to hone their skills.

“From conducting attacks on a target, to ambushing and patrolling for extended periods in rough terrain and weather – all of this will challenge the unit,” Lieutenant Colonel Smith said.

“Training with international partners like the Gurkhas improves our ability to integrate into multinational forces on the battlefield and shows how we can scale our capabilities.”

The RGR soldiers arrived in New Zealand from Brunei in mid-April, spending time at the Tekapo Military Training Area before travelling to Buller.

As well as integrating with international partners, it was a chance for support elements from Burnham Military Camp to provide communications, transport, catering and engineering support.

Exercise Red Kukri also involved training personnel with Network Enabled Army (NEA) equipment – helping the NEA project team gather valuable data on the implementation of the new technology which modernises the NZ Army’s intelligence, surveillance and reconnaissance capabilities.

“The NEA programme is essential in preparing our soldiers for modern warfare, and in the exercise we were able to live track our sections throughout their attacks,” Lieutenant Colonel Smith said.



JOIN THE NZ SAS ASSOCIATION

The New Zealand SAS Association is open to anyone posted to the unit for more than 90 days, and welcomes new members. Those who can join include medics, signallers, logistics drivers, intelligence operators and personnel who served with E and D Squadrons.

The Association has area representatives throughout the country, and provides help, support and comradeship to its members. A newsletter is produced, and the NZSASASSN has support advisers who can help members with service entitlements, and put them in touch with other members for social events and catch-ups.

**Visit
nzsas.org.nz
to apply**

**or contact info@nzsasassn.org.nz
for further information**

NZDF ADOPTS DOG MANNEQUIN FOR CANINE TRAUMA TRAINING

By Jo Priestley



“

Being able to physically insert a needle into a mannequin’s vein and set up an intravenous line is very different from just learning the theory of how to do it.

– Sapper Rigel Blanchet



New Zealand Defence Force (NZDF) military working dog handlers are breaking new ground in using a special canine mannequin to practise administering first aid to an injured animal.

Fourteen military working dog handlers took part in the introduction into service of the new canine trauma mannequin, held recently at Linton Military Camp. The star of the training was a realistic-looking K9 Hero mannequin – built to resemble the Belgian Malinois breed – that can bleed on demand, and have its breathing and vital signs change at the press of a button.

The NZDF is the only working dog organisation in New Zealand that uses this type of equipment as part of the emergency first aid training. New Zealand Army and Royal New Zealand Air Force personnel are being trained using scenarios they may encounter while at home or deployed overseas – such as dogs suffering gunshot injuries.

Alan Inkpen, NZDF Military Working Dog Capability Manager, says the training teaches personnel how to triage and stabilise an injured dog.

“We’re not expecting handlers to become veterinarians, but rather have the required skills to help them keep their four legged colleague alive so that it can be transferred out to receive specialised care.”

Mr Inkpen said the mannequin allowed handlers to practise packing wounds, check for a pulse, airway management, intubation, breathing response and CPR.

“Combined with flexible joints, bag ventilators which cause the chest to rise and fall, bleeding wounds and other features, dog handlers and medics can respond to medical situations,” he said.

“The science that’s come back from combat environment is that the biggest threat to human and canine life is a mass bleed. So the training that’s delivered has a big focus on how to stem bleeding by packing or – depending on the severity of the bleed – how to apply a tourniquet.”

The K9 Hero is operated by a hand held controller which monitors in real-time the effectiveness of treatment in things like pulse rate, strength and bleeding. This can then be fed back to the handler providing care.

NZ Army Sapper Rigel Blanchet, an Explosive Detective Device dog handler based at Linton, says the K9 Hero mannequin brings a sense of realism to medical training which is crucial for preparing a handler for a real life scenario.

“This is my first introduction to canine trauma training and my first time using this type of mannequin. Being able to physically insert a needle into a mannequin’s vein and set up an intravenous line is very different from just learning the theory of how to do it.

“Being able to help your dog when it’s in distress is vital – and having the knowledge to provide first aid and stabilise your canine team mate may mean the difference between life and death.”

RNZAF military working dog handler Aircraftman William Middleton says the course is designed to reinforce existing medical skills as well as learning how to manage trainings scenarios so they can train others.

“In the Air Force the primary focus of our patrol dogs are base and asset protection and security. The training that we’re receiving is highly beneficial to us because in that security role we could come across threats that not only harm us but our dogs.”

OP RADIANT KIWI COMPANY 1, 2 & 3 REUNION 2024

Kiwi Company 30th
anniversary reunion
for deployment on
Operation Radian
for contingents
1, 2 and 3.

**FRI 20 SEP
6:00PM –
SUN 22 SEP
11:30AM (NZST)**

**RYDGES WELLINGTON
AIRPORT**
28 STEWART DUFF DRIVE
WELLINGTON,
WELLINGTON 6022



Programme outline

FRIDAY 20TH SEPTEMBER

1800hrs: RV at a Rydges Hotel in Central Wellington for casual drinks and nibbles at your own expense but with a 20% discount applied.

SATURDAY 21ST SEPTEMBER

Own programme during the day (Te Papa/Wētā Workshop/Sect/PI get together)

1700hrs: RV at Rydges Wellington Airport Bar & Restaurant for drinks. Suggest you use Airport Bus, or UBER to Z Service Station outside Airport entrance (to avoid paying Airport charges). Parking is available at the Airport for those driving.

1800hrs: Following some formalities, a buffet meal will be provided (cost is \$60 to be paid as part of registration) followed by 20% discounted drinks.

SUNDAY 22ND SEPTEMBER 2024:

1030hrs: RV at Pukeahu National War Memorial for Commemorative Service to remember our fallen Comrades followed by VA presentation.

1130hrs: Disperse.

TRAVEL AND ACCOMMODATION

are your responsibility but we have negotiated a further 12% off the best available rate at the following EVT hotels:

- QT Wellington (5 star)
- Museum Apartment Hotel Wellington (5 star)
- Rydges Wellington Airport (4.5 star)
- Rydges Wellington (4.5 star)
- Atura Wellington (3.5 star)

Valid for all new bookings from now until 18 September 2024 for stays over the period 19 – 23 September 2024.

Under the "I have a code section", please enter the word PEACEKEEPERS in the corporate ID field to receive the discounted rate.

FOOD 20% discounts on food and beverages will also apply if you stay in these venues as you will be recognised as a Priority Guest Rewards Member. If want this now, at the Reunion, and/or into the future, through this Hotel Chain of 80 Hotels, register via the following website riorityguestrewards.com



For other info join Kiwi Coy (Bosnia) 30th Anniversary Reunion Facebook page.

WILLIE APIATA VC APPOINTED SPECIAL REPRESENTATIVE TO THE NZDF

“

Promotion to Honorary Warrant Officer rank is a first for the NZDF and this is a reflection of the mark of the man.

– MAJGEN John Boswell

New Zealand's only living recipient of the Victoria Cross, Willie Apiata, has been appointed a Special Representative to the New Zealand Defence Force (NZDF) and promoted to Honorary Warrant Officer Class One (WO1).

The appointment and promotion was carried out in front of family and colleagues at Papakura Military Camp, home of New Zealand's Special Forces, by outgoing Chief of Defence Force, Air Marshal Kevin Short recently.

Honorary WO1 Apiata is the first person appointed to the position of Special Representative. The holder of this new role will work across international, New Zealand and Defence Force activities to contribute to the mana of the NZDF.

The position enables the NZDF to provide enduring support and care to WO1 Apiata and any future recipients of the Victoria Cross (VC) – the highest gallantry honour which can be awarded to members of the NZDF.

“It is a privilege to be appointed to this new role,” WO1 Apiata said.

“As a recipient of the VC, I represent the NZDF every day and this appointment formally recognises that relationship.

“It is a great honour to be awarded the Victoria Cross and it comes with much pressure on the recipient. This sets a path not just for me, but for those who might be awarded the VC in the future.”

WO1 Apiata received the VC in 2007, for bravery under fire while serving in Afghanistan in 2004 – where he rescued a wounded comrade during a night attack on his SAS patrol.

In 2008, he donated his VC to the NZSAS Trust, so that the medal would be protected for future generations.

Chief of Army, Major General John Boswell said the appointment and promotion were a mark of the mana of WO1 Apiata.

“Promotion to Honorary Warrant Officer rank is a first for the NZDF and this is a reflection of the mark of the man. He is a humble Kiwi, who every day lives the values of the Defence Force.



“He will pass on his knowledge and experience to our new recruits and to our new leaders as a coach and mentor, to help create a better culture and a better ethos for the NZDF.”

It is anticipated that the Special Representative to the New Zealand Defence Force will also work across New Zealand and appropriate international organisations, as well as other government agencies.

SAPPER SANDERS GRASPS RESERVIST OPPORTUNITIES

By Sergeant Caroline Williams

The opportunity to work and contribute to the New Zealand Defence Force, both as a civilian and in a Reserve Force capacity, has meant a lot to Sapper Tetyana Sanders.



The Manawatu based Sapper joined the Reserve Force shortly after landing a job as an NZDF civilian in Defence Shared Services Group (DSSG) four years ago.

“I wanted to be more involved so I applied to join the Reserve Force and had the opportunity to join the combat engineers.” Based with 4 Troop, 2 Field Squadron, 2 Engineer Regiment (2ER), she attends monthly training which can cover demolitions, military search, bridging, watermanship (boating) and water purification.

“Being in the Reserve Force has provided so many opportunities to grow and develop not only as a professional but also as a person.

“I have become better at planning, time-management, personal resilience and teamwork. I have also learnt that I can push myself through my limits and beyond what I thought I was capable of. Being a Sapper in the Combat Engineers is hard work but I have really enjoyed the challenge so far.”

Now employed as an Army Lessons Officer in the newly formed G7 Army Training Branch, her role includes identifying effective training and areas requiring improvement at both a tactical and operational level.

“The opportunity to work within G7 Army Training, supporting key Collective Training Activities and making a difference to future training is very important to me. Learning Lessons and improving is central to being recognised as a learning organisation,” she says.

“The last four years have given me the opportunity to learn about the NZDF but also interact with staff at all levels. It has given me a greater understanding of the various functional areas and organisational outputs.”

As well as serving in the Reserve Force and working full time, the mother of four is completing her Honours in Defence Studies through the NZDF Voluntary Education Study Assistance (VESA) programme.

“

Being in the Reserve Force has provided so many opportunities to grow and develop not only as a professional but also as a person.

– Sapper Tetyana Sanders

Growing up in Eastern Europe, Sapper Sanders arrived in New Zealand sixteen years ago to build a new life.

“When I arrived in New Zealand, I became active within a variety of community groups such as assisting refugees settle, English language groups, and early learning groups (teaching languages and culture to young children). I then went on to study and am now completing my Honours in Defence Studies through the NZDF Voluntary Education Study Assistance (VESA) programme. It’s a busy household, my husband is also enrolled in a PHD programme,” she says.

VESA provides financial assistance to NZDF members towards the cost of undertaking part-time study. This supports development through education, and is of mutual benefit to both the individual and the NZDF. VESA is available to Regular Force or permanent civilian members of the NZDF.

A Combat Engineer’s primary role is to provide mobility and counter-mobility support to manoeuvre elements. This can include the creation or removal of obstacles through the use of explosives, the use of specialist search equipment to conduct military search and clearance operations, the employment of tactical bridging assets including the Medium Girder Bridge (MGB), and the operation of tactical watercraft by day or night to counter water obstacles.

Combat engineers are also able to be employed in an engineering general support role which includes the production of potable drinking water during times of natural disaster, such as during the Christchurch and Kaikoura earthquakes.

Any Defence Recruiting enquiries can be directed to 0800 1 FORCE. Each Reserve Force company has its own training programme in line with its unit’s training focus. Training typically occurs one weekend a month.



Image left: Sapper Sanders in her civilian role as an Army Lessons Officer in the newly formed G7 Army Training Branch. Her role includes identifying effective training and areas requiring improvement at both a tactical and operational level.

Image top: Sapper Sanders stands behind a Bailey Bridge component, originally developed for use in WWII, outside 2 Engineer Regiment. The Bailey Bridge is still in service and one that Combat Engineers can build in addition to the MGB. It is still used in permanent and temporary crossings throughout New Zealand.

RESERVE FORCE

Q&A

By WO1 Timothy Sincok

Health and Wellbeing

- Life can be stressful sometimes. Asking for help can be hard but sometimes we need a helping hand.
- Early help seeking speeds recovery.
- Keep an eye out for your loved ones, colleagues and mates.

NZDF4U Wellbeing

All members of NZDF (this includes Reservists) and the Defence community can contact NZDF4U Wellbeing Support for 24/7 confidential, external wellbeing support from an external health professional spanning telephone, text, email and face-to-face support. Counselling support services are also available to Reserves and their families for Defence-related issues.

What happens when you contact NZDF4U Wellbeing Support?

A health professional (outside of the NZDF) will assess what's going on and discuss support options. You can call about any wellbeing issue you want help with within your eligibility criteria. This can include anything from general stress/depression/anxiety, relationship troubles, financial worries, post-deployment problems, to transitioning out of NZDF. The health professional will help direct you towards the best support for you. If it is an emergency dial 111.

To contact NZDF4U Wellbeing Support:

- Phone: 0800 NZDF4U (0800 693 348)
- Text: 8881
- Email: wellbeingsupport@nzdf4u.co.nz
- Phone from overseas: +64 9 414 9914

Confidentiality

NZDF4U is a 24/7 confidential service. No information is given to the caller's Commander/Manager (or anyone within the NZDF). The counsellor will know your name if you choose to provide it. Either way, no personal details are sent to NZDF. You will only be asked to provide some basic demographic information for reporting purposes (ie civilian/ military/ veteran/ reserve/ family member). You may be asked if you are comfortable with relevant health information being shared with NZDF so it can be stored on your NZDF health record or additional support arranged through NZDF, but this requires your consent.

If you (or another person) is at an immediate risk of harm, the counsellor is required by law to report this to necessary parties. For example, if you report to your counsellor that you intend to hurt yourself or somebody else, the counsellor may contact emergency services and the NZDF.

Army Innovation

Innovation is important as it provides our organisation with the ability to reap significant benefits through implementing ideas that are new to our organisation. Innovation grants us the ability to adapt to emerging and quickly evolving environments in ways that will give our organisation the upper hand against less innovative adversaries.

The majority of our innovation is bottom-up, with ideas on how we can do things better typically coming from those at the coal face, with Reservists often providing unique solutions. Recent examples are:

Did you know?

Minimum wage increase what this means and who it impacts – 23 May 2024

The Government has increased the adult minimum wage from \$22.70 to \$23.15 per hour effective 1 April 2024. This increase only impacts some personnel in the Reserve Force:

- For Reserve Force personnel on minimum wage, you will see your total remuneration increase from \$49,510 to \$50,483.
- ResF members who are impacted, you will see an increase in your pay from 30 May 2024. You will also receive a one-off lump sum payment of back pay, dated back to 1 April 2024.

Unsure if this applies to you?

If you're unsure whether or not this change applies to you, the total remuneration tables in which this change applies to are below. You can also ask your 1-up.

Reserve Force TR table:

- OCDT(E) Sector A, Tier 0, Step 1
- PTE(E) Sector A, Tier 0, Step 1

Updated remuneration tables can be found online on the HR Toolkit: Military.

What questions do you have?

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

Future Sight 2023 Award winner

SGT Warwick (Rick) Henderson (5/7 RNZIR) for his submission to use UAS to detect mines and UXO using geophysical techniques, to improve efficiency and reduce risk to personnel.

Culture 2023 Award winner

CPL David Kerr (2/4 RNZIR) for his "Stay Interview", promoted as a means to front-foot a soldier's professional development, progression and engagement within Army.

If you are one of our many keen innovators and you are wondering where to start or what tools are available, check out the Defence Excellence website and the Army Innovation Portal where you will find a host of resources, information and templates.

WARRANT OFFICER CLASS TWO IAN JOHN HAURAKI, RNZIR, DIED ON MAY 11 AFTER A LONG ILLNESS.



Ian or “H” as he was known enlisted into the Territorial Force of the New Zealand Army, as a Rifleman in the Royal New Zealand Infantry Regiment, on 8 June 1984, in the rank of Private. During this time in the Territorial Force ‘H’ was promoted to Lance Corporal with Seniority of 1 December 1986 and then to Temporary Corporal on 1 June 1987.

‘H’ enlisted into the Regular Force of the New Zealand Army, as a Rifleman in the Royal New Zealand Infantry Regiment on 8 September 1987. With less than two years Regular Force service, ‘H’ attended the arduous three month Selection Course for Ranger Company in May 1989, qualifying on 22 August 1989, where his rank and trade was changed from Private Rifleman to Ranger.

‘H’ served in Ranger Company in Papakura until 11 December 1989, where unfortunately the Unit was disbanded and he joined the ranks of the First Battalion, Royal New Zealand Infantry Regiment on its return from Singapore, based in Linton. Whilst his rank and trade was changed back from Ranger to Private and Rifleman on posting date, after 18 months ‘H’ was promoted to the rank of Lance Corporal on 11 May 1991, followed by Corporal on 3 June 1994. These ranks saw ‘H’ hold the appointments of Section Second in Command and Section Commander within the Regular Force Infantry Battalion.

‘H’ served in East Timor, as a Platoon Sergeant from November 1999 until 31 May 2000 on NZBATT1, returning to the First Battalion in Linton before being mobilised again to return to East Timor on NZBATT4, where he served in the same role. He was promoted to Staff Sergeant on 31 March 2003 to the appointment of Company Quartermaster Sergeant. Keen for further operational service overseas, ‘H’ deployed with members of the Battalion to the Solomon Islands, in his role of Company Quartermaster Sergeant.

‘H’ served as a training officer with 5th Battalion, Wellington West Coast Taranaki Regiment before being posted to the Operations Branch Headquarters, 2nd Land Force Group.

He completed his fourth operational deployment this time to Afghanistan where he was awarded the United States Army Commendation Medal.

‘H’ then served in Waiouru where he was promoted to Warrant Officer Class Two. During this posting ‘H’ was awarded the Chief of Army Commendation for his work within the Battalion.

An expert trainer ‘H’ served as the Training Officer for the arduous Aumangea Course, where his skills from Ranger Company Selection were sought after.

His last appointment was within the S7 Branch of Headquarters 1 (New Zealand) Brigade.

‘H’ is survived by his wife Chicky, sons Jake, Daniel, and daughters Madi & Kowhai, and grandchildren Danika & Rawiri.

Rest in Peace Krystal Howearth

An NZDF civilian Krystal Howearth died in Waiouru on May 14 after suffering a sudden illness. She had worked for the Army for four years as the logistics coordinator for TRADOC.

A friend and colleague said Krystal was widely involved in the Waiouru community, especially with soccer. Her tangi was held at Potahi Marae in Te Kao in the Far North.

She is survived by her four children.

LONG SERVICE MEDAL FOR 102-YEAR-OLD WORLD WAR II VETERAN

At 102 years old, Brigadier (Retired) Les Wright MBE would have been confident he had all the medals he'd earned over a lengthy military career. But it turns out he was entitled to one more.

Chief of Army, Major General John Boswell presented Brigadier (Rtd) Wright with the New Zealand Armed Forces Award and First Clasp at his home on Auckland's North Shore. Brigadier (Rtd) Wright is a veteran of the Battles of Cassino, some of the New Zealand forces' most gruelling and costly battles of the Second World War.

Having enlisted in February 1941, he served at Cassino from 12 April 1944 as a gunner with the 30 Battery, 6th Field Regiment, New Zealand Artillery, and went on to have a 36-year career in the New Zealand Army before retiring in 1977. During the New Zealand Defence Force's preparations for the 80th anniversary commemorations of the Battles of Cassino this week, it was discovered he was eligible for the New Zealand Armed Forces Award.

Instituted in May 1985, the award was given to officers of the regular forces of the New Zealand Armed Forces who completed 15 years' service and whose character and conduct have been irreproachable.

The clasp, which Brigadier (Rtd) Wright also received, was awarded for a further 15 years of good conduct. The award originally covered Regular Force officers who had served from 1 December 1977, but a policy change in 2020 extended the eligibility to officers retiring between 6 February 1952 and 30 November 1977.

Brigadier (Rtd) Wright says the award was very unexpected and he was delighted to receive it. In his time of service, Regular Force officers didn't get long service medals.

"But it didn't bother me. It was part of the rules and I accepted the rules as they were."

He met Major General Boswell for the first time at his medal presentation.

"He was probably a boy by the time I retired," Brigadier (Rtd) Wright said

Major General Boswell says Brigadier (Rtd) Wright's 36 years of dedicated service to New Zealand was exemplary.

"It is both a pleasure and a privilege to be able to recognise his commitment – not just to the New Zealand Army but to New Zealand," Major General Boswell said.



After the Second World War's Italian Campaign, Brigadier (Rtd) Wright went on to finish his war in Japan, before setting off for home on Christmas Eve 1946. During his time with the New Zealand Army, he went on several overseas deployments in the Middle East, Italy, Japan, Malaya 1959–1962 and Singapore 1970–1973.

He has a special connection to 2nd/1st Battalion, as he was their Second in Command in Malaya from 1959 to 1962 and their Commanding Officer in New Zealand from March to November 1962.

Brigadier (Rtd) Wright was appointed as a Member of the Most Excellent Order of the British Empire (MBE) in 1961 for his distinguished service in Malaya during the Malayan Emergency.

FINAL OVERSEAS PARADE AT CASSINO

By Simone Millar



After 44 years, the New Zealand Army Regimental Colour of 2nd/1st Battalion, Royal New Zealand Infantry Regiment has been paraded overseas for the last time. The occasion could not have been more fitting, for a Colour which bears battle honours including CASSINO. A New Zealand Defence Force (NZDF) contingent held events in Italy recently to mark the 80th anniversary of the Battles of Cassino.

Warrant Officer Class 1 Matt Gates, is the Regimental Sergeant Major for 2nd/1st Battalion, and was the Ceremonial Colour Officer for the NZDF contingent in Cassino.

“This was a huge occasion for 2nd/1st Battalion. We represented all those who fought and died, and those few still surviving which made it even more special.”

WO1 Gates’ grandfather served in the Second World War, where he was shot and wounded at Crete and spent time under capture as a Prisoner of War.

“When I was growing up, my grandfather never spoke about the war. He had a couple of severe strokes that prevented him from speaking. Growing up you see his medals; my grandmother would only give us snippets. There was a lot of curiosity,” he said.

Now as Regimental Sergeant Major, he’s the principal advisor to the Commanding Officer of 2nd/1st Battalion on all things training, discipline and welfare. After its appearance at Cassino, the 2nd/1st Battalion King’s and Regimental Colour may have an outing in New Zealand before it’s replaced later this year due to wear-and-tear.

“The colours are made with gold and silver thread on silk and were presented in March 1980, so we need to replace them because both flags are now beyond repair,” WO1 Gates said.

“They show the battle honours that the battalion has inherited, which now number 29.”

The NZDF contingent 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 2nd/1st Battalion Regimental Colour and the 28 (Maori) Battalion Banner were paraded at both services.

Sergeant Chief Tai (Ngāti Awa, Whakatōhea, Tūhoe), Platoon Sergeant for 2nd/1st Battalion, was Colour Escort for the contingent. He paid respect to his mother’s great-uncle, Jackie Tai, who fought and died at Cassino.

“This was my first time acting as Colour Escort overseas and I was immensely proud to represent the Regiment, especially given my whānau ties to the battles,” Sergeant Tai said.

New Zealand’s efforts at Cassino 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.

“
We represented all those who fought and died, and those few still surviving which made it even more special.

– WO1 Matt Gates

At Cassino, the 2nd 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 first New Zealanders to fight there were the men of 28 (Maori) Battalion A and B Companies, who attacked along the Cassino Railway causeway. The men advanced through a flooded field sown with mines and engaged in fierce hand-to-hand combat. As German forces launched a series of counter-attacks, the New Zealanders were forced to withdraw under heavy fire.

Of the 200 members of 28 (Maori) Battalion who fought there, more than 150 were killed, wounded or taken prisoner. The battle honour, MONASTERY HILL, was awarded to the battalion for these acts. A month later, 26 New Zealand Battalion captured the railway station, holding it for nine days but suffering grievous loss of life, with nearly 250 wounded or killed. The battle honour CASSINO RAILWAY STATION was awarded to the battalion.

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

TRADE SKILLS PUT TO THE TEST

By Jo Priestley

2nd Combat Service Support Battalion hosted the 2024 Core Skills Competition on behalf of the Royal New Zealand Army Logistics Regiment (RNZALR) recently. Held at Linton Army Camp, five trades showcased their skills and vied for coveted trophies and bragging rights.



Up for grabs was the Operational Catering Trophy, the Rickshaw Trophy (Logistics Specialists) the Farriers Trophy (Maintenance Support) Movement Operator of the Year and Driver of the Year. The competition was held over three days and featured a diverse range of stands around camp designed to test aspects of that trade's core skills.

Major Timothy Cocks, Executive Officer, 2nd Combat Service Support Battalion RNZLAR said competitions such as this are important as the physical and mental challenges needed to complete a complex task within a timeframe simulates stressful combat conditions. He said it enables each soldier and each team to assess their skills and discover what they're good at and where they could improve. Major Cocks said as well as recognising achievement and excellence the competition also fosters teamwork and unit identity.

"This year with the international competitors from 325 Brigade Support Battalion (325BSB) we got to pit our trade skills against our US Army partners, this in turn helps to build confidence as a trusted partner. It also demonstrates to our international partners the skills we have and provides them confidence in our ability to integrate with them if required."

From medical to engineering, navigation to combat, cooking for hundreds to leading soldiers into combat, the range of trades in the Army is diverse. Of the forty or so trades within the NZ Army, there were 9 trades competing, with 5 within Maintenance Support showcased and put to the test during the trade competition.

Images: NZ Army Soldiers take part in the RNZALR trade competitions. Left: From the Rickshaw Cup Competition. Middle: From the Operational Catering Trophy. Right: From the Farriers Cup competition. Photos: CPL Maddy Butcher

Movement operator of the year

Movement Operators get troops, equipment, and vital supplies from A to B efficiently. The various stands tested conventional and non-conventional warfare operations, terminal operations; aerial delivery operations; movement control as well as basic all arms skills.

Winner: LCPL Ethan Basterfield, 2nd place: LCPL Tyrone Stewart, 3rd place: PTE Brock Coulbeck

The Operational Catering Trophy

Catering teams from 2 and 3 Combat Service Support Battalions, 1(NZ) Bde, and the US Army (325BSB) were put to the test in a field environment cooking their own creations from a list of around 100 available ingredients. Ovens and preparation areas were set up in canvas tents in a field simulating a kitchen and mess in combat conditions. Their mission was to present a VIP afternoon tea and lunch for 40 people. They were critiqued by judges on all aspects of food presentation and taste, as well as health and safety and basic all arms training.

Winning team was 3 Combat Service Support Battalion, 2nd place: 2 Combat Service Support Battalion. 3rd place: Team Hawaii, 325 BSB

Farriers Trophy

The 2024 Farriers Trophy assessed the ability of nominated RNZALR Maintenance Support personnel and invited international participants to carry out repairs quickly in austere conditions under operational pressures. As well as basic all-arms competencies, each team is tested on their automotive, electro-optical, electrical, general engineering, armourer, and recovery skills.

The winning team was 1st Line CSS Units, 2nd place: 3 Combat Service Support Battalion, 3rd place: 325 BSB, US Army

Rickshaw Trophy

Army Logistics Specialists play a crucial role in ensuring the smooth functioning of military operations. They ensure our soldiers have enough equipment and supplies to successfully complete any task in both peacetime and on operations. From ammunition and fuel to spare parts and clothing, logistic specialists ensure the Army has everything it needs to get the job done.

This competition tested a range of skills from field supply tasks, CP duties (Comms, SAP, and Research Supply Information), field storage, water safety, and forklift operation.

Winners: The Pet Ops – 21 Supply Company, 2nd place: Supply on the spectrum- 3 CSC, 3rd place: Up the Taniwhas – 21 Supply Company



Driver of the year

Combat Drivers are responsible for operating and maintaining military vehicles in both New Zealand and overseas operations. These drivers undergo rigorous training on the majority of the NZDF B Vehicle fleet of vehicles. They are responsible for the safe transportation of personal, stores and equipment to the right place at the right time, in all environments both day and from Antarctica to the deserts in the Sinai.

Competitors were tested operating a variety of vehicles and / or equipment including MHOV HX60, crane and winch; GS/C2 Pinzgauer, including 0.75 and 1.5 tonne GS cargo trailer; manual and automatic gear boxes, and MAG58 and MARS-L weapon systems.

Winner: LCPL Louis Mooar, 3 Combat Service Support Battalion, 2nd place: PTE Jason Burkhardt, 2 Combat Service Support Battalion, 3rd place: PTE Elijah Katipa-Maikuku, 2 Combat Service Support Battalion

COMMUNITY INVOLVEMENT EARNS WAIOURU AMMO TECH RECOGNITION

Waiouru's Chief ammunition technician Joe Callaghan values his community. And his tight-knit mainly military community value him, if what the locals say is anything to go on.

For Warrant Officer Class Two Callaghan life in Waiouru is not just about his role within the Army – certainly it's important overseeing daily depot operations – but he also manages to be a member of the Waiouru Primary School Board of Trustees, and an active parent of four children. As well as that he has been the instructor and manager of the Waiouru Taekwondo Club for the last six years.

WO2 Callaghan took over the club in 2017 as the lead instructor and manager to ensure it stayed open for the children and youth of the Ruapehu region. Students today come from as far as Ohakune and Raetihi as well as Taihape to participate in twice weekly sessions all year round during the school terms.

"The club is also active in that it participates in up to 6 tournaments around the country every year. Competition includes both Kyorugi (full contact sparring) and Poomsae (patterns and forms). One of my students who started with the club 8 years ago is now a black belt and at 14 years of age has already competed in Australia."

WO2 Callaghan is also a successful applicant of Whiria Nga Hua, a funding initiative by Ngati Rangi who fund successful applicants in their pursuit of initiatives that promote whanau wellbeing.

"This funding will now help me remove even more barriers for anyone wanting to learn Olympic style taekwondo especially around equipment and finances. The club now has new gear and the funding has already helped 18 club members get to the Bay Open Tournament in Tauranga earlier this year."

"What I love about teaching taekwondo isn't the medals that the students bring home. It's the growth that they go through in the long term. There are so many life skills and lessons in resilience that is gained from doing this. Physical, mental, emotional, spiritual, discipline, manners, spatial awareness, co-ordination, agility, speed...these are some of the areas students grow in!"

WO2 Callaghan's community efforts earned him the Ruapehu Citizen of the Year award last year.



“**There are so many life skills and lessons in resilience that is gained from doing this.**”

– WO2 Joe Callaghan

The criteria that nominees have to meet in order to be considered for this award include:

- Voluntary, unpaid work – going above and beyond the call of duty consistently for no personal gain.
- Significant contribution over an extended period of time – unselfish sacrifice of time and resources.
- Work was for the benefit of the community – participation in a range of activities.

STRENGTH TRAINING AND THE MODERN SOLDIER

By MAJ (Dr) Jacques Rousseau OIC HPC

Over the last couple of editions of *Army News* we have presented a series on strength training and the modern soldier. We started at the beginning by discussing muscle protein breakdown and muscle protein synthesis, then moved on to the impact of the nervous system and the endocrine system (your hormones).

In this final instalment of the strength training series we look at how these all interact and work together to improve strength and ultimately human performance. The nervous system and the endocrine system play crucial roles in helping the body adapt to the demands of strength training and playing a vital role in muscle protein synthesis. It's essential to understand how these systems work together to drive improvements in muscular strength, power, and endurance, which are vital for military operations.

The complex interaction between the nervous and endocrine systems has a big impact on muscle protein breakdown and synthesis when training for strength. Hormones like testosterone, human growth hormone, insulin growth factor, and cortisol are vital for muscle protein synthesis. It's not just about acute hormonal changes; spreading out your protein consumption throughout the day is also important. The sympathetic nervous system uses stress hormones like adrenaline and dopamine to help with muscle protein metabolism by stopping muscle protein breakdown and increasing muscle protein synthesis through beta-adrenoceptors which increase the amount of blood pumped by the heart, therefore increasing circulation. The sympathetic nervous system further regulates various cellular functions, including cell growth and maturation.

The nervous system coordinates and controls muscular contraction through a network of neurons and synapses. It activates motor neurons in the central nervous system (CNS) to regulate muscle fibre firing, allowing the generation of force and execution of complex movements. Meanwhile, the endocrine system, with its variety of hormones,

provides biochemical signals that regulate the physiological processes underlying muscular adaptation. For example, the release of testosterone and growth hormone in response to strength training can increase protein synthesis, muscle growth, and muscle tissue recovery.

Understanding the interactive relationship between the nervous and endocrine systems allows for targeted training to optimise human performance for soldiers. This can involve customised training programmes that manipulate training variables, the use of nutritional strategies to improve hormonal responses, or more advanced techniques like neuromuscular electrical stimulation to directly influence neural function. Training programmes that enhance the interaction between the nervous and endocrine systems can significantly improve muscular strength, power, and endurance, crucial for completing military tasks. Additionally, optimising the body's responses to the demands of strength training can potentially reduce the risk of injury and enhance soldiers' overall resilience and operational readiness.

To cater to the specific needs of the military, training techniques must consider operational requirements, environmental conditions, and individual differences in physiology and training experience. Rigorous scientific research and the expertise of experienced military personnel are essential in developing evidence-based strategies for enhancing human performance in the tactical environment.

For the best training programmes that stimulate both the nervous and endocrine systems to improve soldiers' strength, power, and endurance, high-intensity interval training (HIIT) and resistance training are recommended. HIIT involves alternating short bursts of intense aerobic exercise with periods of lower-intensity recovery. It has been shown to improve cardiovascular fitness and muscular endurance, as well as stimulate the release of growth hormone and other related hormones, enhancing physical

performance. Incorporating resistance training, particularly utilising compound movements such as squats, deadlifts, and bench presses, can target motor neuron activation and muscle fibre recruitment, leading to increased muscular strength and power. By manipulating various training variables such as intensity, volume, and rest intervals, customised resistance training programmes can optimise hormonal responses within the endocrine system.

Moreover, nutritional interventions can also play a critical role in influencing the interactive relationship between the nervous and endocrine systems. For example, strategic timing and composition of nutrient intake, such as consuming a protein-rich meal post-exercise, can further support muscle protein synthesis and recovery, enhancing the adaptive responses of the body to the demands of strength training.

Implementing comprehensive monitoring and assessment strategies, including regular physiological assessments, can provide valuable insights into the individualised responses of soldiers to training stimuli. This data-driven approach can guide adjustments to training programmes, ensuring they are tailored to the specific physiological and performance needs of each soldier.

By integrating these evidence-based training modalities and closely monitoring the physiological responses of soldiers, we can effectively optimise human performance for the unique demands of military operations, ultimately enhancing the physical capabilities and resilience of our soldiers on deployment.

5/7 BATTALION WIN HARDING CUP

As part of the recent Skill at Arms (SAA) competition held in Waiouru Military Training Area, Reserve Force teams from 3/6, 5/7 and 2/4 Battalions battled it out for the annual win of the Harding Cup 2024. This year 5/7 Battalion took out the trophy.



The competition consisted of a range of activities based around the four military core skills of “shoot, move, communicate and medicate.” Teams of 10 soldiers took over 42 hours to complete, with team members walking close to 40 kilometres between stands and consistently carrying around 35 kilograms on their back.

With six weeks to prepare, 5/7 Battalion engaged in a healthy competition between their SAA team members, quoting a prize for the soldier who could clock up the most kilometres wearing a 35kg pack. Most attained a decent 200-250km with the winning soldier knocking off over a healthy 300km.

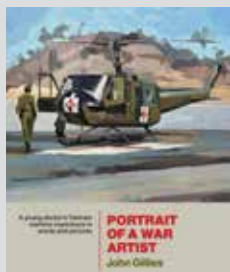
In addition to the physical training and their civilian work commitments, the team had online lessons and attended a training weekend in Napier.

The 12 competitors ranged in location from as far East as Tolaga Bay, West to Whanganui, and South to Wellington.

The team OIC, Lieutenant CJ Johnston commented, “Throughout the SAA Competition, our soldiers efforts and dedication was very impressive, to say the least. They represented 5/7 Bn with courage, comradeship, commitment and integrity.

“Unfortunately, due to civilian work commitments, we couldn’t complete the final two stands, as we had to leave early, some traveling in excess of 6 hours to get home, and prep for work on Monday. We’re really stoked with our Harding Cup win amongst the Reserve Force Battalions and would have loved to have seen where we would have placed overall if we saw the competition out. However, plans are being made for next year, which will include staying for the entire competition.”

Photos: CPL Naomi James



PORTRAIT OF A WAR ARTIST

A young doctor's Vietnam wartime experience in words and pictures

By John Gillies

Published by Quentin Wilson Publishing

The title of this book initially appears slightly misleading in that the author was not a war artist per se, but a doctor. John Gillies has a great artistic talent which he put to use recording what he saw during his time in Vietnam.

The story John tells is not one of the more frequent type of Vietnam stories heard. As a medical student at Otago University, John was subject to National Service and was posted to the TF unit, the Otago University Medical Company (OUMC). The OUMC provides a valuable connection between people training to become doctors and an Army, always on the lookout for doctors.

At the end of his fourth year of Medical School, in 1969, John was offered the chance to serve with the NZ Combined Services Medical team in Vietnam on a four month deployment. Along with colleagues from the OUMC he was ineligible for a commission as he was not yet formally qualified, but they all held WO2 rank for the duration of the deployment.

I loved the irony of a photo of John and his colleagues boarding an RNZAF Hercules to fly to Vietnam with members of the SAS. Our most highly trained and experienced combat soldiers travelling in company with some of our freshest and least experienced specialists, but all with their own valuable contribution to make.

John had always been an admirer of the work of the official war artists like Peter McIntyre and Russell Clark. When offered the deployment, he jumped at the opportunity to not only develop his professional skills but also the chance to add to the record of NZDF personnel on active service.

The book itself runs to 99 pages over which John has spread 22 chapters and a wide variety of his sketches, paintings and some photographs. The text is fairly spare and exists to supplement the art. Most of the works are portraits of locals and sketches of physical surroundings as he and his colleagues moved about the country. The OUMC pers were caught in a strange limbo between not quite being able to function as doctors....but being able to do more than a nurse or medic.

The combination of brief, basic but well written narrative, very good art and photographs make this a great insight into one New Zealander's operational deployment 55 years ago. The book clearly shows that John Gillies can easily stand alongside, McIntyre, Clark and others and claim the title 'War Artist'.



THE LAST SECRET AGENT

The untold story of my life as a spy behind Nazi enemy lines

By Pippa Latour with Jude Dobson

Published by Allen and Unwin

In WW2, Pippa Latour was one of only 25 female SOE agents who parachuted into France before D Day....and made it out alive. This book is her story. Pippa was born in Africa in 1921, she settled in New Zealand post WW2 and lived a quiet life, raising her four children in suburban Auckland where for decades nobody, not even her children, knew who she had been and what she had done.

This biography of a remarkable woman is an absolute cracker. Pippa partnered with researcher and author Jude Dobson to ensure her story was recorded for posterity. Jude didn't just sit down and record Pippa telling her story then type it up. Jude spent a significant portion of time getting the story from Pippa, but facts needed checking, there were gaps in Pippa's memory (she was 101 when she began this project) and all manner of details which needed verification or clarification.

What Jude has done is take these multiple diverse information strands and very ably weave them together to create a first person narrative...Pippa telling her story. The tone is frank and friendly. What makes this book so readable and so accessible is the combination of Pippa's fantastic life story and Jude's ability to create the superb narrative.

Pippa's early life was not without its challenges and sadness which shaped her character and made her the woman she was. During WW2 she wanted to do more than the standard admin roles open to females. Pippa found (or was found by...) the SOE, who trained her to parachute into occupied France ahead of D-Day and operate a network of radios providing intelligence on German movements. It's probably no surprise that other than the constant threat of death and discovery, life in the French resistance sounds remarkably like that amongst any group of people with a common purpose. There were people Pippa liked, people she didn't care for, people she chose to work with and people she chose to avoid.

It is heartening that 80 years after the events it focuses on, stories like this are still appearing and becoming best sellers (best selling NZ book of 2024). Pippa's deeds embodied the nature of universal commitment to a cause when circumstances demand individual priorities be sacrificed for a collective good. It seems timely that this lesson is being reinforced, by way of this bestseller, in contemporary New Zealand where so many seemingly had no understanding of individual sacrifice for a greater collective cause during covid.

This simple straightforward story of amazing courage and the woman who possessed it absolutely deserves its place on the bestseller lists and to be read widely for years to come.

Army News has a copy of The Last Secret Agent to give away. If you would like to be in the draw send an email to armynews@nzdf.mil.nz with Secret Agent in the subject line before July 3, 2024.

TONGA HOSTS THE NZ ARMY BAND

The New Zealand Army Band undertook an unforgettable overseas engagement tour to the Kingdom of Tonga, write band members CPL Cameron Burnett and PTE Sylvia Vail.



While the band had previously travelled to the island nation for ceremonial engagements this was the first time we worked in the civilian environment with our military and police counterparts.

Our mission was clear: to support the growth of the service bands' recruiting pool, with particular focus on engaging and inspiring the younger generation. This mission saw us coordinating concerts and workshops in numerous secondary schools and tertiary institutions, while also providing guidance and training to our counterparts in the Tongan service bands.

Stepping off the plane at Nuku'alofa Airport, we went directly to the nearby rehearsal facility of His Majesty's Armed Forces Royal Corps of Musicians (ROCOM), a magnificent building recently built by the People's Republic of China. Old friends reunited and others exchanged warm welcomes before launching into rehearsals for a highly anticipated combined concert. This concert came to life later that week at the Queen Sālote Memorial Hall where locals relished the entertainment from each band, before we united on stage and concluded the evening performing side by side.

As collaboration stood at the heart of our Tour of Duty, we also had the pleasure of working with the Royal Tongan Police Band, culminating in an outdoor community concert at the Talamahu Market in Nuku'alofa. However, the commitment to collaboration extended beyond performance. The unit worked closely with both service bands throughout the tour in workshops, which allowed for the exchange of knowledge and expertise, nurturing the growth of our collective musical endeavours.

Amongst the many highlights of the tour was a performance at the Volunteer Service Abroad (VSA) 60th-anniversary celebration, hosted at the New Zealand High Commissioner's residence. VSA is a significant player in international development and connects skilled individuals with communities across the Pacific and beyond, facilitating positive change. It was a great evening providing entertainment whilst guests reflected on six decades of valued service.



Images from left: Sound Engineer CPL Marc Ellis tutors music teachers. PTE Hazel Wilson tutors the Tenor Horns. LCPL Joel Williams wows Tupou College.

As well as providing support to these prestigious occasions, the NZAB endeavoured to cover all spectrums of Tongan society. A primary focus was placed on the secondary schools and tertiary institutions across the Kingdom of Tonga. Many of these schools have limited resources, however were brimming with a phenomenal ambition and dedication to their passion. Our sessions began by showcasing our own ensemble in a one-hour brass band set, featuring vocalists and star soloists within the unit. Additionally we paid homage to Tongan culture with traditional numbers, including the popular tunes 'Fakatapu mo e Makamaile' and 'Nepitunio', a composition by the late Queen Sālote Tupou III. Following each performance, we provided workshops with the music students of the school. Members of the NZAB conducted one-on-one lessons and sectional rehearsals, sharing valuable guidance, advice, and inspiration with the aspiring musicians. We were thrilled to contribute to the growth of the Tongan brass band movement and bear witness to the importance of music within their culture.

The NZAB prides itself on its constructive use of 'soft power' on international deployments. We blanketed the island nation with performances, workshops, and both radio and television interviews, and by the end of the tour the majority of the population had been impacted in some way by our presence. Beyond the music, what stood out for the unit was the kindness and generosity of the locals. Whether it be taking the time to direct us to the best freshwater caves or providing a seemingly endless supply of delicious coconuts to keep the band refreshed and energised in the scorching Tongan days. Our tour exemplified the unifying power of music, transcending boundaries and creating lifelong connections between the two nations.

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We were thrilled to contribute to the growth of the Tongan brass band movement and bear witness to the importance of music within their culture.

*2/1st Battalion Royal New Zealand
Infantry Regiment and the
1 Royal Gurkha Rifles participate in
Exercise Pacific Kurkri in the South
Island town of Reefton.
Photo: CPL Rachel Pugh*

