

ARMY NEWS

ISSUE 544
JULY 2023



NEW ZEALAND FLAG LOWERED IN IRAQ

Operation Inherent Resolve
comes to an end

EXERCISE WHAKAMAHI WHAKAARO

Training in the snow

WHY RECOVERY IS CRUCIAL IN SUSTAINED MILITARY OPERATIONS

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SMA.NET

Knowing our people: Old practices with new expectations

Morning routine! It is surprising how many issues can be sorted before 6.45 in the morning. From NCOs rising and managing the daily grind in barrack wings, to Company and Battery Sergeants Major sweeping through them to see troops and their surrounds. Each is an important opportunity to connect with our soldiers. While soldiers reading this might at first disagree – commanders and leaders taking notice and being among soldiers in their living environment is critically important to good order and discipline. Tell-tale beer bottles stacked in common rooms, unwashed field kit – dank corridors, and late-risers struggling to showers are all combat indicators to an observant NCO. But what are we really there for?

Presence counts. As it was when I was a Private through to today, I've got no doubt that

today's Platoon Commanders and Sergeants know the names and faces of every soldier in our teams. But for any leader to earn trust they must delve into a closer professional relationship – a partnership between one soldier and another. While rank and appointment gives us role authority to compel a soldier, personal influence is the tool of choice when gaining buy-in and the trust required to fight and protect another human – that's the power of knowing their names and meaning it!

As we hit a new gear in regeneration and start to compound basic training levels into greater levels of competence – I ask leaders of all levels to know your people. Set professional boundaries – but be curious about who our soldiers are, where they're from, what their parents do and how they feel about the Army. How our soldiers talk about their military experiences says a lot about the way our wider family

perceive our fighting tribe.

With the right permission – take time out in the month to call whānau and supporters and tell them about their soldier's recent efforts, promotions and special activities further in the calendar year. While this close duty of care wanes with age and longer experience our new and younger members' whānau will be keen to hear what's going on with a cross-section of soldiers working in our units.

For soldiers in the barracks, in garrison, or on the town streets – talk to your leaders. Extend a gesture of acknowledgement and don't be afraid to engage with them. Shift Thinking – Stronger Teams.

WO1 Wiremu Moffitt
16th Sergeant Major of the Army



Cover: Exercise Whakamahi Whakaaro
Photo: Corporal Sean Spivey



NZArmy



NZDefenceForce

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LOOKING BACK

Eighty years ago New Zealanders were in the thick of the WWII Guadalcanal-Solomon Islands Campaign. The 3 New Zealand Division, 2 NZEF was dispatched to New Caledonia between November 1942 and February 1943. There it underwent months of intensive training in jungle warfare and amphibious operations.

Although New Zealand forces only constituted a very small part of the Allied forces engaged in the Guadalcanal-Solomon Islands campaign they represented a major effort by New Zealand.

Photo: Troops come ashore at Guadalcanal. (2000.434 National Army Museum)



A MESSAGE FROM CHIEF OF ARMY



In the March '22 edition of *Army News*, as we came out of Operation Protect, I spoke about the opportunity provided us by regeneration. I spoke of rebuilding our unit, camp, and formation environments; of the need for both positivity and professionalism; and of the requirement to not just lift our individual skills but our ability to successfully execute missions under battlefield conditions.

I spoke of the need to, deliberately and progressively, progress from small group, to collective, then combined arms training to the point where we could effectively synchronise combat, combat support and combat service support functions to achieve mutually-complementary battlefield effects. And I was clear that we needed to work towards an endstate where, as an Army, we were not only able to integrate all arms into the fight, but were positioned to contribute to joint, inter-agency, multi-national operations.

Achieving these outcomes required an 'all-in' approach from Army and has meant that our efforts across all areas, and from the strategic to the tactical, were clearly prioritised and appropriately aligned. This week, with the deployment to Australia of a significant number of Army personnel and capabilities on Exercise Talisman Sabre, we have achieved a major milestone towards that endstate.

Exercise Talisman Sabre is our first major combined arms deployment in well over two years and is a tangible outcome of the capability regeneration effort, of all the hard work, that has taken place in Army over the past 15 months. In simple terms, we have now got the Army to the point where we can not only make a positive contribution to a world class training opportunity of this type but exploit the opportunity it provides to practise and test interoperability in a mid-intensity environment alongside our ally and partners.

Government has made it very clear to defence that a key measure of the value of our alliance with Australia is our ability to work together on operations in pursuit of common objectives. Participating in Exercise Talisman Sabre at the level we are is a clear signal that Army can again, actively and appropriately, play its part in that alliance should the need arise – none of this is to say that there isn't still work to be done but rather, that Army is well and truly back in the game and ready for whatever task is asked of us.

Therefore, and without question, our participation in Exercise Talisman Sabre is an important milestone in our regeneration journey and we should celebrate that. But we should also view the exercise as a key determinant of the future direction of our Army.

Firstly, the exercise provides the NZ Army the opportunity to observe, test and experiment with our recently adopted prime

reference for mounted combat, LWD 3-3-1. The LCC and G7 will use our participation in the exercise to provide an assessment of how we best adopt and adapt LWD 3-3-1 to our requirements, whilst retaining a strong focus on the overall value of alliance interoperability and therefore common doctrine and tactics.

Secondly, it provides us an opportunity to better understand the capabilities that our modern Motorised Infantry Battle Group (MIBG) and Special Operations Task Group (SOTG) require to meet Government's expectations of its Army. Expectations that include the requirement for both the MIBG and SOTG to be combat capable and able to fully integrate with Australia and other ABCANZ partners. Equally, the exercise will enable Army to observe, analyse and identify the capabilities our MIBG and SOTG require to lead, manage and sustain independent tactical actions in our region at Battle and Task Group level for prolonged periods.

Thirdly, the alliance benchmarking we will do on Talisman Sabre will be analysed to ensure that Army provides Government with credible contributions to multinational and/or coalition combat operations; the ability to lead regional security and stability responses; or participate in humanitarian and disaster relief operations as part of a NZ Joint Force.

These three outcomes combined reflect the enduring utility of the NZ Army's multi role combat forces across the spectrum of conflict, as explained in the recently released *Army Command Statement – the utility of Multi Role Combat Forces*

Looking past our current contribution to TALISMAN SABRE a range of other efforts are being enacted to move past regeneration and better guarantee/deliver our Army's operational capability. Within 1 Bde the focus is shifting, whilst always cognisant of the need to 'build the force' for the future, to one of being ready to deploy and operate now with what we've got. Likewise our special forces are continually reviewing how they can best position their force elements to both deliver on outputs and evolve to meet the challenges of a changing security environment.

At Army level, over the last month, the first Plan ANZAC meetings with the Australian Army have occurred. Capability, Training, People and Engagement objectives for our relationship with Australia have been identified and Army staff are now in the process of

Flag lowered on New Zealand's contribution to defeat-ISIS coalition's military operation



The New Zealand Defence Force (NZDF) has completed its deployments to the United States-led Defeat ISIS Coalition's military operation, Operation Inherent Resolve.

The last two personnel serving in Iraq returned to New Zealand late last month.

The Government announced in August last year that, following the depletion of ISIS as a fighting force, New Zealand would withdraw its military contribution and refocus efforts towards stabilising Iraq to prevent ISIS rebuilding in the region.

The Defeat Islamic State in Iraq and Syria Coalition was established in 2014 and involves 86 countries, more than 30 of which have contributed to the Coalition's military operation.

The NZDF's initial deployments took place in 2015 following requests by the Iraqi Government for assistance to counter ISIS.

NZDF personnel deployed to the joint Australia-New Zealand Building Partner Capacity mission at Taji Military Camp in Iraq, where they trained Iraqi security forces.

Personnel also supported Coalition efforts to counter ISIS, and were based in Baghdad, Kuwait and Qatar under the NZDF's Operation Mohua.

Commander Joint Forces New Zealand Rear Admiral Jim Gilmour said in total 113 NZDF personnel deployed on Op Mohua.

"Over the years we have been involved, NZDF personnel have made a valuable contribution, supporting the Coalition's efforts to equip Iraqi Security Forces and degrade ISIS," he said.

"The work of our personnel has been appreciated by our multinational partners."

Op Mohua personnel have held a variety of roles including in planning, logistics, intelligence, and legal functions.

The last two NZDF staff were based at the Combined Joint Task Force – Operation Inherent Resolve headquarters in Iraq.

Senior National Officer, Lieutenant Colonel Aaron Williamson, said New Zealand had played a critical role in the long-term achievement of Op Inherent Resolve.

"Day-to-day this involved assessment of the Iraqi Security Forces' development and facilitating the procurement of equipment to generate and sustain their capabilities, amongst other tasks," he said.

Saluting the New Zealand flag as it lowered for the last time brought with it a range of emotions, he said.

"The Iraqi Security Forces and the many contributing nations to Operation Inherent Resolve have always shown genuine appreciation for New Zealand's contribution over the years."

"We are incredibly proud to have served as the last two New Zealand personnel deployed in Iraq."



New Zealand Army Warrant Officer Class Two Nick Vairaktaris (left) and Lieutenant Colonel Aaron Williamson with United States Army Major General Matthew McFarlane. MAJGEN McFarlane holds a greenstone mere presented to him by LTCOL Williamson.

working towards these objectives as we seek greater integration, and the efficiencies and operational benefits they will bring. Some of the initiatives being developed include capability concept document sharing, reinforced benefits of Unit to Unit regional alignment, and a deliberate training system alignment plan. As these firm up, and there are other initiatives being worked on, the relevant information will be passed down through the command chain.

My final comment to you in the *Army News* of March last year

regarding regeneration was that the opportunity was ours to grab. And you have. Our Army is in a far better place than what we were 15 months ago and we have laid a great foundation, individually and collectively, for the future. A foundation that allows us to both respond effectively across the range of operations Government may require us to undertake and to position the force, both physically and conceptually, for tomorrow's fight.

That this has happened is not by accident but rather the

commitment, professionalism and hard work of commanders and soldiers at all levels of Army. Ghandi said that 'the future depends on what you did today'. Because of what you've achieved to date with regeneration, to get us to the point where we can progress initiatives like Plan ANZAC, and to deploy on an activity like Talisman Sabre our future is looking good – and for that, I thank you.

Major General John Boswell
Chief of Army

WHAKAMAHI WHAKAARO

By Charlene Williamson

More than 250 soldiers from 2nd/1st Battalion, Royal New Zealand Infantry Regiment (RNZIR) braved the sub-zero conditions of Tekapo while on Exercise Whakamahi Whakaaro recently.



The MRAAW Javelin was one of the weapons used on exercise.



The exercise developed the unit's ability to plan and conduct live firing at all levels – soldiers, commanders and trainers and also saw the conduct of pairs and fours night live field firing under the new Army policy.

Commanding Officer 2/1 RNZIR, Lieutenant Colonel (LTCOL) Sam Smith said the primary focus was on infantry section level training as a key milestone in the unit's regeneration.

"2/1 RNZIR placed a lot of effort and unit focus to ensure the success of this exercise and its scale.

"It takes considerable time and detailed planning to achieve this type of exercise, and it gave an opportunity for our trainers to design battle handling exercises which were as realistic as possible to bridge the gap between training and the battlefield," he said

This was the largest exercise the unit has done, as a collective, since 2017.

"The exercise also saw the utilisation of the Army Training Management Framework to support our training and evaluation across the unit to confirm that our infantry sections are effectively at ATL/ATT 2A (Section Demonstrate) and capable of progressing to more complex combined arms training.

"This is to ensure that 2/1 RNZIR has combat ready force elements ready for operations, should they be required," LTCOL Smith said.

As well as the section level training Exercise Whakamahi Whakaaro also developed Task Group RED HQ, where they deployed their Command Post and developed basic procedures and tactical planning throughout the exercise.

Firepower used on this exercise included the MARS-L, MRAAW Javelin, grenade machine gun, light support weapon 7.62mm, sustained fire machine gun, 40mm grenade launcher, M72A6 66mm rocket launcher and 60mm mortars.

The exercise was also enabled by the support of the Southern Health Support Squadron, Burnham Military Police, 3rd Combat Service Support Battalion Army caterers, No. 3 Squadron Royal New Zealand Air Force, 3 Field Squadron engineers and 2nd Combat Service Support ammunition technical officers.

Officer Commanding Alpha Company, Major (MAJ) Josh Sullivan said the exercise was an important milestone for his Company.

"Our focus was to regenerate our fighting capability with our main effort on live field firing planning, safety and execution.

"Sections are the foundation of infantry minor tactics and success at this level ensures we set ourselves up well for the long term," he said.

Alpha Company was able to fire the 60mm Light Mortar Illum, at night, for the first time since it was released to 2/1 RNZIR.

MAJ Sullivan said the opportunity to fire at night was great for the soldiers and meant that they were able to test their ability to perform at high levels, in all conditions.

"Night training is essential for generating high performance as it teaches individuals and teams to be acutely aware of themselves and their surroundings.

"The importance of being able to effectively operate and live fire at night is essential in modern conflict due to the proliferation of night optics, thermal imaging and drones. We need to train in this environment so that it becomes second nature," MAJ Sullivan said.

Platoon Commander Fire Support Group (FSG), Lieutenant (LT) Landon Williamson said for corporals and above the exercise provide an opportunity to refresh on qualifications and procedures required to design and execute a rifle section live field firing activity.

"For our lance corporals identified as students for the upcoming Regular Force Rifle Section Commanders Course, the exercise provided some much needed preparation and development for what would be three months of section infantry tactics within a number of environments.

"For everyone else, the exercise provided some much needed re-acquaintance with our grassroots," LT Williamson said.

Private (PTE) Harry Vile, FSG, said his section's preparation for the exercise included a refresh with the Javelin outdoor and indoor trainers, a practice variant of the weapon and a computerised version were they could view digital scenarios in preparation for the real thing.

"On a cold winter's morning, our section was met with a true Tekapo frost. As my Gun No.2 and I occupied our position, we identified my target, a decommissioned Pinzgauer, 1200m from the firing point.

"Once I had locked onto my target, I fired the Javelin with a top attack, kaboom! Seeing an almighty explosion confirmed the missile landed right on target," PTE Vile said.

PTE Vile said as a young soldier within anti-armour platoon he was able to achieve his task with a high level of skill, courtesy of his instruction and training.

"Firing the Javelin made me realise how passionate I am for everything anti-armour, and I will continue to seek opportunities to better myself and strive to be the best soldier I can be," he said.

The exercise ended with a whānau day where family members they were treated to a firepower demonstration and equipment display by the Battalion.

"Families play an important part in supporting our soldiers and the mission of 2/1 RNZIR, without their support we couldn't do what we do.

"The whānau day allowed our families the opportunity to see their partners, fathers, mothers, sons and daughters in the field doing their job and see how their support enables us to achieve our training goals," LTCOL Smith said.



NZDF SUMMER INTERNSHIPS 2022/23

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

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

The NZDF Summer Reserve Force Internship Scheme (RIS) will provide selected NZDF Reservists with an internship at a NZDF base across New Zealand. Interns will be placed where their individual skills can best be used while the intern will be exposed to opportunities to further a military or civilian career with the NZDF. At the end of the placement, applicants will receive a final report/reference from their Sponsor Branch. The report is detailed and covers position title, position description, experience gained, task/projects completed, skills acquired, strengths displayed and a general comment from the supervisor.

Eligibility Criteria

Ten internships are available to current tertiary students who:

- are junior rank or junior officer Reservists from either the Navy, Army or Air Force,
- have completed more than two years undergraduate studies or are undertaking post graduate studies,
- are available between 20 November 2023 to 23 February 2024 (individual start and finish dates are able to be negotiated to suit academic commitments), and,
- are not in paid full time civilian employment.

Remuneration

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

- Interns are not to work in excess of five days/40 hours per week but may attend additional duty activities at Unit expense,
- All public holidays are unpaid as holiday pay is a component of Reserve daily pay,
- Interns are offered rations and quarters at the nearest military base to their place of employment at public expense. Packed lunches may be sourced through the mess but not subject to reimbursement if unavailable.
- Interns are offered a travel pass from their military accommodation to their place of work, if not located on a camp or base, and,
- Travel expenses to and from either university or home locations will be met by NZDF at the beginning and end of the internship.

Administration

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

Selection Criteria

Applicants from any academic discipline will be considered.

1. Security Clearance

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

2. Application Process

- Applications will be made available from **05 June 2023** by email request to Reserves@nzdf.mil.nz
- Applications are to be endorsed and sent to Reserves@nzdf.mil.nz by the applicant's Chain of Command (OC/CO). Unit Commanders can endorse applications via email or by signature on the application form.

c. Applications are to include:

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

Final day for applications: 21 August 2023.



RESERVE FORCE Q & A

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

What questions do you have?
Send queries to timothy.sincock@nzdf.mil.nz

ResF Pay Calculations

Pay for Reserve Force duty is calculated in the following ways (ref DFO 3, Part 7, Chap 3, Section B 7.3.15):

- Eight hours in any one 24 hour period constitutes one day's pay. If the period of work extends past midnight a new working day is deemed to have begun.
- Eight hours is the maximum for which members of the Reserve Force may be paid salary in any one 24 hour period (0001–2359 hrs).
- Reserve Force salary is calculated to the nearest half hour, with one hour being the minimum period that must be served for pay purposes.
- The hourly pay calculation for members of the Territorial Forces is Annual Total Remuneration / 2080 (the number of working hours based on the 40 hour working week).
- The daily pay calculation is: (Annual TR / 2080) x 8.
- 2080 is based on a seven year cycle and takes into account the calendar fluctuations caused by leap year, ANZAC Day and Waitangi Day.
- Members of the Territorial Forces are paid holiday pay in lieu of leave at the rate of 10 per cent. The holiday pay entitlement is calculated on total gross earnings for the relevant pay period and is paid as an allowance additional to standard pay.

Did you know?

Internet Enabled Employee Self Service

IESS means that you can access ESS via the internet. You can perform a variety of your personal HR functions via the internet, including:

- Viewing and updating your personal details
- Submitting timesheets
- Accessing your Talent Management data

A guide to ESS is found in the HR toolkit on the NZDF Intranet:

<http://orgs/imx/hr-toolkit/PC/sap-hcm/HRMIS-IESS-Quick-Ref-Guide.pdf>.

ResF Insurance Cover

The NZDF has a staff insurance package called Member Insurance Benefits Programme (MIBP). This package provides comprehensive insurance cover for Reserve Force Members.

Members of the Reserve Force are automatically provided with protection by MIBP TIER 1. The programme offers additional cover for soldiers and their family which can be purchased at individual expense.

Tier 1 Benefits Include:

Death by Accident

- \$300,000 benefit for death by accident whilst on active duty or going to and from that duty
- Cover up to age 80
- No exclusion for war or terrorism

Physical Loss

- Up to \$50,000 benefit for accidental physical loss whilst on active duty or going to and from that duty
- Cover up to age 80
- No exclusion for war or terrorism

ACC Top Up

- ACC Top Up Covers the shortfall between ACC benefit and 100% of an individual's civilian pre-incapacity salary (as determined by ACC, up to the maximum insurable ACC salary)
- Cover up to age 65 whilst on active duty or going to and from that duty
- No exclusion for war or terrorism

LT Tim O'Donnell, PTE Allister Baker and LCPL Matty Ball in Afghanistan.



AFGHANISTAN A SOLDIER REMEMBERS

By Judith Martin

It is 20 years since the New Zealand Provincial Reconstruction Team first deployed to Afghanistan, and 10 years since the significant deployment ended.

During those 10 years the New Zealand Army lost 10 personnel. Many positive things happened in that decade however: the presence of New Zealand troops helped minimise influence from insurgents, development projects were completed, and for some time a relative peace reigned.

The first death, that of Lieutenant Tim O'Donnell, left an indelible mark on the lives of not just his loved ones, but on soldiers who were with him at the time.

Staff Sergeant Albie Moore, then a Corporal, was one of those soldiers. His actions immediately after the contact earned him the Gallantry Star, the second highest gallantry honour in New Zealand after the New Zealand Victoria Cross.

Few people appear to know Albie Moore's background. He is a soldier's soldier – quiet but with a ready smile and quick to laugh, especially at himself. These days he's a small arms trainer at Devonport Naval Base, upskilling sailors on their weaponry drills. He won't forget August 3, 2010.

He was the commander of the rear vehicle of a New Zealand Provincial Reconstruction Team patrol when it was ambushed by insurgent forces near the town of Chartok in Bamyan Province Afghanistan. The insurgents set off an improvised explosive device,

which immobilised the lead vehicle and then began firing at all four vehicles with small arms fire and shoulder launched rockets, in an engagement that was to continue for some 35 minutes.

Corporal Moore immediately ordered his vehicle to pull back in order to establish a firm base from which to support the patrol's withdrawal. He then coordinated suppressing fire to support the rearwards move of the surviving two vehicles. One of these was able to reach the base, but the other was immobilised by small arms fire some 30 metres away. Despite this, all members of the patrol, except those in the lead vehicle, were now consolidated in one location.

It was apparent however that the patrol's position was exposed and that they were both under observation and subject to direct fire from enemy positions on surrounding high ground. Recognising the need for air support and to communicate with higher command, Corporal Moore remounted his vehicle and, under continuous fire from the enemy, drove forward 30 metres to the immobilised vehicle to recover communications equipment. Still under direct fire, he made two further trips to the immobilised vehicle. The first was to collect a general purpose machine gun and the second to pick up extra



ammunition. At one stage during these actions, as he mounted and dismounted from his vehicle, he was struck on the shoulder by shrapnel from an enemy rocket.

It was during this time that the two surviving members of the lead vehicle made radio contact to advise that they were wounded, their patrol commander had been killed and that they were pinned down by enemy fire in a dry creek bed near to where their vehicle had been immobilised. After receiving approval from the officer who had assumed command, Corporal Moore remounted his vehicle a fourth time and went forward 350 metres to where the lead vehicle was located. Throughout this move he coordinated suppressing fire on to the high ground from his vehicle and established communications with the wounded soldiers. On arrival he positioned his vehicle

between the enemy and the wounded soldiers so that they could safely mount the vehicle. He then took them back to the patrol's base for medical treatment.

When he returned to New Zealand he settled back into his regiment. He wasn't diagnosed with post-traumatic stress but acknowledges his behaviour was at times erratic. "When I came home I was going out and getting into fights all the time. Maybe that was my way of coping."

He had no idea he was in line for a gallantry award. "I was on course in Waiouru and they came and told me I had to go down to Wellington. I thought, 'Oh no, I'm in the crap again.'"

SSGT Moore stays in contact with the two other soldiers involved in the incident, Private Allister Baker and Lance Corporal Matty Ball.

CRIB 15

Lieutenant Colonel Martin Dransfield was Commanding Officer of CRIB 15. This is his story.

In July 2009 I joined my command team in Trentham to receive briefings, prior to deploying via the US air base in Bagram, Afghanistan, to Bamyan.

On arrival in Bagram we spent the first few days getting to know our environment, which included many different contributing nations, and an insight into the American approach to warfighting. Eventually a couple of Blackhawk helicopters were made available and we gratefully left the lights and noise of Bagram and climbed into the Hindu Kush and complete darkness as the pilots flew these impressive machines using their night vision goggles. Our destination was Bamyan and we arrived in a hail of light as our American pilots decided to set off chaff to act as decoys for any potential incoming Surface to Air missiles. As our transport flew off into the night we felt strangely at peace in this silent corner of Afghanistan. We were soon joined by the Chief of Staff of the New Zealand Provincial Reconstruction Team, Lieutenant Colonel Nick Gillard, who was highly amused by the light show we had provided on arrival and commented that he would probably receive a number of complaints from the locals in the morning.

After the initial briefs from CRIB XIV, we spent the next few days patrolling with Major Aidan Shattock, and the Camp Romero patrol, led by Lieutenant Alpha Kennedy, through the rugged and mountainous northern and eastern area of Bamyan.

The scenery was breathtaking and combined incredible rock formations created by nature with equally fantastic human structures that had been chiselled out of the rock by the many different groups of travellers and armies that had trekked through this part of Afghanistan since time immemorial.

Close by were the remains of Shahr-e Gholghola: the city of Gholgolla, or as it became known as the "city of screams", after Genghis Khan's army killed all of its inhabitants as an act of retribution after one of the city's archers killed Khan's favourite grandson, Mutukan, with a single arrow. The Siege of Bamyan occurred in 1221 during the Mongol pursuit of Jalal ad-Din Mingburnu, the last ruler of the Khwarezmian Empire. Other symbolic structures included Shahr-e Zohak: Afghanistan's Red City, dating back to the 6th Century and built by the Ghorids out of the red mudstone found throughout this mountainous region, and a number of fortifications built successively by Persian, Russian and British armies as they secured various cross roads throughout the area.

My role was the Commander of the New Zealand Provincial Reconstruction Team, which consisted of a number of patrols, who were based in forward operational posts throughout the Bamyan province, including in the northern districts of Kahmard, Sayghan and Shibar and to the

west and south in the Yakawlang, Panjab and Waras districts. The headquarters, which included our engineers and police training team, was located next to the new part of Bamyan city, which included the provincial Afghanistan National Police headquarters and police training centre, and the provincial government buildings.

As one of thirty-two national Provincial Reconstruction Teams our mission was to support the Provincial Governor, Provincial Council and District Administrators to govern, and to assist the Afghanistan National Police to secure, the province. This objective initially involved regular meetings with the first Afghan provincial female Governor Habiba Sarabi, to discuss governance, development and security. We became great friends and I felt the New Zealand Provincial Reconstruction Team had made enormous progress since its establishment in August 2003, with the development of the Bamyan University, the Bamyan Hospital, and new schools and health centres either functioning, or being built, throughout the province.

But on 12 November, in the Shikari Pass, similar to the Manawatu Gorge, SGT Rangi Rewiti's patrol came under contact. The first reports were that we had lost a vehicle and up to five soldiers. For the next three hours we called in US air support, and to our great relief, once we had re-established communications, the missing call sign were found intact. Albeit with a few dents in the lead US Army High Mobility Multipurpose Wheeled Vehicle, colloquially known as the Humvee, from RPG rounds. The remainder of the call sign had also been in

contact, evidenced by the bullet holes in their vehicle's windscreens. Whilst this reflected the accuracy of the incoming fire they had sustained, it also demonstrated that the bullet proof windscreens had effectively resisted penetration by the projectiles, and in turn had saved lives.

I was determined to act quickly and to engage with local leaders, at all levels, throughout the province, particularly in the north-east districts of Kahmard and Shibar where we had been attacked, and where the dominant ethnic group were Tajiks. I took a patrol into the area the next day to talk to the local leaders. I discovered that because they were Tajiks they felt that they were not getting the same support as the Hazaras. After some research I discovered that whilst development projects had occurred in the Kahmard and Shibar wider area, some of the more isolated areas lacked some key health and education infrastructure. Over the next few months we engaged in dialogue with local groups, in some cases with former Taliban commanders, in order to convince them that we would support them re-build their country. At the same time we harassed and cajoled all those involved in the funding and the contracting of development projects, and eventually won enough resources to start building a road, schools and health clinics in the north-east area. Through a combination of excellent work by the patrols, and in particular their embedded liaison officers whose job was to liaise with the community leaders, and a series of meetings that I attended, alongside the district officials and Afghanistan National Police, we started to win

the support of some of the local leaders in the Khamard and Shibar districts, who until then, had seen us as a threat.

During my deployment to Afghanistan I discovered that leaders needed to be your first touchstone when entering into any dialogue. We developed a number of categories, which Major Mikki Mikkelsen and the intelligence team called traditional, religious, elected, appointed and charismatic leaders. Key amongst these were the Heads of Shura, the Mullahs and the former Mujahedeen commanders. I quickly learnt that one of the key imperatives for survival, let alone success, was building relationships with the right people.

On one occasion I was invited with the Bamyan Chief of Police, General Awaz, to attend a meeting with a number of religious and traditional leaders in a place called Ghandak. Only months before, this area had been the stronghold for the shadow Taliban Provincial Governor Mullah Borhan, and the road leading into and out of Ghandak had been where a number of improvised explosive devices (IEDs) had been laid, one of which had killed an Afghan policeman. After our discussions we went for lunch and General Awaz leaned over and whispered 'you are lucky to sit amongst these leaders, in previous times you would be dead by now'.

On another occasion the former head of police intelligence during Taliban times, in response to my pointed comment that if we were to complete a roading project in his valley, close to Ghandak, he must assure me that he would not attack my soldiers, he stated "do you think we are stupid, we will not destroy the hand that feeds us".

In approaching these leaders I developed some strategies. First you must speak some of the language and understand something of who they are. In Afghanistan I learnt some basic Dari in order to demonstrate my respect for their culture, and studied the basic elements of the Koran.

This leads me onto my next observation, that we can, and often do, make the mistake of introducing western norms that are inappropriate to other societies, particularly those regarding corruption, rule of law, and governance.

Sharia Law, which follows a punitive justice model, involves culprits being publicly named, shamed and held accountable for their actions. Of course one faces the dilemma of human rights issues, and people being wrongly accused, but equally western systems allow men guilty of the worst imaginable crimes to walk free based on reasonable doubt.





Meeting with Afghan leaders from the Shikari Valley in Gardan Deh. LTCOL Dransfield is centre right in a green traditional Afghan coat.

One day I sat with a Pashtun cleric, Mullah Hashimi, for three hours discussing the topic of bringing to justice a group of bandits who had just murdered a young mother and her baby for a few dollars. We lamented that despite everyone knowing the culprits no-one was coming forward. He blamed this new reality on the recently introduced rule of law and justice processes, and instead espoused a sharia law system that involved an offender facing a local sharia court and admitting their crime. In turn he described that a person facing up to his elders would receive a warning for minor crimes, but admitted that more severe measures were taken for serious crimes. As I sat in his mountain retreat surrounded by severe looking men who eyed me suspiciously, his logic made some sense.

Another area that we widely debated was the training of indigenous forces. In Afghanistan we were training an Army based on individuals who collectively have never been defeated by a modern Army. The First Anglo Afghan campaign involving 15,000 British troops resulted in only one soldier surviving. The Soviet Forces, with all their air power and heavy armour, were decisively defeated by a Mujahideen Force with very basic weapons, albeit with some Ground to Air missiles from external sources. This outcome was achieved by fighting on ground that totally neutralised their opponent's superior firepower. In short, I argue that developing operational procedures and tactics in harsh terrain requires us to first study and learn from local successes before imposing our procedures on them. Moreover, after more than a decade, and despite pitting all of our technological superiority against an insurgent force with low level equipment, each year saw more attacks and deaths than in any previous year. There was therefore a degree of inevitability, following the withdrawal of international forces in 2021, that the Afghan National Army would be defeated, largely without a fight, in a matter of days by the Taliban.

The Afghanistan mission was in part focussed on training the Afghan National Army and the Afghan National Police. Again there were positives and negatives. Let me first dwell on the weaknesses, and then turn to some successes. The initial plan involved German, French and British training the Army and the European Union Police, combined with US DynCorp, an American private military contractor, training the ANP. There are children's stories about why certain animals developed the way they did, based on too

many creators, or the oft quoted expression that too many cooks spoil the broth. The result was, in my opinion, a disjointed military and police force, largely trained for conditions unrelated to Afghanistan.

More successful options were the police training centres run by Afghan and international police advisors in the provinces. In Bamiyan, for example, New Zealand deployed seasoned policemen who were culturally aware, taught the basics, worked alongside and in support of their Afghan colleagues, and had grey hair and beards – a force multiplier in a traditional society where experience is held in high esteem.

One area that occupied my thoughts during my tour was the use of force. In my experience there is a period when the shock effect of killing an insurgent, particularly a leader, does dissuade other insurgents from continuing, and can remove their local support, which is simply trying to survive and will side with whoever it believes will win. However, the period is short and needs to transition to a focus on negotiation with insurgents, and in particular with their followers, in order to convince them that you are not there to kill them. In fact you need to enter a partnership that includes the insurgents and which will bring the community roads, electricity and jobs. Even more successful are measures that ensure that their wives will not die in child birth, and their kids will live beyond the age of five and get an education.

In Afghanistan I often sat alongside men who had murdered and killed for the smallest of reasons or amounts of money. Yet in each of them I found a father, who wanted nothing more than a better life for his children. I ran many Jirgas in my time in Bamiyan, particularly in the Tajik dominated north-east, and discovered that the perception held was that we wanted to arrest, or at worst kill them, and that development projects were for other groups and districts. My job was to win their confidence, but more critically their support. I found that quick impact projects that were put in place by my excellent liaison officers, such as a flood control or a new roof, opened the door but needed to be followed by larger projects that provided employment, and ideally introduced health and education facilities to the district. Underpinning this course was the requirement for Afghans to lead and New Zealanders to support.

To achieve this latter course of action I was ably supported by my United States Department of State advisor, Eric Mehler, and my development team under Major Tony George, who had come out

of retirement after many years serving as a military policeman specifically to do the job. Others in his team included our engineering officer, Captain Rosie Mercer, a reservist officer, whose degrees and expertise in Civil Engineering were critical to the successful planning and execution of several construction projects throughout Bamiyan alongside her engineer team. In addition we managed to secure a number of United States experts in areas such as Municipal Governance, Provincial Education and Agriculture, who, alongside my Padre Leon O'Flynn willingly joined our patrols throughout Bamiyan to work alongside our liaison officers, and with local leaders.

Another area critical to a mission's success is the effective cooperation of the troop contributing nations. NATO forces, and in particular the US bring a level of technology and expertise that ensures that you can rely on their support for air movement, logistics and medical support and in extremis fire support when you get into trouble. In Afghanistan the speed of reaction from US air medical evacuation assets, Blackhawk helicopters and fast jets was exceptional. As the lead planner for our deployment to Afghanistan in 2003 we had three simple requirements: medical support, logistics support and fast jets on call. We got all three.

So for me Afghanistan provided a clearer understanding of the imperatives to success. Chief amongst these imperatives is a security environment that enables the Provincial Reconstruction Team to operate effectively. The security situation in many parts of Afghanistan prevented this from occurring, but in Bamiyan we were more successful, primarily because we were able to gain the support of the local population. However, there were areas, particularly in the north-east of Bamiyan Province and across the provincial border to Baghlan, where this was not the case. Accordingly, we had to first seek out influential leaders, second to listen to and learn from them, third to convince them that we were there to assist not arrest, fourth to deliver results through quick impact projects that provide work and essential infrastructure, and fifth to support longer term projects, that were both sustainable and centred on building human capacity. To defeat insurgents and to build you need to remove their raison d'être, killing only reinforces their cause and expands their support base. In short, to succeed we need to learn from the locals, understand their needs and deliver on promises.

I developed a strong relationship with a number of leaders, and over



For more than 20 years the NZDF worked alongside partners in Afghanistan, making a significant contribution to regional security and the lives of the local people.

This year marks a decade since the withdrawal of NZ's Provincial Reconstruction Team, so we're bringing you tales of service and sacrifice from those with first-hand experience of life at the front-line.

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my tour held numerous meetings either in local restaurants, or in their homes, debating ways forward to bring peace to this distant corner of Afghanistan. Key amongst these heads of Shurah were Mullahs' Shafiullah and Sarajuddin who walked a dangerous path between working with us to gain projects that would benefit their people, whilst being ever watchful of other more dangerous influences within the region. On our tour, despite the opponents' best efforts, which particularly involved CPL John Morrison-MacFarlane's patrol in the North, who fought through a contact during our handover, we lost no lives and made some significant headway in bringing leaders to the table to discuss development projects and to break down perceptions. Sadly there remained a pocket of hard core insurgents who were determined to kill allied troops, and we took a number of combat casualties in 2010 and 2012.

Afghanistan is a country that will continue to survive despite its deep rooted divisions based on history, tribe and religion. I personally loved the country and its people. Each day provided experiences that were both inspiring and humbling. The hospitality of the Afghan people is second to none. I travelled widely through the Bamiyan province, both by foot and vehicle, and was always welcomed into peoples' houses for Choi (green tea) and roasted almonds. Alongside my loyal interpreters Mustafa Ahmadi, Parwiz Ilyas, and personal protection officer Cpl John Bosman, we spent hours discussing with the locals topics ranging from religion through to the future of Afghanistan.

In leaving Afghanistan I felt that we had, if nothing else, made one small mark, and that was one of perception. I was blessed with a superb command team, including Lieutenant Colonel Peter Hall, WO2 Bradley Fairburn, Major Scotty Cordwell, and Captain Sam Smith. My greatest asset, however, were a number of incredible liaison

officers, and courageous patrol commanders, and their teams, who daily patrolled each and every village in the mountains around Bamiyan. The liaison officers conducted community meetings each day, whilst the patrols provided security and delivered books, stationery, medical supplies and most importantly volley balls. In each village they left a child who one day will become a leader of their respective communities and who will remember the soldiers from New Zealand who didn't come to kill or arrest their parents, but instead to talk and support them.

In conclusion, I remember well my final meeting with Governor Sarabi, the former Mujahideen Commander, Baz Mohamed Khan and, in my opinion, the most prominent figure in the area, Mullah Walli. The latter was a wise individual who stroked his beard, glanced towards the mountains and then to us and lamented that in his opinion "the international support is like the snow melting on the mountains, it is rapidly disappearing." Those words will always remain with me and it was with great sadness that in 2021, with the departure of the international presence, I saw the Taliban return to Bamiyan. Many of the developments, in particular the opportunities for girls and women to achieve their potential, through schools and the Bamiyan University, disappeared overnight. It was important, therefore, that we provided the passage for those who worked alongside us in Bamiyan to come to New Zealand.



REGULAR RECRUIT FORCE 410

One hundred and sixty-four newly minted soldiers graduated recently and have now joined 1 (NZ) Bde, Joint Support Group and TRADOC units. They are now progressing in their careers and learning their specialty trades.

Defence Minister Andrew Little was the Reviewing Officer escorted by the Acting Chief of Army, Brigadier Rose King. The parade was a new concept that involved chosen family members or friends presenting the recruits with their identification disks and cultural taonga on parade before they marched off.

The recruits from RRF410 marched into The Army Depot in Waiouru Military Camp in February. They came from all over New Zealand, and some from Australia, with many having left young families at home. They entered camp just two weeks after Cyclone Gabrielle had ended. Some of the incoming recruits had left places like the Hawkes Bay where they had watched elements of Army assist with recovery efforts.

They were welcomed onto Rongomaraeroa o ngā hau e whā Marae (New Zealand Army National Marae) before attesting and affirming at the National Army Museum. After the formalities it was into the training with recruits put through their paces to get to the required standard across a broad spectrum of skills including Defence First Aid, weapons qualifications and field craft to name a few.

The weather in Waiouru plays a large part on training. It can make or break field exercises and turn shooting on the range from an exciting development experience to more of an exercise in survival. Although there were some wet days on the range the Waiouru weather generally held out for the recruits with almost no rain on either of the two field exercises. Something for them to look forward to when they undoubtedly return in the future. RRF410 was also the first soldier ab initio course to learn the Glock 17 Pistol on Basic training, with recruits qualifying on the G17 AWQ.

Awards

Top Shot RRF410

PTE S Savage

Top Warrior RRF410

PTE J Davidson

SMA Award

PTE C. Watson

Top Instructor

CPL A

RRF 410 Top Soldier

Joint award between PTE R Carstens and PTE S Savage



Photos: CPL Rachel Pugh





NZDF CO-HOSTS MEMBERS OF 19 MILITARIES FOR DISASTER RESPONSE TRAINING



Members of 19 foreign militaries collaborated with the New Zealand Defence Force and 12 domestic agencies in Wellington for 10 days in June, to plan how they could best work together in the aftermath of a major earthquake.

This year's Exercise Tempest Express was based on a fictional scenario where New Zealand's capital city had been struck by a 7.5-magnitude earthquake, triggering a tsunami and causing damage throughout Wellington, Lower Hutt, Upper Hutt, Porirua, Kāpiti, Carterton, Masterton and South Wairarapa.

The tabletop exercise focused on improving multinational coordination, decision-making and responses during times of crisis.

The aim was to help nations plan and prepare in the event of a disaster in their country, or in a country where they could be called on to help.

Participants worked to find practical solutions to real-life dilemmas such as where military aircraft could land and where ships could berth if Wellington Airport and the port were to suffer significant damage.

The NZDF co-hosted Exercise Tempest Express 38 with the Multinational Planning and Augmentation Team, which was established by chiefs of defence of Asia-Pacific nations in 2000. Its secretariat resides within the US Indo-Pacific Command (INDOPACOM).

Commander Joint Forces New Zealand Rear Admiral Jim Gilmour said the NZDF was delighted to officially welcome partners from the Asia-Pacific region and further afield with a pōwhiri at Waiwhetū Marae in Lower Hutt. Chief of Defence Force Air Marshal Kevin Short was among those welcomed onto the marae, alongside representatives from INDOPACOM and other foreign militaries.

"When a crisis happens, it's all hands on deck and the NZDF will support national and regional emergency organisations to get help to where it's needed most. You need to have planned in advance, so people know how to act and can deliver an emergency response which saves lives," Rear Admiral Gilmour said.

"Training with personnel from other nations builds relationships and improves coordination when military partners are called on to respond in a crisis.

"This exercise enabled the NZDF and our partners to come together and forge relationships now, so we know who to contact should we ever need each other."

Rear Admiral Gilmour said the value of multinational coordination and interoperability was recently highlighted during the Cyclone Gabrielle response; a 34-strong Humanitarian Assistance Disaster Relief Task Force flew in from Fiji, and Australia sent two C-27J

Spartan aircraft and crew, a mobile air load team and environmental health support staff to assist New Zealand's response.

Among the exercise attendees was a contingent from Nepal, who shared how military partners were able to best provide support after a 7.8-magnitude earthquake rocked the Himalayan nation in 2015.

"It's invaluable to have countries around the table who in recent years have been through natural disasters such as earthquakes, tsunamis and cyclones, so we can all learn from each other's first-hand experience," Rear Admiral Gilmour said.

To gain an understanding of the city's landscape and infrastructure, participants were taken on a tour – visiting spots such as Mount Victoria, Wellington Airport and the Interislander ferry terminal. Their guides for the day were two GNS scientists, and representatives from the National Emergency Management Agency (NEMA) and Wellington Region Emergency Management Office (WREMO).

Staff from government agencies who are responsible for emergency responses in New Zealand provided their expertise during the exercise, alongside local iwi.



For Army medic Staff Sergeant Melissa Hogan the best part about Exercise Tempest Express was having the time to talk through all the different aspects to be considered when a disaster strikes.

"You don't get that time in a real emergency. Everything must be done as quickly as possible."

SSGT Hogan works for Joint Support Group and was an observer at the exercise.

"It was interesting having so many different countries taking part and working through the planning process when considering a significant disaster. We could sit and debate and consider the ramifications and implications of certain decisions, and discuss things with other people who have different viewpoints, like civilians.

"Environmental disasters are where we are going to have to do a lot of work and thinking in the future."

Another aspect of the exercise she found very positive was that there was such a wide variety of participants.

"It was not all just health people and made us focus really well on the outcome of what we were aiming to do."

THE JOURNEY TO RECOVERY



By Charlene Williamson

Twenty years ago Bob Pearce was serving in the British Army when his friend Matty Hull was killed in a blue on blue incident in Iraq by the US Forces.

That moment, combined with many factors from other deployments during his close to 30-year career lead the ex-Army logistics specialist and intelligence operator being diagnosed with Post Traumatic Stress Disorder (PTSD).

Mr Pearce will co-captain the 21-strong New Zealand Invictus Games team heading to Düsseldorf, Germany in September.

While he wasn't diagnosed with PTSD till 2016, he spent 13 years running from himself and trying to suppress the pain and anger that was inside.

"This led to suicide attempts and the near-destruction of my marriage and my relationship with my whanau. In 2016 I ended up having a breakdown, where all my past issues came to light.

"I was fortunate to have, then Major, now Lieutenant Colonel Kate Hockings-Mackie as my boss. She and the rest of the team I worked with were supportive and understanding. I was offered the first of many counselling sessions, as well as the time and space I needed to begin to work through the issues I was struggling with," said Mr Pearce.

Hearing of the Invictus Games, and even having friends who had been in the team, he never felt like he would qualify to be part of the team.

"I think that many of us in the Injured, Wounded, or Ill (IWI) community feel the same or have felt the same, that somehow our injuries aren't or weren't significant to matter.

"I have learnt through my journey and my teammates that all of our injuries are significant, that we each have our own struggles to face, and that those struggles may not be openly apparently to others who do not know us."

28 March 2023 marked 20 years since his friend Matty was killed.

"Twenty years. When I say that it, feels like a lifetime, yet when I think of that day, it's as if it happened yesterday. I can picture it clearly in my mind, even though the rest of the war in Iraq seems to be just a jumble of memories.

"I will never forget that day in the sand. But I am hopeful that this anniversary and the trip to the Games may allow me to let go of some of that pain. Matty is always in my thoughts, every day I think of him.

"But I know that he would not want me to linger on the past, and I know that his widow who has graciously stayed in contact with me, would not want me to either.

"I carried so much guilt and pain concerning Matty's death, something that counselling has taught me was not my burden to bear."

Mr Pearce said that 2023 is a year of new chapters for him.

"It will be closing the chapter that began in a foreign land in 2003, and opening a new chapter that begins in 2023 in a foreign land. Only this time, the only shouts and cheers will be from the crowd and my team, who will be shouting for joy, not in sorrow," he said.

Mr Pearce said communication, talking, speaking to someone, getting it off your chest are all ways that people with PTSD can start the journey to recovery.

"For me, talking was the key to my recovery. I thought I was just going mad, and that I had no reason to feel the way that I did. The

impact I was having on my family and friends just breezed past me, it was all about me, and nothing else.

"I was trying to bury the pain and it ultimately broke me. If I could have gotten help earlier I may have taken it, but it's hard when you are too strong to admit you are weak."

He said it takes a strong warrior to admit that they are weak.

"I know now that being able to be humble and to expose your weakness actually makes you stronger. I would urge anyone who thinks they are suffering from PTSD to please, please reach out. You are not alone, and you will be supported."

Without the support of his family Mr Pearce said he would be dead.

"That seems harsh to say, but it's the truth. My wife had every cause to leave me, my sons had every cause to disown me, yet they all stood by me and came with me on my recovery journey. A journey that would not be worth taking if it were not for their continued love and support."

He said they have been an integral part of his recovery, and of his Invictus Games journey so far.

"I am so lucky to be able to take my wife and eldest son to Germany, and I pray that in some way, these Games can be a release for them as I know it will be for me."

Mr Pearce is competing in cycling, swimming and athletics at the Games and said he is under no illusion that he may not bring home anything shiny, "although you never know on the day".

"My aim is to take whatever is my personal best for each event and to beat that. If I achieve that then in my eyes, I am a winner. That is ultimately what counts for me, that each and every one of the competitors at the Games gets that sense of achievement, no matter what the outcome is on the day."

The journey for most of the 2023 team has been a long one, many being selected in 2019 to compete at the 2020 Games which did not go ahead due to the Covid-19 pandemic.

Mr Pearce said each person in the team has a different story, and those stories may resonate with someone different each time which is why he feels it important to share his story.

"I am hopeful that being a part of something bigger than me will help me to recover and move on with my life.

"Even though I have yet to attend an actual Invictus Games, being a part of this team and being surrounded by so much love and compassion has been a huge win for me, and has had such a beneficial improvement to my life.

"I feel justified in having applied, and humbled and grateful for the opportunities I have been given.

"None of this would be possible without the unsung heroes of Team Kiwi. Our management team, the nursing staff, the padres, the coaches, the sponsors, and of course our dear friends and families who guide us, cheer us and support us every minute of every day in our journey to recovery through sport.

"I am coming to a decision point in my journey, and I am looking forward to being able to make it. Something that I would not have imagined possible in the dark days of 2016."

The 2023 Invictus Games will take place in Düsseldorf, Germany from 9-16 September and will welcome around 500 competitors from more than 20 nations to compete in ten sporting disciplines.



Co-Captains Major Buffy Little and Bob Pearce.



OUT ON THE OCEAN TO DEVELOP LEADERSHIP AND ESPRIT DE CORPS

Personnel from Combat Service Support (CSS) Company, 1st Battalion, RNZIR were all at sea recently when they took part in ocean based training.

The training was a first for the provider, the Royal New Zealand Navy's Experiential Leadership Squadron (ELS), and was by all accounts an overall success.

The mission for the exercise was for CSS Coy to conduct leadership development to develop cohesion, culture and esprit de corps. Various training platforms were used to enhance esprit de corps, leadership and resilience that will lead to retention and growth of CSS Coy personnel. This included sea kayaking and sailing the RNZN STC within the Hauraki Gulf area over the three day training period.

The CSS Coy personnel moved from Linton to Devonport on a normal Manawatu day with rain and wind. For the past two months Auckland had been deluged with rain and the kayaking and sailing was looking to be an additional activity in resilience.

On arrival at the ELS the team was issued with all the requirements for both activities which reduced the need to bring a large amount of stores and equipment from Linton. ELS looked after all the team needs including rations, jet boils, dry bags and morale. It was at this point that the sky cleared and Auckland had perfect weather for the next three days.

The Coy was broken into two groups with half on the STCs with two yachts used for which each one had a standard command and control group of two people to command the ship, and guide the participants through the intricacies of sailing.

The second half joined the instructors from Auckland Sea Kayaks for the move to Mahurangi to begin the adventure. The kayaking was using a mixture of dual and single kayaks that required some good packing skills to pack the equipment and clothing within the kayak for the next 36 hours.

The sailing group then deployed from Gulf harbour and proceeded to sail around Kawau Island with the group holding various positions within the crew. They then anchored and stayed in the outlet of Kawau Island for the night before sailing down to Mahurangi for the swap over with the kayak group.

The kayak group meanwhile departed to start the 16km kayak leg moving past Saddle Island, Motutara Island, Moturekareka Island and the ship wreck, around Motuketekete Island and across to Motuora Island for the night.

The visit to Motuora Island was a new experience for the group as this is a pest free island. It was evident that with pests affecting the bird life prospering in NZ, some bird species that are struggling can prosper. This included a night walk around the island to see the Kiwi population out and about, blue penguins and other late night noise makers.

The next day the kayak group paddled 10 km back to Mahurangi for the cross over with the yacht groups, and the start of the next 36 hours conducting what the previous groups had done.

The exercise ended with the weather remaining in our favour prior to refurb and return to Linton.

The use of the RNZN Experiential Leadership Squadron instructors and resources provided a different experience for our team. The hybrid training that was conducted provided a challenge to the exercise participants and also the RNZN that has opened up new training options for the future.





Photos: Petty Officer Chris Weissenborn

THE ANTARCTIC PLUMB LIFE

By Charlene Williamson

Living and working in harsh, cold conditions, solving problems with a limited inventory, and seeing the sun set for the last time for months are among the experiences two New Zealand Army plumbers got when they deployed to Antarctica last summer.



Lance Corporal Darryl Spencer and Corporal Andrew Jobling both spent time on the ice this year, at different times, as part of the New Zealand Defence Force's (NZDF) contribution to supporting Antarctica science and research programmes.

Both have provided plumbing support to the current reconstruction of Scott Base, a multi-million dollar redevelopment which will see the base's infrastructure upgraded to a safe, fit-for-purpose, and sustainable research facility.

Each year, under Operation Antarctica, the NZDF provides support to Antarctic science and research programmes. That support includes air transport, personnel working with the New Zealand Antarctic Programme, and personnel for the New Zealand/United States Joint Logistics Pool.

During the last summer season, Antarctica New Zealand needed some help from the Army's plumbers.

As the only plumber on the ice at any one time, a typical day includes working onsite with the builders, and working to complete priority tasks for that day and to meet overall project deadlines.

"It's not much of a change from being a plumber back home, just the fact that everything takes at least three times longer down there due to weather conditions, construction waste needs to be removed appropriately, and it's not a quick trip to get plumbing supplies if you're missing something.

"Everything is delivered in bulk on ships or flights throughout the year, so on many occasions you may be missing certain materials to do the job, so you have to look around and find whatever best suits with the materials you have on base," LCPL Spencer said.

CPL Jobling said the most challenging part of working in Antarctica is finding the resources needed and moving them centrally to carry out a task.

"Also, being the only plumber, you have to back yourself to make the right call and provide sound trade advice when needed," he said.

LCPL Spencer agrees and says the deployment provides an

opportunity for young plumbers coming through to test and improve because of the challenges they face.

"Searching and coming up with different ways to do the job with what you have is challenging. But it is up to you to back your skills, read through plans, manage your time in-between jobs to sort materials and come up with new solutions to meet deadlines and get the job done," he said.

Both worked on a variety of tasks during their time on the ice.

CPL Jobling said he worked on scheduled maintenance around the base and assisted the water engineer with water production and waste treatment for the base.

"I also worked on the installation of 250m of water pipe under the floor to connect to the new water tanks on base," he said.

LCPL Spencer assisted on similar tasks which will help with catering for the large numbers of construction workers due to come through the base over the next few years for the rebuild.

"Some of my tasks included upgrading bathroom and laundry facilities to cater for those large numbers," he said.

They both said the best part of a deployment to Antarctica, like any job, is the people and the location.

"The summer crew that was deployed while I was there were a great bunch of people to be around, as well as the after-hours activities that were organised to keep morale high," CPL Jobling said.

He said along with several walks you could do from Scott Base to stretch your legs and capture the amazing views, they also got to do some pretty unique activities only available in Antarctica.

"The ski field would open up around mid December and late January, so after work we would travel out and spend a couple of hours skiing or snowboarding.

"There was an indoor rock climbing wall, pub quizzes and on a Sunday depending on the weather, there would be field trips out to the Erebus glacier where you could go into ice caves, and visit Cape Royds where Shackleton's hut is located," CPL Jobling said.

"Not many people can say that they've lived and worked in harsh cold conditions, have seen a sun set over the horizon for the last time till August, or actually seen the waves and colours of the auroras first hand," said LCPL Spencer.

The skills learnt on a deployment were also second to none.

"I learnt theory and skills about other aspects of the trade which are more of a specialist skillset that I would not have been otherwise exposed to," CPL Jobling said.

And do the pipes freeze? Rarely, LCPL Spencer said.

"The pipes rarely freeze as they are usually well insulated and have heat tracing cables installed in them if they run outside. Most of the internal plumbing is done in confined spaces and the temperature doesn't really get cold within those spaces, so all pipework should be fine.

"However, I have heard over at the American base 3km down the road, they actually have had a section of pipework freeze up because the heat tracing cable malfunctioned.

"To fix that you would pretty much just need to dig it up, cut out that frozen piece of pipe and replace it with a new section of pipe and cable," he said.

Plumbers in the New Zealand Army work on a variety of tasks and equipment and gain trade certified qualifications in their training. They work both domestically and overseas on deployments.

To find out more about becoming a plumber in the New Zealand Army visit www.defencecareers.mil.nz





Chief of Army's History Seminar

By Colonel Colin Richardson

The inaugural New Zealand Chief of Army's History Seminar was held at Massey University in Wellington on June 21.

This was the first major piece of work undertaken as part of CA's Army Project 200, which he announced during the 175th Army Anniversary commemorations at Pukeahu in 2021. The core aim of Project 200 is to complete and publish a comprehensive history of the Army in time for its bi-centenary in 2045.

With such a large subject, it's best to break it down into manageable bits, and also to start at the beginning. The plan is therefore to write three volumes covering the major developments in the Army's history, and to start with the period dominated by militias and volunteers – which is from 1845 to 1912. LTCOL Peter Wood, RNZIR, who leads battlefield tours around New Zealand, is the author of this first work. He quickly identified that there were gaps in his understanding of the period and therefore suggested it would be

great if he could come together with a group of people with a deeper understanding of those things.

CA agreed it was a good idea for such a discussion to go ahead, but thought more people should benefit from the opportunity to listen in. The seminar in the Tea Rooms venue at Massey's Wellington campus was the result. Seventy five people, mostly from Army, but also a wide range of interested academics, students and from the Corps' associations attended.

The topics addressed were diverse, with a keynote address from Professor Craig Stockings of the Australian Defence Force Academy dealing with the Australian Frontier Wars. It's probably only because those individual fights were so spread out across the Australian continent, and over such a long period, that they have not received the same attention as the New Zealand

Wars, and there were certainly many parallels highlighted. Presentations followed on the Governors and government, the Commandants and the volunteers and militias they commanded, together with the lasting impact of the military structures which were established then have to this day. Māori participation was discussed in terms of the successes achieved, but also the different interpretations of what that has on our understanding today, and that was amplified when considered in relation to the new history curriculum for schools.

Over the next twenty years Project 200 will be developing works on the Divisional Years of the NZ Army (1914–1984), and a final time based volume for 1985 to 2045 which currently looks like it may about peacekeeping, but who can tell? The plan is also to have specific studies about important

themes completed, the two already confirmed being one about Māori, and Women in the NZ Army, but with army art, photographic imagery and others being considered. CA's Military History Seminar 2023 was a first for the NZ Army, but it is hoped to hold similar events to help expand the understanding of New Zealand's military history and assist the project's development of those future works.

Pictured above: The presenters at CA's Military History Seminar 2023, and with members of the Army Project 200 team. L-R. LTCOL Peter Wood, PROF Jim Mcaloon, PROF Glyn Harper (Project Academic Adviser) PROF Craig Stockings, PROF Charlotte Macdonald, PROF Michael Belgrave, WO1 Wiremu Moffitt (SM of A), DR Ross Mackie, MR Ron Crosby, DR Stephen Clarke, COL Colin Richardson.

PORIRUA CADETS ON THE RISE

From having under ten cadets at the start of 2020, to being the largest Army Cadet unit in Wellington in 2023, the City of Porirua Cadet Unit has grown through their reputation of hard mahi and service to their community.

In recent years the unit has won the RNZRSA award for top cadet unit for community service and has been finalist for two consecutive years in the Wellington Airport awards.

The unit has supported many causes, such as raising money for the Cancer Society, the local food bank, and the RSA, and have aided their community in activities such as recycling events, and working bees for veterans.

Cadet Warrant Officer Class Two Pyper Adams, CSM for CPorCU says the unit has even registered with the Student Volunteer Army award program so that the cadets can track and record their service hours, as well as being registered with the Duke of Edinburgh awards which has resulted in two cadets

being presented with their Gold award this year.

"The community engagement is one of my favourite things about my unit – and the cadets love it too!" says WO2 Adams. "It's not always easy, but it really brings us together as a unit, and the results we see in the community are truly humbling".

In 2023, the unit decided to again put their mahi back into the community and raise the money to purchase a mobility scooter for the RSA.

That was their goal, and it has been achieved. After much hard work, the cadets presented the scooter to Roger Kingsford (president of the Porirua RSA), recently alongside Jack Steer, National Vice president RNZRSA and former Chief of Navy, and John Hannan, RSA welfare officer.

Being army cadets, they of course had to make the scooter black and red., said WO2 Adams.

In thanks for the work of the cadets, the RSA presented the unit with a certificate of appreciation, and LT Jackie Adams (Unit commander, CPorCU) was presented with an RSA Merit award for his years of support and mahi to the RSA.

The cadet unit is proud to have been able to give back to those who have served, and looks forward to continuing their work in the community.



Jack Steer, Roger Kingsford and John Hannan with the cadets.



Roger Kingsford Porirua RSA president and Christian Smith the unit's youngest cadet.

What is diversity and inclusion, and why is it important?

Martin King, director of Pride Pledge, has delivered gender awareness training across Army camps and bases and the question of what is diversity and inclusion was posed to each audience.

Essentially, diversity is our difference, and EVERYONE is different –

- everyone has a body
- everyone has a gender identity
- everyone has a sexuality

Inclusion is how we are made to feel and something that we need to create and enhance in our Army's culture. Inclusion requires trust to be built, and to trust each other we have to know and support each other. When people feel included, they are psychologically safe.

Why is inclusion important? Feeling psychologically safe is the number one determinant of organisational success, or what we would refer to as operational success. Therefore, making people feel included and giving them a sense of belonging within our workplaces is fundamental to our output as an Army.

Generation Z currently makes up the majority of our recruiting pool, and approximately 30 percent of this population identify as part of rainbow communities. We know that rainbow backlash causes harm, as people don't feel included and psychologically safe, and a known statistic is that people from rainbow communities are five times more likely to commit suicide.

Ngāti Tūmatauenga has a unique and independent culture, everyone is different, and EVERYONE should feel safe and included, and that starts with education:

LGBTTQIA+

- Lesbian
- Gay
- Bisexual
- Transgender
- Takatāpui
- Queer
- Intersex
- Asexual
- +

Using personal pronouns has been recognised as a simple and meaningful change that we can all make to support the LGBTTQIA+ communities, and people are encouraged to incorporate these within their NZDF email signature blocks.

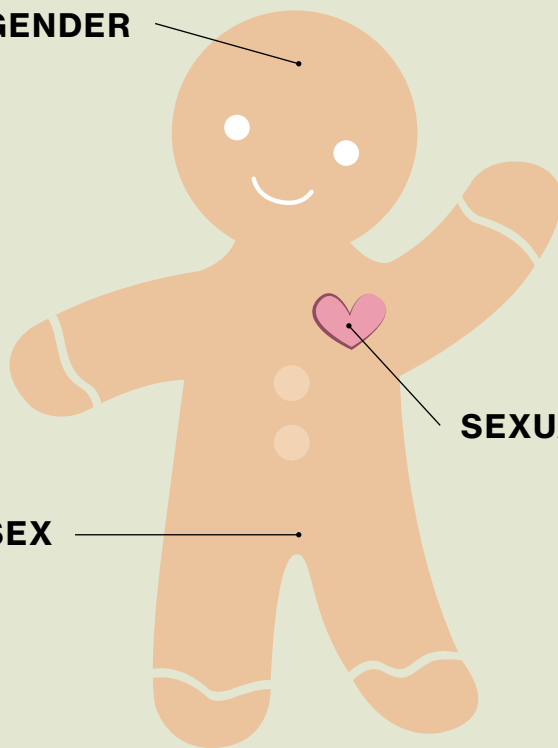
If your workplace or unit would like to discuss gender awareness training or the importance of inclusion as an operational enabler, please contact the Army People and Culture team: armypeopleandculture@nzdf.mil.nz



GENDER

SEX

SEXUALITY



A promotional poster for NZ Army Women's Rugby 2023. The top half shows a player in a black jersey jumping high to catch a rugby ball, with other players in green jerseys below her. The text 'NZ ARMY WOMENS RUGBY 2023' is written in large, bold, red and black letters. Below the image, event details are listed: 'Game 1 | NZ Army vs NZ Police' and 'Game 2 | NZ Defence Ferns vs NZ Unis'. The dates '10-17 September 2023' and the location 'Trentham Camp Upper Hutt, Wellington' are also included. At the bottom, contact information for 'Expressions of Interest or more info contact | Bridget Lake L1027006@NZDF.MIL.NZ' is provided. The NZ Army logo and 'NGATI TUMATAUENGA' are visible at the bottom left.

HUMAN PERFORMANCE

AND SUSTAINED MILITARY OPERATIONS

By Major (Dr) Jacques Rousseau,
OIC JSG Human Performance Cell

The well-known Exercise Nemesis has once again taken place in Waiouru where Officer Cadets are exposed to multiple physiological stressors. During this exercise cadets' performance is assessed under pressure, and they will learn how their bodies respond during situations where they are under extreme pressure both physiologically and cognitively. Exercise Nemesis is a good example of how the body responds during sustained military operations. These have a profound impact on human performance, both physically and mentally and place soldiers under immense stress, challenging their physical capabilities and mental resilience.

This month we briefly explore the impact of sustained military operations on human performance and why recovery is crucial:

1. Physical Performance:

Military operations often involve rigorous physical exertion, including combat, patrolling, carrying heavy equipment, and navigating challenging terrains. Prolonged engagement in such activities can lead to physical fatigue, decreased strength and endurance, and increased risk of overuse injuries. Soldiers may experience decreased physical performance, reduced reaction time, and impaired motor skills, all of which can compromise mission success and personal safety.

2. Cognitive Performance:

Sustained military operations require soldiers to maintain a high level of cognitive functioning. However, the stress, sleep deprivation, and mental fatigue associated with these operations can significantly impact cognitive performance. Soldiers may experience decreased attention span, impaired decision-making abilities, reduced situational awareness, and slower information processing. These cognitive deficits can jeopardize mission outcomes and increase the risk of errors and accidents.

3. Importance of recovery:

Recovery is essential for easing the negative impact of sustained military operations on human performance. It allows soldiers to regain physical and mental well-being, restore their physiological systems, and improve overall readiness. Here's why recovery is important:

a. Physical rehabilitation:

Recovery provides an opportunity for physical rehabilitation, allowing soldiers to recover from injuries, rebuild strength and endurance, and restore physical fitness. Proper rest, medical care, and rehabilitation programmes facilitate healing, reduce the risk of long-term physical disabilities, and improve overall physical performance.

b. Performance optimisation:

Recovery periods play a vital role in optimising performance. Adequate rest, sleep, and relaxation contribute to improved cognitive functioning, attention, and decision-making abilities. By allowing time for recovery, soldiers can replenish their energy levels, reduce mental fatigue, and enhance overall performance and operational effectiveness.

c. Nutritional support:

Proper nutrition is essential for replenishing energy stores and supporting the body's recovery processes. Providing well-balanced meals and access to nutritional guidance can aid in the recovery and overall well-being of military personnel.

d. Injury prevention:

Proper recovery protocols decrease the risk of overuse injuries and physical ailments associated with sustained military operations. By providing soldiers with sufficient rest, rehabilitation, and recovery time, the chances of developing chronic musculoskeletal conditions are reduced, leading to better long-term health and performance.

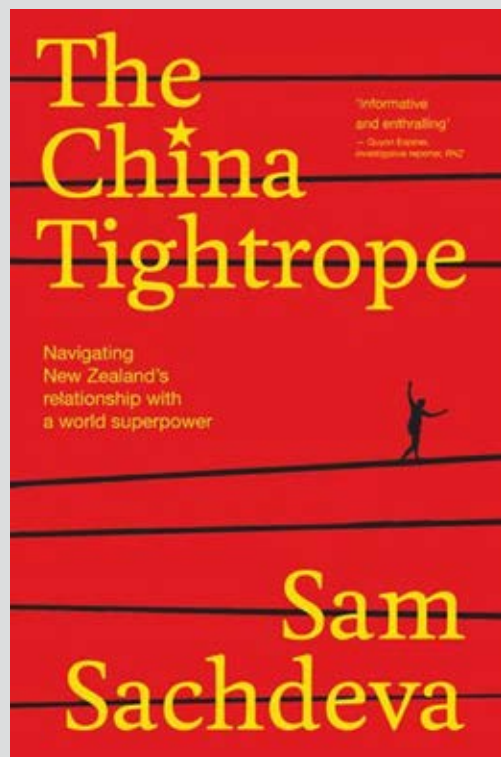
e. Morale and resilience:

Soldiers who feel supported and have the opportunity to recharge are more likely to maintain motivation, perform at their best, and cope with the challenges of sustained military operations.

In summary, sustained military operations can have a significant impact on human performance, including physical, cognitive, and emotional aspects. Recovery is crucial for soldiers to restore physical and mental well-being, optimize performance, prevent injuries, and promote resilience. By organising recovery programmes the welfare and readiness of personnel can be ensured, improving overall mission effectiveness and maintaining the long-term health of soldiers.



BOOK REVIEWS



The China Tightrope Navigating New Zealand's relationship with a world superpower

By Sam Sachdeva

Published by Allen and Unwin New Zealand

Economics 101 tells us that New Zealand has to sell what we produce overseas to make any money at all. As a nation of almost 5 million, our population is simply far too small to generate the revenue we need for schools, hospitals, frigates and fire engines.

In 2008 we became the first country in the world to sign a Free Trade Agreement with China and it quickly became a massive buyer of all we could sell (those huge piles of logs on the Wellington wharves? – they go in one end of a MASSIVE factory in Tianjin near Beijing and furniture for export to America comes out the other end). 2008 was a time of political stability and nobody publically asked the, now obvious question; “What happens if we put all our trade eggs in the China basket and all our security eggs in the Five Eyes basket and the political situation changes?”...in 2023 it most definitely has changed and if you have ever asked that question, you could do a lot worse than read

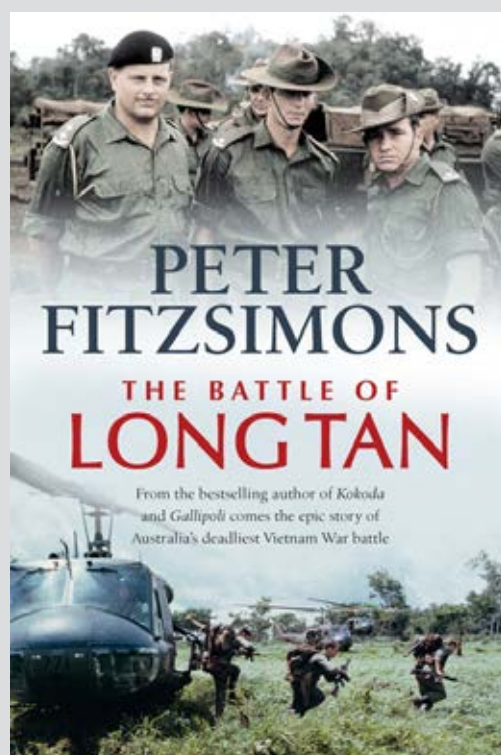
Sam Sachdeva's book to try and find an answer.

Sam hasn't specifically addressed that question, but as a specialist international relations journalist has dedicated himself to following our relationship with China and in this book, provides a detailed overview of the nature of the relationship. He notes that many commentators either wouldn't speak to him, or would only do so anonymously, such is the nature of the paranoia about upsetting our second largest trade partner. The book explores a range of allegations and stories of Chinese Communist Party (CCP) interference in national and local politics, clumsy attempts to suppress or influence the local Chinese media, academic freedom and anyone who seems to be either anti-China, anti-CCP or anti-Xi Jinping himself.

We've come to expect to see these sort of stories on a semi-regular basis in the media, but when collected together and examined in detail as they are here, the book presents quite a sobering catalogue of Chinese behaviour. Although, in mitigation it has to be said, they clearly don't send their top operatives

to New Zealand... or if they do, those operatives could benefit from some training, subtly clearly isn't their strongpoint. The book presents a potentially worrying catalogue of incidents, but Sam has also spoken to plenty of intelligent, informed and connected people who, while highlighting concerning behaviour in one area, can provide reassurance or explanation and context in others, presenting a balanced view of the contemporary situation.

The title beautifully captures the position we as a nation find ourselves in – we are walking a tightrope. Our physical security is in one camp and our economic security in another. New Zealand must be wary as we make our way along that rope. Compulsory reading for anyone seeking to understand just how we make it along that tightrope.



The Battle of Long Tan From the bestselling author of *Kokoda* and *Gallipoli* comes the epic story of Australia's deadliest Vietnam War battle

By Peter Fitzsimons

Published by Hachette Australia

Former Wallaby Peter Fitzsimons is well established as Australia's best-selling non-fiction author. Over the years since he hung up his boots he has produced a series of thick tomes exploring some of the great historical milestones in Australia's development. Most recently he has turned his lens to Australian involvement in Vietnam, specifically the 1966 battle of Long Tan.

For those unfamiliar with Long Tan, the story in a nutshell is that an Australian Infantry Company got into a fight (in a rubber plantation at a place called Long Tan) with a vastly superior North Vietnamese force. The diggers of D Coy, 6RAR were ably supported by an RNZA Forward Observation party and all the RAA, RNZA and US Army artillery they could call on.

Fitzsimons writes for a general audience so he has to explain things that soldiers know from experience because the majority of his audience will not have worn a uniform for their country (he did obviously, but it wasn't like ours...). This was the first of his books I have read and it was pretty clear due to his style, why he has become such a popular author. He is a classic Aussie “hard case” and he pitches his stories squarely at middle Australia – people curious enough to want to know more about their own story, and smart enough to understand it.

This is very much a soldier's story of the battle. It's clear that the veterans he interviewed in researching this work didn't have a lot of time for the higher command elements of the Task Force based at Nui Dat and at points you can't help wonder what those individuals might say in reply to some of the more negative comments levelled at them.

The book reads almost like a transcript of a veteran telling you the story of Long Tan over a few

beers. The chatty style means the story moves quickly and even at 427 pages, it clips along at a good pace and is very readable. That's his writing style and it works for his audience, but if you're looking for something to base a staff college paper on, this probably isn't it. That said however his research is superb and he tells a great story.

My only real beef with the book was that he refers to 161 Battery throughout as “the 161st Battery”, which I found annoying because they've always been one-six-one. But, to be honest that's not a huge deal and I otherwise recommend this to anyone looking for a comprehensive account, from the soldier's perspective, of the biggest infantry battle the Anzacs fought in Vietnam.

Book reviews by Jeremy Seed



LINTON CAMP CONFIDENCE COURSE COMPETITION 2023

By Sergeant Sonny Watson

A group of soldiers proved that age is nothing but a number when they took part in the Linton Camp Confidence course competition recently.

The competition has soldiers from 1 (NZ) Bde participating in various physical and mental obstacles with rifles and webbing. The aim of the event is to promote esprit de corps, competition and to select the best personnel for the Cambrian Patrol, an arduous international military contest in the Welsh mountains.

It has been a number of years since the confidence course event last took place, and the recent event was well supported and a walk down memory lane for some. *Tihei mauri ora!*

The obstacles to be tackled by each team included rope ladders and bridges, a 6ft wall climb, an 80kg weighted stretcher simulating a casualty, log crossings and more.

On the day of the competition, all participants were determined but nervous. They faced not only the obstacles and difficult tasks ahead, but the harsh judgement of spectators criticising their every move, and the roar of support from their commanders, comrades and subordinates cheering on the side-lines. You can only imagine the amount of pressure they were under. Gasping for air, battered and bruised, the competitors had to find the will to carry on.

As they crossed the finish line, the teams were exhausted but exhilarated because they had accomplished something great together, and the experience had brought them even closer. They proved to themselves and others

that age is nothing but a number and that they are still capable of incredible feats of strength and resilience.

The standard was set remarkably high in the beginning with the Masters teams leading the charge putting their years of experience on full display, closely followed by the fresh young legs of the Open grade (teams). Those who wanted their own opportunity to shine decided to take up the challenge by competing in the individual category.

All personnel can walk away with a deep sense of pride and accomplishment, knowing that they gave their all and never gave up. *Ka mau te wehi!*

The winners for each category were:

Masters Team:

1RNZIR:
24min 12sec,

Opens Team:

1RNZIR:
8min 23sec,

Individual Female:

LCPL H. Crosse (1CSR):
9min 32sec

Individual Male:

SGT J. Morrison (1RNZIR):
5min 47sec



Photos: CPL Maddy Butcher



BARBARIANS & 25ESS SHARE SPORTS TROPHY

Morale, pride and esprit de corps are alive and well in 2 Engineer Regiment following a fiercely contested sports competition recently.

The overall Corps sports champion winners of the WO1 Shane Vooght Cup were the RNZE Barbarians and 25ESS.

Category winners:

Football:

RNZE Barbarians

Rugby:

25ESS

Table Tennis:

RNZE Barbarians (Singles & Doubles)

Indoor Bowls:

25ESS

Minor Sports Trophy:

SME (NZ)

Golf:

RNZE Barbarians

Volleyball:

SME (NZ)

Netball:

SME (NZ)

Softball:

SME (NZ)

RNZE Corps rugby and football teams were also selected during the tournament prize giving function. "We have two strong respective sides to represent the Corps when called upon," said 2ER RSM WO1 Tom Kerekere.





BODY BUILDING ON THE RISE IN NZDF



By Wing Commander Stu Pearce

Now into its third year the New Zealand Armed Forces and Emergency Services Bodybuilding Championships continues to go from strength to strength, attracting a diverse array of athletes representing their respective Services.

And while bodybuilding isn't an officially recognised NZDF sport, it enjoys wide appeal, boasting an almost 50:50 gender split, catering for athletes from teen first timers to Masters Athletes in their 40s, 50s, 60s and beyond. The championships are open to current and former uniformed and civilian staff of all abilities (including those with disabilities).

Training for the competition offers profoundly positive benefits to physical and mental health. In fact, we've found it's the health benefits that have proven to be a powerful motivator for our people to train to step on stage, many competing in the Transformation Class – a bit like a cross between Biggest Loser and the Invictus Games. The competition also promotes drug-free sport with athletes being tested under World Anti-Doping Agency rules.

The 2022 competition, held in Palmerston North saw teams representing reigning champions NZ Army, go up against the Air Force, Royal New Zealand Navy, NZ Police, Fire and Emergency NZ, St John, NZ Customs and Corrections NZ. The standard of athlete from all Services was particularly high, but it was Team Air Force who went home with the coveted Te Kiwi Māia (The Courageous Kiwi) trophy.

If you'd like to find out more about competing in this years AFES Champs or advice on getting into bodybuilding, please email bbcomp@nzdf.mil.nz

