



**THE ARMY
EVACUATES KABUL**

Agility, adaptability and professionalism

**CUTTING EDGE
TECHNOLOGY**

Army trials new driving simulator

**THE COVETED
PINE CONE**

1st Battalion the winners

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Location and Status!

Tena koutou whānau. Well, it's been some time since I sent a short, three paragraph situation-report known as a LOCSTAT. Those scheduled field reports of old kept commanders at the low and higher headquarters much happier because they had a greater sense of where we were in relation to the bigger plan. In those few scripted sentences or voice bites across a radio-net, you could gain awareness of where a call-sign was (physically), understand their status as a group (functionally), and what their likely actions or future intentions (aims and objectives) were if they lost contact between activity.

“Nothing is any particular way. It's your state of mind that creates reality.”

Frederick Lens

Today I have two quick themes. The first, an opportunity to 'check-in' from the recent Army activity, tempo and AL4 lockdown. Second, to remind us all to take

the time to be good respectful team-mates. This latest stint in lockdown might have tested people very differently – certainly, I've learned a new level of patience when dealing with growing teenagers and their quirks. In other cases people have been stretched with one fewer guardian in the household. Some I've talked to really valued their time in the barracks or cohort flat, having some rare time for self and thinking. In contrast, others enjoyed the purpose brought about by recent deployments, activity and Operation Protect duties. In any case, throughout our business we talk about orientation and building before advancing into the next challenge. As you and I come out of our second major lockdown for New Zealand it's important to do a LOCSTAT, checking to see where we're at physically and mentally, how we are functioning as individuals and as teams, and then moving forward with appropriate short term objectives.

More RESPECT – be better team-mates

In this article I wanted to remind people about being good soldiers and officers. Ordinarily that doesn't

sound too hard, but occasionally a few of our number seem to get it all wrong. The fact of the matter is we are still hurting our own. It doesn't happen often – but once is too many. Operation Respect has been around for some time, its intentions – to minimise harmful behaviour, bullying and discrimination – sits at the heart of what it is to be a Kiwi, let alone the standards we demand of our tribe – Ngāti Tūmatauenga. To me an inclusive, diverse and accepting Army will be more effective than one that is not. We have a great culture, but now and then it has to be propped with tools that inform and enable it. In the weeks ahead your camps will co-design and implement localised culture plans that help get us to a better place. For many this is about education and greater awareness of the challenges faced by our people. For the Army in general – it is a commitment to preventing and acting against inappropriate behaviour when it's right to do so. Three things for now:

- **Aware** – raise personal understanding of harm;
- **Arrest** – prevent poor and inappropriate behaviours; and
- **Act** – take action to fulfil Army's 'respectful' workplace responsibilities



Remember, great teams require collaboration and good team-mates. In the future non-compliance will be different and therefore more exposed – thus easier to recognise, confront and act upon. I trust you will pick the right team. SMA out

WO1 Wiremu Moffitt
16th Sergeant Major of the Army

DEFENCE FORCE SOLDIERS RECOGNISED FOR ACTIONS IN POLICE OPERATION

Two soldiers who assisted New Zealand Police to apprehend a possible bomb suspect, have both received a Chief of Army Commendation for their courageous actions.

During the early hours of 27 March 2019, a request was made to Burnham Military Camp, via Headquarters Joint Forces New Zealand, to immediately dispatch an armoured vehicle support to assist the New Zealand Police. While conducting a search on a property, Police had discovered a quantity of firearms and ammunition. The suspect was cornered in a vehicle approximately 200 metres away from the Police, out of their line of sight.

Within 50 minutes, two person crew; section commander Lance Corporal Sam McIntosh and Private Mark Viney, 3 Transport Company, 3 Combat Services Support Battalion, departed for the Police Incident Control Centre in a Light Operational Vehicle (LOV).

On arrival, under the command of the Special Tactics Group and Armed Offenders Squad, the pair placed the LOV in a position that prevented the suspect and vehicle from exiting the property, as it was thought the vehicle may contain an improvised explosive device. Their actions allowed the Police to move closer to the suspect to assess the situation, while providing a buffer between the suspect's vehicle and the Police.

Following further assessment, LCPL McIntosh and PTE Viney received instructions to manoeuvre the vehicle so it was door to door with the suspect's vehicle, effectively creating a barrier between the vehicle and the approaching Special Tactics Group and Armed Offenders Squad. During this manoeuvre, LCPL McIntosh and PTE Viney



noticed the suspect was injured and notified the Police. As a result, the suspect was removed from the vehicle and LCPL McIntosh and PTE Viney moved the LOV to create a barrier between the suspect's vehicle and paramedics who administered first aid to the individual.

Combat driver, PTE Viney, who has been in 35 Heavy Platoon, 3 Transport Company, 3 Combat Services Support Battalion since 2014, said the incident required fast, yet measured decision-making, to ensure the safety of everyone involved.

“I needed to quickly assess the situation and put the vehicle in the right position to keep ourselves, our passengers and the people around us safe, while making sure the suspect vehicle could not get away. The skills I have been taught during my years as a combat driver were essential to achieving this.”

The citation for LCPL McIntosh and PTE Viney makes special mention of the fact that in their incident debrief, the Police



complimented the duo for their actions and situational awareness in an operation that has been described as unique, complex and dangerous.

“LCPL McIntosh and PTE Viney demonstrated extraordinary calmness and maturity, displaying an exemplary professional manner at all times,” the citation says.

LCPL Sam McIntosh was employed as a section commander in 31 General Support platoon, 3 Transport Company, 3 Combat Services Support Battalion, Burnham Military Camp, from February to October 2019. LCPL McIntosh is now the Bty Transport NCO at 16th Fd Regt.

The Chief of Army, Major General John Boswell congratulates LCPL McIntosh (left) and PTE Viney.

Cover: NZ troops help evacuate Kabul.
Photo: Sergeant Maria Eves



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A MESSAGE FROM CHIEF OF ARMY

Staying on top of the Covid environment hasn't been easy. Right from the start getting the optimal balance between essential individual training, the maintenance of our critical high readiness capabilities, ongoing support to the border security effort, and ensuring we keep an eye on the future has required active management.

And it's brought some real challenges. The impact on the trained state of both our people, apprentices a case in point, and our higher end collective capabilities is stark. Equally, the financial and family pressures currently being experienced by some of our more junior soldiers has required Army to review the support systems, including conditions of service, we have in place. The recent changes to the Op Protect allowance regime, in particular, has been both well-received by Army and better reflects the expeditionary nature of the support provided by a significant number of our force.

The old adage of 'building the airplane in flight' comes to mind and regularly we've had to shift effort and/or focus as circumstances evolve - the recent shift in lockdown levels is an example of this. And whilst we haven't always got it right, commanders at all levels have adopted an approach of continuous improvement and, collectively, the Army has shown real agility in adjusting to a constantly changing environment, to refocus effort as priorities shift and, when required, to respond to a crisis.

The most recent deployment to Afghanistan, albeit a relatively small force and an operation of short duration, showed just how responsive and capable we can be when called upon to act. HQ JFNZ did a great job constituting and then deploying, at short notice, the Joint Task Force. Army's contribution was a special forces task element and a mix of capabilities from across both 1 Brigade and the Joint Support Group. In just 48 hours, from when the 'green light' was given to deploy from New Zealand, lead elements were on the ground at Kabul Airport commencing evacuation operations. Shortly after, follow on forces both supplemented this advance party and contributed to critical evacuation control measures in the UAE.

That our force elements were able to establish themselves as quickly as they did in Kabul, and subsequently the UAE, and then seamlessly integrate into coalition evacuation efforts reflects the agility, adaptability and professionalism that must continue to be the hallmark of our Army. This is the standard we must all aspire to, right across the Army, and it is not one that we can ever compromise - or let threats like Covid diminish.

Our people on the ground in Kabul, in an incredibly dynamic and challenging environment, directly supported the evacuation of some 387 individuals who held either a New Zealand passport or visa. As has been reported in the media this involved implementing a range of measures to safely identify and then secure the evacuees. Having done so, the team then oversaw their initial processing and onward movement - no easy task when you acknowledge that 80% of the evacuees were moved by coalition aircraft and not our own.

As I write this, the Army team is currently in isolation having recently returned from the Middle East. To you all, thank you for the way with which you stepped up and got on with the mission when called upon to do so. You did a superb job and you should reflect with pride on what you achieved.

A key takeaway from this operation is that whilst Covid does continue to have an impact we must never lose sight of our core business. Of our ability to respond to crises and provide critical capabilities to Government should they choose to employ them in the nation's interest. Forty-eight hours after receiving the executive decision to deploy, these soldiers had moved halfway around the world and had commenced operating. This level of responsiveness is not just a requirement on the SF, it's a requirement of all of us, and it demands that we work hard to retain both our core individual skills and our short notice response capabilities - regardless of what Covid throws at us.

The recent Afghanistan operation has clearly shown that doing so is non-negotiable, we have no other choice.

Major General John Boswell
Chief of Army



Medics support mass vaccinations in Wellington

Ten New Zealand Defence Force (NZDF) medical personnel put their training into action at the Sky Stadium drive-through vaccination centre recently.

With an aim to vaccinate 1,000 Wellington residents per day, staff from the NZDF, Capital and Coast District Health Board, Tū Ora Primary Health Organisation, Whitireia Polytech nursing students and Wellington Free Ambulance came together to help vaccinate Wellingtonians.

Major Bronwyn Clulow, a Senior Nursing Officer in the New Zealand Army, was in charge of the NZDF team at the centre after earlier this year being involved with Operation Vaccinate, the NZDF vaccination programme to vaccinate military and civilian NZDF personnel.

"It's been extremely rewarding. I was sitting at home at the start of lockdown, with a valuable skill set as a registered nurse, feeling like I should be doing something to help out. This mass vaccination task has provided me the opportunity to add value and contribute to protecting New Zealand in a slightly different way to normal."

Medic Lance Corporal Lara Dessoulavy, relished the opportunity to participate in Op Protect, the NZDF contribution to the all-of-government response to Covid-19.

"I really enjoy being able to put all my training into place, and being able to show what the NZDF health team can do for the community. It is not often that NZDF medics get to help the civilian community so it makes me feel proud and honoured.

"To graduate as a medic I completed two-and-a-half years at Defence Health School. Earlier this year, I also completed an online course for the Pfizer vaccine and Covid Immunisation Register training. This is also mandatory to administer the Pfizer vaccine. Our NZDF doctors and nurses who have additional knowledge about Coronavirus and the Pfizer vaccine have also provided numerous amounts of in-house training."

Living and working together in one bubble, the team travelled from Trentham Military Camp in Upper Hutt to Sky Stadium in the city each day, ready for the drive-through centre to begin at 9am and it's flat-tack for the day until the final car leaves at around 5pm.

"It has its advantages. We know each other's level of experience as well as roles and capabilities. At the end of the day we get the chance to talk about how everyone's day went, ask each other questions," said LCPL Dessoulavy.

Working together, the teams have already vaccinated more than 6,000 people across two floors of the Sky Stadium car park. NZDF and civilian staff have been part of the same teams, building strong relationships and sharing skills and experience.

The drive-through clinic finished on Friday 3 September, by which time nearly 7,000 people will have received a dose of the Pfizer vaccine.



CODE WORDS AND COURAGE

THE ARMY EVACUATES KABUL

The safe passage of hundreds of evacuees from Afghanistan was made possible by an elite group of New Zealand soldiers who used code words and tactical landmarks to assist their efforts in an attempt to avoid chaotic and dangerous scenes.

Photos: Sergeant Maria Eves

Members of the New Zealand Army, deployed as part of the New Zealand Defence Force's Operation Kōkako, were on the ground at Hamid Karzai International Airport (HKIA) in Kabul to help evacuate New Zealand nationals, their families and visa holders earlier this month.

The turbulent and dangerous environment saw Special Forces troops, including a Female Engagement Team, move deep into the security area designated around HKIA, at times utilising a canal, to reach those they had been sent to help, guiding them through the crowds to points on the perimeter where they could be brought into the airport, secured, and safely evacuated.

A special forces commander on the ground said the evacuees would be given code words for them to show in order for them to be positively identified.

"Once identified we would begin the work of extracting them, often during a lull where it was tactically acceptable. We were very deliberate in this approach lest we started a riot or caused a breach."

The bank of the canal was controlled by coalition forces so the soldiers were able to use the banks as a tactical thoroughfare, often jumping into the water to aid evacuees.

In one rescue, a wheelchair-bound woman and her son were helped down the banks in order to reach safety.

"This specific rescue was just one of hundreds of acts we undertook to recover New Zealand nationals. All those involved in the operation take great pride in being able to be a part of the numerous acts that took place to get people out safely."

Senior National Officer for the operation, Group Captain Nick Olney, said the scenes were confronting for personnel to deal with.

"We were looking for needles in haystacks. And there were a lot of haystacks out there to start with and we had no idea what the needle we were looking for looked like."

He said coordinated efforts from the interagency response, that included officials from the Ministry of Foreign Affairs, meant they were

able to locate the people they needed to help.

"We were assisting people through sewage ditches, over barbed-wire fences, I can't describe enough the bravery on both sides. With the evacuees, the desperation, they would do anything to get into the airport. And on our side, our team pushed themselves to every physical and psychological limit to get these people out and inside the wire and make them safe."

Group Captain Olney said the New Zealand troops "put their lives on the line" by going into crowded areas knowing there were credible threats of attack that later came to tragic fruition for US forces.

"There was absolute bravery and desperation on both sides to

make it work," he said.

"We had some very highly trained, highly capable individuals on the ground who were able to do the best they could."

Group Captain Olney said thanks to support from MFAT and MBIE, the NZDF personnel were able to "ensure we could get the right needles, out of the right haystacks and make it work".

"This could not have been done without any one of those components working. It had to be a team effort."

He said the team were tormented by reflecting on situations where they could physically reach out and touch people who they wanted to help, but they couldn't get through.



"I can't stress enough how difficult it was to bring those people through the wire.

"It was best endeavours to make miracles happen in the timeframe we had available."

Once safely within HKIA, evacuees were "relieved, frightened, every human emotion you could possibly think of," he said.

"For them, when they saw a Kiwi serviceperson, it was their first sign of hope."

Around 80 NZDF personnel involved in the mission arrived back in New Zealand in early September and began their 14-day isolation period.

Danny Nelson, RSA Support Services Manager and an Afghan veteran reflects on the Afghanistan situation.

“For those of us who served in Afghanistan the rapid advance and take over by the Taliban in the wake of the withdrawal of western troops creates mixed emotions. Some of us will be feeling a range of negative emotions including anger, depression and guilt due to the belief it was all for nothing, and some of us will be resigned to the fact that the outcome was inevitable given the history of Afghanistan. For those of us who lost friends and colleagues during our time there, you will no doubt be grappling with the question of was it worth their lives.

“Our politicians decided to deploy us to Afghanistan, initially to stop the threat of international terrorism, but later so that the country could develop to become an active member of the international community. Unfortunately, this didn’t come to pass. Like most things there is no simple answer as to how or why this happened. The reasons are always nuanced and complex, and involve the broad spectrum of the political, economic, cultural and social dimensions of the countries involved. But what I do know is that we all gave it our best to bring stability to the country to give it the best chance we could.

“We will all feel different about our time in Afghanistan and the subsequent turn of events. I encourage veterans to seek professional help if we feel overwhelmed. Getting help early with our mental health is crucial because it is a long and difficult climb to get back up to where we were once we’ve fallen –

I know because I have been there. In this time of reflection, I believe we need to connect with our fellow veterans, support one another and encourage each other to talk it out as to how we feel and what we think, and for us to listen to each other with good grace and without judgement. Be kind to yourself and your fellow veterans for you are not to blame. Kia kaha.”

RSA message: “You deployed to help Afghanistan and ultimately due to decisions made outside your control, you were unable to achieve what you’d hoped to for the country. Be under no illusion, our presence made a positive difference for the people of Afghanistan and while you helped them, it’s now our turn to help you.”

If you would like support immediately, txt 1737 to begin a conversation with a counsellor.

If you are still serving, you can also reach out to the health centres, social workers, chaplains and psychologists on your Camp or Base or call NZDF4U, 0800 693 348 or txt 8881. Other support can be provided by:

- **Veterans’ Affairs**
0800 483 8372
- **Lifeline Aotearoa**
0800 543 354
- **Samaritans**
0800 726 666
- Or by contacting our RSA District Support Managers





OFFICER CADETS TRAIN FOR SASO OBLIGATIONS

Stability and support operations (SASO) are a vital role of the New Zealand Army – think Timor-Leste, Bougainville, Solomon Islands to name just a few.



Exercise Santici which was held recently was designed to introduce Officer Cadets to SASO.

It encompasses the environment, typically including more urban structures, as well as instruction on training, tactics and procedures, as well as standard operating procedures in the urban environment.

The cadets were assessed on a Tactical Exercise Without Troops (TEWT) package prior to the exercise, which taught them the basic principles of a Key Point Protection and Cordon and Search tasks. This was followed by a build-up training period teaching urban room clearance, building defence tactics, forward operating base (FOB) procedures and civilian population engagement.

The cadets then deployed on Ex Santici, in the Waiouru Military Training Area and were assessed at section command, and platoon commander levels.

Officer Cadet School Chief Instructor Major Joel Barter said Ex Santici introduces cadets to a new operating environment, and enables about 40 platoon command assessments to be achieved.

“As far as testing/assessment, Ex Santici focused more on ethical or moral dilemmas as opposed to physical challenges. This saw cadets need to exercise their moral judgement, and develop character traits linking to courage, commitment, comradeship and integrity that we look for throughout the training year.

“It’s often one of the more enjoyable exercises with plenty of hot food, and a forward operating base to live in. This year was no different. The complexity of tasks this year, in the ethical space certainly tested the cadets’ judgement, and the change of environment (from the Waiouru open country) was very welcome.

Major Barter said Santici 2021 was conducted with limited ability to draw required support from 1 (NZ) Bde because of Op Protect commitments.

“This saw OCS (NZ) needing to look outside of the box in the planning stages. Major changes to this year’s exercise was the inclusion of civilian role players provided by Vertice Training Group. Vertice has supported NZCTC and a number of other units in the past, but this was the first time OCS (NZ) had used them. They proved to be extremely valuable, and certainly enhanced the atmosphere during battle handing exercises and enhanced the complexity of the exercise. Many of the cadets mentioned they felt like they were somewhere in the middle east liaising with the local population,” he said.

OCS (NZ) had to hire 4WD vehicles for the cadets to self-drive during the exercise. “Twelve 4WDs were hired for the exercise, and cadet drivers were put through a shortened advanced driving assessment during the build-up phase.”

He said the exercise introduced cadets to the complexities of operating in an urban environment, navigating civilian challenges, and developing their moral character.



HELLFIRE CHECKS GUNNERS' SKILLS

The sky lit up and the hills reverberated when Exercise Hellfire, a School of Artillery Mortar Exercise was held.

The exercise deployed four L16 Mortars, and expended about 1,600 bombs over four days.

Hellfire was a testing exercise for the RNZA Young Officers Course and RNZA Staff Sergeants' Course.

On the agenda? Deployment of Mortar; Command of a Mortar Section, Deliberate and Hasty Deployments, and fire predication within the Command Post

It also allowed 16 Field Regiment to train their Joint Fires Teams in Fire Planning using realistic rates of fire and trial adjustment using the PUMA UAS system.



Photos: Corporal Dillon Anderson





DRIVING SIMULATION TECHNOLOGY

Cutting-edge technology is being trialled by the Army to help improve driver safety, save money and be more sustainable.

The NOVA is an untethered full motion simulator giving 360 degrees of motion created by a Lower Hutt company.

The Emerging Technology Group has been working with Eight360 alongside 5 Mov Coy and 10 Tpt Coy to investigate its utility in driving simulation. Emerging Technology Director, Mark Baddeley says “when coupled with a virtual reality headset the NOVA gives a fully immersive experience of a driving scenario. The NOVA platform allows the NZDF to use technology to enable more flexibility in the way personnel can become familiar with various military vehicles and driving scenarios.”

This means Army personnel can practise driving some of the larger

and most expensive equipment with no risk to either themselves or the vehicles.

This is especially useful when it is hard to replicate a complex environment such as an amphibious landing. The initial exploration involved the “wet gap transition” in an amphibious landing operation. This comprised of testing vehicles moving from HMNZS Canterbury onto a landing craft and then onto a beach. The simulation of the ramp angles involved, the associated movement of the vessels and the incorporation of a guide with associated communication via hand gestures created an environment providing a realistic experience of the transition.

The CAT938K vehicle is especially difficult to handle in this scenario as the driver is required to reverse the vehicle without visibility, relying on guides to help them navigate the wet gap. The Canterbury stern ramp can be up to 15 degrees, and the LCM ramp can be up to 28 degrees. Both actions can take a bit of getting used to for the drivers as the centre of gravity of the vehicles change, especially with the added complexity of changing sea state.

The Officer Commanding 5 Mov Coy, at the time, Major Pete Van der Vlerk’s prime motivation was to reduce risk by giving the drivers an experience that replicates the most dangerous aspects of the exercise. The use of simulation will not necessarily reduce the need

to train with the real vehicles in the real scenarios but supplement the training programme and help increase confidence and experience.

The opportunity to train in this scenario is limited and can be cancelled or postponed for numerous reasons as it requires the coordinated availability of personnel, vehicles, ships, landing craft, weather conditions and the beach itself.

The NOVA platform can also simulate the scenario in different sea states whilst in a safe environment, which benefits the operator before they encounter a potentially hazardous real situation.

“A simulator also means different driving situations can be replicated and practised regularly without the added burden on the physical vehicles – improving sustainability as well as real costs in terms of wear and tear on the vehicles and fuel savings,” said Mr Baddeley.

A small six-week window of opportunity existed last year to create the scenario and get the necessary operating permit to enable safe trialling prior to Exercise Joint Waka 2020. The content to create the simulation was split into two parts – the creation of a virtual vehicle and the virtual environment that the vehicle is required to navigate. Creating the virtual vehicle involved taking approximately 1,500 photos of the CAT938K to make a digital model, building customisable controllers that match the physical controls, such as steering wheel and pedals, and using sensors to capture the feeling of driving the vehicle in real life along with configuring the virtual vehicle with the nuances of the CAT938K.





LT Joshua Morete of 5 Mov Coy and his team worked with the Eight360 crew to ensure the virtual CAT938K closely replicated the behaviours of the real vehicle. The team worked with Eight360 to develop content that mimicked not only the ramp angles required for navigating the transition but also the guide which is key to supporting the driver in the transition and making the scenario as realistic as possible.

In parallel, with the help of Land Worthiness and Land Engineering the temporary operating permit was approved to ensure the trial of the NOVA could go ahead safely.

The initial trial of the amphibious scenario has shown promise with trial participants indicating the experience gave them insights and experience into what it would be like to do the transition for real. Additionally, the value of being involved in this leading-edge technology was a topic that had the unit buzzing.

Due to the success of the first trial OC 10 Tpt, Coy MAJ Rupert Randall is taking the lead in progressing the use of the platform to support other driving use cases. “We are currently working on incorporating the MHOV HX58 into the wet gap scenario,” he said.

“To further explore the utility of such a simulator we have developed a “terra firma” environment based at the Waiouru driver training facility incorporating the amphitheatre, the airfield, the steps and general off-road tracks. This will let us explore the increasing utility of the NOVA platform and enable us to test the wider operating concept of this type of simulator across multiple training scenarios.

“The enthusiasm from the JNCOs and SNCOs to incorporate virtual

reality simulation into Combat Driver training was strong, and the practicality of ‘plug and play’ training systems in a currently disrupted training period have significant benefit.”

The NOVA cockpit can be rapidly reconfigured to replicate the different driving controls of various NZDF vehicles to ensure as realistic experience as possible.

The driving experience of the user within the simulator is monitored by instructors and other experienced staff to observe and provide feedback to assist in increasing skills. Engagement with the Defence Technology Agency is ongoing to gain more quantitative analysis and measurement of the learning outcomes from the use of this technology in driver training.

“We are also investigating NOVA’s portability where it could be rapidly repositioned to other army units for their use in training,” said Mr Baddeley. The Nova is 1.8 metres in diameter and weighs in at less than 500 kg so is easily transportable in a small container and can be set up in a few hours.

The NOVA is the brain child of local engineer, Terry Miller. Mr Miller co-founded the NZ Company, Eight360, and over the last five years, along with his team, has developed the NOVA into the platform it is today.

Sally Garrett, Future Technology Programme Manager in the Emerging Technology Group, says it has been great to be partnered with a local organisation to test whether this type of technology is of benefit to NZDF.

“We have been able to help them improve and scale their product while we have learnt how to connect and work with a local



company in its early stages. This along with the support and collaboration of the various units within NZDF, (5 Mov Coy, 10 Tpt Coy, 2CSSB, Commander Joint Defence Services, Defence Commercial Services, Land Engineering, Land Worthiness and Defence Technology Agency) have exemplified the NZDF values and without them this exercise would not have been possible.”

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“A simulator also means different driving situations can be replicated and practised regularly without the added burden on the physical vehicles – improving sustainability as well as real costs in terms of wear and tear on the vehicles and fuel savings.”

Mark Baddeley
Emerging Technology Director

Talking about the NZDF FlexiSaver Scheme

By Mark Williamson,
NZDF Benefits Manager

In late August during lockdown I was contacted by a young service man, Tom who wanted to know more about the NZDF FlexiSaver Scheme. His questions to me and my responses are below.

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What is the NZDF FlexiSaver Scheme?

The NZDF FlexiSaver Scheme is a managed fund, one of three schemes included in the Force Financial Hub. The schemes are managed by Mercer, a reputable and experienced investment manager. As of late August there were 2,233 members and \$39.3 million invested, forming part of a \$660 million invested across the three Defence schemes.

This scheme is available to members of NZDF and their families. Family Trusts may also contribute.

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What is the difference between this scheme and the New Zealand Defence Force KiwiSaver Scheme?

All KiwiSaver schemes, including ours, are managed investment funds, focused on helping members invest for buying a home and for retirement. There are strict rules governing when and how funds may be withdrawn. The NZDF FlexiSaver Scheme is also an investment fund; however with far fewer rules. Members may take their money out when they need it.

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What are the advantages of joining the NZDF FlexiSaver Scheme?

This is a good way of investing for goals, whether it is to buy a car, or a trip (when we can travel again) or to undertake house renovations, or to have funds available for when a service person leaves the Regular Force. Some also use FlexiSaver

as an education fund for their kids. The scheme provides access to seven different investment portfolios, with different returns and different levels of risks.

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How do I contribute?

To join the scheme either complete the online application or paper application and submit to scheme manager, Mercer. You have three ways of contributing, either through a payroll deduction (for NZDF members), internet banking, or a combination of both. A NZDF member wanting to arrange a payroll deduction is also required to complete an MD 221 form and submit to payroll. The minimum contribution is \$20 per pay. For those contributing via internet banking, there are no minimum payments – you contribute when you can afford to do so.

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Why invest in the NZDF FlexiSaver Scheme instead of using a bank?

Depending on which investment portfolio is selected, you potentially have access to higher longer term returns, e.g for the 12 months ended 31 July 2021 the Balanced Fund delivered returns of 12.4% after deduction of fees and taxes (28% PIR tax rate). It's important to note your investment may go down as well as up depending on how the markets are doing.



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What happens to my account if and when I leave NZDF?

As with all benefits provided through the Force Financial Hub, you may continue to contribute to the NZDF FlexiSaver Scheme even after you leave.

While this answered Tom's main questions, you may have others. To find out more, Google Force Financial Hub and go to the page for the NZDF FlexiSaver Scheme. While visiting the Force Financial Hub, also check out the other benefits available to you. Feel free to email any questions to benefits@nzdf.mil.nz. We want to hear from you.

This article was prepared and published by NZDF. It has been published as a general information service and does not take account of the investment objectives, financial situation and/or particular needs of any person. Before making any investment decision, you should take financial advice as to whether your intended action is appropriate in light of your particular investment needs, objectives and financial circumstances. Neither NZDF nor any of its related parties accepts any responsibility for any inaccuracy. You can view the New Zealand Defence Force FlexiSaver Scheme Product Disclosure Statement through the Force Financial Hub.

CASEM21

The CA's Seminar is now online!

This year, due to the demands of Op PROTECT, we have moved the CA's Seminar from a two-day off-site event to be available online throughout the month of September. This also means that we can open participation to the whole Army, and we want to hear from you!

The content of the seminar is now available on the KEA website. You can watch and read the informative presentations at your convenience, then get together with a small group of peers to discuss the questions posed. Guidance for running these discussion workshops is available on the website.

This year we're looking well forward to 2040. Where the organisation should go, and should focus our efforts on. How the organisation should train, how we should be structured, and what capabilities we'll need. What culture the organisation needs to support these approaches.

Speak to your command team about running a workshop to capture your views, and visit the website for more information and registration.

www.kea-learning.nz/chief-of-army-seminar-21/

A close-up photograph of a soldier in full combat gear, including a helmet with a camouflage net and a rifle. The soldier is aiming the rifle forward, and the background shows a hilly, outdoor environment. The image is in color and has a slightly grainy texture.

POSTHUMOUS NEW ZEALAND DEFENCE SERVICE MEDAL (NZDSM)

The family of a soldier who died in a vehicle accident 16 years ago has been presented with his New Zealand Defence Service Medal.

Private David Partington 10 Tpt Coy, was tragically killed in a vehicle accident on 9 March 2005. Recently the Commanding Officer of the 2nd Combat Service Support Battalion LTCOL Sheree Alexander, Chief of Staff New Zealand Defence Force College LTCOL Ange Sutton and WO1 Nick Grace travelled to Waitara in Taranaki to present a posthumous NZDSM to PTE Partington's family.

WO1 Grace said it was right to present whānau members with medallic recognition of their fallen son, brother, nephew and cousin's service to New Zealand.

"Of note for this presentation was LTCOL Sutton's presence as she was the family liaison officer at the time of death when she was a 2LT. The connection and bond she had formed with the family during that tough period of time

was evidently still strong and the family was happy to see her many years after the accident."

The medal was presented at the Waitara RSA in a small ceremony that initially reignited old emotions of PTE Partington's passing but followed with a sense of pride and happiness.

WO1 Grace said the presentation highlighted the importance of the NZDSM. "Particularly in situations like this where we have lost soldiers while serving who at the time of service didn't qualify for it and due to their unfortunate passing are subsequently entitled. The whānau also now have a taonga to hang beside photos of their fallen. Ka maumahara tonu tātou ki a rātou."



PTE Partington's whānau, with LTCOL Sheree Alexander (left) and LTCOL Ange Sutton.

CHIEF OF DEFENCE FORCE COMMENDATION

Major Ollie Lynn has received a Chief of Defence Force commendation for his work with the All of Government response of the Covid-19 pandemic in March 2020.

His arrival with the team coincided with the sudden increase in repatriation of New Zealand citizens and departure of foreign nationals following New Zealand Government direction that border restrictions were imminent. Major Lynn was an integral part of the operations and planning staff during this rapidly evolving response phase.

His citation said he employed an inclusive and supportive communication style, clearly identifying priorities and engaging a positive mind-set to harness the collective efforts of multiple stakeholders. This gave effect to the movement of over 62,000 New Zealand citizens, permanent residents and foreign nationals across the New Zealand border. MAJ Lynn operated within a complex and uncertain environment where any error would have significant strategic consequences. His staff skills equipped him well to provide clear written direction and manage the range of tactical and operational pressures. His advice was consistently well considered, crisp and convincing and this enabled a high level of strategic trust to be developed within a complicated authorising environment.

MAJ Lynn was required to work across other public systems and protocols he was unfamiliar with. These included the reputational risks associated with Foreign Affairs engagement, information management risks associated with Health, Immigration, Customs and Police as well as commercial sensitivities with airlines and other private entities. He applied a reasoned approach to these tasks seeking direction where required

but was equally adept at managing intent within a highly risk averse and ambiguous environment.

MAJ Lynn continued his role as the lead for the operations team when the New Zealand Defence Force's responsibility to the pandemic response was expanded by the Prime Minister in June 2020. He worked tirelessly seven days a week supporting the response and did so with a consistently optimistic disposition that had a positive influence in the culture and morale of his colleagues.

The citation went on to say MAJ Lynn's calm and positive style engendered trust and collegiality within a multi-agency environment. His contribution at the national level directly enhanced the standing of the New Zealand Defence Force across the wider public sector.



Major Ollie Lynn

Army personnel were amongst the team of managed isolation staff celebrating in the Waikato recently after local facilities received the Hiwa-i-te-Rangi Matariki Star award.

The special recognition came at the inaugural Waioara Waikato Matariki Awards, a partnership between the Waikato District Health Board (DHB) and Waikato Tainui, for those who “have gone above and beyond” supporting the delivery of health care across the Waikato.

“This award acknowledges those who are a steady hand, show wisdom and reliability as well as have a non-judgemental and compassionate approach to others,” said Awards MC and Waikato DHB Director of Tikanga, Ikimoke Tamati-Takarei when announcing the award for the managed isolation facilities.

“This event brings to life the words of Kiingi Tuheitia – Amohia Ake Te Ora O Te Iwi, Ka Puta Ki Te Wheiao – protect the wellbeing of our people, even through difficulties and challenges,” he said.

Lieutenant Colonel Hayden Dempsey, MIQ’s Interim Central Region Operations Director, presented the special awards to all three hotel facility managers, on behalf of MIQ Joint Head Brigadier Rose King who was invited to the ceremony but was unable to attend.

Major John Barclay also received a special award from the Waikato DHB’s Pou Tiaki team leader Trent Brown for his contribution to the development of the Waikato Way values for its managed isolation operations.

He is currently Hamilton’s local MIQ co-ordinating centre Liaison Officer and has been involved in the Waikato managed isolation facilities since they began in July 2020.



Headspace App is here. Focus better.

Having trouble focusing?
One session of Headspace can reduce mind-wandering and increase focus by 27%. Imagine what a full week could do.

Free for all NZDF Regular Force, NZDF Reservist and Civilian staff until 02 May 2022. Visit the Defence Health Intranet to get started.



Giving something back



Major Chris Allan, 2/4 Battalion, with one of his awards.

By Lucy Handford

Officer Commanding Major Chris Allan of Charlie Company, 2/4 Battalion, Royal New Zealand Infantry Regiment epitomises the phrase ‘giving something back’. Over the last seventeen years, his work with the Joshua Foundation, which he established with his wife, has helped thousands of young people get their lives back on track.

The Foundation provides specialised programmes for young people in the community, supporting them to fulfil their ambitions and dreams through leadership, courage, clarity, integrity, and character. Discipline, resourcefulness, confidence, and self-reliance are all qualities that the Foundation helps to build, with an emphasis on fostering initiative, building self-esteem, and developing personal self-belief.

In July, the Joshua Foundation was honoured at the Selwyn Awards, a council-led initiative that recognises those making a difference in the community. MAJ Allan picked up two awards, the Silver Award for Community Volunteering and the Gold Award and Category winner for Diversity and Inclusion, the latter for his work with Pacific, Māori, and refugees and marginalised young people.

MAJ Allan said that while it was wonderful to be recognised, the best reward is the opportunity to work with young people, and help them to find new direction and purpose. It's something that MAJ Allan has personal experience of.

“I grew up as an angry young man with alcohol and drug addictions, and by the age of 15 I was asked to leave school. It was only when I was mentored by a Māori elder at my workplace, who had also served in the NZDF, that my life changed.”

MAJ Allan joined the Army in 1982 as a Private soldier, serving for 22 years in the Regular Force and 17 years in the Army Reserves. Upon joining, he found himself surrounded by people who became his family and his best mates to this day.

“The Army taught me respect, leadership, loyalty, and integrity. I have never forgotten how mentoring changed my life for the

better. Now I am in a position to give back to young people and the wider community.”

While serving as Officer Commanding for the Limited Service Volunteers (now known as YDU South), MAJ Allan could see a need for mentoring programmes in the community, and released from the Regular Force Army in 2005 so that he and his wife could start the Foundation.

This isn't the first time that MAJ Allan has been commended for his work in the community. He was named Selwyn District Community Volunteer of the Year in 2019 and 2018, Kiwi Bank Local Hero of the Year in 2017, and NZDF Volunteer of the Year in 2016.

Commanding Officer Tim Tuatini of 2nd/4th Royal New Zealand Infantry Regiment said that MAJ Allan epitomises the sense of service and commitment that our

Reserves bring to the Army.

“MAJ ‘Woody’ Allan is a good example of many of the personnel of all ranks spread throughout the country in our Reserve Forces who balance their careers, family and military service, often adding deep community, cultural, youth support or regional involvement to their already full calendars. It's great to see him and his family recognised for their efforts.”



TE OPE KĀTUA O AOTEAROA
DEFENCE FORCE

VOLUNTARY EDUCATION STUDY ASSISTANCE (VESA)

Semester 3, 2021 applications are now being accepted

You may submit your request for funding within 90 days of your study start date. Apply online at NZDC, Defence Learning Toolkit VESA Application (e-form)

Contact your local DLearn Adult Learning Tutor who can assist you with your application. If you have any further queries, please email our Tertiary Services & Support Advisor at nzdclearnvesa@nzdf.mil.nz

POLICY (terms and conditions) SADFO 3/2016 VESA Policy
SADFO 3/2016 VESA Policy (terms and conditions)

Applicants should be aware of their responsibilities prior to making an application IAW DFO 3/2016.

Prior to starting the application process, applicants are to:

- Confirm the level of study is right for them with NZDC DLearn
- Advise their 1-UP of their study intentions
- Provide supporting paperwork including study documentation from the official learning provider website (ready to attach to your e-form application)



HEI MANA MŌ AOTEAROA
A FORCE FOR NEW ZEALAND



PTE Arahanga, SGT Hill and Mike Chambers.

Awards for flood rescues

By Rebecca Quilliam

Three personnel based at Woodbourne during major flooding in Marlborough recently, have been awarded a base commendation after rescuing dozens of stranded motorists in rising flood waters and evacuating two people from a local health centre in need of serious medical help.

Almost 1,000 people were evacuated from their homes and dozens were trapped in their vehicles during the July event. Experienced Unimog drivers Mike Chambers, Sergeant (SGT) Callum Hill and Private (PTE) David Arahanga were called to help during the worst flooding ever recorded in the region. The Wairau River had swollen to the bottom of Opawa Bridge, connecting Blenheim and Picton. Large tracks of State Highway One were submerged under a metre and a half of flood water, which reached over the Unimogs' lights, leaving the drivers to steer by torchlight.

Mr Chambers left Blenheim in the evening with Emergency Operations Centre staff and equipment for a medical evacuation mission from Picton's medical facility. One was a pregnant woman suffering complications and the other was a man who had a broken femur. "When we got to the bridge, the river was running at over six million litres per second. I'm driving a seven-tonne truck over it very carefully and could see the water splash over the top," he said. "We were driving along State Highway One and the water was getting deeper and deeper and deeper. Then the lights started to

flicker, which I thought was unusual, but then I realised that the water was so deep, it had come over the headlights. A split second later, we lost all our lights." It was raining, pitch black and with no lights Mr Chambers' passenger had to shine a torch to see the roadside markers. "We couldn't stop because if we did, the truck would drown. I knew to keep the revs up over 2500 in a low gear and keep the bow waves ahead of us. To make the situation worse, we were finding floating logs – so as we were going along I was trying to hit the logs with the front of the bumper, so they wouldn't get caught under the vehicle." Further along the highway, Mr Chambers spotted two people stranded in their vehicle, and was able to offer them a lift to Picton. After arriving at Picton's medical centre, the patients were secured on stretchers in the back of the vehicle and wrapped up to keep warm and dry from water that was coming into the back of the cab. "Once they were all loaded on, with the medical equipment, it was about 10pm and we started the slow trip back."

On the return journey, the water levels had dropped slightly, but floating logs were still a danger, Mr Chambers said. "We still drove back by torchlight, but at least this time we knew what we were getting into and we were able to predict the road a bit better and keep an eye out for markers and trees and once we reached Tuamarina, about 10km north of Blenheim, there was no more flooding, so it was just a slow, steady trip to Wairoa Hospital." Earlier in the day, PTE Arahanga and SGT Hill were deployed to rescue about 30 stranded drivers from the Para Wetlands, north of Blenheim. "There were quite a few places along the State Highway between Blenheim and Picton where the water was about 1.5m high. We couldn't see the headlights and so we also had to travel by torchlight," PTE Arahanga said. "Once we picked up the people we convoyed back to a supermarket at Spring Creek, about 10 minutes north of Blenheim. The second trip we drove further along the road we bumped into a farmer who had been able to evacuate a

number of people from the area and took them to Picton. So our second trip we only needed to pick up four people and brought them back to Blenheim. "Getting through the water was okay, because I had plenty of training at Waiouru. But it was the first time driving in flooded conditions in a real emergency." SGT Hill carried about 17 people who were stranded in their vehicles. It was the first time he had driven in such deep water, but he was able to gauge the depth by keeping an eye on roadside markers, he said. "It was a little bit nerve wracking to start with, but once I was able to work out the depth from the markers it was okay – it was just a matter of trying to keep to the shallowest parts. "I've never seen flooding like it."

CAREER MANAGEMENT CORNER

Return of Service Obligation (ROSO)

As you are aware, ROSOs may be applied to courses or activities to:

1. Protect the NZDF's investment in the skills and knowledge of members of the Regular Forces, and
2. Ensure that a fair return is achieved for the expenditure of public money on the activity for which the obligation is incurred. (DFO 3 Part 10 chap 4 is the prime ref if you need to refresh your knowledge)

The ROSO begins on the date of commencement of the prescribed activity. The prescribed period of service imposed by the ROSO ends upon completion of, or withdrawal from, the activity. In the case of a training activity, completion is defined as when the activity finishes; the member of the Regular

Forces need not necessarily have successfully completed the course. Members of the Regular Forces will be advised in writing of the commencement and completion dates of the ROSO before the activity commences and are to acknowledge their ROSO in writing on form MD1058, Acknowledgement of Return of Service Obligation, before the activity that attracts a ROSO commences. The acknowledgement is to specify:

1. the ROSO commencement date, and
2. the ROSO completion date or period of prescribed service

A reminder that, in line with the DFO, failure to provide written acknowledgement of a ROSO will not absolve a member of the Regular Forces from the responsibility of completing the ROSO. You can learn more on the HR Toolkit.

End-of-Year Postings

The end-of-year Posting Date is 6 December and DACM is currently progressing postings. The priority is being afforded to overseas postings, followed by inter-regional postings in order to give as much preparation time as possible.

Unaccompanied Postings

As you are receiving your posting notices, you are encouraged to familiarise yourself with the provisions in DFO3 for those electing Unaccompanied Postings. The posting option enables service members to meet the demands of service life while enabling family stability. The policy has key timelines that you need to be aware of. Please take the opportunity to review this before you make a decision.

Key Dates

3–7 Oct 2021	8–25 Feb 22
OSB 2021/2	Manawatu / Waiouru Interview period (Soldiers / Officers)
8 Oct 2021	23–25 Feb 22
Last day for 2021/3 OSB applications to DACM	SCMB
28 Nov–2 Dec 2021	
Last day for 2021/3 OSB applications to DACM	
6 Dec 21	
Posting Date	
25 Jan–4 Feb 22	
Wellington Soldier Interview period	

More information

Army Career Management Intranet Site: <http://orgs/sites/armint/I-0001/>

Contact us at: DACMRegistry@nzdf.mil.nz

A wide range of skills were tested during the recent Waterhouse Trophy first aid competition.

WATERHOUSE FIRST AID COMPETITION



We remember

Des Ratima

A Hawke's Bay kaumatua and former soldier who helped establish the Army Marae in Waiohuru, Des Ratima, has died.

Mr Ratima, who was recognised in his community as an outstanding leader, was 69. An electrician when he was in the Army, he served for nearly 20 years.

He was involved in many projects in his local community, and was awarded the ONZM in 2018 for services to Māori. Mr Ratima was a cultural and environmental adviser for regional and district councils and a member of the Hawkes Bay District Health Board, and also chairman of the Marae collective Nga Marae O Heretaunga.

Mr Ratima was held in high regard by the New Zealand Police, and served as chairperson of a committee set up to help develop strategies to reduce the number of Māori involved in crime.

Hastings mayor Sandra Hazlehurst was quoted as saying the community had lost an “outstanding leader and kaumatua” with Mr Ratima's passing. She felt honoured to have worked with him.

“Des Ratima was a hero of Whakatu, Hastings, Hawke's Bay and wider New Zealand – always doing everything in his power to draw people together for the greater good, and to bring about fairness and equity in the education, health and justice systems.”



Fred Barclay

An NZSAS veteran Warrant Officer Class One Fred Barclay who was renowned for his leadership qualities and mentoring ability, died in Whangamata on August 19, aged 83.

WO1 Barclay, served in the Malayan Emergency, the Indonesian Confrontation and the Vietnam War.

He enlisted in the New Zealand Army in April 1959 and served with 2nd Battalion, New Zealand Regiment on active service in Malaya until 1962.

In September 1963 he returned to Malaya to join 1st Battalion, Royal New Zealand Infantry Regiment. He again saw active service, this time as a Section Commander during the Indonesian landings on the West Coast of the Malaysian Peninsular in 1964.

In May 1965 he became a member of 1 Ranger Squadron, New Zealand Special Air Service in the rank of Corporal and in five years had progressed to the rank of Staff Sergeant. In 1966 he served in Borneo on active service as a patrol commander.

He was again posted to active service as the troop sergeant of the original 4 Troop NZSAS in the Republic of Vietnam from November 1968 to December 1969.

He was awarded the British Empire medal. His citation for that medal said that whilst serving with 4 Troop NZSAS as Troop Sergeant, Staff Sergeant Barclay displayed “outstanding leadership qualities.”

“His coolness and marksmanship, combined with outstanding bravery, together with his courage under fire, set an exemplary example to the Australian and New Zealand Special Air Service soldiers serving under his command. During his tour in the Republic of Vietnam his patrols sighted a total of 288 enemy. His patrols were involved in nine heavy contacts in which sixteen enemy were killed. During these contacts Staff Sergeant Barclay was wounded twice.”

In January 1969 he was on patrol with five Australian Special Air Service soldiers when they were engaged by over 70 Viet Cong Regional and Main Force soldiers. Although wounded Staff Sergeant Barclay was successful in helping to extract the patrol which killed seven enemy and wounded one without loss to them.

The citation went on to say Staff Sergeant Barclay's professionalism, his dedication to duty, his courage under combat conditions and skill as a Special Air Service soldier, combined with his leadership and loyalty have brought credit on both himself and the New Zealand Army in New Zealand and overseas.



THE DIRECTORATE OF LAND ENGINEERING

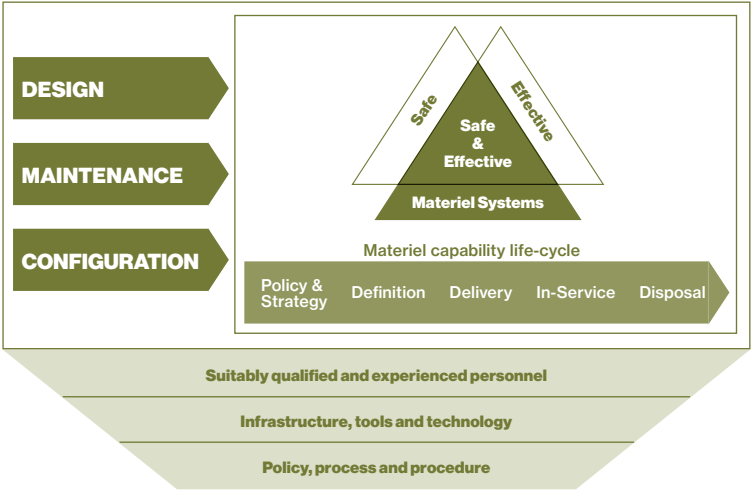
The New Zealand Army has many units that work in the background to ensure it can carry out whatever the government requires it to do.

In an occasional series *Army News* looks at what some of those units do.

By MAJOR Denis Petre,
Deputy Director DLE

The DLE ensures operators have equipment and explosive ordnance that is safe and effective. This is generally achieved through the design, maintenance and configuration of materiel to ensure it is safe and effective. Our stakeholders are the operators

of land materiel which is primarily the NZ Army but also includes operators of land materiel in RNZN, RNZAF and strategic partners. We use procurement agencies and the Defence Equipment Management Organisation (DEMO) to achieve this.



Design

Good design ensures equipment meets user requirements.

The above picture shows the difference robust design control can make to materiel.
Left – The former Unimog seats, that offer very limited protection to the passenger.
Centre – The MHOV passenger seating module that does not meet the NZDF standard for roll over protection or highway crash standards (crushed in DLE under trial condition).
Right – The DLE designed seating pod that is specifically designed to meet the NZDF standard for rollover protection. You will also note that the new pod minimizes risk to passengers by not having side facing seats.

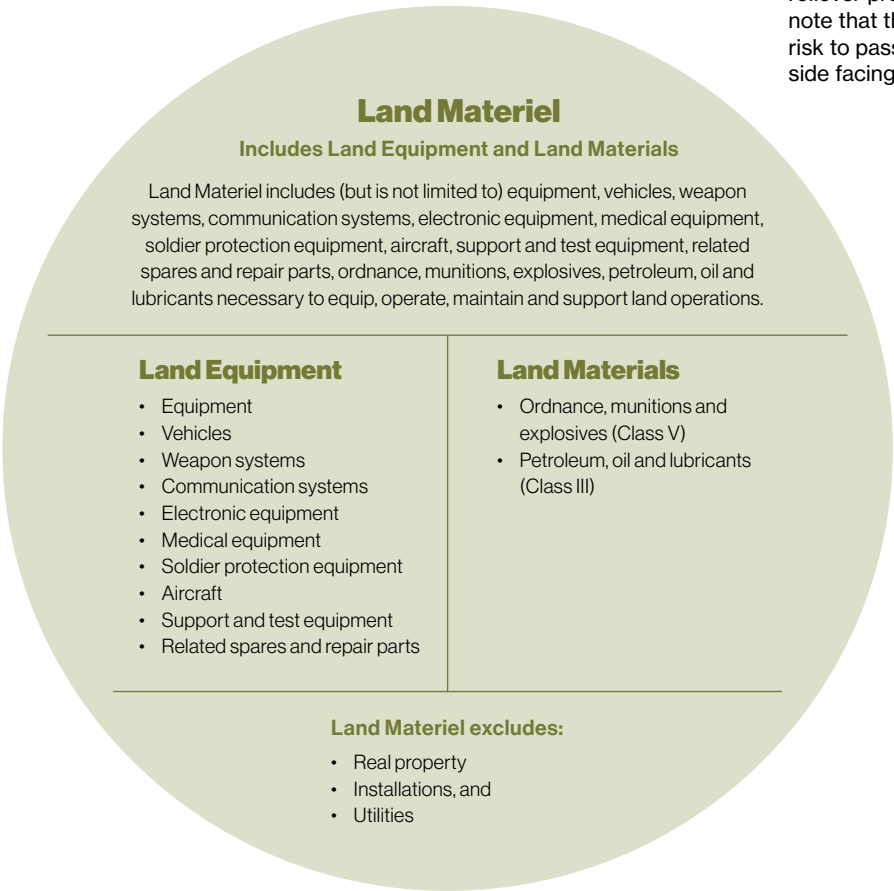
Maintenance

DLE is the home of the Maintenance Support Senior Trade Engineers. This team of Warrant Officers from four out of five of the Maintenance Support Trades, support all functions of DLE from the perspective of senior trade experience. The Senior Trade Engineer positions cover four of the five Maintenance Support trades:

1. Armourer
2. Automotive Technician
3. Electronics Technician, and
4. Maintenance Fitter

Configuration

The Director of Land Engineering sets the configuration baselines of land materiel, and the DLE team assesses materiel before it is handed to DEMO to manage. For example, any in-service materiel such as the above seating pods have an approved configuration. Any modifications to improve the pod will require an engineering change, changing the configuration, necessitating the application of design, and verification the new configuration can be maintained. For a 'simple' item of materiel like the seating pod, this is relatively straightforward. It gets much more complex with electronic systems, such as Tactical Information Networks, as configuration changes to one component need to be verified that they are compatible with the remaining components in the system. This complexity is compounded by regular hardware, software and firmware updates applied to systems by original equipment manufacturers. DLE sits within Defence Logistics Command (Land). DLE is here to support, so if you have any support requests, RFIs, or general enquiries, please send an email to: BLUF: send any support requests to DLEOps@NZDF.mil.nz Please continue to send technical document publishing support requests to: Claire.Gallagher@nzdf.mil.nz, or Heather.Cooling@nzdf.mil.nz Or drop in and see us in Defence Logistics Command (Land), Level 3 of Messines Defence Centre, Trentham.



STRUGGLING TO SLEEP DURING COVID-19?



By Captain Dave Edgar, NZDF Performance scientist

In the current Covid-19 environment NZDF personnel both civilian and military, will be navigating their way through external stresses. These are likely putting increased stress on the working environment, family unit and relationships, and providing an undesirable outcome of interference with sleep.

The link between recovery and sleep in the military is evident as are the links between sleep and physical performance, and, sleep and cognitive function. Insufficient sleep (days-weeks) is associated with a decrease in mental efficiency and physical performance that put an individual at extra risk of committing errors, triggering accidents and becoming injured. Implementing an effective sleep programme is essential for optimal performance and in the best interest of active duty personnel. In both the short and long-term perspectives, restorative sleep is significantly beneficial.

Six steps for better sleep

1. Stick to a sleep schedule
- Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to achieve this goal. Go to bed and get up at the same time every day. Try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour. Being consistent reinforces your body's sleep-wake cycle.

- If you don't fall asleep within about 20 minutes, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed.
2. Pay attention to what you eat and drink
- Don't go to bed hungry or having over-eaten. In particular, avoid heavy or large meals within a couple of hours of bedtime. Your discomfort might keep you up. Drinking a warm glass of milk, or a whey protein shake right before bed can help elevate melatonin levels and put you in a better disposition to sleep. This will give your body what it needs to immediately begin to rebuild damaged muscle from training. Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep. And even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.
3. Create a restful environment
- Create a room that's ideal for sleeping, cool, dark and quiet. Exposure to light can make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime (laptops and phones).

- Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs. Calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.
4. Limit daytime naps
- Long daytime naps can interfere with night time sleep. If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day. If you work nights, however, you might need to nap late in the day before work to help make up your sleep debt.

5. Include physical activity in your daily routine
- Regular physical activity can promote better sleep. Avoid being active too close to bedtime, however. Spending time outside every day will also help adjust your natural body-clock and circadian rhythms. .
6. Manage worries
- Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow. Stress management might help. Start with the basics, such as getting organized, setting priorities and delegating tasks. Meditation also can ease anxiety.

NZ Army Quiz

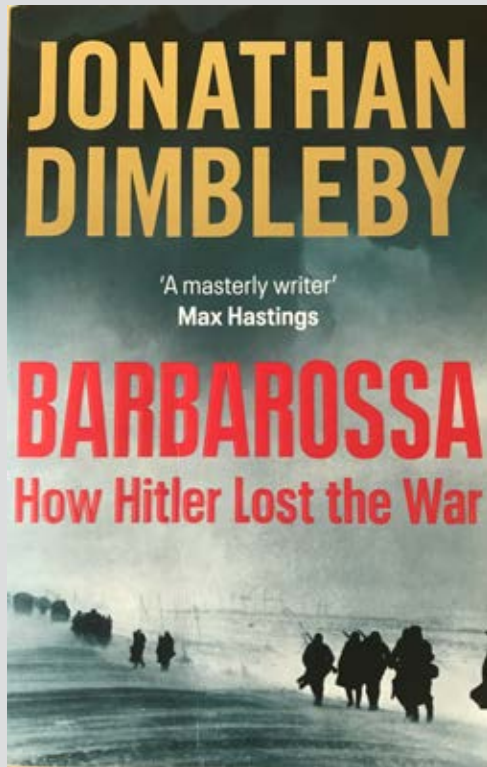
How well do you know the NZ Army?
Take our quiz to find out.

1. Sua Tela Tonanti was the motto of what?
a. The Royal New Zealand Army Ordnance Corps
b. The Army Schools
c. The Army Band
2. Which rifle was in use between the SLR being phased out and the Steyr being introduced to service?
a. M16
b. Galil
c. L1A2
3. How many badges, currently in use in the NZ Army does the motto "Onward" appear on?
a. 1
b. 2
c. 3
4. When Papakura Camp was closed in the 1990s, the majority of units moved to the newly constructed Mt Wellington Barracks. Was Mt Wellington Barracks an old:
a. Car Factory
b. Lawn Mower Factory
c. Washing Machine Factory
5. What was LFC?
a. Light Foraging Company
b. Land Forces Command
c. Litterol Fighting Capability
6. Where was LFC located?
a. Byron Ave, Takapuna
b. Buckle Street, Wellington
c. Riccarton Road, Christchurch

7. What is currently located on the site where most contingents completed PDT before they left NZ to fight in the Boer War in South Africa?
a. Ben Burn Park, Karori, Wellington
b. Taupo Top Ten Holiday Park, Taupo
c. Smales Farm, Takapuna Auckland
8. What corps was known by the initials NZAAC?
a. NZ Army Aeronautical Corps
b. NZ Army Air Corps
c. NZ Army Aviation Corps

9. When corps wore distinctly coloured berets, which corps wore a grey beret?
a. RNZASC
b. RNZAPC
c. RNZANS
10. When which New Zealander attends a military parade, would the command "Royal Salute, Present Arms" be given?
a. The Prime Minister
b. The Governor General
c. The Chief Justice of NZ

BOOK REVIEWS



Barbarossa How Hitler Lost the War

By Jonathan Dimbleby
Published by Viking (Penguin Random House)

My Dad's uncle deployed to Egypt as a machine gunner in WWII. When he got to Egypt he was issued a Bren which he said was "Far too bloody accurate" (Google "beaten zone" if you don't understand that).

To escape the Bren, he took a commission in the British Army where he found himself charged with returning a large number of liberated Russian PWs to the Russian Army at war's end. He described how when he reunited the Russians with their countrymen, they were taken off his trucks, lined up against a wall and shot because they had all been captured at Stalingrad and Stalin had said it was to be a fight to the death – no prisoners. The sobering thing about this story was that this had been explained

to the Russians before they boarded the trucks and they all went voluntarily.

Based on that story, I always had a simplistic understanding of WWII-era Russians as hard, stoic folk resigned to their fates. Dimbleby's book certainly serves to reinforce that impression, it was a bitter, hard fought campaign in which life (civilian and military) was cheap and the sheer scale of destruction breathtaking.

The scale of the Nazi Invasion of Russia is difficult to comprehend... many hundreds of divisions massed against an equally large enemy spread over a massive area. Both sides were at the whim of interfering dictators, who it is fair to say were not overly tactically astute and to whom human life was cheap.

Dimbleby skilfully weaves together the macro level, big picture strategic stuff and the perspective of the soldier on the

ground. The book gets along at a good pace and is very readable, he has clearly done a mass of research and brings it all to bare, telling the fascinating story of, as the subtitle states "How Hitler lost the war".

The book goes into some detail of the Nazis' actions in Russia against Jews, Gypsies and others who they sought to eradicate and it is fairly sobering reading. You cant help but wonder if the Nazis might not have won if they had put the resources they put into the final solution into warfighting.

Barbarossa is an excellent overview history of the invasion and Russian and Allied responses. Weaving together both the political and military dimensions to tell the full story, at 595 odd pages it's a weighty tome, but was a surprisingly quick, and very engaging read.

Freaks of a Feather A Marine Grunt's Memoir

By Kacy Tellessen

Published by Latah Books

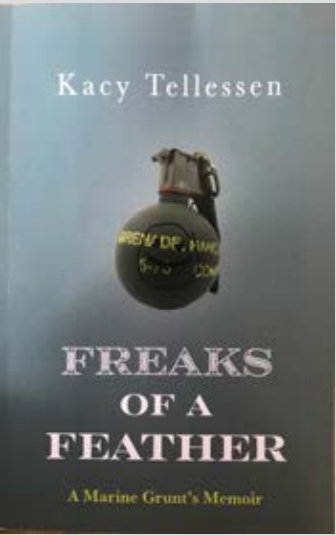
The beauty of a wet Saturday in lockdown is that if you start reading a book you really get into, you can spend the whole day with it, and if it's not overly long, you can knock it off before bed. That was my experience on a wet locked-down Saturday I spent with Tellessen's story.

US critics have raved about Tellessen's writing, especially his openness and the frank manner in which he discusses problems many veterans of combat operations in Afghanistan and Iraq encounter. Feelings of disconnection and not fitting in or caring about anyone or anything they have come home to are common for these veterans. And now they have experienced combat, nothing in their lives has any meaning outside the bonds they share with their combat brethren and thus have enormous trouble adjusting to life away from those people.

Tellessen joined the US Marines Corps after reading *The Iliad* at high school and deciding he wanted to experience the warrior life. An academic star who was obviously also a keen sportsman, he describes himself as a nerd living with loving, but stoic parents and siblings who never display or discuss emotions. Lacking in self confidence and emotional maturity, but smart and aware that there is a world he wants to experience, he decides on joining the USMC as an Infantryman.

USMC Infantry is very much a rough, tough and rugged man's world. Tellessen's strength and athleticism means he fits right in physically and he thrives in the hard drinking, hard living world he finds himself in.

The book takes the form of a narrative account of his experiences from day one



of boot camp through two tours of Iraq to his eventual discharge. In telling his story he writes frankly about his feelings, his emotions and the different masks he wears so he can behave in the way he thinks he is expected to. He seeks to outwardly display and model only what he believes to be appropriate reactions to the death and destruction (both physical and mental) occurring around him.

When he leaves the USMC, he comes up against the reality so many do that "the actual process of separating from the military is straightforward compared to the emotional gymnastics of leaving it behind". His life goes off the rails and he attempts suicide before undergoing redemption once he discovers writing. This book is a 276 page testimony to his ability to write and write really well.

In Plain View Borneo to Vietnam and Beyond

By Kim Hoskin

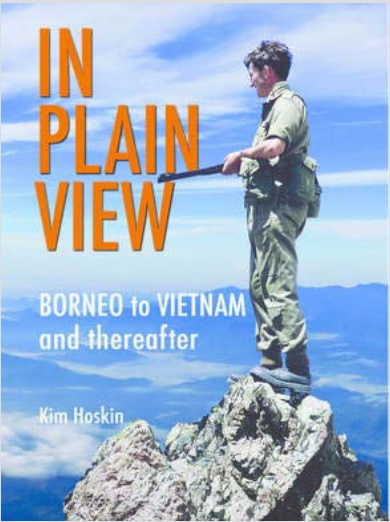
Published by John Douglas Publishing

Kim Hoskin is widely regarded as one of the fathers of not just the contemporary New Zealand Intelligence Corps (NZIC) but operational intelligence within the modern NZ Army. This personal account of his early life and operational service in Borneo and Vietnam provides a fascinating view of his evolution and development from young infantry officer into savvy intelligence officer and leader.

Born and raised in the post-war United Kingdom, Kim Hoskin joined the British Army as an infantry private. Coming across almost as a Victorian gentleman explorer, Hoskin had a deep curiosity about Asia and the world beyond Europe. Hoskin's wanderlust and thirst for adventure was satisfied with a commission in the Gurkhas, a posting to Hong Kong and his first deployment to Borneo during Confrontation.

When this book first arrived on my desk, I assumed the publisher had sent me two copies, so large was the box it came in. At 600+ pages, my first thought was that Kim needed to have engaged a good editor and I was worried that it would be a story that could have been told in half the number of pages. But, and this is significant, Hosking writes in such a casual and engaging way that before you know it, you are deep in the Borneo jungle and deep into the fascinating story of how his passion and interest for intelligence was awakened and grew from his first tentative entry into the jungle until he was planning and leading operations against the Indonesians.

Following an unconventional period working with local forces in Borneo, Hoskin subsequently joined the RNZIR



and deployed to Vietnam as IO with one of the Anzac Battalions. Vietnam was a very different operational environment to Borneo and it was here that Hoskin developed and honed his craft at the Battalion level. Much of what he describes as SOPs for operational intelligence formed the bulk of what I was taught as a young NZIC trainee in the early 1990s.

My NZIC background though isn't the sole reason I enjoyed this memoir. Hoskin's narrative style is engaging and the book is a fascinating insight into the very different ways two conflicts were waged, one man's unconventional military career and the evolution of operational intelligence in the New Zealand Army in the cold war era. *In Plain View* is thoroughly recommended to anyone with an interest in the development of operational intelligence in the NZ Army and anyone looking for a well told story of post war soldiering with plenty of the unconventional or different about it.

Reviewed by Jeremy Seed



LONE PINE 2021

1ST BATTALION THE VICTORS

The 1st Battalion RNZIR embarked on a rare mission recently – to retain the Lone Pine Trophy away from home.

The sports tournament between 1 RNZIR and 2/1 RNZIR for the coveted Pine Cone has been going since the early 1990s after 1 RNZIR returned from Singapore. Getting the traditional fixture up and running was a huge challenge for both units still conducting the Covid hotel managed isolation task rotations and it was not competed for in 2020 for this reason. However the competition was able to be squeezed in just prior to 2/1 RNZIR sending more than 200 personnel to the Auckland Security Group and the ROTO 10 handover for 1 RNZIR into Hamilton.

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Day 1:

In the freezing rain both units squared up for the pōwhiri and two awesome hakas, honouring the strong unit rivalry but also the special individual friendships between the members of the battalions. The scene was set for the week to come.

Additional managed isolation commitments for 1 RNZIR meant that they could not field a league team so Tuesday consisted of mostly Cross Fit. 2/1 RNZIR have a large Cross Fit contingent and fielded four teams to two. Some of the 2/1 RNZIR cross fitters had competition experience and it was evident that 1 RNZIR would need to work a lot harder to close the gap in this sport. The first event saw each competitor go through a lane with one minute on various gruelling exercises and the repetitions counted for the scoring. The second event was still a teams event but they picked a workout each based on their various abilities, with a time-based scoring system that timed out at 20 minutes. This looked like a real gut buster and all of the teams were out on their feet at the end of it. Cross Fit is an exhibition sport at the moment so it does not count towards Lone Pine. 2/1 RNZIR took out first and second with 1 RNZIR placing 3rd and 4th respectively which was an excellent effort for them with a few ring-ins from the basketball and rugby teams helping make up the numbers.

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Day 2:

Day two had the potential to decide Lone Pine 2021 with two out of the three official sports being played; basketball and football. The 1 RNZIR basketball team was the current holder of that trophy however 2/1 RNZIR showed the benefits of good preparation and they raced out to a 20 point lead in the first quarter and had some slick players dropping shots in from all over the place. 1 RNZIR managed to make some adjustments on the court showing a lot of grit to claw the lead back to 10 towards the end of the 3rd quarter but 2/1 RNZIR prevailed 62–48. One nil 2/1.

Now with the Pine Cone on the line the 2/1 RNZIR football team had an opportunity to wrap up the tournament with a day to spare. The 1 RNZIR football team had been modest about their chances of winning having lost for several years previously so when they scored a superb goal in the first few minutes and looked to be more than competitive the rowdy 1 RNZIR supporters sniffed an unlikely upset and a chance to keep the Pine Cone. More goals followed and 2–0 at halftime became 4–0 at fulltime... 1 RNZIR were still in the running!





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Day 3:

Other than some drone racing displays the only sport for Thursday was the rugby, competing for the George Skudder All Black jersey and the overall competition. The weight of expectation hung on both rugby teams as has been the case in so many Lone Pine competitions previously. The very partisan home crowd with its drum corps and loud hailer gave the afternoon a great 1st XV match feeling and the banter flowed back and forth from both camps. CA and SMA were in attendance, as were several ex-COs of both units in close support which was great to see; no pressure lads! Playing with a slight breeze in the first half 2/1 RNZIR looked well-drilled and spent the majority of the time on attack but were held off the try line numerous times by a committed and often desperate 1 RNZIR defensive line. When 1 RNZIR did have the ball they looked dangerous with a couple of try-scoring chances going begging and only a missed penalty goal for their efforts. However at halftime and turning into a setting sun 2/1 RNZIR knew they had a game on their hands up only 3-0. 1 RNZIR eventually settled into a rhythm in the second half, starting to kick into the corners, scoring from a lineout drive and were up 5-3. 2/1 RNZIR showed their class in putting the boot away and holding the ball steadily

moving up the field and forcing a kickable penalty at the 25 minute mark, 6-5 to them and their crowd roared back into life! With the lungs burning some poor discipline now crept into the game and some kicks for touch allowed the visitors to get into their opposition's 22 and once again saw them work the blind nicely for a try in the corner by a salty veteran who's played for both sides over the years. The difficult conversion sailed through the uprights and it was now 12-6. In the dying stages of the game 2/1 RNZIR once again worked well through their phases up to the 1 RNZIR 22, forcing a penalty at the ruck, likely kick to the corner and inevitable lineout drive to possibly win the game in dramatic fashion. The 1 RNZIR crowd banter combined with their cheeky halfback holding the ball a little longer than he should have resulted in him being unceremoniously dumped on the ground in a wrestling-style move. This was right in front of the referee, the penalty was duly reversed, the ball kicked into touch and it was all over! An unlikely away Lone Pine victory was achieved!

A big thank you to 2/1 RNZIR who were excellent hosts throughout the week and put a lot of effort into running a well-coordinated and enjoyable event. Win, lose or draw the two units can't wait to do it all again next year. The morale boost from a week of competition was huge and the camaraderie and culture within the corps has also increased greatly following the time together between MIQF commitments. It is a shame that no inter-corps tournaments will follow on from this as the combined infantry teams would have been excellent. Of course none of this would have been possible without those left in the unit and on managed isolation duties achieving our outputs while the team went south.

ONWARD





Young officers under training.
Photo: Corporal Rachel Pugh