SIR JERRY, GOVERNOR GENERAL

KIWIS DEPART FOR AFGHANISTAN

CPL DOUG GRANT’S FUNERAL

MILITARY POLICE – WHAT THEY DO

ARMY RUGBY
A FAMILY WRITES

Douglas Grant
26 April 1970 – 19 August 2011

The family of CPL Doug Grant express their sincere gratitude for all the help and support provided to Tina, Jemma, Jaden and the extended family. The support was heartfelt and practical – providing emotional, physical and spiritual assistance in ways we are really just beginning to comprehend. Although we only saw what was happening around us, we are aware that so much more happened behind the scenes. At times your support was there before we even realised we needed it!

Thank you for all the practical support - the meals prepared and delivered; accommodation arrangements made with keys and bedding delivered and linen sorted. Vehicles arrived when we needed them. Overseas family were collected from the airport so that we could be close to each other. Children were cared for, and photos were scanned. Venues were cleaned and prepared for services. Thank you for helping us with our many ‘dumb questions’, our tears, and especially for helping us to remember the good times with Doug.

None of this could have happened without the amazing support networks within the Army. We didn’t see all the planning and preparation, but we appreciate everything that was done, always with dignity and compassion.

Many of you spent time away from your own families so you could help and support us. For this, we can never repay you.

It is difficult to find words to express our feelings and gratitude to all with whom we came in contact. There are too many names to name, but we can say that if you had any part in Doug’s farewell and looking after his family - thank you all so much.

It’s easy to see why Doug loved his time in the Army; it truly is a place where you meet new people and form lifelong friendships. Your support during this time is something we will never forget.

The Grant Family.

SIXTY YEAR OLDS CAN NOW APPLY FOR NEW MEDAL

Applications for the New Zealand Defence Service Medal (NZDSM) have now opened for ex-Service personnel who are 60 years of age and over.

Until recently the New Zealand Defence Force’s Medals Office was accepting applications for the NZDSM only from ex-Service personnel aged 70 or over. Since April, when the first applications were called for, over 12,000 applications for the NZDSM only from ex-Service personnel aged 70 or over have been issued.

Due to the large number of people eligible for the NZDSM, the call for applications is being managed in four stages, with priority given to processing applications from the oldest living ex-Service personnel first.

The new medal, which was announced by the Prime Minister last year, is available during business hours. If you require assistance please call 0800 334 772.

In April an inaugural presentation was made to 34 medal recipients. Since then a number of presentations have been made at RSA Clubrooms throughout the country.

Douglas Grant
26 April 1970 – 19 August 2011

Doug as we knew him - not as a soldier - but as a devoted husband, father, son, brother; a devoted all round family man loveing, caring, always thinking of others, and what he could do next to help someone. Doug, gave 110% to us as a family, but to this soulmate Tina he gave the best 15 years of her life.

He gave us two of the most awesome grandchildren (Jemma, 70s and Jaden, 50s) this world could hold, and his spirit will live on in them forever.

Where do we begin as a family? How do we find the words to express our thanks to the men and women all over the world in our armed forces, the Patriots Motorcycle Club, the cooks (we never had hungry), the extended family and friends near and far.

The night Tina received a message that Army representatives were outside her home and needed to talk to her we were in total disbelief, how could this be? Not our Doug! From that moment on the support and dedication from all has been amazing, words fail us. Tina’s constant stream of friends, which I refer to as her angels, have never left her side. Captain William-Kareko, Staff Sergeant Greig, Sergeant Lilley, Sergeant Reid. WO2 Boyket, Sergeant Locke, Sergeant Erickson, WO2 Kelly, Mrs Leslie Clutterbuck. Please forgive me if I forget someone, you are all in our hearts and memories for ever more.

Brian Kelly who has been at Tina’s side consistently in the background working away quietly. Padre Purdie always near, never far away – his love, care, devotion felt by us all. Thank you.

The constant stream of food and flowers, the people who we will never know working quietly behind the scenes, the support of family and friends who travelled from near and far, has all been amazing. We know that when Tina, Jemma and Jaden move to Auckland they will be cared for and loved by the group, she will never be alone as long as she has her Army family.

We remember Doug, the soldier, for giving the ultimate for what he believed in, in doing so saving peoples’ lives and making a difference. Doug: No. 1 husband, father, son, brother, uncle, cousin, friend.

Our Hero – R.L.P

Ride on – The McOnie Family, Napier.
A 70-strong contingent from 1st Battalion Royal New Zealand Infantry Regiment (1RNZIR) and supporting units departed for a six-month deployment to Afghanistan on Sunday 9 September. The contingent was farewelled by Chief of Army Major General Tim Keating and family and friends at Royal New Zealand Air Force Base Ohakea. It was part of the nineteenth rotation to serve in the New Zealand Provincial Reconstruction Team (NZ PRT) in Bamyan Province, and is led by Lieutenant Colonel Brett Wellington, Senior Military Advisor to the NZ PRT. The contingent was looking forward to getting over to Afghanistan and continuing the Defence Force’s contribution to supporting Bamyan as it progresses with transition, said LTCOL Wellington.

“Along with our partners in the NZ PRT we will continue to ensure that development and governance programmes are further developed, while maintaining security and assisting with improving the capabilities of the local Afghan Police Force.

“The mission will have its challenges, including the local culture, the climate and of course the threat from insurgents. I’m confident that our personnel are adequately trained and will work hard to get the job done. The training we have gone through as part of pre-deployment training is demanding and I’m confident our personnel are up to the challenge.” A further 70 Defence Force personnel who will also make up the nineteenth rotation will depart later in September.

The project officer for OpSIS, Major Derrick McMillan says OpSIS has been designed as an integral component of the Land C4ISR landscape, and will support All Source Intelligence Cell (ASIC) operating environments and Land Force (LF) Network Enabled Capability (NEC) structures.

“The capability is being built around the three key components of Information Management, Operational Command Post Battle-staff, and Management of ‘Reach-back’. Capability Bricks within the Force Structures Project (FSP) reflect the role that OpSIS plays in supporting commanders to achieve their mission on operations.

“It is intended that OpSIS personnel will perform a blend of these functions, depending on the employment requirements of the unit and/or Force Element they are assigned to,” says MAJ McMillan. “Some appointments will require a particular emphasis, determined by the mission, environment, and outputs of the unit concerned. Training levels will be tailored to provide the inherent flexibility required by these diverse requirements.”

Kiwis depart for six month deployment to Afghanistan

MI/01-10 New Operational Capability for Army

The Operational Support and Information Specialist (OpSIS) capability has been approved by the Chief of Army, Major General Tim Keating.

“This is an exciting new capability that corresponds with Army’s strategic themes: ‘Trained and Equipped for the Future’ and ‘Combat Effective’” says MAJ GEN Keating. “An increasingly complex technology landscape requires Army to have personnel appropriately trained and able to operate effectively in contemporary battle-staff environments where multiple real-time data feeds and the need for sophisticated information exploitation requirements are the norm. Consequently, I have directed my staff to develop an appropriate trade model, positioned within RNZ SigS, which will address the requirement.”

RECEIVE AN E-COPY OF ARMY NEWS

Would you like to receive an electronic copy of Army News? In order to save costs we are encouraging our readers to add their name to the list of people who receive Army News this way. They will get Army News a week before a hard copy would reach them, and we will save on printing and distribution costs.

If you are interested please send your email address to the editor, Judith.martin@nzdf.mil.nz

By Chief of Army, Major General Tim Keating

Army and the Defence Force continue to make a number of changes that are aimed at delivering better efficiencies with the resources we currently have.

While these efficiency drives continue to be necessary in an organisation, they do not provide the most important means for an organisation like Army to win. Refining the ‘production line’ to produce better Model T Ford’s or video recorders is not a sustainable model in business. In our profession, refining tactics such as the infantry square, used with some success at Waterloo, also has a limited shelf life, albeit it still underpins much of our present day parade drill manoeuvres!

Our winning edge comes from innovators who are willing and able (and are enabled) to think outside the box, to constantly challenge the present, to show initiative and force us to look at winning the next operation, even before we deploy to battle.

While I acknowledge we have centralised some elements of Defence into Defence Force functional groupings to create efficiencies across the services, we have not centralised the generation of good ideas or initiative. In fact it can be argued that centralised systems need even greater engagement of the ‘front line deliverers’ to make the system work; that is to deliver not only a more efficient system (or Army), but also a better one.

On the operational side, how we structure and train ourselves to be ready for operations is still within the initiative and power of Army Commanders and has not been outsourced or centralised. It is in this space that I need our commanders, and soldiers at all levels to continue creating operational excellence, where they are and with what they have, and if you need more, put a good case up the command chain. It is in this space that I am pushing for greater empowerment, but am expecting delivery operational excellence in return.

Kua rahi aku kore (I have said enough!). If you want to get another opinion on what we must become as an Army, read Private Andrew Gould’s comments on my Army Page blog site.
considering an unaccompanied posting:

As an employer the Army often challenges us and asks a great deal of, not only ourselves as soldiers, but also of our families. Unaccompanied postings can offer us both professional development and career progression opportunities, but they can also be challenging for family routines and relationships.

In recognition of some of these challenges, the Army Psychology Service has provided some advice to assist both personnel and their families in making the decision to be posted unaccompanied.

The research conducted by the Army Psychology Service shows that time spent discussing and preparing for an unaccompanied posting, particularly if these expectations are realistic, so you make the best informed decisions to be made. This workbook is available if interested – we start training in mid

For more information or advice regarding unaccompanied postings or the Unaccompanied Posting Workbook, please contact your Regional Psychologist.

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**POINTS OF CONTACT**

| RNZN - CPOCSS William Catterall | NZ Army - SSGT Brent Pene |
| NZAF - WO George Mana |

As part of an ongoing promotion to encourage growth in the cultural performing arts the NZDF is eager to enter a team in Te Matatini 2013. Te Matatini is the premiere kapa haka event in Aotearoa and is to be held in Rotorua in 2013.

To enter Te Matatini we need to go through a regional competition. We have had groups from the Services enter these competitions in the past. However if you want to be involved in what would be the first NZDF team to enter a regional competition then we are certainly keen to hear from you! Contact the people above if interested – we start training in mid November!

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**CONSIDERING AN UNACCOMPANIED POSTING? ALREADY POSTED UNACCOMPANIED?**

Smart, technologically savvy, and very, very inventive. I mean, who would have thought up until a few years ago that you could initiate an IED with something as simple and undetectable as a foil shrouded clothes peg? Our modern enemy watches what we do and how we react and adapts his tactics and techniques to try and overcome ours. Because he is not hindered by process he can adapt very quickly – he has to in order to make the game. In short he innovates, often on the fly, to compete with us and hopefully win.

This phenomenon is not new. Think about it - a key lesson that emerged during the Second World War that has particular relevance to our combat operations today was the uselessness of conventional weaponry against non-conventional forces. As the Germans discovered to their chagrin during the occupation of much of Western Europe, the greater the level of control imposed and the greater the level of atrocities committed by occupation forces, the greater the reaction from non-uniformed partisans, guerrillas and terrorists. Conventional forces, consisting of armour, artillery and aircraft proved useless against those who could "strike and scoot", and occupation forces were forced to re-orientate their thinking towards light infantry, police, specialist forces and light transportation in dealing with such adversaries. Very similar when you think back – the various resistance movements in Occupied Europe resorted to blowing stuff up – bridges, rail-yards, communications, roads and vehicles all came in for the explosive attentions of partisans. Not having the means to take the occupation forces on, head on they were forced to innovate, or lose.

We should heed this bit of history – or lose. We all know that we are pretty good on operations – this has been widely touted but I put it to you that we are good on operations because we can focus, we don't have the distractions on operations we can afford extra expenses for travelling.

Keep intimacy alive in your relationship (phone, letters, at home).

Schedule time to spend with your family and partner on your own when you are able to return home.

Keep an active social life and ensure you're there for your partner/family as well.

Be realistic about the difficulty. Even though you may have chosen the best decision for you and your partner/family, these will be ups and downs.

View the separation as temporary. Keep hope and a goal that you will resume a non-commuting lifestyle again.

Be aware of the enemy we now face is of the people; large standing uniformed armies marching around carrying highly patriotic flags. The enemy we now face is not the enemy we won in Occupied Europe resorted to blowing stuff up – bridges, rail-yards, communications, roads and vehicles all came in for the explosive attentions of partisans. Not having the means to take the occupation forces on, head on they were forced to innovate, or lose.

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**SAY AGAIN, OVER**

I thought I'd make this month's theme "innovation". I'm not going to talk about the word as another example of business hyper babble but will try and link it back to what we all need to do as soldiers overseas and at home. Here goes...

Today's operational environment is vastly different from that which we have seen before. We no longer face enemies with large standing armed forces marching around carrying highly patriotic flags. The enemy we now face is not the enemy we won in Occupied Europe resorted to blowing stuff up – bridges, rail-yards, communications, roads and vehicles all came in for the explosive attentions of partisans. Not having the means to take the occupation forces on, head on they were forced to innovate, or lose.

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In recognition of some of these challenges, the Army Psychology Service has provided some advice to assist both personnel and their families in making the decision to be posted unaccompanied.

The research conducted by the Army Psychology Service shows that time spent discussing and preparing for an unaccompanied posting makes a big difference. The service recommends several key areas to be investigated when considering an unaccompanied posting:

- Talking to other personnel or partners with unaccompanied posting experience. Make notes of their key comments and advice.
- Contacting your new posting unit. Investigate what other people (in particular your immediate command chain) view unaccompanied postings, particularly their thoughts on others who are on unaccompanied postings, work tempo, travel and feelings about short notice leave.
- Investigating where you and your partner/s/family's support networks are located. Write these locations down.
- Researching schooling in new posting location.
- Investigating hobby and sport opportunities in new posting location - compared to what is offered currently.
- Examining your finances. Create a list of what you are currently paying, spending and saving. Work out if you can afford extra expenses for travelling.
- Discussing you and your partner/s/family's expectations regarding the unaccompanied posting, and determining if these expectations are realistic, so you make the best decision for everyone.

The Army Psychology Service has developed an easy-to-use workbook to assist personnel and their families to work through these steps. The workbook also provides a decision-making process model, as well as a section on managing expectations. These sections are a vital part of considering an unaccompanied posting and will allow the best, most well-informed decisions to be made. This workbook is available from camp and base regional psychologists.

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Defence has recently bought a number of additional Benelli M3 (NZ) Shotguns – now known as the Tactical Shotgun - to enhance the current fleet of weapons and ensure a common weapon system across the three services. The Benelli M3 (NZ) is a 12 gauge shotgun capable of being operated in either pump-action or semi-automatic mode. It provides deployed forces with short range lethal and less-lethal effects as well as a method of entry (ballistic breaching) tool. The weapon will come complete with:

- a 1x magnification red-dot reaction sight
- sliding stock
- two barrel options depending on mission (350mm or 500mm variants)
- combat illumination (weapon mounted torch)
- single-point sling
- MOLLE-mounted 12 gauge pouches and weapon retention device
- stock mounted 12 gauge round holder
- MOLLE thigh holster.

It can neutralise and suppress targets or be used as a tool to conduct ballistic breaching tasks in the urban environment. In the less-lethal role it can employ aerial distraction rounds as well as a variety of impact munitions, including bean-bag and rubber ball rounds.

The Army’s fleet will have a short and long barrelled option for each weapon, allowing flexibility and adaptability at the section level. The shorter barrel (350mm) is ideally suited to employment as a secondary weapon or for breach tasks, or for use in confined spaces. The longer barrel (500mm) is ideally suited to employment where range, accuracy and ballistic effects are important.

The Benelli M3 (NZ) will be issued to both Regular Force Infantry Battalions and Queen Alexandra’s Mounted Rifles along with certain RNZN and RNZAF users.

Introduction into service training is underway. The Benelli M3 (NZ) will be in steady-state service within the Army by January 2012.

**NEW SHOTGUNS FOR DEFENCE**

**VIETNAM VETERANS’ COMMEMORATION**

A large number of Vietnam veterans attended the inaugural Vietnam Veterans’ Commemoration at the National War Memorial in Wellington on 18 August. The ceremony, which was also attended by dignitaries, politicians, and Defence personnel, began with the mounting of the catafalque guard and arrival of the official guests in the Hall of Memories.

Rear Admiral David Lexdon delivered the prologue saying that Vietnam was the first conflict where New Zealand did not fight with Britain and where our defence ties with the US were strengthened. Among the wreaths laid was one by RSA President Lieutenant General (ret’d) Donald McIvor, representing New Zealand Vietnam veterans. Wreaths were also laid by Culture and Heritage Minister Chris Finlayson, Major General Tim Keating, and Ingrid Geritsen and Tuterangi Pleydell, representing the grandchildren of Vietnamese veterans and the youth of New Zealand.

Warrant Officer Jerald Twomey delivered the ode in Maori and Sgt Lincoln Adsett delivered the ode in English.

**EOD DOCTRINE**

New doctrine for Joint Explorative Ordnance Disposal has been written for the New Zealand Defence Force.

The doctrine was written by Major Dave Buck of Defence Logistic Command Munitions Management Group and fills the gap in EOD doctrine for deployed missions.

“We’d talked for years about the potential of sending EOD assets on deployed missions but it had never actually happened,” MAJ Buck said. “We had a policy for EOD domestically but we had no policy for EOD on deployed operations, and no doctrine from which to derive the policy.”

The new NZDFP-3.0-2, which took MAJ Buck about eight months to write in his spare time, was peer reviewed over four months by NZDF subject matter experts and is interoperable with New Zealand’s coalition partners.

“We borrowed heavily from NATO, America, Canada, Britain and Australia – because they’re our most likely coalition partners and normally you don’t do EOD in isolation," said MAJ Buck.

The new doctrine is an overarching framework for joint EOD operations, covering single-Service and environment-specific EOD capabilities, and could potentially be used by deployed Explosive Hazard Clearance Teams within 18 months.

**CHUNUCK BAIR DAY MARKED**

Chaplain Jennifer Betham, Private Daniel Sanson and the Officer Commanding of Bravo Company, 7 WHNB, Lt Paul Prouse mark Chunuck Bair Day at the Ataturk Memorial in Wellington. During the ceremony Lt Robert Goguel read out a list of all those Wellington soldiers who died trying to take Chunuck Bair during World War 1.

**MANAGING MUNITIONS**

On the 15th of December 2010 the army ammunition area in Waioi became part of the Defence Munitions Management Group, and was tasked to provide bulk ammunition support to the three services.

Although Army users may not have seen much change on the coalface, there has been a huge change in how ammunition for the three services managed.

DAD Waioi now stores ammunition for all three services as part of the rationalisation of ammunition storage facilities under the DMMG. This has seen the closure of ammunition storage at Whangaparaoa and a significant change in storage at the former Naval Armament Depot at Kapiti Point.

Another consequence of the move to lean logistics under the DLC has been the removal of time expired and legacy ammunition items. This has seen DAD Waioi conducting nineteen large scale demolitions in the last six months, destroying over 350 tonnes of surplus and unserviceable ammunition.

The new Defence Munitions Management Group has already made savings of over $4 million in the provision of ammunition support to the three services, whilst improving customer satisfaction rates and providing agile support to operational missions and training.

In the future, the new DMMG ammunition storage footprint review will again improve working conditions and provide state of the art storage facilities whilst leveraging new and innovative ways to improve customer support and best business practice.

During his visit to the ammunition storage facility, COMLOG briefed the staff of DAD Waioi both to the value of their contributions, describing the DMMG as one of the success stories of the Defence Transformation Programme, and giving his strategic vision of where the DLC is headed. He says it is headed into the future as it strives to maximise logistic support and transfer resources towards enhanced combat capabilities.
Corporal Dougie Grant

About 1500 people gathered at Linton Camp on 29 August to farewell SAS soldier Corporal Dougie Grant, who was killed in action in Afghanistan on 19 August.

CPL Grant died when he was hit by a bullet fired by insurgents while trying to rescue civilians following an attack on the British Council building in Kabul. Despite the efforts of New Zealand and Coalition medics at the scene he died en route to Bagram Air Base hospital.

The Prime Minister, John Key, gave a eulogy at the funeral, as did CPL Grant’s Commanding Officer, Lieutenant Colonel Chris Parsons, his father, brother and the Prime Minister’s wife. Tinana Grant, his friends also spoke of their mate who adored his wife and children, and loved being a soldier, a motorcyclist and a devoted son, brother and friend.

Tina, a sergeant in the New Zealand Army Education Corps, said her husband loved many things—being an SAS soldier, being a member of the Defence Patriots Motorcycle Club, being a carpenter—“but the most important thing in his life was his children,” she said. Alluding to his love of words, she spoke of how on the Saturday following his death she found an essay Dougie wrote in the fourth form. The essay was about how he saved his school from attack and took part in an imaginary SAS mission. He had aspired to becoming a member of the elite squad since his childhood. “We will all miss him very much—he’s now on his next mission,” she said.

The Prime Minister John Key said CPL Grant was doing what he loved when he died. “He was serving his country, and he died for his country.”

SAS soldiers were, he said, amongst the bravest, the most resourceful and the most resilient in the military.

LTCOL Parsons spoke about how he and CPL Grant began their Army training together in 1996. He recalled how they were mounted troopers together, how they had been shot at together, and how they had been together with their Australian counterparts when they helped rescue 600 East Timorese from the militia.

“The last photo we have of Doug, was captured by the international media. It is of him running into the fire fight to rescue innocent civilians. Dougie – as the Prime Minister said, is a hero! Not just here in New Zealand, but also in the UK. To underscore this – Prince William as well as the British Prime Minister have added their voices to the many messages of condolence.

“But in the end, it is that one last photo that sums Douglas Grant up for me. Like the rest of his SAS mates Doug approached life head on. And when Doug stood at the last, he stood that others might live. And knowing Doug – when he fell he would have been all business – organising someone or something – selfless, fearless, a free spirit going the extra mile. That is Doug, that was our mate.

“I think if Doug was able to speak for himself at this juncture he’d explain to us why he and many others like him, from across the Defence Force choose to leave safety and civilization behind and stand in the gap for others. But before he did he’d probably call your attention to the sacrifice of Sgt Adbul Rahman who was also killed in action and the nine Crisis Response Unit, or CRU, members who were wounded during the same rescue.

LTCOL Parsons said he had been in a Kabul restaurant with Doug the night before he died, “and he was full of enthusiasm for the mission, and to be once again on operation with his SAS mates. He said CPL Grant had told him he believed the SAS’s contribution in training the Afghanistan Crisis Response Unit and passing responsibility on to that unit was “doing it right”.

“It is often tempting to ask ‘can we win or not?’ and thereby weigh up the merits of helping the Afghans. Perhaps there is a more important question to be asked – who are we if we do nothing to avert brutality? In many ways this goes to the heart of New Zealand. Long has New Zealand been a country which has stood by principle, long have we been a people who roll our sleeves up and help others less fortunate. As a nation our finest hours have been when we have calculated the need instead of the odds.

“It was in this sense of purpose that Corporal Dougie Grant epitomised the indomitable Kiwi spirit. Knowing Doug, he was wistful for adventure, no doubt – but there as a serious side also. He didn’t shirk his duty because he was a dad. To the contrary, Afghan kids need to have a chance too and Jemma and Jaden you can be proud that your Dad saw that need. In training the Crisis Response Unit he was helping develop one of the best, if not the best Afghan Police Unit – so that when we are gone it will be able to continue to protect the people.

“In his time with us, Dougie served four proud Regiments, the Haurakis, the Infantry, the Engineers, where he qualified as a carpenter, and the SAS. Doug, your actions speak for you. That one last photo is printed forever on our memory.

“You went well Pilgrim – Rest in Peace – we will remember you.”
Corporal Douglas “Dougie” Grant, the NZSAS trooper killed while trying to rescue captives at the British Council Offices in Kabul, was the epitome of a ‘good keen Kiwi bloke’, and a ‘soldier’s soldier’, says his former Officer Commanding, Major Rowan Wallace, School of Military Engineering (SME).

MAJ Wallace agreed to share his reflections about Doug with whom he worked at the SME, recalling his friend as an “extremely effective and industrious NCO”. He said Doug, who worked as a carpenter at SME before returning to his former role in 1 NZSAS Gp, was “never afraid to challenge the status quo”, but was also a “commander, mentor, and friend to many in the unit - apprentices, staff and commanders alike.”

MAJ Wallace says Doug was also well known for organising social events, was “often the life of the party”, and always got behind charity events like the ‘Movember’ moustache growing competition and the anti-violence motorcycle White Ribbon ride.

Doug continued his links with 1 NZSAS Gp throughout his time as a carpenter at SME, working as an Instructor on courses and selections. Aspiring soldiers and officers would often seek his advice about preparing for selection.

“He was passionate about the NZSAS unit, especially its focus, culture and ability to ensure that members were able to excel. He applied the same attitude in his work as a carpenter. But it was Doug’s passion for the role as a Trooper that eventually called him back to serve with 1 NZSAS Gp in May this year.”

MAJ Wallace says Doug was already missed by SME staff and apprentices since his posting back to 1 NZSAS Gp, but his absence will be more strongly felt knowing they won’t see him again, hear his voice, or be on the receiving end of one of his wise-crack jokes.

“Rest in peace, Dougie - your camaraderie, commitment and passion as a soldier, father, husband, son and sibling will never be forgotten,” said MAJ Wallace.
Before enlisting in the Army

Jerry Mateparae is the teenager, shortly before enlisting in the Army.

The example they have set gives me cause to be optimistic about what lies ahead, and that has been confirmed as I have drawn on the wisdom of five of my predecessors.

Sir Jerry said he had taken the Oath of Allegiance to Her Majesty the Queen of New Zealand and the Oath of Office.

"The men and women who have preceded me all brought their unique qualities, character, energy and mana to the role. They have been steadfast, like Te toka tu moana (the rock standing in the ocean). The example they have set gives me cause to be optimistic about what lies ahead, and that has been confirmed as I have drawn on the wisdom of five of my predecessors.

Sir Jerry said he had taken the Oath of Allegiance to Her Majesty the Queen of New Zealand and the Oath of Office.

"The two oaths together reflect my commitment to our country and the people of the Realm of New Zealand (including the Cook Islands, Niue and Tokelau) that will serve faithfully and impartially. The values and undertakings in these oaths are very important to me.

"In the past 12 months we in New Zealand have had some difficult times, and anniversaries of events will test us again in the coming months. However, as a people, New Zealanders, whether we be of Maori, British, European, Pacific Island, Asian or other descent, have cause to see a silver lining in adversity. The Kiwi spirit—companionship and with that a generosity, compassion and resolve when things need to be done—has been evident.

"As I’ve reflected on my new role, what I am looking forward to most is the opportunity of meeting and getting to know people: being able to support in the sad times, but also to celebrate successes, achievements and the good times. My family we’ve both prepared ourselves and been prepared by others for the opportunities that will come with the role. We have been heartened by the generosity of spirit and support that many New Zealanders have shown in congratulating us. Strangers have approached us in the street and in shops to wish us well. A highlight for us was the special audience with Her Majesty the Queen of New Zealand in June," said Sir Jerry.

He spoke of the prospect of being able to serve both the Queen and the people of New Zealand as Governor-General as a privilege that only a few people have the opportunity to take up.

"As a people, New Zealanders are in equal measures informal, strong-willed, competitive and yet also modest about all we have achieved. We have a strong sense of community, where public-spiritedness is appreciated and valued. We are inclined to be considerate and prepared to lend a helping hand to those in need. Yet we also like to get on and do stuff—we admire individual ingenuity and those who have a sense of adventure.

"Looking ahead to our five-year adventure, it is likely that Janine and I will become known better by New Zealanders as we travel together in the Realm of New Zealand and beyond. You will see we are ordinary folk, who have been given a special opportunity. It is our hope that we can encourage people to think about how New Zealanders can make a difference. We look forward to promoting and celebrating those things that positively unite us as New Zealanders: our virtues, our heritage, our way of life and our future.

"We also want to strengthen the bonds of fraternity between all for whom Aotearoa New Zealand is our turangawaewae, regardless of whether you or your ancestors came here 10 years ago, 100 years ago or a 1000 years ago.

"I rather like to succeed.".

The Right Honourable Lieutenant General Sir Jerry Mateparae, the former Chief of the New Zealand Defence Force and Chief of Army said he stopped to “pinch himself, one last time” before the ceremony at Parliament to officially recognise him as New Zealand’s Governor-General on 31 August.

Sir Jerry said he and Lady Janine Mateparae considered it a huge honour and privilege to be selected to serve the Queen and the people of New Zealand.

In his address to dignitaries, officials, Defence chiefs, friends, whanau and members of the public, Sir Jerry said he and Lady Mateparae are committed to “meeting as many New Zealanders” as they can during their five year term at Government House.

“For my part, being here is an extraordinary honour. The six months since I was named as New Zealand’s 20th Governor-General have passed very quickly. During that time, as a family we’ve both prepared ourselves and been prepared by others for the opportunities that will come with the role. We have been heartened by the generosity of spirit and support that many New Zealanders have shown in congratulating us. Strangers have approached us in the street and in shops to wish us well. A highlight for us was the special audience with Her Majesty the Queen of New Zealand in June,” said Sir Jerry.

He spoke of the prospect of being able to serve both the Queen and the people of New Zealand as Governor-General as a privilege that only a few people have the opportunity to take up.

"The men and women who have preceded me all brought their unique qualities, character, energy and mana to the role. They have been steadfast, like Te toka tu moana (the rock standing in the ocean). The example they have set gives me cause to be optimistic about what lies ahead, and that has been confirmed as I have drawn on the wisdom of five of my predecessors.

Sir Jerry said he had taken the Oath of Allegiance to Her Majesty the Queen of New Zealand and the Oath of Office.

"The two oaths together reflect my commitment to our country and the people of the Realm of New Zealand (including the Cook Islands, Niue and Tokelau) that will serve faithfully and impartially. The values and undertakings in these oaths are very important to me.

"In the past 12 months we in New Zealand have had some difficult times, and anniversaries of events will test us again in the coming months. However, as a people, New Zealanders, whether we be of Maori, British, European, Pacific Island, Asian or other descent, have cause to see a silver lining in adversity. The Kiwi spirit—companionship and with that a generosity, compassion and resolve when things need to be done—has been evident.

"As I’ve reflected on my new role, what I am looking forward to most is the opportunity of meeting and getting to know people: being able to support in the sad times, but also to celebrate successes, achievements and the good times. My family we’ve both prepared ourselves and been prepared by others for the opportunities that will come with the role. We have been heartened by the generosity of spirit and support that many New Zealanders have shown in congratulating us. Strangers have approached us in the street and in shops to wish us well. A highlight for us was the special audience with Her Majesty the Queen of New Zealand in June,” said Sir Jerry.

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“..."
army people

What Sir Jerry wears

From soldier to the highest position in New Zealand

Full-size medal bar (8 medals):
Companion of the Queen’s Service Order (QSO)
NZOSM
UNTSO
NZGSM 1992 (Non-warlike) with clasp “Bougainville”

East Timor Medal
NZGSM (2002) Afghanistan Primary
NZAFA, with clasp
NZDSM, with ‘Regular’ clasp

On official occasions Sir Jerry may also wear one or more of the following:
1. The Neck Badge and Breast Star of a Knight Grand Companion of the New Zealand Order of Merit (GNZM).
2. The Breast Star of a Knight of Justice of the Most Venerable Order of St John of Jerusalem (KStJ). [Note: As Governor-General he will be Prior of the Order in New Zealand].
3. The Neck Badge of the Principal Companion of The Queen’s Service Order.
4. Breast Star and Sash of the Distinguished Service Order (Military) of the Republic of Singapore. Note there is no medal or miniature for this award.

The Officer of The New Zealand Order of Merit (ONZM) medal previously worn by Sir Jerry has been taken down on his promotion in the Order to the status of a Knight Grand Companion (GNZM).

Miniature medal bar (10 medals):
GNZM
Companion of the Queen’s Service Order (QSO)
Knight of Justice of the Order of St John (KStJ)
NZOSM
UNTSO
NZGSM 1992 (Non-warlike) with clasp "Bougainville"
East Timor Medal
NZGSM (2002) Afghanistan Primary
NZAFA, with clasp
NZDSM, with ‘Regular’ clasp

Lieutenant Colonel Jerry Mateparae on a route march with his troops

Soldiers parade at Sir Jerry’s swearing-in

Defence Chiefs at the Ceremony

LTCOL Mateparae and Janine Mateparae with baby son Sam in 1994 shortly before a deployment to the Middle East.
Trooper Rhys Theodorou of Kiwi team 1 is operating a NZ Light Armoured Vehicle on patrol in the north-eastern most part of Bamiyan province in Afghanistan. So far, it’s been all about dominating high ground and navigating demanding roads, he writes. But there have been a couple of close calls...

Romero Combat Outpost (COP) situated in the Kahmard District has been home to both the K1 and K2 LAV patrols for the last 6 months. The camp is compact; however it is easy enough to sustain sufficient living conditions for both the patrols including our support elements. Time spent in camp has been good for the soldiers, with obvious high morale and good spirits. This could be seen, after post patrol admit of course, in most soldiers rushing to get their gym workouts done, followed by hot showers and a meal. However during the busy times of our tour the only time we were likely to see the other patrol was a high five at the gate on the way out. Despite this and the confinement to a small COP, all members of both patrols from top to bottom have managed to keep strong camaraderie and remain focused on their tasks.

The local area around COP Romero is primarily a farming district with people spending most of their year preparing for the hardships of the Afghan winter. We were surrounded by low lying valleys with rugged mountainous terrain which created challenges when trying to detect enemy threats. As an NZLAV gunner hours spent scanning this terrain started to take its toll on the best of us, so remaining focused was paramount. This is where having a tight knit team of both crewmen and riflemen comes into play. For although we can, as a crew operating NZLAV, cover the patrol out to long ranges, we still require our dismounted brothers to provide local security on the ground for the vehicles. This became very pertinent when the patrol has to move through urban or built up areas where local population and vehicle traffic became an issue.

Going back to the surrounding area of COP Romero the irrigation systems that farmers have in place may be primitive but prove to be very effective, using only the lay of the land which they most definitely use to their advantage. However these areas proved to be a challenge for the patrol regarding likely improvised Explosive Device (IED) threats. The people of East Kahmard are reserved but support the PRT and its purpose in Afghanistan. One of the larger villages in the area, Ru-Ye-Sang, is a village about 20k from the COP where we conducted a number of our patrols to interact with the locals. The village has a good community with surrounding Afghanistan National Police (ANP) support. From my time spent on patrol in Ru-Ye-Sang I have picked up that a majority of people are well educated. English is common there, as they have a school that teaches it within the village. Dismounted patrols through the bazaar found this quite useful when interacting with the locals.

Dealing with a demanding patrol schedule throughout the tour had both its hard times and good. Our main area of focus was the bustling “metropolis” of Do-Abe. A small town located North of the Shikari valley, Do-Abe township was the location of our second patrol base known to the K1 team as Hotel Do-Abe. This was more or less our stomping ground for the majority of our tour. Time spent in Do-Abe allowed us to understand the town and local area, with a majority of the local population being miners. The bazaar is a thriving one with a lot of locals buying and selling local produce and goods. The Hotel itself was no way near half-star standards, however we managed to make do with what we had there with one of the patrol members improvising a shower system. It was an on-going task to help make it more like our home away from home. Food at Do-Abe was not served on plates, but rather in a plastic bag i.e. MRE rations. Local foot patrols through the town were common upon our stay at Do-Abe and also dismounted patrols into the hills behind the Hotel were seen in the tour. These types of patrols were challenging for us but we still completed them without too many issues.

However the seriousness of our tour became very clear when two weeks into it our patrol was ambushed by insurgents 2km south of Do-Abe. This was something the patrol had never experienced but had trained for numerous times. This became apparent in the reaction of all members throughout the time of the attack and the procedures conducted afterwards. This was a very real way to the start of our tour, and it has brought the team closer together. This experience enabled us to react even more aggressively and gain the initiative to achieve the desired effect on the enemy the second time our patrol was ambushed.
There was simply no way of wiping the smiles off the faces of this select group of soldiers of the Timor-Leste Defence Force (F-FDTL).

Bursting with much-deserved pride, they recently led the march on one of Timor-Leste’s most important days. In front of international dignitaries and military leaders, the brand new Drum Corps debuted at Timor-Leste’s FALINTIL Day Parade that marks the birth of the nation’s declaration of independence in 1975.

Behind the smiles were months of hard work, dedication and some valuable mentoring by members of the International Stabilisation Force (ISF). New Zealand expertise within the ANZAC force came to the fore following a request by the F-FDTL for some assistance in raising its own Drum Corps and Band.

Infantry soldier and top notch drummer, Army Corporal Jackson Lewis, stepped forward and, under the guidance of New Zealand’s Major David Ackroyd, the finer points of drumming were provided to the East Timor troops. Deputy Commander of the ISF, New Zealand Lieutenant Colonel Chris Powell said he was proud of the way the troops had helped mentor the F-FDTL band.

“Enhancement of the ongoing relationship between our respective armed forces is important to the ISF and it was great to see such a positive result,” Lieutenant Colonel Powell said.

“It was an exercise that perfectly reflected genuine good will and effective military cooperation.”

The mission of the ISF in Timor-Leste is to support local security forces to maintain a stable and secure environment, at the invitation of the Government of Timor-Leste. The ISF is the only operation currently conducted anywhere in the world that comprises Australian and New Zealand forces – continuing the cherished ANZAC spirit.

Karanga Wahine Wananga

The aim of the wananga is to maintain and uphold the requirements of the Ngati Tumatauenga concept by teaching participants the karanga thus enabling them to uphold the mana of Ngati Tumatauenga on ceremonial occasions.

Fmn Cultural Advisors:

2 LFG: SSGT Mike Te Hau, 1 RNZIR
3 LFG: WO2 T Andrew HQ, 3 LFG, or LDRV Taurima, SCE
LTDG: SGT R Pita, WSC
Trentham: SSGT H MCCorkindale, MCM Br

When:
11400 to 161600 Oct 11

Where:
Rongomaraeroa o nga Hau e Wha Marae, Waiouru
Noms to Fmn Cultural Advisors NLT 10 Oct 11
Open to Army and NZDF Civilian employed wahine who have family clearance to karanga under the protocols and customs of Ngati Tumatauenga
Candidates will then be required to complete the first two days of the NZSAS Selection Course commencing 25 Jan 12. Unsuccessful applicants will be returned to their units. Successful applicants will then conduct the Special Operations Forces Induction Course (SOFIC). This course is designed to familiarise candidates with weapons and communications systems and some basic tactics employed by NZSAS. At the conclusion of the Selection Course and SOFIC candidates will commence their EOD Induction Phase.

**Induction Phase**

The induction phase is a series of courses that are designed to provide the technical and practical skills required to be an IEDD Team Member. They will include a Junior Ammunition Technician Course (8 weeks), Basic Explosive Ordnance Disposal Course (8 weeks) and an IEDD Team Members Course (4 weeks). At the conclusion of the Induction Phase, qualified team members will be posted to a Troop in Auckland, Wellington or Christchurch and they will go onto the duty roster within an IEDD Team.

**Offer of Service and Probation**

At the completion of the EOD basic courses, qualified team members will be given an offer of service. For those other than RNZAF this will include a trade change to ammunition technician. Those who do not wish to trade change will be offered one three year posting in EOD Squadron only. For those that decide to trade change there is the opportunity for a full career in special operations.

**Conditions of Service**

During the Selection and Induction personnel will retain their current trade band, rank and pay. Upon posting to 1NZSAS Sqn personnel are encouraged to trade change to Ammunition Technician to allow them to be paid accordingly. Once posted to 1NZSAS Sqn personnel will be entitled to the following Extra Skill Payment (ESP) and allowances:
- 1NZSAS Posted To Allowance
- Extra Skills Payment IEDD Team Member White Team

**Applications**

Visit the intranet website at http://org/nzdf-eod/default.aspx or contact BRETT.MARAKU@NZDF.mil.nz for more information.
Policing

Policing is the maintenance of law and order; in its basic terms a police force is that which ensures the order of things, brings stability and ensures the standard of a rule of law. We police the force, to protect the force, a job which is done all day every day, a job which often brings very little thanks and more than often a lot of abuse. But hey, we're trained to handle that too. We sometimes forget how lucky we are as soldiers, for no matter how much society or the media scrutinise us for how we do our job, they always understand we do it under difficult situations.

Policemen don't have this luck, they are scrutinised rigorously for every action or lack of action they take by armchair critics and hungry media.

We don't stand alone when we do our job. Here at home we work in conjunction with and in support of NZ Police assisting in investigations and policing operations alike that affect both the civil community and our own. Overseas, we work with our ABCA and NATO partners and the sovereign authority to enforce and ensure maintenance of law and order.

We conduct the full gambit of operations when we police; we gather information to produce intelligence, have surveillance and reconnaissance, we plan meticulously and execute efficiently. We find, fix and strike, we cordon and search, we conduct detention operations and use info ops, and we turn our green experience to the blue every day, something which we as Military Police excel at within the Police community.

We also work collaboratively with all our partners to deliver training to build new policing agencies where previously they did not exist, or where conflict has removed that force, a process which takes much longer than building any capable fighting force. We train continuously to maintain our skill sets to ensure the rule of law, and as such collectively train with our partners as 'by eXample we lead'.

Who are the Military Police and what do they do? I am sure all off you out there probably have an opinion on what we do, and have a few names for us to boot. I guess that’s part of being a policing agency—you are the authority, the Provost, the fun police, the never loved, or the “Rosser” as Chief of Army kindly reminded me recently.

To understand what we are, and what we do, we need to understand why the Provost was created in the first place. The beginnings of the modern Provost arm originate from the 1815 peninsula war, under Sir Arthur Wellesley, General Wellington after which our capital is named. The Provost were selected non-commissioned officers of good character, who were taken from the ranks and created into a force to ensure the rule of discipline was maintained. It was the first element of the “hearts and minds” concept, to police one's own force to stop looting and pillaging and ensure the support of the local populace, and reduce assets being tied up in the enforcement of local security. In the words of General Wellington “To maintain discipline, I will have my Provost hang one to save five hundred”, and in essence it is the principle we still follow today. The role of the Military Police is not that of your local policeman, his job is not to prosecute a crime, or to ensure the law and order of society. His job is to ensure the maintenance of discipline, whatever that might entail, protecting the Army from without by reinforcing discipline from within. His job is clear—to maintain the discipline of the soldier, to ensure that boots are placed back on the line ready to fight. A thing that both General Wellington and our own Chief of Army share—the desire to have a fighting force ready to fight, well ordered, and well disciplined.

“Ko Tatou Hei Tauira” – by example we lead
government partners to ensure we maintain a fighting edge on a very different battlefield.

Public Order Policing, or POP for short, is a good example of this, conducting formation drills, shield lines, skirmish action, and routing actions. Most of the time we work as pairs, partnered up to ensure we spread our policing capability across the depth of our community. We place a huge amount of trust in the person who stands beside us, as they are our only backup and without this comradeship we could not effectively police.

As military police we assess character, weigh the evidence, arrest and detain, and recommend the charge. We do all this to protect the people, resources, values and reputation of the Army.

**Close Protection**

Some of you out there may know what this is. What it isn’t is Kevin Costner diving in the way of a bullet to the dulcet tones of Whitney Houston. What it is, is the provision of personal security to certain people to ensure the completion of their mission in a threat environment. Close Protection (CP) is all about understanding the needs of profile balanced against the needs of protection. To achieve protection you could place your VIP in a lead lined box in a bunker in Switzerland, but he probably couldn’t achieve his mission.

Profile is all important because the nature of most VIPs is to be seen doing the mission they came to achieve, and this presents an opponent with vast opportunity. CP is not glamorous, it is a constant sentry duty, a constantly mobile to deter and deny the opportunity for any attack. CP is not ever changing and uses at his disposal all the assets flexible to both his VIP mission and the threat, (both of which are constantly moving and changing their minds, don’t go to sleep till late and get up far too early, eat poorly and forget planning the next day and the security for all their changing tasks. The skill sets required to do this job aren’t special, it’s the character of the individual and their state of mind that makes them capable of being a CP operator.

The Military Police run a selection board to identify suitable candidates, with the successful going through a seven-week mentally and physically arduous course that focuses on key skill sets; CQB, small arms weapons & tactics, protective driving, situational and surveillance awareness and planning. These skills are honed through constant repetition to develop a capability to react quickly and appropriately, with fast aggressive action and a will to win. This is all to develop one thing—an independent-thinking bodyguard capable of providing protection to senior dignitaries and military staff who are specifically or generally under threat of kidnapping, assassination or other illegal acts.

The RNZMP currently have Personal Protection Officers (PPOs) working overseas, and we work in conjunction with the NZ Police to maintain cross training and commonality of skill sets to ensure the provision of protection in operations where we have a dual or handover responsibility. We also work domestically in support of NZ Police where dignitaries require extra protection or where Military CP is more pertinent or preferred.

We train rigorously to avoid skill fade and focus on the principal of repetition to hone our skills. On task we remember that our job is to avoid the possibility of an attack. There is no point in saving your VIP from an attack in a glorious fashion when you should not have been in the ambush in the first place.

Body guarding is rather akin to babysitting; your wards are both constantly moving and changing their minds, don’t go to sleep till late and get up far too early, eat poorly and forget their protective clothing and always want to go often to the one place you know to be far too dangerous for them.

**Investigations**

Military Police do seek the truth, but in investigations you rarely find anything as close as that. As the old saying goes “Truth is a three-edged sword, their side, your side, and the truth!” It is a painstaking process, sifting every aspect of an event or sequence of events to find out the what, why, where, who and when, and to lay recommendations and evidence to support or refute a charge.

It requires a dedication and passion for resolving the most complex problems, an ability not just to ask questions but the right ones, and separate fact from fiction. As a senior detective inspector from Scotland Yard once said “Some investigations are like trying to complete a 5000 piece jigsaw, in the dark, of a picture of a black cat on a black night, and some nice person has gone and nicked all the corner pieces”.

Investigators are required to conduct these complex tasks domestically, and export these skills to operational environments, where time critical to investigations can be highly constrained. Investigations require a specific meticulous process of evidence collection, from the physical, to the interview, to the potential golden confession that every investigator hopes for; but in operations these processes are often reduced to a few precious minutes to “bag and tag” all that we can gather from a scene to piece together how and why an event occurred.

It takes a minimum of seven years to grow a capable investigator (and many more to gain the expertise to deal with all the complexities of criminality). We train in conjunction with NZ Police and NZ Fire Service, the FBI and ABCA to deal with all the complexities of criminality. We train in conjunction with NZ Police and NZ Fire Service, the FBI and ABCA to deal with the darker elements of criminality, and attach our personnel to gain experience dealing with the more prevalent serious crimes that occur within civil society, from murder to sexual and violent assault, from fraud to arson, to drug seizures and sting operations.

It can sometimes be an emotionally charged job, dealing with death is part of this, from a suicide to victim identification, from Canterbury to Afghanistan, it is never easy to recover someone’s remains. All in all I take great pride in the investigative ability of our Military Policemen, we lead the way as the lead service provider, are trained in all aspects of serious criminal investigations that are covered by our civil partners, and are required to apply our trade in extreme environments under considerable pressures, and ensure through all this that the truth, that rare of all things has a chance to be found.
The sports supplement industry is a bit like the fashion industry with supplements cycling in and out of fashion. Each season there is some ‘fantastic’ new breakthrough promising results never seen before. In fact, often there is nothing new in the supplements; the multi-billion dollar supplement industry simply specialises in creating hype. The marketing powers promise instant results for everyone from the gym junkie to weekend warriors and elite athletes, making it very difficult to determine what is fact and what is fiction.

In New Zealand and most countries worldwide there is poor regulation of the supplement industry, which allows consumers to be bombarded with marketing hype that exaggerates the benefits arising from the use of supplements.

Recently I was asked to review a popular pre-workout supplement. On the label (and website) it claims to increase lean mass in one workout…amongst other things. It also states that it has been developed through extensive research and has been proven to promote explosive and increase lean mass in one workout…amongst other things. The concern with supplements includes the following:

• Using excessive amounts of one or more supplements;
• The theory that ‘more is better’ and often supplements are taken in doses that exceed recommendations;
• The possible interactions between one supplement and another;
• The possible interactions between supplements and any medications (prescribed or over-the-counter) being taken;
• Supplements with unknown ingredients and actions;
• How the supplement may work in a military operational setting with other operational stressors, such as heat, altitude, sleep deprivation, dehydration and anxiety.

Instead, look for the following information:

• Information to support the claims of the product;
• Information on the safety and effectiveness of the ingredients in the product;
• Any reports of adverse effects or events from consumers using the product;
• Products from reputable companies, especially when purchasing supplements online…even if it costs you extra.

There is also concern over the amount of time, money and effort being spent on supplements that are generally unnecessary (and potentially harmful to health) which takes money and effort away from the factors that can really enhance health, recovery and performance…primarily healthy eating and physical training.

As there are so many sports supplements on the market, this series of articles will focus on products and ingredients commonly used for weight training and ‘bulking up’.

**WHERE DO SUPPLEMENTS FIT IN A FOOD PLAN?**

**Sprinkles**
Small boost from Dietary Supplements and Supplemented Food

**Icing**
Sports Foods to refuel and rehydrate for training and events

**Cake**
The foundation of good eating and physical training for development

This model can be described like a cake. The cake provides the foundation and there is no point having icing or even sprinkles if you haven’t got the cake to start with. Most people love cake and the cake can be eaten on its own. This represents the fact that we need to square away our nutrition and training plans first in order to support any development in a chosen sport.

To add that little bit extra, icing can be added to the cake making it taste sweeter. Sports foods, such as sports drinks and sports bars, are represented by the icing. This means that once the foundation is sorted, some people may benefit from sports foods to refuel and rehydrate if the demands of their training exceed what can easily be achieved by diet alone. This will typically apply to people training for longer than 60–90 minutes on most days of the week.

The majority of people will be able to enjoy a slice of cake with icing without missing out on anything meaning most people will be able to achieve everything they need from diet, physical training and sports foods. A small number of people who are looking for ‘the edge’ could add sprinkles to their iced cake to finish it off. The sprinkles represent dietary supplements and supplemented foods, such as creatine.

The sprinkles should only be used once you have the perfect cake that is well iced! But they are not going to change how the cake tastes!

**SUPPLEMENT JARGON**

**Supplement legislation in New Zealand**

‘Dietary supplements’, ‘body building products’, ‘ergogenic aids’, ‘sports supplements’, ‘sports foods’ and ‘nutritional supplements’ are just a few of the terms used to describe...
the wide range of products that make up the supplement industry. The current legislation in New Zealand breaks supplements into three categories.

**Formulated Supplementary Sports Foods**
Regulated by the Australia New Zealand Food Standards Code (developed by Food Standards Australia New Zealand and enforced by the Ministry of Agriculture and Forestry).

Definition: A food or mixture of foods specifically formulated to assist sports people in achieving specific nutritional or performance goals.

These products provide a practical way to meet the nutrition requirements of athletes before, during, and after exercise. They have generally been proven in sports science studies to enhance performance indirectly through maintaining fuel stores, preventing dehydration, delaying fatigue and/or promoting quick recovery. They are designed to supplement the diet, rather than provide a complete source of nutrition.

They may contain carbohydrate, protein, certain vitamins and minerals, amino acids and other bioactive ingredients, such as L-carnitine and creatine. However, under this code these ingredients have maximum daily limits. For example, the maximum quantity of carbohydrate to be consumed daily in any of these products is 75g and protein-energy supplements cannot contain more than 30% of the total energy from protein.

Examples include sports drinks*, sports gels and sports bars. Most ‘body building products’ such as protein powders, pre-workout supplements and creatine do not fit into this category as their quantities of protein, amino acids and creatine are generally too high.

- Most sports drinks on the NZ market are actually captured under a different section of the Food Standards Code. However, they adhere to the same strict ingredient and labelling requirements.

**Dietary Supplements**
Regulated by the Dietary Supplements Amendment Regulations 2010 (under the Food Act 1981 and administered by the Ministry of Agriculture and Forestry).

Definition: Includes “food-type” products that are represented as a food with an added substance or substances or has been modified in some way to perform a physiological role beyond the provision of a simple nutritive requirement.

They do not include dietary supplements; medicines, controlled drugs, formulated meal replacements, formulated supplementary foods or formulated caffeinated beverages.

As this is a new standard, products that were already on the market as Dietary Supplements have until Mar 12 before they will then have to be labelled as ‘Supplemented Food’.

There is no requirement for Supplemented Food products to be registered, or for labels to be approved prior to being sold. Unless specifically restricted or prohibited, any vitamin, mineral, botanical or bioactive substance may be added to a Supplemented Food (in any quantity) if the manufacturer considers it to be safe. Only some of the vitamins and minerals have maximum daily limits specified.

The Supplemented Food category includes most of the ‘sports supplements’ that are not captured by the Food Standards Code. Examples may include protein powders, creatine, BCAA compounds, pre-workout supplements and thermogenic products.

It is important to note that there is very loose regulation of both Dietary Supplements and Supplemented Foods in NZ. In both cases it is up to the manufacturer to determine that the product is safe and that they have met NZ legislation requirements for ingredient composition and labelling.

Just because you see a supplement on the shelf or on a website DOES NOT mean it is completely safe or effective. Due to limited resources at the enforcement agencies, products are generally only investigated when a complaint is made or there are reports of adverse health effects.

A ‘safe’ supplement is one that has undergone scientific trials to prove not only that it works but also that the recommended dose is effective and causes minimal side effects. ‘Unsafe’ supplements are much harder to identify, as it is what is not disclosed on the label that is the problem. Many supplements do not list all of their ingredients or the amounts of certain ingredients. This makes it difficult for consumers to make an informed choice. There are also many supplements on the market that are contaminated with the active ingredients in medicine-approved only drugs and illegal substances, such as synthetic hormones.

It is much easier for a manufacturer to get a product on the market than it is to take a product off the market! It is a case of ‘let the buyer beware’ and if it sounds too good to be true, it probably is!

**Red Flags When Buying Supplements**

- If something sounds too good to be true...it probably is
- Products that claim to have ‘quick and effective’ results
- Products that claim to provide results ‘in days’. This could mean 7 days...or 365 days
- Products that claim to be ‘100% safe’ or have ‘no side effects’. Even common medications, such as paracetamol have potential side effects.
- Be wary of products that claim to enhance both endurance capacity and increase lean body mass. These functions rely on different energy systems and products that promise to deliver everything usually fail and deliver nothing.
- Be aware that the term ‘natural’ does not always mean safe. Many natural substances can cause harm.
- Don’t assume that even if a product may not help you, at least it won’t hurt you.
- Be sceptical of marketing with ‘testimonials’ that claim incredible benefits or results obtained from using the product. Personal testimonials are the weakest form of scientific validity – you have no idea what really contributed to any changes and chances are they were paid for their testimonial.

Next month: Ask the Doctor, an Ingredients Overview, and Stacking Supplements.
RUGBY GREATS OPEN NEW EXHIBITION

Two of only four remaining rugby players of the famous 1945-46 Kiwis Army Rugby Team, legends Bob Scott and Stan Young opened the National Army Museum’s latest exhibition, Khaki & Black – New Zealand’s Rugby Supremacy in Times of War, on 20 August.

Bob Scott is arguably one of the best fullbacks to have worn the All Black jersey as confirmed a couple of weeks ago when legend Sir Fred Allen named him as fullback in his top 15 All Blacks of all time. Commentator Winston McCarthy wrote, “For me there will never be anyone as great as Scott”. Star South African No. 8 Hennie Muller described him as “Altogether, the greatest footballer I’ve ever played against in any position”. Stan Young should have been an All Black as he was an outstanding forward on the 1945-46 Kiwis tour of Britain and Europe, however he suffered a back injury on the tour which ended any ambition of playing for the All Blacks. Stan Young played as loose forward/lock for the Kiwis, playing 19 games, including four internationals on tour, scoring six tries and impressing with his general play and pace.

The stories of New Zealand’s wartime rugby playing heroes are a focus of this new exciting exhibition at the National Army Museum, when the Kiwis took the game overseas and ‘Army Rugby’ was ‘World Rugby’.

The famous 1945-46 Kiwis were a team of battle hardened rugby players who not only played a great style of rugby, but lifted the morale of war torn Europe and raised significant money to aid war charities. The ‘Kiwis’ team went on to produce 16 All Blacks.

Rugby is a religion for many New Zealanders and our soldiers found time to play the national game when they weren’t fighting at the front. From each of the world wars there emerged a great rugby team; the New Zealand Army Team who revived international rugby, playing in front of appreciative crowds, winning test matches against post war teams from countries including England, South Africa, Australia, Wales and France.

Visitors to the new exhibition will be able to see the priceless Kings Cup, presented by King George V and won by the NZ Army Team post World War One. The National Army Museum also has a dedicated interactive ‘Skillz Zone’ where visitors can test their skills and knowledge on a large virtual kicking game, scrum machine, line out activity and much more.

The exhibition is open until Easter 2012.

The National Army Museum is a Registered Charitable Trust. Most civilian staff are employed by Defence (Army) with the exception of the commercial activities and education assistance staff. The National Army Museum also has a number of volunteers which it calls on from time to time. The Trust Board has overall responsibility for the Army Museum and its activities. The day to day operation of the Army Museum is the responsibility of the Director, currently Col (Rtd) Ray Seymour.

Law Enforcement Investigations Custodial Operations Security Operations Battlefield Circulation Control

Investigative Interviewing Evidence Handling Crime Scene Forensics Electronic Forensics Fire Investigation Disaster Victim Identification (DVI) War Crimes Investigation Tactical Site Exploitation (TSE)

RNZMP Recruitment Process
Recruitment to RNZMP is open to current serving personnel ONLY. You must have completed a minimum of two years full service and have a clean criminal record.
- Inquiries & AFNZ 124
- Background checks & Field Psychologist assessment
- Scope with 1 (NZ) MP Coy Sub Unit
- Command Interviews
- AFNZ 865 completed
- Attend the Joint Service Police Basic Investigations Course

If you have an interest in becoming a member of the RNZMP please contact your local MP unit or speak direct to the Provost Sergeant Major on 347 7504

MILITARY POLICE
24 Hour Emergency Contact 0800 50 11 22
For any enquiries please contact your nearest service police station
Two members of the Army Medical Corps have been commended by the Chief of Army for their actions following two serious accidents in New Zealand.

Anaesthetic Technician Lieutenant Sheree Mudford, who had previously served 13 years as a NZ Army Medic was, with her partner, the first on the scene at a road traffic accident on SH4, south of national Park on 26 October 2010. LT Mudford triaged the three accident victims and extracted one of the passengers through the driver’s side door after smoke was seen to be filling the car.

This passenger sustained multiple fractures to both legs. The driver sustained a fractured arm and other minor injuries, and the third victim was a heavily pregnant woman who received minor injuries.

Two off-duty St John staff were the next on the scene. LT Mudford communicated her actions and the current condition of the three victims and then proceeded to work alongside the St John staff until the Fire Brigade, police and ambulance arrived.

The police officer in charge of the scene said he was very impressed with LT Mudford’s actions during the night and that her initial actions in stabilising the victim with multiple fractures prevented any further complications. He has also said that he was impressed by LT Mudford’s actions once the ambulance arrived: she stayed with the victims and continually spoke with them providing reassurance and kept them informed of what was happening.

Chief of Army Major General Tim Keating said LT Mudford displayed courage in overcoming fear in the face of the danger of surrounding both her and the victims of the accident. Her commitment to the victims and their safety and wellbeing was put before her own personal needs and her display of comradeship to both the victims and members of the emergency services attending the scene was a credit to her.

Lance Corporal Tiffany McLean, a Territorial Force soldier with the 2nd Health Support Battalion, was providing medical cover to the Territorial Force inter unit Harding Cup Competition in Whanganui when she noticed a medic working on a patient who appeared unresponsive. She immediately ran to her assistance and helped provide advanced care life support to the severely injured soldier. She helped maintain the patient’s airway and circulation, providing C Spine stabilisation and liaising with emergency services. Due to the extensive and life threatening injury of the patient she chose to drive the ambulance to the hospital in order to allow paramedics to continue resuscitation efforts and monitor him during the journey.

The patient was airlifted to Wellington Intensive Care Unit from Whanganui given the seriousness of the injury. Had the two women not provided the advanced care life support they did in a timely and professional manner the patient may not have survived.

LCPL McLean is currently undertaking a Bachelor of Nursing Degree at UCOL in Whanganui and is a volunteer Ambulance Officer for St John Ambulance (Central Region).

**THE COURSE’S JUNIOR NCOs GRADUATE**

After eleven weeks of classroom and practical lessons 29 soldiers graduated from their Junior Non Commissioned Officers (JNCO) course at Linton Military Camp to become junior leaders in the Army.

As soldiers they learned the skills of their trade. They may be rifleman, military police, signals, catering or any of the other trades and skills that enable the Army to perform its tasks both here in New Zealand or deployed elsewhere in the world, on the course those skills were put into perspective as they learned how to focus those skills and the skills of the solders who will work for them.

The course is designed to provide these soldiers with the additional skills that will enable them to pass on their trade skills, reinforce teamwork and individual discipline, and lead their junior soldiers as they themselves gain skills that will enable them to become senior leaders.

During the graduation parade, the reviewing officer Colonel Howie Duffy reminded the course that this only the beginning and the skills they now have should not be consigned to a folder on the shelf.

"Remember what it was like when you were a Private, and your Section Commander may not have exercised good leadership or didn’t tell you what was happening – don’t be that person, don’t settle for mediocrity. Look for, and accept the challenge of being a good leader to have, and to instil good work habits, you now have the tools to be a junior leader in our Army.

For Corporal Whetu Matehaere it was an unexpected honour to be awarded the Top Student award for consistently displaying high standards and who best exemplified courage, commitment, comradeship and integrity throughout the course.

"The course has opened my eyes as to what we have available in the Army and what is possible for training, and what I can do for my soldiers".

"The course has opened my eyes as to what we have available in the Army and what is possible for training, and what I can do for my soldiers".
By Major Syd Dewes

There are some paintings, the more you look at them, the more you see. A recent work completed by Army Artist Captain Matt Gauldie is one such painting. Former Governor General and now Honorary Colonel of the Regiment, Dame Catherine Tizard, helped Capt Gauldie unveil his painting which depicts two returned servicemen, WW2 veteran Mr Ian Cannon and Lance Corporal Daniel Moyle, comparing notes.

Sadly, Mr Cannon, a veteran who served in the Pacific and former resident of the Ranfurly Veterans Home, died in November last year. LCPL Moyle is an Army Reserve soldier posted to the 3rd Auckland (Countess of Ranfurly's Own) and Northland Battalion and has completed a deployment to the Solomon Islands and Timor Leste. Unveiling the painting at the Ranfurly Veterans Home in the presence of veterans young and old, friends and family members, was significant for a number of reasons not least being it recognised what the Veterans Home and the 3rd Battalion have in common. The name Ranfurly comes from Lord Ranfurly, former Governor of NZ (1897 to 1904). He laid the foundation stone for the veterans’ home that now bears his name and it was from his wife that the 3rd Battalion has, as part of its title, "The Countess of Ranfurly’s Own". And, there is of course the Ranfurly rugby shield. The brief formalities followed by morning tea and sharing of stories and experiences were a welcome interlude for the residents as is any time young service men and women visit the home. Occasions like this remind the residents of the happier times when they too were in the services. They are also a good reminder for us that comradeship extends through to continual engagement and support of our aged veterans. The painting remains the property of the NZ Army and is on loan to the 3rd Battalion. Since it features ‘Ranfurly men’, it makes good sense that it should be shared from time-to-time with the Ranfurly Veterans Home. This is also another example of how young and old veterans can remain connected.

Even on operations, training must be conducted for the Protected Mobility Vehicle troop for Task Unit Gyro in Timor Leste. With constantly being on 30 minutes notice to move while we are deployed, it does not give us much of a chance to get out and train.

Deploying with a computer provided by the Linton simulation centre has provided us with the chance to conduct training which would otherwise be unable to do. Using Virtual Battle Space (VBS) has had its own challenges but once we were able to connect the computer to a large screen (for viewing) we were able to conduct training that has benefited the soldiers using it.

The training involved the NZ Light Armoured Vehicle gunnery, Fire control orders, drivers, Call for Fires and much more.

As well as using the computer to conduct simulated Light Armoured Vehicle training, we are also able to conduct armoured vehicle thermal recognition training and, with the help of the realistic 3-D maps provided by Virtual Battle Space, we are able to practise calling in fire support and other tasks.

As the majority of the Protected Mobility Vehicle troop are qualified NZ Light Armoured Vehicle Crewmen using a VBS computer to train on has been very beneficial. It has helped to maintain the high level of training that we had prior to deploying and it will help crewmen transition back into crew positions on their return to New Zealand in late November.

ATTENTION: ALL INFORCE ALLOTMENT PAYERS

Due to system changes, Lumley General Insurance, the provider of the New Zealand Defence Force ‘InForce’ insurance scheme are no longer able to accept allotments as a payment method for your insurance premiums. If you wish to continue to pay in instalments, you will need to complete a direct debit form and return it to Lumley.

Your existing policy will NOT be renewed if you do not change to direct debit. To ensure your belongings stay covered, please contact Lumley immediately to arrange the switch to direct debit. There is no charge for setting up a direct debit.

In order to make this change, please contact the Lumley InForce team immediately on 0800 4 INFORCE. (0800 4 46367)
The best training from all three Service arms.

in a consistent, efficient and effective way, and has access to expertise lays – helping ensure the whole of Defence can learn.

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education delivery and support.

a consistent and coordinated approach to training and (TES) – providing strategy, policy, and procedures to create Defence Explosive Ordnance School and a Defence Training Physical Education and Recreational Training schools, a new training - including the Defence Health School and Defence

Defence Learning Centre.

elements of the Services' existing education delivery into the Command and Staff College, and a new function combining specific training that remains with the Services). TED is split into three main teams – each responsible for leading a specific area of training.

The New Zealand Defence College (NZDC), incorporating the Command and Staff College, and a new function combining elements of the Services’ existing education delivery into the Defence Learning Centre.

The Defence Training Institute (DTI) is the home of common training - including the Defence Health School and Defence Physical Education and Recreational Training schools, a new Defence Explosive Ordnance School and a Defence Training Systems School.

The third part of TED is Training and Education Services (TES) - providing strategy, policy, and procedures to create a consistent and coordinated approach to training and education delivery and support. TES Director, CDR Gordon Robinson says excellence in learning across the whole of the Defence Force is a priority.

“For us to meet the current and future needs of Government, the New Zealand public, and our partners and allies, we must consistently revisit what we do and how we do it. And when we identify best practice both from within the Services and externally, we share it. That is the fundamental basis on which to develop the best possible training. This is where TES’ area of expertise lays – helping ensure the whole of Defence can learn in a consistent, efficient and effective way, and has access to the best training from all three Service arms.

“Our role at TES is to bring uniformity and best practice to individual training being conducted across the Services, and the way that training is delivered. We also act as ‘practice agents’ – identifying initiatives that demonstrate excellence and that can be adapted for use throughout Defence, and creating tailored training programmes and solutions around that.

“As an example, the Army Qualifications Framework being led by Ian Bateman and his team is considered best practice. We want to take this initiative and roll it out throughout the broader Defence Force, so that everyone has access to civilian qualifications and career pathways,” says CDR Robinson.

“We have also identified initiatives from other services that would fit well within Army. The Air Force has developed planning and scheduling software that allows individual training planning to be centralised out of TED. Taking this planning out of individual schools and centralising it means schools spend less time planning – and more time teaching. We can arrange individual training schedules, gather the resources required for those, and manage it all centrally.

“Navy has developed expertise in e-learning and have been delivering this through the learning management system (LMS). Their Technology-Based Training Unit (TBTU) is responsible for creating some leading edge training resources – allowing people to learn and interact online. Current learning packages are available in areas such as weapons safety, equipment emulators and simulators. This online technology allows practical training to take place outside of a face-to-face classroom environment – providing highly effective learning experiences as well as efficiencies saving time and money.

“The simulators can be built to replicate a thousand different systems – and can all be taught at a pace that best suits the person learning. It’s a safe, cost effective way to deliver top quality training and doesn’t tie up, or artificially stress, expensive equipment. We’re keen to see initiatives like this shared throughout the whole of Defence, whether we identify it, or whether someone approaches us with their ideas. It’s TES’ job to facilitate this, and when they do – it works.”

A commitment to improving the way the whole of Defence is trained is TES’ number one priority. “I’d encourage anyone wanting to discuss ways we can help them develop and deliver training to get hold of us here at TED, and discuss what we can do to help,” says CDR Robinson. “We have our fingers in a lot of pies, and we want to share what we know.”

“At the end of the day, we’re here to make sure the men and women at the sharp end of the business are equipped to do their job. Training is key to ensuring our Defence Force is always ready to act. It’s what we all strive for: a responsive, agile Defence Force - well trained, well equipped and ready to go.”

ROYAL NEW ZEALAND ARMOURED CORPS

94th Cambrai Commemoration
18 – 19 November 2011, Waiouru camp

Open to all past and current serving Regular and Territorial Force members posted or attached to a Commonwealth armoured squadron or regiment.

Families welcome. Interest can be registered with STG Lt Gingles or email suzanne.gingles@nzdf.mil.nz for a registration form.

Close off date 30 Oct 2011.
but spent much of his early life breaking in a large farm in New Zealand. To his amazement, and the horrors of Gallipoli and the Western Front perhaps washed away any wish to celebrate the limited successes in the African campaign, and the dramatic victories to celebrate, as with the later North Africa campaign, were no longer automatic for most of the First World War and since, like Freyberg, he declined higher command to stay with the troops he had trained, it is not easy to see why he became a forgotten general. Few commanders emerged from that conflict with reputations intact, let alone enhanced, as he did. He inherited a tradition from his English forbears but spent much of his early life breaking in a large farm in New Zealand. Life in the colony was raw and narrow. He was not alone in welcoming the opportunities offered by war with Germany; it was a widespread view among young men that “a man would be a mug to miss out on this war”. At Gallipoli, a brigadier entirely without combat experience, he showed both moral and physical courage, as Venell says, and won the confidence of his men. He was one of very few commanders to distinguish himself in that badly-led campaign and his management of the withdrawal brought a well-deserved knighthood.

He led the New Zealand Division in France through the third battle of the Somme, the fighting around Ypres and Passchendaele, and, though in failing health, held on through the “Hundred Days Campaign” in late 1918 that took the division into Germany and the armistice. The horrors of those battles and trench warfare are economically and clearly sketched by Venell in setting out the grim tasks faced by commanders. Russell was not one of the despised “chateau generals”. He was a constant visitor to the front line, even getting a sniper’s bullet through his helmet as he searched for the most successful tactics. The parallels with Freyberg are striking. Like Freyberg he was a fan of thorough preparation and devoted gruelling months in Egypt to training: “it is a grave mistake to think that the battlefield is to be the schoolroom. It is too expensive”. And like his successor he placed considerable stress on “the men’s comfort and safety”. Not surprisingly he produced a large, four-brigade division which was often described by others as the best in the Western Front, as Freyberg’s was in North Africa.

After the war he led the New Zealand Division for twelve years, carrying his concern for the troops into pressing for adequate war pensions, jobs and resettlement on the land. He was not much interested in politics and as a conservative landowner with strong ties to Britain he was perhaps increasingly out of touch with post-colonial New Zealand. But his horizons were much wider than those of most military leaders, even if they occasionally tipped into eccentricities like his flirtations with the British Islesées and the early Social Credit movement. He himself thought that broader intellectual interests were an asset to military command and as our first citizen-general he perhaps proved his point. Jock Venell’s well-written book shows New Zealand’s good fortune in producing such an able and humane general and should ensure that we will not forget him again.

“General Who? New Zealand can number its great combat commanders, Sir Bernard Freyberg and Sir Howard Kippenberger, and the Canadian, Sir Clive Currie, and to that military historians had given to the Australian general, Sir John Monash, and the Canadian, Sir Andrew Russell.”

“Russell inspects his troops before they go into action on the Western Front.”

Reviewed by Gerald Hensley

General Who? New Zealand can number its great combat commanders on three fingers so it seems strange that Major-General Sir Andrew Russell should have disappeared from the national memory. This fine biography demonstrates that his abilities rank with those of Freyberg and Kippenberger and puts him back in the place he deserves as a great divisional commander.

Sir Andrew Russell led the New Zealand Division with distinction for most of the First World War and since, like Freyberg, he declined higher command to stay with the troops he had trained. He was not alone in welcoming the opportunities offered by war with Germany; it was a widespread view among young men that “a man would be a mug to miss out on this war”. At Gallipoli, a brigadier entirely without combat experience, he showed both moral and physical courage, as Venell says, and won the confidence of his men. He was one of very few commanders to distinguish himself in that badly-led campaign and his management of the withdrawal brought a well-deserved knighthood.

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**HEAD OVER HEELS**

Most people think of home as a safe place to be. Unfortunately that is not always the case. Injuries in the home are all too common and have a significant impact, not only on those injured, but also on their families and units. Falls at home cause more injuries to New Zealanders than road and workplace accidents combined. Age is no guard against injury either, as 41 percent of home falls happen to people aged 25 to 64 years, resulting in 127,000 claims to ACC last year. Two-thirds of those claims were made by people in the workforce. These are not superficial injuries; we’re not talking about scraped knees but injuries serious enough to seek medical attention. They stop people working and carrying out their normal daily activities resulting in increased workloads for colleagues. Family and friends will also be affected as tasks the injured person had previously undertaken may now be impossible or will fall on someone else’s shoulders.

Fortunately the majority of home falls can be prevented. The message is simple, ‘A fall at home can stuff up your plans’. A few days at home in front of the telly following a fall may seem appealing, but what happens when those plans’? A few days at home in front of the telly following a fall may seem appealing, but what happens when those plans.

For example, father-of-three Sergeant Sam Cook* hopes his story will make people more safety conscious. He says, ‘It was the silliest thing. I just collected the mail from the box and was reading a pamphlet as I went up the front steps. I climbed the first two but missed the third and wham! That was it’. Sam put his right hand out to save himself and tore a ligament in his wrist. He had to have an operation to fix it and was on light duties for nine months. Because Sam is right-handed he couldn’t write and everyday personal tasks, such as shaving, were an effort.

In the workplace, the Army is legally required to complete a risk assessment and put in place health and safety procedures to minimise risk. People have no such obligations at home. Instead we must rely on you to take responsibility for your own safety and that of your family and friends.

One of the most frequent places to fall is outside the house. The culprits can be faulty ladders, ladders placed on soft, uneven ground or less than secure scaffolding. Falling from a height is particularly dangerous and simple measures such as ensuring ladders are stable and, even better, getting someone to hold onto them, would have pre-vented many of these falls.

Being motivated to make changes to prevent a fall can be a challenge. It can be tempting to ‘opt out’ when it comes to falls, to think ‘that will never happen to me’ – but falls can and do happen to a cross section of people, in all sorts of situations.

For example, father-of-three Sergeant Sam Cook* hopes his story will make people more safety conscious. He says, ‘It was the silliest thing. I just collected the mail from the box and was reading a pamphlet as I went up the front steps. I climbed the first two but missed the third and wham! That was it’. Sam put his right hand out to save himself and tore a ligament in his wrist. He had to have an operation to fix it and was on light duties for nine months. Because Sam is right-handed he couldn’t write and everyday personal tasks, such as shaving, were an effort.

We’re all tempted to take unnecessary risks from time to time but the message is clear – they’re not worth it. Taking a shortcut to save a few minutes can result in months off work and can ruin personal plans too.

* Sam’s name has been changed for privacy reasons.

**ADDITIONAL TEXT COURTESY OF SAFEGUARD MAGAZINE**

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**OPERATIONAL DEPLOYMENTS**

Are you interested in an operational deployment? If so read on... Currently the NZ Army supports missions in 10 different countries around the world from as far south as Antarctica to locations further afield such as the Pacific, Africa, the Middle East and Asia. Each of the missions offers a range of appointments which will provide an experience that is both personally and professionally rewarding.

**What’s on offer?**

<table>
<thead>
<tr>
<th>Country</th>
<th>Appointment Details</th>
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<tr>
<td>Israel, Syria, Lebanon</td>
<td>OP SCORIA 110/100   UMRN   CV    CAPT (MA) (E)   February (6 months)</td>
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<tr>
<td>Sudan</td>
<td>OP SUDDEN 110/1100  UMRN  CV    CAPT (MA) (E)   March &amp; September</td>
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<td>UNRMS 110/1100  UMRN  CV    CAPT (MA) (E)   March &amp; September</td>
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<td>UNRMS 110/1105  SG Plans  CV    MA (E)   February &amp; August</td>
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If you are interested in deploying anytime in the future it is important you achieve and maintain the following competencies:

- **Medical**: Hold a minimum medical grading of A4-G3-Z1.
- **Fitness**: Be RFL qualified at the time of nomination.
- **Dental**: Be Ds dentally fit.
- **AWO**: Hold a current qualification on the IW Steyr AWO.
- **Security Clearance**: Hold a current security clearance.
- **Law of Armed Conflict (LOAC)**: Be LOAC Level 1 qualified.
- **Military Justice Training Programme (MJTP)**: Be qualified to a minimum of MJTP Level 1.

Position Description: Be able to meet all the requirements of the appointment.

For further information on missions visit the HQ JFNZ intranet site and click on Missions, then Missions Home Page. Deployment standards and nomination criteria as well as specific information on the mission itself are detailed. The job descriptions for most of the appointments can also be sourced from there and will detail any additional competencies that will be needed for a particular appointment.

**MS Guidance:**

Army’s priority is to fill Army tied posts before bidding for Tri-Service appointments. You can express your interest through your command chain, during MS Branch interview rounds or by contacting the MS Branch POC for missions CAPT Liz Barclay on 347-7931, email: liz.barclay@nzdf.mil.nz

* COL Seymour is a Vietnam veteran, and CEO of the New Zealand Army Museum.*
For the first time the NZ Army was represented recently at the International Federation of Touch World Cup with not one, but four soldiers. Sapper Paul Davis (2 Engr Regt), a three year veteran of the Men’s Open Touch Blacks was joined at the four yearly World Cup in Edinburgh Scotland by SGT Lisa Hepi and CPL Eug Hepi (NZ 30’s Mixed) and WO2 Greg Mildon (NZ 40 Mens). The latter three are NZAPTC physical training instructors from 2HSB(NZ).

The World Cup tournament is held every four years and like the Rugby World Cup it is the pinnacle of World Touch competition. This year the tournament was held in picturesque Edinburgh with 83 teams from across the globe competing in several grades. With a strong campaign Touch NZ had high hopes this year of wresting the overall World Cup off current world champion Australian sides in all grades.

Paul Davis and the Open Men’s team looked well on track with comfortable wins against all countries in their grade and scooped an impressive victory against Australia in the round robin stages. Similarly Eug and Lisa Hepi playing in the 30 Mixed grade were progressing well and looking to defend the title won by a NZ side four years previously. Comfortable wins against South Africa, England, USA, Wales and Italy showed that this side was the form team in their grade. A close loss to Australia in the round robin stages gave the side the indication that their team was very close to achieving its goal of retaining its world championship.

Greg Mildon was playing in a star studded NZ Men’s 40s side, which included Mike Daly and legendry NZ player Peter Walters. The NZ 40s dominated the round robin stage of the tournament winning against Niue, Wales, Ireland, and the current world champions, Australia, the current world champions. Such was the NZ 40s dominance that only eight tries were scored against them in nine games (seven by Australia).

Finals day dawned and all five NZ sides had successfully made their respective final with all teams drawn to play Australia. The Men’s 40s were first up and in a superb defensive performance choked the Australian side while extending to a three point lead. With minutes left on the clock Australia launched attack after attack drawing within one but the resolute NZ defence held, winning an epic final 5-4. NZ Men’s 40s World Champions! How significant was this win? In 33 years of World Cup competition this was the first world championship won by any NZ Men’s side in any men’s grade.

The next final saw the NZ 30 Mixed side’s chance at defending their title. In a very evenly contested battle the NZ side, led by multiple mixed world champion and long time Army friend George Albert-Jahnke, overcame dubious calls and a hard charging Australian side to eventually win in a tense drop off (extra time). Key to this victory was an outstanding personal performance by Eug Hepi, who ran hard throughout the final using his superb fitness levels to drive the Australians off the field. Eug worked tirelessly towards the end of the game manufacturing the final game winning try and delivering the second world title to NZ in as many games.

For all four Army players it has been a long road to the World Cup, with campaign preparations commencing well over a year ago, trans-Tasman tournaments, committed off season training, and several challenging training camps. If not for the unwavering support of the NZ Army it is unlikely that any of the players would have ever had a chance to represent NZ.

The four players would like to thank their commanders for supporting their dream, Chairperson and Secretary Army Sport Lieutenant Colonel Bill Twiss and Mr Gordon Forrester and the very generous Singapore Fund; the Waiouru Camp NPF, Major Hibbs, the great Waiouru community for supporting the fundraising projects, 2HSB(NZ), 2nd Engineer Regiment, Waiouru WO’s and SGT’s Mess, Linton WO’s and SGT’s Mess, Linton Touch Club, Linton Sport, Linton Junior Ranks Club and the Linton/ Waiouru PTI whanau.

“Finally, we would like to thank friends and family for their individual contributions, donations and support throughout our journey,” said WO2 Mildon. “This has been a strong reminder that the Army is more than a career, it is a great family. Without this support we would have not have been able to complete this amazing mission proudly representing NZ Army and New Zealand”.

Eugene and Lisa Hepi, and Greg Mildon with their medals.

Eugene Hepi (14) shows his form. Above, and below.

Greg Mildon (left and right) sets the pace.

International Federation of Touch Triple World Champions

NZ Army Touch Players
The following people represented the NZDF Hockey Teams during the 2011 Australian Tour:

**Men’s Team**
- SSGT Pourau (Coach), SGT Witchall (Ast. Coach), MAJ Rousseau (Strapper), SQNLDR McIntyre (Manager), CAPT Thorne (Captain), SPR Broughton, LAC Leslie, LAC Jeffcoat, CPL Miller, LCPL Manning, LAC Bullot, SIG Gajadhar, CPL Tweedie, LSCS Herewini, PTE Alexander, CPL Kerrigan-Crawford, LT O’Halloran, AC Stone, 2LT O’Neill and PTE Rousseau.

**Women’s Team**
- FLTLT Iggo (Coach), WO2 Dickson (Ast. Coach), CPOSCS McIntosh (Strapper), F/S Tohu (Manager), POET Dudley (Captain), LT Woodings, SGT Clarkson, SGT Frederickson, CPL Geary, 2LT Johnson, LT Clague, ACH Hannam, CPL Tweedie, LSCS Herewini, PTE Alexander, CPL Kerrigan-Crawford, LT O’Halloran, AC Stone, 2LT O’Neill and PTE Rousseau.

By Captain Laura Clague

After an internal tour and “development” year in 2010, this year’s NZDF Men’s and Women’s hockey teams headed overseas to Australia to play the Australia Defence Force (ADF) teams. Having only met once previously in recent years, we knew we were heading over to some tough competition.

We arrived in Canberra for five days of training and a warm up game. Based at HMAS Harman we travelled daily to the turf. This was the first opportunity we had to train together as a collective and playing hockey in the hot weather was a novelty for most. Our first game was against an ACT Combined Team, which contained several players from the ADF teams we would play later in the tour. The warm-up game was particularly useful as we got to adjust to the Aussie referees and their interpretations of the rules. The women played first and had a convincing win 5-0, the men followed in the same suit winning 5-1. Player of day for the women was SGT Carley Frederickson and for the men CAPT Craig Thorne.

After bussing North, we found ourselves in Sydney, based at Randwick Barracks. The three match series would be played at the Sydney Olympic Stadium and luckily for us, we were able to practise on the turf prior to our first game.

For most of us this is the highest level of hockey we will ever play and being able to utilise such a world class facility was something pretty special.

After some tourist activities our attention turned solely to hockey. Facing a largely unknown opponent is always difficult and both teams headed on to the turf with some minor reservations. The women kicked off the three match series, playing first. Scoring a goal not long into the first half helped to boost our confidence and the NZDF women went on to win 2-0, with player of the day being our Captain, POET Tamara Dudley. The men once again followed our example winning 3-1, with player of the day going to SIG Krishan Gajadhar.

Heading into the second test, the Australians had clearly been studying our game plan, including the female goal keeper, the ADF put two goals away against the women in the first 15 minutes. With another goal in the second half the ADF women went on to win 3-0. The NZDF female player of the day was CPL Shonalla (TK) Tangare-Kaiwai. The men also got off to a shaky start with the ADF men being a lot more competitive and leading at stages throughout the game. The NZDF men, however, pulled through to win 4-2, effectively winning their tournament despite there being one game left to play. The player of the day for the men’s second test went to LT Ambrose O’Halloran.

The final day was really all about the women, with one game a piece, it was a must win for both teams. Unfortunately, it was not meant to be for the NZDF. While playing one of our best games of the tour we were unable to beat the ADF women, the final score being 3-1. Player of the day went to ACH Sarah Hannam, the highest goal scorer for the NZDF Women for the tour. The men, however, made it a clean sweep, winning their third game convincingly 6-3, with LT O’Halloran taking a hat trick. Player of the day for the men was once again their Captain, CAPT Craig Thorne.

Trophies were presented to both the ADF Women’s and the NZDF Men’s team by the Australian Patron of Hockey and Chief of Army, Lieutenant General David Morrison, AO. The teams departed from the turf and carried on our celebrations together at the Coogee Bay Hotel. Overall, it was a fantastic opportunity to get away and meet some new people. We were able to build some relationships with our Australian counterparts, play some excellent hockey, and visit new and interesting places. We look forward to being able to host the ADF Hockey Teams in New Zealand in the near future.
Sapper Zinzan Ransfield Kake presses hard on attack during the August clash.
By Lieutenant Raylene Kirk

For the first time in many years Army Rugby reconvened its North South Competition back into an Inter Corps Competition, with Corps honour, and the George Skudder Cup up for grabs.

The tournament was formally opened by the Vice Chairman of the NZ Army Rugby Committee and was attended by four very strong looking teams including the RNZE Team, RNZALR Team, 1RNZIR and a Combined Corps Team. Seedings were based on placings at the last Corps competition in 2004, and saw the first game between 1RNZIR and the Combined Corps Team, then following the RNZE and RNZALR. Winners from each game would move through to the finals.

This was the first tournament for the new Patron of NZ Army Rugby, George Skudder who played a distinguished career for the NZ Army, Waikato, NZ Māoris, and the All Blacks. Mr Skudder retired from the NZ Army at the rank of Major in 1996.

1RNZIR dominated attack play in the first Inter Corps Game on Monday and proceeded into the finals with a 28-5 win against the Combined Corps Team. The RNZE and RNZALR game was a hard fought and close affair with the RNZE pulling through with a 20-10 win. Players of the Day were awarded to LCPL Brent Pope (1RNZIR), LCPL Jarrad Nicholls (Combined), SPR Matthew Oldridge (RNZE) and CPL Casey Lowe (RNZALR).

RNZALR controlled the 3rd and 4th playoffs against the Combined team and comfortably took out 3rd place with a 32-5 win. A good crowd gathered for the RNZE vs 1RNZIR final, with a buzz of pride and honour to see who would press claims for the winning rugby Corps. The game was head to head even, and saw a half time draw. Two minutes before full time LCPL Brent Pope scored a try from an outstanding charge down to put RNZIR 5 points in front. RNZE continued to fight and on full time the RNZE forwards busted over the try line for an equaliser. CPL Vince Salmon took the conversion from the sideline - a successful conversion would mean top honours for the engineers, and successful it was. The RNZE team stole the game on extra time to put the score at 17-15. An outstanding display of rugby and heart from both teams, and all players fought strongly right to the bitter end. Congratulations to the RNZE team who were awarded the George Skudder Cup and the right to claim the name of Inter Corps Rugby Champions.
By Lieutenant Raylene Kirk

Following a very strong Inter-Corps Rugby Tournament (08-12 Aug 11) in Linton, the NZ Army Rugby Team was named at the final function with a very good representation from all Corps teams.

A training camp began the following week on completion of a presentation of the game plan from the coaches on Sunday evening. The week began with familiarisation of the game plan, and wrestling, grappling techniques run by a wrestler from a local fight club.

The week was structured with trainings, recovery and good nutrition and ended with a warm-up game against the Manawatu Colts as the finale on Friday to wrap up the week of preparation. The game ended in a 15-15 draw with credit to the Colts for their rash defence which vetoed much of the Army Teams phase play attack. A good hit out with a good amount of "work ons" to take away from the game. Tries were scored by 2LT Michael Coom and SPR Frani Woodmass.

On Saturday the Army Team travelled to Waiouru for the unveiling of the new rugby display at the Army Museum – which is a recommended attraction to view (see page ). Travel to Auckland continued on Sunday with final game preparation occurring on Monday. The first game kicked off on Tuesday at 1400 against the Royal New Zealand Air Force.

Air Force were a new young team who came out firing, and to their credit played a very fine game. Although the Army team never felt threatened by a defeat, the score suggested a very close battle, with Army coming away with the win 20-19. Tries were awarded to CPL Emori Lodoviko, CPL Dane Berghan and SPR Frani Woodmass.

Wednesday saw some sore Air Force bodies come up against a larger, more experienced Navy pack, who dominated by size and aggression, and the Navy came away with a convincing win 25-9, and a building confidence for the finals the next day.

The Army Teams finals preparation was focused. This would be the 8th consecutive win, and the Army team wanted it. Army fired from the beginning and a try by LCPL Jeremy Bush within the first five minutes (converted by CPL Vince Salmon) immediately put NZ Army onto the scoreboard. They played with the flare and free running rugby they are known for and it was a pleasure to view. Forwards and backs linked together to expose Navy defence and continued to accumulate points on the board throughout the first half. Tries were scored by SPR Paul Davis (2), and CPL Vince Salmon.

The game came to a standstill when front row forward 2LT Hakarangi Tichborne sustained a nasty ankle injury whilst making a break down the sideline. He was taken away in an ambulance while still cheering on the boys, and we wish Haaks a hasty recovery.

The team recovered from the loss and continued to link up and break Navy defence. Further points were put on the board by LCPL Jarrad Nicholls, converted by CPL Vince Salmon. The end score was 38-8 to Army, and they were again awarded the King George V Cup. At the evening function a New Zealand Defence Force Team was named who will compete in an International Defence Force Competition in October against 12 international defence force teams from around the world.

Congratulations to all Army players named in the side:

SSGT Pita Lloyd (Head Coach); WO2 Lyall Mooney (Assistant Coach); MAJ Ross James (Manager); SGT Phil Stambidge (Trainer); LT Raylene Kirk (Physiotherapist); CPL Aaron James (Captain); CPL Adam Ross (Vice Captain); SPR Grant Robson; SPR Matthew Oldridge; SPR Adrian Curry; CPL Emori Lodoviko; SPR Matthew Anker; 2LT Michael Coom; SPR Paul Davis; PTE Tali Taniela; LCPL Jeremy Bush; CPL Vince Salmon; LCPL Jarrad Nicholls; CPL Dane Berghan; SPR Frani Woodmass; LCPL Vesi Luatua; LCPL Sonny Woodmass; CPL Casey Lowe; SPR Zinzan Ransfield-Kake; CPL Storm Harrison.

Non Travelling Reserves: SPR Rawiri Broughton, SPR Dudley Andrews.