For Gallantry

CPL Albert Moore
CPL Matthew Ball
LCPL Allister Baker
WO1 Denis Wanihi
Army engineers operating a water desalination unit have so far produced around 100,000 litres of potable water, giving much needed water supplies to the people of Tuvalu.

The Micro Filtration Reverse Osmosis (MFRO) portable equipment which turns salt water into fresh water was airlifted to Funafuti by an RNZAF C130 and has been operational since October 10.

Bulk supplies have been delivered to the hospital and a number of key distribution points on Funafuti as required. With the arrival of additional portable containers, further supplies will be distributed to schools.

The water situation on the island group is improving, but there is still only 5-10% probability of heavier than light rainfall.

This is the second time that Army personnel from 2nd Engineer Regiment have deployed to operate the desalination plant following the Christchurch earthquake earlier this year, says Major Terry McDonald, Commander of the Land Forces Component in Tuvalu.

“The MFRO continues to produce a good rate of water which has helped to alleviate the immediate water shortage on the island. Working in the tropical heat with temperatures exceeding 34°C has been a challenge and we have had to ensure the plant remains cool, thereby operating at maximum efficiency.

Defence Force personnel are working closely with MFAT, NGOs, the NZ High Commission and the Government of Tuvalu to provide an appropriate response to this emergency. We have also been supported by the Royal Australian Air Force who helped with the initial airdrop of equipment and supplies.”

An Army Environmental Health Officer and medical personnel have accompanied local Public Health Board officials undertaking a door to door health survey and assessment of Funafuti dwellings.

In the initial response, Defence Force personnel were flown in by RNZAF C130 and made repairs to the main desalination plant on Funafuti and they continue to assist with running of the 8 tonne-per-day plant located at the disused wharf.

An additional desalination plant and Red Cross personnel were flown in by the RNZAF C310 to Funafuti and transported by local patrol boat to the island of Nukualofa.

The New Zealand Defence Force has also been working with MFAT to provide assistance to Tokelau, and the situation there is now stable. Defence Force personnel worked with the crew of the US Coastguard Cutter WALNUT to deliver 43,000 litres of potable water to Fakaofo, 40,000 litres to Atafu and 40,000 litres to Nukunono.

**Calling all Ex LSV's**

The Limited Service Volunteer (LSV) Company was expanded in January 2010 to become the Youth Development Unit (YDU). LSV Courses are voluntary, six-week motivational training courses run by the NZ Defence Force in partnership with the Ministry of Social Development (MSD).

YDU consists of three units in Burnham, Trentham and Hobsonville, and since 2010 over 2800 young people have entered LSV courses. YDU South (Burnham) has completed 10 courses (approximately 1200 young people) in this time.

To coincide with the graduation parade of the most recent LSV course in Burnham the occasion will be celebrated by completing a name change ceremony. The ceremony will reflect the move from the Limited Service Volunteer Company to Youth Development Unit South.

**When:** 19th November 2011

**Where:** YDU HQ, Burnham Military Camp

**Who:** All past trainees who have completed the LSV course at Burnham

All attendees need to register their details with YDU by 1 November due to security requirements and will need to bring appropriate photo ID on the day, via email ydu.nationalhq@nzdf.mil.nz.

Details should include:

- **Name:**
- **Date of Birth:**
- **Address:**
- **Contact Number:**
- **Number of course completed:**

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**Guilty Plea for National Army Museum Medal Thief**

Keith Davies has pleaded guilty in relation to the theft of hundreds of medals from the National Army Museum a decade ago. The former Territorial Forces Non Commissioned Officer was in charge of collating medals handed in by families for safe keeping in the Museum between 1995 and 2002.

“Significant changes to security, accounting procedures and the level staff experience have occurred over the last few years in order to ensure best practice. It was these improved procedures that highlighted the thefts.”

“At the time the museum was undergoing a range of procedural and structural changes,” says Colonel John Boswell.

“The theft of medals occurred over nine years ago - at a time when the museum was undergoing a range of procedural and structural changes,” says Colonel John Boswell.

“Since then the museum has a new team and new procedures are in place. Significant changes to security, accounting procedures and the level staff experience have occurred over the last few years in order to ensure best practice. It was these improved procedures that highlighted the thefts.”

“Every medal that is placed in the museum’s care is significant to both the military community and the wider NZ public. They represent acts of valour and courage, and recognise the huge sacrifices that our men and women have made for this country.”

“The NZ Army wishes to thank the New Zealand Police for their efforts to recover these medals and prosecute the offender who stole them.”

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**For Gallantry**

SPR Zane Shutkowski testing chlorine levels in the water made by the desalination unit.

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**DEFEENCE FORCE ASSISTS DROUGHT STRICKEN TUVALU**

Fresh water made by the NZDF is pumped into the Tuvalu water truck supervised by SPR Logan Broughton and SPR Charles Greaves.

Water stored in Flexi Dams waits for pick up by the local water truck.

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**GUILTY PLEA FOR NATIONAL ARMY MUSEUM MEDAL THIEF**

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**COVER:**

CPL Matthew Ball, LCPL Allister Baken (in turret) and LT Tim O’Donnell shortly before they begin the patrol which would later see LT O’Donnell killed in an ambush, and his two colleagues injured. See story page 5.
NOMINATE NZDF’S PERSON OF THE YEAR

Nominations are now open for this year’s New Zealand Defence Force Person of the Year. The award celebrates our values of courage, commitment, comradeship and integrity and is to recognise someone who stands out in their commitment to these values.

“Our values are vitally important to us because they reflect the qualities that we all expect of each other in both the military and corporate environments,” says Chief of Defence Force, Lieutenant General Rhys Jones.

The first recipient of the award, Deployment Services Officer, Mrs Carol Voyce, set a very high standard. Carol, a civilian based at Burnham, provides welfare support services to deployed personnel and their families. Her nominators thought she had exceeded the requirements of her job description and had continually provided support and facilitated assistance and advice to others under stress, while having to deal with her own significant family situation.

The second recipient, Squadron Leader Mike Cannon, demonstrated his commitment and courage many times. In the aftermath of the Anzac Day Iroquois tragedy Mike was at the heart of the response to the needs of both the surviving crewman and the families of those killed. He worked tirelessly to support the grieving families, and to assist with those sensitivities that inevitably arise out of such circumstances.

CDF will announce the winner of the 2011 Person of the Year at a function in December. The winner will receive a trophy and an NZDF-funded scholarship in a defence-related study area of interest to the winner.

Lieutenant General Jones says, “The NZDF Person of the Year award showcases the dedication and values of our personnel. I encourage you all to nominate someone who has gone above and beyond.

Nominations are open until Thursday 10 November and the forms are available at http://org/dcg/Defence/Forms/AllItems.aspx.

NZ DEFENCE FORCE CONTINUES TO ASSIST MARITIME NZ AND EMERGENCY RESPONSE TO MV RENA

More than 370 New Zealand Defence Force personnel are continuing to support Maritime NZ, other Government agencies and the people of Tauranga with ships, aircraft and teams currently deployed to the area following the grounding of MV Rena.

On 22 October MV Rena, a 42,000 tonne bulk carrier, struck Astrolabe Reef off Tauranga at speed. Soldiers from Army units around the North Island, armed with shovels and rakes, have been working on the beach at Papamoa alongside Maritime NZ personnel and civilian volunteers on the clean-up effort, collecting tonnes of debris from the beach.

The task on the beach requires patience and commitment, working in protective equipment to gather the oil into bags for collection. “It’s a job that needs to done and we’re glad we can help,” says Private Clayton Mills, 3 Auckland North Regiment. More than 70 soldiers are providing transport and catering support to the Army clean-up teams.

HMNZ ships ENDEAVOUR, MANAWANUI, ROTOITOI, and PUKAKI remain assigned to the operation. Tasking includes providing imagery and information to Maritime NZ on MV RENA’s condition, as well as standby for maritime exclusion zone patrol as required.

Seasprite and Iroquois helicopters continue to support Maritime NZ with aerial observation flights and transport of salvage experts to and from MV RENA weather permitting. The helicopters are also assisting conservation personnel with their work, including airlifting cleaning equipment to Matitoki Island. A Pyl Orion was tasked to provide further aerial observation.

A number of Defence personnel continue to assist Maritime NZ with planning and liaison.

“We have deployed a large number of people to Tauranga to assist Maritime NZ and that resource has been well used in a range of roles - from the Navy patrolling the exclusion zone and moving specialist people to and from the RENA to Air Force and Navy helicopters providing support for reconnaissance and moving essential supplies to soldiers helping clean-up the oil arriving on the shore.”

“The strength of the Defence Force is in its planning ability and the body of skilled and disciplined people who are ready to act when required,” says Defence Force Joint Task Force Commander, CAPT Wilson Trumper.

The NZDF team is working hard to meet and manage civil volunteer support expectations. Transport plans are being refined to ensure that volunteers can be dropped at points that only require short walks.

By Chief of Army, Major General Tim Keating

This year we have responded to some of the most difficult of battles, those that nature has thrown at us. These battles come without warning catching populations ill prepared even with the best of planning.

This happens because it is unaffordable to hold sufficient resources in all locations to respond adequately to whatever natural disaster might occur. Crisis response relies therefore on the mobilisation of volunteers and the military at short notice.

This year the Army has responded to the massive February earthquake in Christchurch, drought in the Pacific islands and most recently the oil spill from the Rena in the Bay of Plenty.

You have done this while continuing to meet the obligations we have as an Army to international military operations and the provision of other services at home. I know that to make this happen you have all had to make considerable sacrifices to time with families, friends, and leisure activities.

I am sure of your important personal anniversaries have been missed once again, despite promises you may have made to your family that you will be ‘home for this one’. I recognise the often significant sacrifices your families make in order that you can do what the Army asks of you.

Yet I have continued to observe passion and commitment to service that is not distracted by ‘fatigue of response’ or ‘desensitisation to disaster and human suffering’. This demonstrates to me the compassion New Zealand Army personnel have for their fellow humans; your true professionalism and understanding of how a modern army can make a real contribution to supporting our nation and its neighbours. It also demonstrates the value of commitment and following our ethos of serving New Zealand loyalty and honourably.

For this unrelenting and professional service to your nation, I thank you.

Major Aaron Couchman of Waiouru has been awarded the 2012 Rotary Peace Fellowship Scholarship to Chulalongkorn University in Bangkok, Thailand from February – May 2012. He is the first NZDF uniformed officer to receive this award, which provides him with an executive fellows programme for over three months, with all fees, expenses, accommodation and travel paid by Rotary.

He will be representing New Zealand as the sole NZ student on this course, and will be among a wide group of academics working on international law, politics, conflict resolution and international relations. The programme also includes some developmental trips in his time away at Chulalongkorn.

Major Couchman beat applicants from other government agencies, academia (including doctoral fellows and candidates) and NGO practitioners to receive the award which, following a series of interviews and panels in New Zealand, went to the United States for final confirmation by Rotary International.

He is expected to feed his knowledge back into the New Zealand Defence Force / Army education and development system on his return to New Zealand.
SAY AGAIN, OVER

This month I’d like to talk about interoperability. Before I start I wish to make something clear. Interoperability is not about buying the same kit as your allies and operating it the same way. Let’s face it—we could never afford to one-for-one match it with our Aussie brothers, or our UK cousins, or our Canadian and US brethren. Interoperability is about understanding and using doctrine, technology and material solutions to add value to an overall military effect. For us as a small Army interoperability is about being adaptable and nimble on the battlefield. It’s about being ‘jacks of all trades and masters of some’ and let’s face it, we’re pretty damned good at that.

In the wider military brotherhood, interoperability is about understanding that no country will be dictated to about which bits of kit to buy, which capabilities to field or how to operate—it’s not about a single country picking it up. One of the big joys of being a member (apart from the chance to visit each member country on rotation for a week once a year) is that ABCA allows us to not feel alone when hard times come along.

I have recently had the opportunity to engage with Deputy Chiefs of Army of Australia and UK as ABCA partners—our talks have focused on the dire financial straits we all find ourselves in and what we are doing to respectively try and claw our way out (it’s a sort of reverse interoperability really). All of us have noted that it is really important to engage with our allies if we are to avoid stopping doing something, slowing down the fielding of capability or our training cycles because if we are to avoid stopping doing something, slowing down or having to slow something to meet financial imperatives, another coalition ends up in deep trouble if it ever needs to deploy.

Chiefs of Army of Australia and UK as ABCA partners—our talks have focused on the dire financial straits we all find ourselves in and what we are doing to respectively try and claw our way out (it’s a sort of reverse interoperability really). All of us have noted that it is really important to engage with our allies if we are to avoid stopping doing something, slowing down the fielding of capability or our training cycles because if we do that in an unsynchronised way across the coalition, the coalition ends up in deep trouble if it ever needs to deploy. This interoperability coalition allows us transparency over shifting national efforts. This means where one national effort has to slow something to meet financial imperatives, another nation can pick it up. I guess the comfort I took from those meetings is that we are not alone out there! The other bonus for us as members of this brotherhood is that we get to contribute and have access to a whole range of high quality, user friendly products ranging from technical reports, handbooks, reports, databases and so on. If you want to see what is available, and believe me you do, visit this:


This interoperability thing isn’t about doing things on the cheap or being cheap: it is about recognising that each nation is different, with different national expectations as to its defence forces, different national characteristics, different national budgets and different strengths and weaknesses. Interoperability is about making the best of every contributor’s contribution, contributing (bit of a tongue twister there) to trust and understanding (or creating a common language) to sharing knowledge and to maintaining relevance and responsiveness.

We in Army have our own ABCA guru—the king of ABCA interoperability. Barry Thomas in my area is the NZ National Coordination Officer for ABCA and he is leading the way in making sure we are capable of playing with the bigger boys.

“Optimising Coalition Interoperability”

We are also members of the Five Power Defence Arrangement which is more focused around South East Asia—more on that coalition another time.

Take care and be safe

Brig Charlie

DEFEENCE FIRST-CLASS LEGAL GRADUATE

Lieutenant Colonel Justin Emerson, the deputy director of Defence Legal Services, has graduated with First Class Honours with a Masters in Law from Auckland University.

After completing a Bachelor of Laws (Honours) at Victoria University of Wellington in 1988 LTCOL Emerson spent the first two years of his career working in commercial law at Rudd Watts and Stone in Wellington.

“While this was a rewarding start to a career in law, I knew that the more business oriented fields of law were not going to provide me with exposure to the leadership attributes I wanted to develop in myself. So after a short period of time travelling overseas I returned to New Zealand to join the New Zealand Army. I completed a year long officer training course in 1993 and graduated into the Royal New Zealand Infantry Regiment.

“A few sound grounding in the combat arms (including an operational deployment as an Infantry Captain to the Sinai), I transferred to Defence Legal Services in 1997.”

The 1990s saw an increasing recognition of the importance of legal support to the activities of the Defence Force both internationally and its own domestic activities. During his time with the Defence Force Legal Services he has deployed on operations in East Timor, Afghanistan, and the Arabian Gulf.

“The challenges of operating as a legal officer on operations are significant, and require a dynamic approach to satisfying the legal needs of the client while ensuring strict compliance with the law of armed conflict, rules of engagement, and other relevant international instruments.”

The NZDF currently has three legal officers deployed on operations in Afghanistan and the Arabian Gulf. LTCOL Emerson has served as Director of Personnel Law for the NZDF, and the Chief Legal Advisor to Joint Forces New Zealand. In 2006 he was made a Member of the New Zealand Order of Merit for legal services to the NZDF.

COMMANDER Joint Forces New Zealand, MAJGEN Dave Gawn (left) Brigadier General Lere Anan Timur and LTCOL David Ackroyd in Timor-Leste.

Commander Joint Forces New Zealand, Major General Dave Gawn, MBE, recently visited East Timor for the change of command of the Timor-Leste Defence Force (F-FDTL).

MAJGEN Gawn said he was pleased to be representing the NZDF at such a significant occasion and was proud of the work done by NZ Forces in Timor-Leste to bring about stability and security as well as to build capability within the F-FDTL. During his visit, MAJGEN Gawn also took the opportunity to meet with New Zealand Ambassador to Timor Leste, His Excellency Tony Fautua, Australian Chief of Joint Operations Command, Lieutenant General Ash Power and Commander of the International Stabilisation Force (ISF), Colonel Luke Foster. The ISF is in Timor-Leste at the invitation of the government of Timor-Leste to support local security forces to maintain a secure and stable environment.
Four New Zealand Army soldiers have been awarded Gallantry Awards for their courageous actions while deployed to Afghanistan.

The decorations rank among the highest decorations presented to NZ service men and women, and acknowledges their courage.

Corporal Albert Moore, currently a Section Commander with 2nd/1st Battalion, will be awarded the NZ Gallantry Star for gallantry shown in the improvised explosive device contact resulting in the death last year of Lieutenant Tim O’Donnell.

Corporal Matt Ball, a Communication System Operator based in Waiouru, and Lance Corporal Allister Baker, a heavy machinegun gunner with 2nd/1st Battalion, will be awarded the NZ Gallantry Decoration for their actions during the same incident.

Warrant Officer Class One Denis Wanihi is to receive the NZ Gallantry Medal for his work in Afghanistan during 2010, where he was employed in a supervisory role dealing with and responding to Improvised Explosive Devices (IED) and Explosive Ordnance Devices (EOD).

WO1 Wanihi is currently deployed to Afghanistan. The Chief of Army, Major General Tim Keating, acknowledged the commitment shown by WO1 Wanihi in returning to Afghanistan.

“The fact that Warrant Officer Wanihi has returned to a high threat environment is indicative of the levels of commitment that our soldiers and their families demonstrate, and I am proud that we have such individuals in our organisation.

“Much of the good work our soldiers do is because of the support they receive from their families and colleagues, and it is important that we recognise their efforts in providing that support”.

The Gallantry Awards will be presented by the Governor General at a later date.
Corporal Moore was the turret gunner of the lead vehicle of a New Zealand Provincial Reconstruction Team patrol when it was ambushed by insurgent forces near the town of Charot in Bamyan Province Afghanistan on 3 August 2010. The insurgents set off an improvised explosive device, which immobilised the lead vehicle and then began firing at all four vehicles with small arms fire and shoulder launched rockets, in an engagement that was to continue for some 35 minutes. Corporal Moore immediately ordered his vehicle to pull back in order to establish a firm base from which to support the patrol’s withdrawal. This was done in the vicinity of a nearby house. He then coordinated suppressing fire to support the rearwards move of the surviving two vehicles. One of these was able to reach the base, but the other was immobilised by small arms fire some 30 metres away. Despite this, all members of the patrol, except those in the lead vehicle, were now isolated in one location. It was apparent however that the patrol’s position was exposed and that they were both under observation and subject to direct fire from enemy positions on surrounding high ground. Recognising the need for an immediate and effective response to this threat, Corporal Moore remounted his vehicle and, under continuous fire from the enemy, drove forward 30 metres to the immobilised vehicle to recover communications equipment. Still under direct fire, he made two further trips to the immobilised vehicle. The first was to collect a general purpose machine gun and extra ammunition. At one stage during these actions, as he mounted and disembarked from his vehicle, he was struck on the shoulder by shrapnel from an enemy rocket.

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

Corporal Baker was the turret gunner in the lead vehicle of a New Zealand Provincial Reconstruction Team patrol when it was ambushed by insurgent forces near the town of Charot in Bamyan Province Afghanistan on 3 August 2010. The insurgents set off an improvised explosive device, which immobilised the lead vehicle and then began firing at all four vehicles with small arms fire and shoulder launched rockets, in an engagement that was to continue for some 35 minutes. Corporal Ball, the vehicle’s gunner, at the time of the ambush, had been blown off mount and another weapon, a general purpose machine gun, was also badly damaged. As he leant inside to remove his personal weapon, he saw that a fire had broken out in the rear of the vehicle and that the patrol commander, Lieutenant O’Donnell, was slumped forward in the front passenger seat. Although suffering a broken ankle, incurred in the initial explosion, he extracted himself from the vehicle in full view and under fire and shoulder launched rockets, in an engagement that was to continue for some 35 minutes. He was stunned by the initial explosion and only regained full consciousness after being shouted at by Lance Corporal Baker, the vehicle’s gunner, to assist in helping extract their commander. Lieutenant O’Donnell, who was slumped forward in the front passenger seat. On regaining consciousness, he became aware that a fire had broken out in the rear of the vehicle, which was still being hit by enemy fire, and his right leg was impaled on the vehicle’s engine housing. After pulling his leg free, he then extracted himself from the vehicle in full view and under fire from the enemy only 45 metres away and made his way around to the front passenger door to assist Lance Corporal Baker. For the next five minutes, while under continuous fire from the enemy, both soldiers took turns to try and recover their commander’s body by one holding the door while the other reached inside to try and extract Lieutenant O’Donnell, whose body was constrained by part of the damaged vehicle. As they persevered, enemy fire intensified and the vehicle was hit by two rockets, one exploding against the driver’s door and the other against the bonnet. The fire inside the vehicle became so intense that Lance Corporal Baker had to put out Corporal Ball’s hair when it caught alight. He also suffered burns to his shoulders. It was only when ammunition started to explode that both soldiers were forced to withdraw and seek shelter in a dry creek bed some 40 metres away.

In order to reach the creek bed, Corporal Ball crawled alongside Lance Corporal Baker, whose movements were significantly restricted due to a broken ankle, across open ground and in direct observation and fire from the insurgents. Corporal Ball, in addition to the wound to his leg, had also received shrapnel wounds to both legs and both arms, musculature damage to an ankle and burns to his head and face. On reaching the relative safety of the creek bed, communication was established with the remainder of the patrol. A decision was made for both soldiers to remain where they were and wait for support to come forward and reach them. This occurred some 20 minutes later, during which time they continued to be targeted by the enemy.

Corporal Ball was in the rank of Lance Corporal) was the driver of the lead vehicle of a New Zealand Provincial Reconstruction Team patrol when it was ambushed by insurgent forces near the town of Charot in Bamyan Province Afghanistan on 3 August 2010. The insurgents set off an improvised explosive device, which immobilised the vehicle and then began firing at all four vehicles with small arms fire and shoulder launched rockets, in an engagement that was to continue for some 35 minutes. He was stunned by the initial explosion and only regained full consciousness after being shouted at by Lance Corporal Baker, the vehicle’s gunner, to assist in helping extract their commander. Lieutenant O’Donnell, who was slumped forward in the front passenger seat. On regaining consciousness, he became aware that a fire had broken out in the rear of the vehicle, which was still being hit by enemy fire, and his right leg was impaled on the vehicle’s engine housing. After pulling his leg free, he then extracted himself from the vehicle in full view and under fire from the enemy only 45 metres away and made his way around to the front passenger door to assist Lance Corporal Baker. For the next five minutes, while under continuous fire from the enemy, both soldiers took turns to try and recover their commander’s body by one holding the door while the other reached inside to try and extract Lieutenant O’Donnell, whose body was constrained by part of the damaged vehicle. As they persevered, enemy fire intensified and the vehicle was hit by two rockets, one exploding against the driver’s door and the other against the bonnet. The fire inside the vehicle became so intense that Lance Corporal Baker had to put out Corporal Ball’s hair when it caught alight. He also suffered burns to his shoulders. It was only when ammunition started to explode that both soldiers were forced to withdraw and seek shelter in a dry creek bed some 40 metres away.

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had been killed before they were able to detonate their vests. This operation provided useful intelligence on the working components of the vests and how best to deal with them in any future encounters. On 19 September 2010, he was the EOD vehicle gunner on a route clearance patrol to Bak District; this particular patrol often encounters small arms fire and indirect fire, as well as numerous IED finds or detonations. After 14 hours spent patrolling, his vehicle came to a sudden stop when an IED was spotted within two metres of the left rear of the vehicle. He quickly scanned for threat elements and reported the potential danger to the patrol commander, who then made the decision to discontinue the patrol and to return to Forward Operating Base Salerno.

Warrant Officer Class Two Wanihi as a member of the Counter-IED team, 717th EOD Company, carried out his duties in a high threat environment. Many of the IEDs he encountered were notoriously volatile and he was exposed to stressful and dangerous situations on a regular basis.
Two New Zealand Army soldiers will be attending the US Army Warrior Leaders Course in Hawaii in February 2012—will one of them be you?

The Army is looking for its two top Private soldiers to send on the course. Selection will be based on the individual readiness criteria of all Regular Force Privates—marksmanship, fitness, health standard, readiness and past performance in the New Zealand Army.

Chief of Army Major General Tim Keating, and Sergeant Major of the Army, Warrant Officer Class One Danny Broughton will judge the competition based on information supplied by Commanding Officers from Waibunui, Linton, Trentham and Burnham Camps.

What do you have to do? Just be the best you can in business as usual. Your platoon sergeant will let you know if you have been short-listed.
A team of New Zealand Army snipers came an impressive second place in the 15th Canadian International Sniper Concentration in New Brunswick, Canada recently.

The team was competing against 27 other sniper teams from the Canadian Army, Canadian Special Operations, Canadian Tactical Police Units and International teams including Australia, Ireland, France and Italy.

The Army sent two teams to the concentration, along with a Captain/Coach, Staff Sergeant Matt Bedford (1st Battalion, RNZIR), and Manager/Coach Sergeant Taniela Jonson (Combat Sch, LOTC).

The team which placed second was made up of Corporal Alexander (Fitty) Whyte and Lance Corporal Samuel Jecentho, both from 2/1st Battalion, RNZIR. The second Kiwi team, of Private Matthew Couper (1st Battalion, RNZIR) and Sergeant Rodney Blank (2/1st Battalion, RNZIR) were placed 19th in the concentration, shooting in what SSGT Bedford describes as “very unfortunate” conditions.

“At first glance it appears there is a big difference between the two teams, but the second pair placed 19th only because during the night shoot they were the last to shoot and there was an extremely dense fog across the range. The range was next to a swamp, and the team could only engage two out of the 30 targets because of the next to nil visibility. It’s disappointing, but conditions like that are a fact of life. The order in which the teams shot was drawn at random, the team that came 2nd, shot in the first detail which had clear conditions, unfortunately the second team shot in the last detail, which by that stage, the fog had enveloped the range."

SSGT Bedford said both Kiwi teams were placed in the top five for the urban shoot, the stress shoot and the stalk shoot, which were three major events. “If the second pair had got a better score for their night shoot, they would have easily placed in the top ten as well— but that’s the nature of war, you’re seldom going to get perfect conditions all the time.”

The concentration, says SSGT Bedford, gave both teams an ideal opportunity to talk to other teams from throughout the world, and see a massive variance of knowledge and skill sets. Other teams included Special Forces personnel, Marine Commandos, and police tactical units, as well as sniper teams from all 3 Canadian Infantry Regiments.

“The police units, although they don’t necessarily have the same sort of green role skills Infantry/SF snipers have, such as getting out into the bush and stalking, they bring to the concentration a lot of urban skills such as urban/vehicular hides, shooting through glass in a hostage situation, and shooting in other high-risk urban operations where there are bystanders and innocent people in close proximity to the target. Those experiences are all something we as snipers can learn from."

The Canadians also have a lot of sniper experience from Afghanistan. “The nature of the job we do as snipers is always changing so it was important for us to be exposed to as great a variety of experience as possible.

SSGT Bedford says a very small percentage of a sniper’s role involves taking a shot.

“The majority of the time is spent gathering and reporting information back to the Battle Gp commander. But obviously having the ability to and skill to take those shots when required is very important."

The Canadian concentration meant the Kiwis could talk to the other teams, and ask about, for example, their kit and how it affects their ability to shoot in different positions. “Unit’s have different standard operating procedures about how they do things. For example, the Australians (snipers) or SF don’t wear full body armour because of the restrictions it places on their shooting positions. The Canadians always wear body armour, so in the concentration we all followed their rules. It was good to see the different kit and how it was used, and hear the pros and cons of different in-line sights and weapon systems.

“When we were not on the range shooting, we were talking to the other teams. The concentration was not just a competition. Sure there is an element of competition—shots are scored and there are top sniper awards— but at the end of a shoot, you can go back and discuss how you did, and how your kit worked or didn’t work.

“Not only can we judge ourselves and see where we stand as snipers internationally, but we can pick up information and exchange ideas. Snipers are a very small community, and the sharing of ideas and knowledge is invaluable to keep our skills alive, and give us the ability to develop and enhance current training, tactics and procedures for future operations.”
Recently the Chief of Army endorsed the selection of a number of Senior Warrant Officer Appointments in the NZ Army. The selection system for this tier of WO is a very robust process where Formation Commanders, the LCC and DCA along with their Sergeant Majors provide feedback on each candidate highlighting their preferred order of merit. This is then presented to CA and me for final endorsement by CA. Selection is based not only on the position to be filled but also future and potentially higher positions that these WO will need to be candidates for. This is not about two year postings or what trade or corps they belong too. This is about giving the right education and postings to the right people at the right time so that they are developed appropriately to take my place or other purple posts at my level. This is a very deliberate process that will ensure our future SMA’s and other senior WO’s are the best they can be.

WO1 Clancy Johnson – Army Reserve Sergeant Major
WO1 Johnson took up the post of ARSM on 10 Sep 11. Prior to this he was the Deputy FSM for 2 LFG. WO1 Johnson recently graduated on the Joint Warrant Officers Advanced Course (JWOAC) and he has also completed the Joint Junior Staff Officers Course (JJSOUC) at Command and Staff College.

WO1 Robert McLean – Command Sergeant Major 1 Bde
WO1 McLean is currently the FSM of JJSOC. He has held RSM appointments with OCS and 1 SAS Gp. WO1 McLean is a graduate of the US Army Sergeant Major’s Academy and he is currently completing the Bachelor in Training and Education. WO1 McLean brings to 1 Bde a wealth of operational knowledge and skills that will assist greatly in growing the new organisation. WO1 McLean will take-up his new post in Dec 11.

WO1 Mark Mortiboy, DSO – Command Sergeant Major Training and Doctrine Command (Tradoc)
WO1 Mortiboy is currently the RSM of 2 Log Bn and is a graduate of the JWOAC. Prior to this he held the appointment of Master Driver Army where he was recognised for his strategic outlook, relationship building and analytical thought processing skills. WO1 Mortiboy is a forward looking professional soldier who will be a key influencer in the ever changing world of training. This is where his skills are needed now.

WO1 Wayne Small – RSM 2 Log Bn
WO1 Small is currently the MCM for Transport, Movements and Catering. His previous appointments include RSM TRSB and Joint Movements WO based in HQJOC, Canberra. He is a very capable WO who works well in areas of uncertainty and change. WO1 Small will be a valuable team member for both his new unit and as part of the 1 Bde WO Forum.

WO1 Clive Douglas – US Army Sergeant Major’s Academy
WO1 Douglas is currently the RSM of 1 RNZIR. He has been selected to attend the USASMA course in Fort Bliss, El Paso, Texas. The course will commence in Jun 12 and until then, WO1 Douglas will work along side WOs Hucker with the FSP. WO1 Douglas is a graduate of the JWOAC and the Grade 3 staff and tactics course.

WO1 James Moohan – Chief Instructor NCO Coy, TAD
WO1 Moohan is currently the RSM of 2/1 RNZIR. In Dec he will take up the appointment of the Senior Instructor of NCO Coy, TAD. He will create a new NCO Coy that will sit under the umbrella of Commandant OCS. The new NCO will eventually be commanded by a WO. WO1 Moohan has been selected for this post because of his command presence and his ability to work across many levels within the organisation.

WO1 Paul McIntosh – RSM 1 RNZIR
WO1 McIntosh is currently the Si of NCO Coy, TAD. In Dec 11 he will take up the post of RSM, 1 RNZIR. WO1 McIntosh has experiences in both the light infantry and Calvary environment. He will be a key driver in the changes within 1 RNZIR ensuring the unit moves forward without forgetting the experiences the unit have gained over the past few years.

WO2 Jason Rapana – RSM 2 Cant NMWC Bn Gp
WO2 Jason Rapana is currently the WSM of Dismounted Ops Wing at the Combat School. Prior to this he was an instructor at CTC and the CSM of Crib 14. WO2 Rapana has a very strong operational and training background with proven communication and team building skills. He will be a key influencer in the Reserve transformation and integration plan for the South Island based Reserve Units. WO2 Rapana has completed National Certificates in Te Reo and Outdoor Education. He will be promoted to WO1 on posting to his new appointment in Dec 11.
The relationship between the Papua New Guinea Defence Force and the New Zealand Defence Force was strengthened by a visit from an NZDF delegation recently.

The NZDF delegation was in PNG for the annual military Mutual Assistance Programme talks. The talks were held at Murray Barracks, and included discussions on the provision of training for PNGDF personnel in New Zealand, training opportunities for NZDF personnel in Papua New Guinea, the development of means to share information, and how the NZDF might support the PNGDF (including the engineers) to overcome some of those challenges, using the PNGDF as it prepares to deploy personnel in United Nations peacekeeping operations.

WO2 Darren Waitere – RSM 2 Engineer Regiment
WO2 Waitere is currently the AS5 at HQ 2 LFG. His previous posts include operational deployments to Afghanistan as part of our commitment to Op Tasman and TWO, 2 ER. WO2 Waitere has been actively involved in pre-deployment training for most missions and he has a wide range of operational training knowledge and experiences. WO2 Waitere has recently completed the Grade III Staff and Tactics course and will take up his new post on promotion to WOs in Dec 11.

WO1 Shane Vooght, MNZM – WO Training and Education (TED)
WO1 Vooght is currently the AS3 at HQ 2 LFG. His previous posts include Manager Career Management for CSS and SI, Non-Commissioned Officer Company, The Army depot. WO1 Kareko has extensive knowledge in the training environment and was instrumental in continuing the development of the Warrant Officers course. His broad range of out of corps posts will provide a good platform for innovative thinking when he takes up his new post in Dec 11.

WO1 Evan Kareko – RSM 16 Field Regiment
WO1 Kareko is currently the Training Warrant Officer for HQ 2 LFG. His previous posts include Manager Career Management for CSS and SI, Non-Commissioned Officer Company, The Army depot. WO1 Kareko has extensive knowledge in the training environment and was instrumental in continuing the development of the Warrant Officers course. His broad range of out of corps posts will provide a good platform for innovative thinking when he takes up his new post in Dec 11.

WO1 James Dawson – RSM QAMR
WO1 Dawson is currently the RSM/ Training Warrant Officer NZCMFO in Sinai. Originally named as the RSM 1 RNZIR, this was changed when QAMR was established as the third Manoeuvre Unit. WO1 Dawson’s previous posts include RSM, 6 Hauraki Battalion Group and Career Manager for CSS. WO1 Dawson returns home in Nov and will take up his new post in Dec 11.

WO1 Steve Harvey – RSM Sinai
WO1 Harvey is currently the Regimental sergeant Major (RSM) of 16 Fd Regt. In Nov 11 he will take up the post of RSM/ TWO NZCMFO, Sinai. On completion of his tour he will be posted to the Army Leadership Centre. WO1 Harvey has a diploma in Adult Education and Training and is currently studying for the BTDs.

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LTCOL Hart echoed the Defence Advisor’s thoughts. He noted that the Lae-Mt Hagen visit had been of enormous benefit to his team, and the increased understanding will help shape future decisions about New Zealand’s support to the PNGDF.

The NZDF visit came soon after PNGDF Commander Brigadier General Francis Agwi’s visit to New Zealand in early June. “My New Zealand counterpart, Lieutenant General Rhys Jones, highlighted to me the importance of the relationship between our respective defence forces,” said Brigadier General Agwi.

“This visit is a reflection of that importance, and will help further strengthen the links between us. We look forward to working with our Kiwi counterparts in the future.”
Farewell Leon Smith

SAS soldier Lance Corporal Leon Smith, killed in action in Wardak Province, south east of Kabul, Afghanistan, was farewelled at a moving ceremony at Papakura Camp on 6 October.

LCPL Smith’s Commanding Officer, Lieutenant Colonel Chris Parsons spoke of the slain soldier’s bravery when his colleague Corporal Dougie Grant was fatally shot just six weeks earlier.

LCPL Smith was killed when he and other NZSAS personnel accompanied a group from the Crisis Response Unit including Interior Ministry legal officials, who were serving a Ministry of the Interior judicially authorised arrest warrant in a compound suspected to house suicide bombers. It is believed the intent of the insurgents was to conduct an operation in the Kabul region.

In the early hours of the morning (Afghan time) on Wednesday 28 September, as the group moved to the compound it was engaged by suspected insurgents. LCPL Smith was struck in the head by a bullet gravely injuring him, and he was medically evacuated to a hospital where he later died. The coalition hospital was approximately ten minutes away by air and had a neurosurgeon working in it.
LTCOL Parsons: “To give you an insight into the Leon we knew and the example he set, let me take you to Kabul on the 19th of August. The Taliban have murdered their way into the offices of a charity – the British Council. The CRU are battling the insurgents and the SAS are focusing on rescuing the British captives – then a yell…

“Doug’s down! Where is he? We can’t see. Leon have a look. Through the gauntlet of fire he ran, quick as a cat, bounding up the side of a building, and into a hollow of safety. Taliban machine gun fire angrily seeks him out - but in vain – Another yell - I see him, I’m going to him. Wait! Wait, for a blast shield – shield now in hand, a glance, a nod, GO. The boys give covering fire.

“Two deep breaths and then into the maelstrom again with a leap. A rush, and now up steps two at a time – Leon rolls through the door. Doug and Leon are united - mates side by side – the tempest rages all around but Leon is a study of calm efficiency, he maximises precious minutes - ka mate ka mate, ka ora ka ora.

Now in the green fields of home we live in peace because of the bravery and heroism of the few! Doug and Leon are again side by side in this hallowed place, their names carved in the stone behind me, forever an inspiration to us all.”

LTCOL Parsons said while LCPL Smith’s family, friends and colleagues mourned him, it was important to celebrate a purpose filled life, and an engaging and many faceted character who gave more of himself than most do who have twice his allotted time.

“And in remembering Leon, let us remember who we are and the strength of our calling. Strength in adversity is strength indeed. In adversity great teams draw tight and pull through. No matter how steep the gradient, the SAS is a great team and a great family. So Leon: we will continue to stand four squares to the wind against evil and brutality. We will continue to defend human rights and human dignity wherever NZ sees the need. War and conflict is not our purpose, merely where we work. We will continue to serve peace – just as the NZDF has through ages past.”
Chief of Army’s Update

By now I trust you are familiar with the concept for Army 2015 and my intent to Operationalise the Army. In July’s Army News, I outlined the broad initial plan.

As I said from the start, during my first round of camp briefings, this is a plan that will change in detail as we work through all of the different parts. What won’t change is the overall end-state of operationalising the Army and delivering optimal joint effects.

Over the past three months, we have modified some of the Army 2015 themes and projects to ensure that we will continue to deliver directed outputs and sustain current operations. Firstly, have renamed the 1st stage of operationalising the Army “Prepare”. “Prepare” describes well what we are doing and makes it clear that at 2015 we will be poised to advance into the next phase.

We have also added “Mission Command” as a 5th theme in this 1st stage recognising the need to develop this area. You will start to see Army 2015 changes across all of Army’s camps and bases from the end of this year with the majority of the changes that were presented in July’s Army News fully implemented by the end of 2012. These initial changes, outlined below, will provide the foundation on which we will build our future operational capability. Changes such as restructuring 16 Field Regiment to a new hybrid structure (which will see all gunners trained to operate both mortars and light guns) is one example of how we can meet our operational outputs in a more efficient and sustainable way.

Initial changes include:

- HQ 3 LFG will be re-roled as Headquarters Deployable Joint Task Force (Land) HQ DJTF(L) and assume command for all the operational units including those previously commanded by HQ 3 LFG.
- The NZ Collective Training Centre (NZCTC) will change its current command status to being under command of HQ DJTF(L) from December 2011 with the intention of growing its capability and capacity from December 2012.
- HQ 2 LFG will be re-roled to HQ 1 (NZ) Brigade in December 2011 and assume command over all Force HQ. HQ DJTF(L) will also exercise command over major collective training exercises, conduct and assist OLOC training activities, and assist in the co-ordination of domestic operations. This change will take place in December 2011, with the HQ remaining in Burnham until December 2012. The intention is for this HQ to relocate to the Manawatu after December 2012.

I will be visiting each of the Camps in November to update you on the progress of Army 2015 and a number of other key initiatives that are currently underway in Army.
HQ LTDG renamed as HQ Training and Doctrine Command (HQ TRADOC) and will remain in Waiouru until at least December 2012 before moving to the Hokowhitu Campus. From December 2011, in addition to remaining responsible for the delivery of Army’s individual training, HQ TRADOC will assume command of Army’s six Reserve Battalions.

Reserve Combat Support and Combat Service Support units will be fully integrated into their corresponding Regular Force units by December 2011. The Reserve Infantry Battalions will undertake a plan to achieve partial integration with their Regular Force units from December 2012.

2 and 3 Logistics Battalions will be renamed 2 and 3 Combat Service Support Battalions (2 CSSB / 3 CSSB) respectively and will focus on providing operational support.

Garrison support will now be included in a wider NZDF sponsored review of depth logistics and shared services. The first element to transfer garrison support is the Southern Region Support Centre (SRSC) who will transfer command to TRSB from December 2011.

1 (NZ) Military Intelligence Company will remain in Trentham but come under command of 1 (NZ) Signals Regiment from December 2011.

1 (NZ) Military Police Company will remain in Trentham but come under command of HQ 1 (NZ) Brigade from December 2011.

16 Field Regiment will centralise in Linton from December 2011 leaving a Joint Offensive Support Team (JOST) in Burnham.

1 RNZIR will assume the High Readiness Capability (HRC) role for Army in April 2012, and will re-role to light infantry in July 2012. This unit will remain in Linton Camp.

QAMR will be re-established as a unit-level Cavalry organisation from July 2012 based in Linton Camp. All assets will be relocated to Linton Camp no later than December 2012.

Other projects that are at various stages of development/consideration include:

- relocating OCS (NZ) and TAO out of Waiouru
- completing the move of Combat School out of Waiouru
- moving Combat Corps Training to Linton
- Future structures and indicative locations for January 2012 are as follows:
There’s much more than just hook up and pull when it comes to recovering military vehicles, explains Trentham-based Recovery Artificer Staff Sergeant Manuel Dalton.

We recently ran two Maintenance Recovery Support courses concurrently in Waiouru for Recovery Crew Commanders and Recovery Crew Members. The courses are designed to train and develop the knowledge and skills required of Maintenance Support (MS) recovery personnel.

The first week involves quite a few theory lessons; there are quite a few considerations needed before even getting the winch rope out. Lessons cover things such as mechanical advantage and velocity ratio, anchors and holdfasts, and things like recovery calculations which cover rolling resistance (ground factors like mud, gravel and grass) Gradient resistance (degree of slope) and damage resistance (flat tyre, locked hub, wheel station damage, locked track) among many other lessons required to get personnel up to speed in the recovery world.

Course members then moved onto the Medium Recovery Vehicle (Stewart n Stevenson 1089) & Medium Recovery Trailer (MRV & MRT) specific lessons. An introduction to the CES for the members was essential so they knew the terminology and location of all the equipment available on the wagons.

The Commanders delivered lessons to the Members on the operation and safety precautions of the front winch, rear winches, crane and underlift (stinger). Tie down procedures on the MRT were also covered.

Course participants learnt how to render fire assistance and covered the ‘laws of life’, ‘spreaders’ and ‘air bags’ so they can assist with vehicle accidents on, for example, the desert road or remove personnel from crashed vehicles quickly in the field or on operations.

The Commanders learnt about the truck loading code and resource management before they all retrained or refreshed on First Aid delivered by Fiona Vickers, a paramedic with the Wellington Free Ambulance. Maj Aaron Couchman – Waiouru golf club

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in a non-linear battle space, it seemed like a good idea to manoeuvre units, but as CSS are now having to operate as a developmental opportunity for both parties,” said Major having mortars fire in support of CSS would be a good and having spoken with some of their OCs, I thought that “Knowing how 3 Log Bn have been developing their training by conducting combat logistic patrols (CLP).

In what is believed to be a first for many years, 39 Mortar Battery (39 Bty) recently supported members of the 3rd Logistics Battalion (3 Log Bn) with live firing as they continue training First and the Joint Offensive Support Team (JOST) from 39 Bty. As sections of task vehicles, an organic force protection group comprised two Warrant Officer Class One Graeme Bremner, Captain Graham Hickman, Staff Sergeant Phil. Johnston, and Private K. Hickman.

The NZ Army Band Director of Music, Captain Graham Hickman and members of the NZ Army Band recently had considerable success at the National Brass Band Championships held on the North Shore, Auckland.

The 2011 Champion Band of New Zealand, Woolston Brass of Christchurch, was conducted by Capt Hickman. He was successful with the band winning the A grade set piece, and the Own Choice test piece, and was placed second in the sacred music competition. His band Woolston Brass was declared the overall winner of the competition aggregate by a margin of six points from its nearest rival, the largest winning margin in 20 years of competition, earning them the title of 2011 Champion Band of New Zealand. This is the third such occasion in a row that Capt Hickman has taken Woolston to this national honour, gaining the often elusive “hat trick”.

“Oh obviously it was an unusual and difficult campaign this year and I’m just glad we were able to bring the title back home for our supporters in Christchurch,” said Capt Hickman. “This is only the third such an occasion in the 131 year history of brass band competitions in New Zealand that a “hat trick” had been achieved.”

Woolston Brass was also successful in the Street March competition winning by a record 16 points. Their Drum Major Warrant Officer Class One Graeme Bremner (also AG of the NZ Army Band) was named the “Champion Drum Major” of the contest for the sixth time.

In the Solo Competitions that preceded the band events Army Band personnel were again successful. Staff sergeant Philip Johnston (Drum Major of the NZ Army Band) won the BBb bass solo for the 50th time. SSGT Johnston is considered one of the top exponents of this instrument in the world today and his performances at the recent competitions reinforced the respect he has in the international brass band community.

The NZ Army Band for 15 months and is currently the Australasian Aria Champion. PTE Hickman performed impeccably in the Invitational Slow melody taking first place. The Invitational Slow melody competition is made up of the top 12 brass soloists from New Zealand and overseas and to take this title is a significant achievement from a field of international artistes. PTE Hickman is currently the lead cornet for Woolston Brass and also features prominently in the NZ Army Band cornet team.

Sergeant Tyme Marsters who is the leader of the NZ Army Band Cornet section is also conductor of the Christchurch based Leopard Coachlines Canterbury Foundation Brass, and was placed second in the Open Flugel Horn solo, from a strong field, an event he has been successful in previously.

PTE Andrew Yorkstone of Woolston Brass was also placed a creditable second placing in the Open Tenor Trombone section and as a young and coming instrumentalist displays considerable promise in this section.

WOs Graeme Bremner apart from being named the Champion Drum Major of the contest was also placed fourth in the Masters section of the Solo Competition, a section he has won twice previously, performing on the Euphonium, his instrument of choice since he joined the Army in 1964.

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A carpenter from 25 Engineer Support Squadron, Sapper Michael Watson has recently returned home after working voluntarily at a Tanzania orphanage and school. Sapper Watson, who says he has “always wanted to help in Africa” left New Zealand on a volunteer scheme to Peace Matunda orphanage and school based in Arusha, Tanzania. He spent seven weeks at the orphanage and school, doing carpentry tasks and maintenance work. The school has about 160 students, the youngest of whom was aged three, and the oldest, 14.

He paid his own way to Africa, and says he loved every minute. “The kids were awesome, they were all very happy and well looked after. The school doesn’t have much money, and the people who run it put in a lot of their own time. It was great being immersed in their culture, and making friends with the kids but doing something useful at the same time.”

Sapper Watson says he spent his time doing jobs that needed to be done, but for which there were no funds available to pay tradesmen. He says one of the things that made him join the Army was that he could learn a skill that would enable him to travel to places to help out. “I had always wanted to help in Africa, and I realised that if I didn’t do it now I probably wouldn’t get the chance again. So I just got off my bum and went.”

He found the work through an organisation called A Broader View Volunteers. The school and orphanage caters for under-privileged children, and there were other volunteers, mostly from England and the United States.

He took over a basic carpenter’s apron complete with tools, which he left behind for them to use. “Electricity was rationed and unreliable so I mostly used hand-tools. After hours he helped look after the orphans, most of whom were there because their parents could not afford to keep them. He is planning a trip to Mongolia to do more volunteer work. “It really is the most enjoyable work I have ever done. You’re mixing with people from another culture and getting to know them as friends.”
EXERCISE MALEME

By Sergeant Mike Purcell, Training Wing, 6 Hauraki Battalion

Troops from 6 Hauraki Battalion Group deployed into the Minginui area on Exercise MALEME recently.

A defensive position (FOB) was established at the Minginui Refuse Transfer Station including scrumming the two-metre high perimeter fence and an entry point sangar. A vehicle check in point (VCP) was sited near the entry point complete with barbed wire chicane and road spikes ready to deploy.

A command post (CP), CQB training area (for room clearing revision), mess and ablutions were also established by the advance party and upon arrival of the main body the Refuse Transfer Station resembled an actual operational FOB in a defendable state.

The exercise proper began with a scenario brief to set the scene. New digital mapping technology was utilised during the brief to provide high quality Topo50 map imaging, terrain modelling and map enlargements. The scenario included an enemy (situation) briefing where local militia were known to have concentrated near Minginui.

Their main activity was attempting to consolidate their hold on the area by intimidating locals and acquiring resources to support their cause. Securing of the area by militia would enable them to expand their forces and further disrupt locals. At the conclusion of the briefing, orders were issued and battle preparation began.

After rehearsals, mounted and dismounted patrols were deployed into the minginui village and surrounding areas. Intelligence received from the patrols was analysed at the CP and as situational changes occurred, Friendly Force responses were adjusted accordingly.

The Enemy Force (Militia) component for the exercise was provided by members of the Minginui community. Photos of “wanted” persons of interest (and their vehicles) were issued to troops to assist positive identification.

The local enemy militia and their supporters began intermittent harassing activities at the FOB which at one stage escalated to riot proportions, requiring troops to exercise Rules of Engagement.

A callsign from 41 Troop, Waikato Mounted Rifles, was contacted during a water resupply and during their break contact drill killed a militiaman with a burst from their turret mounted machine gun. Later the same day a dismounted infantry patrol was alerted to suspicious activity at an address in the village.

After successive patrol debriefs an assessment of all available intelligence gained suggested a high probability of militia presence at the address. A command decision was subsequently made to clear the address with a planned attack. Just after first light the following morning an infantry platoon (with an armoured escort from 41 Troop WMR) was deployed by TCV to a DOP some distance away from the target house with the final approach being made on foot. A section was subsequently made to burst into and cleared the target house capturing two militia. During the de-mining process, further information was received which again suggested suspicious activity at another address along the same road.

After securing the prisoners, the platoon was quickly redeployed and launched a hasty attack on the second target address. A total of four militia were captured from both addresses without a single shot being fired. Additional intelligence was gathered by tactical questioning of the detainees. The prisoners were unarmed when captured but explosives and detonation devices were recovered during searches.

As with the scenario brief, training for the exercise was developed by encompassing a build up and flow on from previous training operations.

The purpose of Exercise Maleme was to focus on revision and confirmation of core Section/Platoon skills in order to certify competencies with Warrior Tasks 3 & 4 (Employ Combat Patrolls, Occupy & Establish a Defensive Position, Conduct Hasty and Deliberate Attacks).

The exercise provided a great opportunity for revision and training on the basic skills required to successfully execute the commander’s mission. With Warrior Task competencies achieved, troops were reconstituted back to home locations ready for future operations.

We are grateful to the people of Minginui for assisting us by providing actual (unknown) person’s of interest and realistic (escalating) levels of harassment by militant (local) supporters.

EXERCISE TOBRUK HONES 7 BATTALION’S INFANTRY SKILLS

By Carey Clements

An enthusiastic company of soldiers from Bravo Company of the 7th Wellington and Hawkes Bay Battalion Group went back to some grassroot infantry skills recently during Exercise Tobruk.

The three-day close country exercise was held at Ngamum Forest near Masterton and involved both patrolling and carrying out section attacks to help with the development of junior leaders.

The IC of the exercise, Lieutenant Jeremy Hodren, said another aim over the three days was to include some new soldiers into a training environment, which they previously had not experienced.

“The terrain was challenging on this exercise and as a result it was not only a learning curb for the junior leaders, but for me as well, as I learnt about how to be flexible when plans have to be changed. As a result, it also forced other commanders to think on their feet as time went on,” LT Hodren said.

The enemy party on the exercise included two members of the 7 WNHB Band, Lance Corporals Ricky Henderson and Andrew Guerin.

A member of the Territorial Force since 1986, LCPL Guerin was originally an infantry soldier before switching to becoming a bandsman a decade later. Exercise Tobruk was the first field exercise in many years that resulted in him experiencing life out in the field and firing a weapon.

“It was great to be amongst some action again after all these years and I will definitely be recommending to my peers that we need to come along and support more training exercises like this in the future,” he said.

LT Hodren felt the highlight of the exercise was a strong dawn attack, which went according to plan from when H Hour arrived at 0630 on the Sunday morning.

“It was done in a swift and professional manner without any injuries to the attacking force, despite them having to go through some thick vegetation to get to their objective,” he said.

Captured local militia detained at FOB

Army loaders help secure a vehicle ready for transportation

41 Tp (WMR) provides an armed escort to mounted Infantry platoon

MAJ Dave Bickner takes a quick break at the CP
By Major Syd Dewes

The Dame, she is a class act and we are going to really miss her. I speak of none other than former Governor General and Commander in Chief, the Honorable Dame Catherine Tizard, ONZ, GCMG, GCVO, DBE, QSO, DStJ. Dame Cath recently retired as Honorary Colonel for the 3rd Auckland (Countess of Ranfurly’s Own) and Northland Battalion Group, after having taken up the appointment in October 2007. Nothing about her was an act per se – she was always a straight shooter, genuine, and quick to see the humorous side of things. Known affectionately as Dame Cath, we, soldiers and officers alike, thoroughly enjoyed her lively personality, great stories, and the ease with which she connected with everyone. Her visits to the Battalion were always occasions we looked forward to; if nothing else you were at least guaranteed a laugh such was the ease with which we mixed and enjoyed each other’s company. We have been proud to have her as our Honorary Colonel and an example of our immense respect for her was evident at her farewell when the formalities were concluded with a spontaneous waiata, led by Captain Barry Samu.

The Commanding Officer, Lieutenant Chris Powell was particularly sad he was not present at her farewell – he is currently serving in Timor Leste as the ISF Deputy Commander – but he had this to say.

"I’m sorry that I wasn’t there to thank Dame Cath personally for being part of the Auckland Army family. I did so enjoy every meeting we had, or occasion we shared, without exception. Her presence and appointment as our Honorary Colonel added mana and strengthened our relationship with the communities of Auckland and Northland. Her attendance at Anzac Day services at Ranfurly Veterans’ Home helped promote the Veterans’ Home and has always been a source of much pride and appreciation from the veterans. "Dame Cath represented us so well at the many levels she networked with in Auckland and the rest of New Zealand. She was also a great help and source of advice when discussions first took place about how we could make a documentary about the Auckland Regiment soldier who was found on the Somme. I feel very fortunate to have been the Commanding Officer with her as our Honorary Colonel when the Battalion’s written history was launched.

“It’s a sad thing about the Army that we have our jobs (Honorary Colonels too!) for only 3 or so years and then we must make room for a successor – we make so many good friends and then must move on. The good thing though, is that we keep those friends and we will stay in touch with Dame Cath.

"We are all the richer in values, stronger in character and indebted to her for sharing her good name, her reputation, status and mana with us."

No reira Dame Cath, nga mihi ra mo nga ra kei mau i te aroaro - all the best for the future Dame Cath.

Lieutenant Colonel (Retd) Grant Ellis ED, RNZIR, a former Commanding Officer of the ‘Aucks’ (1994 – 1997) takes over as the next Honorary Colonel - welcome

DON’T LET THIS BE YOUR FINAL RESTING PLACE

DON’T DRINK & DRIVE

ROYAL NEW ZEALAND ARMOURED CORPS ASSOCIATION

National Reunion 2011
Christchurch
18 -20 November 2011

All former members of the Royal New Zealand Armoured Corps are warmly invited to come along, meet old Comrades and reminisce over Cambrai weekend 2011. For registration of interest and a full programme please email:

Ian Bolton: rnzacreunion@gmail.com
FOAM EARPLUG USE

You are about to use the foam ear plugs before you undertake your range activity? Well Done — you obviously care about your hearing. But do you know that if the plugs aren’t fitted correctly they will not be giving you the protection you need?

Roll, Lift, Hold to ensure the plugs are fitted properly before you shoot.

ROLL

Lift your upper ear with your opposite hand to straighten your ear canal and insert the plug into your ear canal. Aim to get ¾ of the length of the plug into the canal.

LIFT

Hold the foam plug in place until it has expanded and blocks the noise.

HOLD

Warrant Officer Class Two Steven Smith (not his real name) is a plant operator. He recalls the noise when driving bulldozers and other engineering plant in his early career. The ear muffs he was provided with back then, which were not much more than plastic cones, provided little protection. He used the machines both with and without hearing pro-tection for days on end. When Steven was diagnosed with hearing loss NZDF provided him with hearing aids - but the damage to his hearing is permanent, as is the disabling impact of social isolation from his hearing problems.

We all need to understand some very important basic facts about our hearing: Damaged hearing by-and-large is damaged for life. In most cases there’s no cure. It is not just the volume of noise we are exposed to that causes the damage, but also the length of time we are exposed to it.

The accepted industrial standard for noise exposure is a time-average of no more 85 decibels over eight hours over a 40-hour week — but that’s the maximum, not a target.

Mr Tony Willingham, Health and Safety Manager for the RNZAF and RNZN contributed officers and Warrant Officers at the equivalent ranks and experience, and two external guests, one from NZ Post, and one from Lockheed Martin, also attended. Colonel Mike Shapland said he found the course enjoyable and beneficial.

“It allowed me to personally take stock of where we are as an organisation, where we are going and where I sit in that journey. The ability to discuss significant issues and challenges with other Senior Officers, Warrant Officers and Civilians, and provide feedback to Chief of Army was of significant value. I also believe a better understanding and exposure to the softer sides of our leadership profile is essential and assists in understanding our own organisational fit and influence.”

The Lead Integrated System (LIS) course is primarily concerned with leading organisational change. In order to develop awareness and expertise in this task, the course builds on learning from the Lead Capability level and introduces more advanced models and techniques. Learning areas/activities include:

- Culture and change models (McKinsey 7S, Schein and Gleicher)
- Mental models (altering frames of reference, biases in thinking)
- Impact of intra-personal and inter-personal behaviour at senior leadership levels (the course involves individual journals for development, the use of Hoggan’s personality profiles and the inclusion of activities to generate feedback, reflection and learning)
- Scenario activities are held to exercise relationship building skills (media interviews, role-play scenarios with external actors)
- Transformational leadership (focus on the development of the Teachable Point of View technique)

Working primarily in syndicates, students on the LIS Course are required to examine a range of challenges associated with real-world issues. Major syndicate exercise was back-briefed by a panel of senior leaders including the Chief of Army, Chief of Navy, Deputy Chief of Air Force, Deputy Chief of Army and the Sergeant Major of the Army.

The director of the Army leadership centre, Lieutenant Colonel Rob Houlit said the LIS course involves more akin to an executive assessment centre than a traditional course. “It is relatively fast paced, and requires a high-level of student involvement,” he said.
**SUPPLEMENTS**

In part two of a feature on supplements we look at frequently asked questions on their use, what they contain, and information you should be aware of should you decide to add them to your diet.

**Ask the Doctor!**
CAPT Lincoln Nicholls, MB ChB, MRNZCGP
Medical Officer, Linton Medical Treatment Centre

Q. Will my “body building supplements” interfere with any medications I am taking?
A. There is always a possibility that certain supplements will interfere with medications. It is well documented that certain medications can interfere with other medications and supplements are no exception to this. It is therefore quite possible that supplements taken in combination with medication could induce an interaction.

If you are concerned about any supplement / medication interactions then the sensible advice would be to take the supplement and the medication to your doctor to discuss these concerns.

Q. I am making great gains in strength and power following a strict training programme and taking supplements, but my RFL time is slower than ever and whenever I run I strain a muscle. What’s going on?
A. This is a common situation seen in the Army with soldiers taking supplements intending to increase size. The problem here is increased power, strength and size at the expense of endurance and a balanced fitness profile. Just remember, if you are going to take supplements to increase lean muscle mass then make sure it’s exactly that - increased “lean muscle mass” but also without compromising your endurance, agility, and RFL fitness. If you’re slow, unfit, getting injuries easily due to increased size and failing RFLs as a result then you’re a liability and will be no good for anybody on the battlefield.

Q. How will caffeine affect my sleeping patterns?
A. Caffeine is a stimulant and stimulants are not helpful for sleep. Caffeine is known to decrease melatonin, a natural hormone that is involved with sleeping well. If you are having sleeping problems and take caffeine, then medical advice would be to decrease caffeine intake to improve sleep.

Q. What will happen to the muscle mass I have when I stop working out?
A. Just as muscle hypertrophies (grows) with demand, it will inversely atrophy (waste) if those demands are taken away. In other words, “use it or lose it”.

Q. Is it possible to increase lean body mass without taking protein supplements?
A. Absolutely. In fact the natural way is always the healthiest way. You can get all the essential nutrients needed to increase lean muscle mass from eating a healthy, balanced diet based on real food. It’s healthier, more natural and of course cheaper.

Q. Can I get all the vitamins and minerals I need in my diet?
A. Absolutely. In New Zealand everyone can access all the essential vitamins and minerals by eating a healthy, balanced diet.

Q. Is it possible that some supplements may be contaminated with illegal ingredients?
A. Yes, and this is well documented. The best advice would be to go with a reputable company and never ever use supplements from untrusted sources, companies, or countries. Keep well clear of any supplements from Asia, in particular China and Thailand, as their credibility as far as supplements and medications are concerned is extremely poor. Companies gain reputation by developing and scientifically testing the products in well-designed studies to prove they work with as few side effects as possible. If a supplement can’t prove these important qualities then don’t become a victim of good marketing and stay away from that supplement.
Stacking Supplements

It is impossible to look at a body-building supplement, either in-store or online, without being bombarded with the names of other products you should buy and take at the same time in order to get ‘maximum results’. Supplement companies will also pair products together at discounted prices to lure shoppers with their value for money offers.

These strategies are the equivalent of the fast food industry ‘upsizing’ and asking you if you want fries with that. Don’t forget that the more supplements they sell... the more money they make!

Common body-building stacks include any or all of the following: pre-workout, creatine, protein and branched chain amino acids.

The introduction to this series of articles in the Sep 11 issue highlights some of the unknown risks associated with supplements and you can read the ingredient overview table for more information on each of the key ingredients specifically. However, it’s important to remember that sports scientists know a little bit about each of these products but we know virtually nothing about how they interact when taken together.

With many supplements, the manufacturers do not disclose the amounts of certain common ingredients such as creatine and caffeine. They get around this by including them in ‘proprietary blends’. The issue with this is that you have no idea how much you are getting and when you start taking more than one supplement there is a very real danger of hitting unsafe levels. So apart from being very expensive, stacking supplements could be damaging to your health.

It is important to be very clear about what your training goals are and how you want to achieve them. Be sure to have the right foundation of good eating and physical training (cake) in place and support this with sports foods (icing) if you need extra help fuelling and hydrating for and between training. Once you reach a trained state and feel you need to push for that sharper edge then you can look to proven supplements that fill any known gaps in your diet. Don’t fall into the trap of blindly taking supplements just because your mate is or it was on special!

Foods that are rich sources of protein and leucine

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount that provides 2-3g of Leucine</th>
<th>Protein (g)</th>
<th>Energy (kJ)</th>
<th>Cost #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein Powder *</td>
<td>30 – 36g</td>
<td>24 – 33</td>
<td>496 – 617</td>
<td>$1.60 – $3.60</td>
</tr>
<tr>
<td>Whole milk (dark blue top)</td>
<td>700mL</td>
<td>22</td>
<td>1800</td>
<td>$1.25 – $1.70</td>
</tr>
<tr>
<td>Trim milk (green top)</td>
<td>600mL</td>
<td>22</td>
<td>900</td>
<td>$1.10 – $1.65</td>
</tr>
<tr>
<td>Skim milk powder</td>
<td>60g</td>
<td>22</td>
<td>880</td>
<td>$0.90</td>
</tr>
<tr>
<td>Edam cheese</td>
<td>70g</td>
<td>22</td>
<td>770</td>
<td>$0.70</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>140g</td>
<td>25</td>
<td>530</td>
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<tr>
<td>Yoghurt</td>
<td>350g</td>
<td>20</td>
<td>780</td>
<td>$1.40</td>
</tr>
<tr>
<td>Egg</td>
<td>3 eggs</td>
<td>19</td>
<td>890</td>
<td>$0.75 – $1.40</td>
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<tr>
<td>Meat, fish, chicken</td>
<td>120g</td>
<td>25</td>
<td>640</td>
<td>$2.00 – $4.00</td>
</tr>
</tbody>
</table>

# Based on variety of pricing options available through online supermarket shopping in NZ.

* Based on 3 popular protein-only supplements with Whey Protein Concentrate / Whey Protein Isolate forms bought online in NZ. This is the cost of the powder alone.

NB: You can get protein and leucine from plant based foods; however, you need to eat a lot, e.g. 9 slices of bread or 6 cups of rice.

Modified from Protein and Amino Acid Supplementation Fact Sheet, Sports Dietitians Australia
The cornerstone of the Capability Plan, and the New Zealand defence Force's vision, is that by 2015 NZDF will have established a Joint Amphibious Task Force, says the Chief of Defence Force Lieutenant General Rhys Jones.

The Minister of Defence, Dr Wayne Mapp released The Defence Capability Plan which provides a framework for new and enhanced military capabilities out to 2020, earlier this month.

LTGEN Jones attended the launch, along with the NZDF’s strategic partners and, members of the Defence Industry Association.

The Capability Plan, which has been developed by the Ministry of Defence, falls out of the Government’s Defence White Paper released in November last year which committed to maintaining the NZDF’s capabilities, and enhancing selected capabilities.

LTGEN Jones said the Joint Amphibious Task Force would see the NZDF’s current force strengths –its existing frontline operational and support units from across the three Services—integrated into a coherent combat capable force.

"Initially our amphibious capabilities will be modest compared to our allies, particularly the US, but they will allow us to operate in our region more effectively. It gives us the flexibility to operate either independently, or with other New Zealand government agencies here at home, jointly with Australia in the South Pacific, or as part of a multi-national coalition force afield.

"By 2020 we will strengthen our intelligence, surveillance and reconnaissance capabilities and be able to process and analyse information collected. This will enable us to better monitor and protect our borders and resources, and our areas of interest."

Some of the major new projects underpinning these capabilities include:

- An upgrade of the ANZAC Frigates to keep these vessels relevant for modern operations;
- An upgrade or replacement of the Seasprite maritime helicopters to support the naval combat and patrol fleets;
- A maritime replenishment and sustainment ship to support our deployed forces;
- A networked Army to exploit the latest command and control technologies; and
- New commercial and military vehicles to enhance the Army’s mobility.

Dr Mapp also released the Request for Information (RFI) for the Pilot Training Project to ensure New Zealand’s military pilots are appropriately trained to operate new and upgraded aircraft. LTGEN Jones said options included either leasing or purchasing aircraft, or contracting a commercial provider for a complete pilot training package. The new arrangements are expected to be in place by 2014.

"But this capability renewal programme takes place during a time of fiscal restraint. We will need to fund this capability ourselves as NZDF will not receive any capital injections from Government for the next 10 years or any increases in operating expenditure over the next three years.

"The Capability Plan is therefore our prize. It is a driver to reform our organisation – to move money and people from the middle and back of the organisation and reinvest them in this military capability.

"We will emerge from these changes a Defence Force that New Zealanders can be proud of, with modern capabilities which are relevant, effective and affordable.

"While modern platforms and systems are an important part of our capabilities, our people remain the key to realising the full potential of those capabilities."

More information on the DEFence Capability Plan is available on the NZDF intranet at http://ilp/
In early March, much of the 2nd NZEF was in Greece with British units hoping the force out the Italians. However, Rommel rapidly counter-attacked and the New Zealanders were badly mauled. On 2 December they withdrew to Egypt.

On 12 February the main body arrived at Maadi Camp, near Cairo and commenced training. The international situation was tense and Britain feared an attack on its Mediterranean positions, notably the Suez Canal, which, ironically, the original NZEF had helped defend from Turkish assault in 1915.

On 10 June 1940, Italy declared war on Britain and France. Canada declared war against Italy the same day while New Zealand, Australia and South Africa followed the next day.

First, the Italians invaded British Somaliland (now the northern area of Somalia and still disputatious). Then, on 13 September, they entered Egypt. If that wasn’t sufficient, the Germans joined the fight with General Erwin Rommel and the Afrika Korps.

A week later the 8th Army entered Tunisia and the New Zealand Division re-entered Libya. Eight days later they linked with the Australian forces at Tobruk and captured Belhamed and Sidi Rezegh. By mid month, the New Zealand Division captured Ras el Atta and some 20,000 served in the 2nd NZEF in the North African campaign. They suffered 3000 dead, 7000 wounded and 4000 captured as prisoners of war. They would earn a new reputation during the long and difficult struggle to liberate Italy, but that’s another chapter.

There followed a series of thrusts and counter-thrusts with the front lines surging back and forth across the desert. On Christmas Eve British forces retook Benghazhi but a month later they were driven out.

In February 1942 the 2nd NZEF was withdrawn to Lebanon and Syria for training and rest to, but they returned to Egypt after the 8th Army’s defeat in Libya. By 30 June, Rommel was close to Cairo, his advance being halted by only by the celebrated Battle of Alamein which commenced on 1 July with a massive artillery barrage. By mid month, the New Zealand Division captured Ras el-Atta and some 20,000 served in the 2nd NZEF in the North African campaign. They suffered 3000 dead, 7000 wounded and 4000 captured as prisoners of war. They would earn a new reputation during the long and difficult struggle to liberate Italy, but that’s another chapter.

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

**When:**
21 – 30 November 2011

**Where:**
Rongomaraeroa o nga Hau e Wha Marae, Waiouru

Noms to Fmn Cultural Advisors NLT 5 November 2011

All participants are to be male members of Ngati Tumatauenga, either soldiers or civilian employees.

**Kaiako (Tutor):**
Rehua Kereama
Hemi Te Peeti

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 MCCorkingdale, MCM Br
Shortly after arriving in Thailand we were greeted by our coach, the legendary John Adshead (1st NZ Football coach to take the “All Whites” to the Football World Cup 1982) and he told us of his expectations for the forthcoming week. He informed us that we were to have a training session at 1000 hrs that afternoon.

The training session was very warm and the humidity only added to the uncomfortable surroundings. After the training session we attended the Chaiyaphum tournament welcoming function, again receiving leis and a warm welcome from the local dignitaries.

**Match Day 1 NZ Vs England**

We met at 1000 hrs and only then did we get to know who was starting in the first match against England (rather ironic as I only got NZ citizenship six weeks prior to tournament). John Adshead named the line-up with both Gene and myself in the starting 11. This was a bit of a shock as we were both drafted into the squad as reserves! John then briefed the team on the system and how he wanted the team to play. We departed with Police escort and arrived at the stadium shortly after. We carried out a smaller pre-match warm up due to the heat but very ready for the game nevertheless. At the start of the game the NZ team was lead out by our captain, Andy Birchunough, to a very warm welcome. There is always a defining moment in one’s football career and I think this next moment was it. Wearing the fern on your chest, standing to attention and singing the national anthem is certainly that defining moment! The game kicked off at a frantic pace and it was not long before the English had their opportunities to score but the Kiwi defence kept them at bay. Against the run of play, NZ scored a well-worked goal to go up 1 – 0 and there it stayed until half time.

England having to push players forward left themselves vulnerable at the back and the Kiwis capitalized by scoring another goal before the end of the match resulting in a magnificent 3 – 0 win.

**Match Day 2 vs U.S.A**

Based on the previous day’s performance Gene and I were both named in first eleven. The game was not due to kick off till later in the evening and we were given the day off to do as we pleased. We travelled up to the stadium in a more relaxed atmosphere. The memories and friendships we have made will stay with us for a very long time. At about nine o’clock we departed to a local school to attend the final gala dinner as we had to leave knowing that the kids had a great time and for their endeavours they were given a Kiwi cap.

**Finals and Gala Dinner**

From the resulting tables, Iran beat Armenia 3 – 0 to win the title of 6th Seniors Football World Cup Winners where England shared the spoils with Thailand for 3rd.

**Match Day 3 NZ Vs IRAN**

The Iranians had a bye the previous day whereas we were on the offensive from the onset and it wasn’t long before they had their first scoring opportunity. They took the lead with a well-struck free kick just outside the box. They soon doubled the lead with a 25 yard shot and to add insult to injury, scored from a penalty to get to halftime 3 – 0. In true fighting spirit, the Kiwis managed to scored a goal early in the second half and there it stayed until half time. The next day’s events consisted of a coaching session with local school kids.

**NZ Coaching Session**

At about nine o’clock we departed to a local school to conduct some skill sessions with kids of varying ages. The session included shooting, heading, dribbling and goalkeeping. The session ran for about 90 minutes and the enjoyment factor was second to none. Gene was responsible for the heading and I was responsible for the goalkeeping session. What was not made up for in talent was certainly more that made up for by enthusiasm. It was good to

**Table A**

<table>
<thead>
<tr>
<th>Team</th>
<th>Played</th>
<th>Won</th>
<th>Drawn</th>
<th>Lost</th>
<th>Goal Diff</th>
<th>Points</th>
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<td>1</td>
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**Table B**

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<td>1</td>
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<td>2</td>
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<td>8</td>
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<td>1</td>
<td>3</td>
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<td>1</td>
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<td>0</td>
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<td>3</td>
<td>-17</td>
<td>1</td>
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</table>
w Pushing past pain, physical limits, and continuing on in spite of exhaustion is something 20 year old Private Faisal Attayee knows well. This is part of the course and what he often experiences as he pursues his goal to be a champion in his sport of choice - wrestling.

His smile belies a quiet mental toughness that is partnered with ever improving physical strength. This is a winning combination that has helped Attayee, who is of Afghan descent, win three New Zealand national titles and three Oceania championships. Attayee immigrated to NZ with his parents when he was seven years old and his passion for wrestling developed as a young boy needing to defend himself against school yard bullies.

Not content with his current New Zealand and Oceania wrestling titles, Faisal Attayee, a part-time soldier and Auckland resident, recently left NZ to seek overseas competition and participate in training camps that will prepare him to compete for a world championship title in his specialist event, the 84 kg division.

"Attending overseas training camps is necessary because that is where I will get to meet my likely competitors, gain experience, and can then incorporate all that into my training and preparations," says Attayee. He already follows a punishing six day week training schedule to prepare both physically and mentally for the challenges ahead.

However, competing at world championship level is no easy task nor is it cheap, especially for one who would also like to represent New Zealand at the 2012 Olympic Games in London. Olympic wrestling is no longer funded by the New Zealand Olympic Committee. Finding sufficient funds is a major and constant obstacle for Attayee. His participation in competition events is self-funded so he must fund raise in order to cover his training, travel, and other competition costs.

Recent television coverage when he featured in the programme, Asia Downunder, not only provided great insight to this young man and his chosen sport, but hopefully will also assist Attayee’s efforts to win sponsorship.

Attayee, who is an Army Reserve soldier posted to the 3rd Auckland (CRO) and Northland Battalion, also has a civilian job, and manages to cram in study for a diploma in fitness and business. Attayee’s commitment and resulting achievements sets benchmarks for others to aim for and emulate – he is proving to be a great role model for young New Zealanders, be they civilian or military. Faisal Attayee is a soldier and champion worthy of our collective support.

Pushing past pain, physical limits, and continuing on in spite of exhaustion is something 20 year old Private Faisal Attayee knows well. This is part of the course and what he often experiences as he pursues his goal to be a champion in his sport of choice - wrestling.

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The NZ Defence Force rugby team is aiming to be the first ever Defence force team to win the inaugural “International Defence Rugby Competition (IDRC) 2011”. Linton based physical training instructor, Corporal Aaron James is Captain of the 29-man squad comprising the best defence force rugby players from the Royal NZ Air Force, NZ Army & the Royal NZ Navy.

The IDRC 2011 aims to bring international rugby playing defence forces together in union through rugby. Teams from New Zealand, Australia, South Africa, United Kingdom, France, China, Samoa, Tonga, and Papua New Guinea will all be competing for top honours in a first for Defence Forces rugby.

The former Lincoln High School and St Andrews College student, known as “AJ” knows full well what it is like to compete at national provincial level. He has played for the Manawatu Turbos NPC team in 2007-2009 seasons and has spent almost 10 years in the NZ Army rugby scene. However, given this is the first IDRC there is no history of the strengths or weaknesses of the other teams involved.

"Representing our Defence Force’s black jersey at the international levels is indeed a great privilege and honour, particularly at an event such as this” he said.

The twelve teams are split into four pools of three. The NZ Defence Force team has drawn the Papua New Guinea (PNG) Defence Force and the Royal Air Force (RAF) team from the UK in their pool. “We don’t know much about the PNG and RAF teams but we aren’t taking anything for granted. We take on PNG in our first game on the 5th Oct and then the RAF team on the 8th of Oct. Our aim is to win our pool first and win the Quarter Final game in Sydney on the 13th Oct. Success there will mean we make the top four to travel to NZ for the Semi Finals and hopefully the Finals in Auckland.”

The pool matches have been hosted by the Australian Defence Force in Sydney and Canberra beginning on 1 October. The top four teams were then to fly to NZ to be hosted by the NZ Defence Force in Auckland for the semi-finals at the North Shore RFC and the finals at the Auckland Universities Club on the 18 and 22 Oct respectively.

“I’m very proud to be leading the NZDF rugby team into the competition, it makes the tournament all that more exciting because we don’t know what lies ahead of us,” said AJ.