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JASON STURLEY: NZDF
PERSON OF THE YEAR

CDE: WHAT LIES AHEAD

ORBAT

ARMY
LEADERSHIP

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Four Army personnel were recognised in the New Years Honours, with each to be awarded a Distinguished Service Decoration. Two will be honoured for their work in Afghanistan, and two for their efforts following the Christchurch earthquake.

They are Lieutenant Colonel Brent Wellington, Major Shane Ruane, Lieutenant Jordy Gale, and Lance Corporal Anatomy Derepa.

**Lieutenant Colonel Wellington** served as the Senior Military Advisor with the New Zealand Provincial Reconstruction Team (NZPRT) in Bamiyan province, Afghanistan from August 2011 to April 2012 and commanded over 129 New Zealand personnel in the PRT. He consistently demonstrated sound professional judgement and the tactics adopted under his leadership helped ensure that the PRT was able to sustain effective operations in those parts of the province that were under the greatest threat. They also disrupted the insurgent networks and reduced their ability to mount attacks or threaten the local population. He devoted considerable time to the implementation of a plan to transition responsibility for the security of the province to Afghan Security Forces and to withdraw the PRT from Afghanistan.

When an earthquake struck Christchurch on 22 February 2011, **Major Ruane** was sent to the city as Civil Defence Liaison Officer. As the crisis unfolded he was reassigned as the Liaison Officer to the Mayor of Christchurch, a position he held for five weeks. In this role, he displayed outstanding diligence and devotion to duty, working extremely long hours and without respite, supporting the work of the Mayor and his team by providing links to Civil Defence, Police, Fire Service and other agencies, as they dealt with the immediate aftermath of the earthquake. He was then re-assigned to command the New Zealand Defence Force Security and Cardon Reduction Planning Cell. In this role he worked with and co-ordinated the activities of a number of agencies to develop civil defence multi-agency action plans for the reduction of the central city cordon, as well as introducing a cordon access policy that became the focal point for the entire security operation around the Christchurch CBD.

**Lieutenant Gale** served with the New Zealand Provincial Reconstruction Team in Kandahar province, Afghanistan, from March to September 2011. Twice his operating area was the highest risk area in the north-east of the province, his patrol was attacked by insurgents using improvised explosive devices (IEDs). In the first attack on 27 April, his vehicle was immobilized by an IED blast, while the remainder of the patrol’s vehicles came under attack from rocket propelled grenades. Through excellent leadership and tactical skill he gained control of the situation, calling in close air support that disrupted the attack. He then linked up with another patrol to secure the area and recover the damaged vehicle without sustaining any casualties. In the second attack on 18 July, a large IED exploded and narrowly missed destroying a patrol vehicle. Again, through his tactical skill, he was able to secure the area overnight and after a search of the surrounding area yielded valuable information on insurgent activities. In September, he led a patrol search at the scene of a fatal attack against an Afghan Police patrol, discovering an IED that had been hidden by insurgents for future use, as well as valuable information on their tactics.

**Lance Corporal Derepa** was sent to Christchurch following the February 2011 earthquakes as part of the initial Police-led Disaster Victim Identification (DVI) Response Team. In the mortuary, he worked in an emotionally stressful and intellectually complex and demanding environment as a forensic dental assistant. Here he combined his practical skills as a Dental Technician, and intellectually complex and demanding environment as a forensic dental assistant. Here he combined his practical skills as a Dental Technician, knowledge of information technology, and initiative, to provide critical support to all groups within the DVI team. In particular, he established the IT systems that enabled the work of identifying earthquake victims to proceed without delay; he developed the operating procedures for forensic dental record and adapted dental tools that greatly enhanced the quality of radiographic results. His ability to grasp the requirements of the specialists with whom he was working and develop innovative technical solutions to meet those requirements that he was held in high esteem by DVI team members across a wide range of disciplines.

Lieutenant Ruth Tautari, RNZALR, graduated recently from Weffie’s three-year Bachelor of Engineering degree. She was a member of the first class to graduate with the degree, and while she was studying she was based in Trentham supporting the workshop which maintains Army equipment and vehicles. For her third year engineering project Lt Tautari designed a “Suspend towing apparatus” for a Pinzgauer. The Suspend Towing Apparatus design gives the recovery team more options and assists in recovering vehicles.

Lt Tautari, who has Ngapuhi affiliations, decided to study engineering majoring in mechanical to enable her to provide more technical support in her role, a decision which was backed by the Army and her family, particularly an older sister who had also served in the New Zealand Army.

"He was shocked when I joined the Army like my sister had, but he is really proud about me gaining my degree," Lt Tautari says. She admits to only having a patchy knowledge of physics and maths before formally studying engineering. "I was told when I enrolled that I would have to work harder to get up to speed." To do this she and three fellow students formed a study group which met most evenings during the week to hone their calculus and physics knowledge and understanding. “This provided the collegial support I needed and the motivation to keep going.”

Private Johan Batelaan completed a four year diploma in electrotechnology Level 6 at WelTec, which is part of the training needed to become a qualified Electronics Technician within the RNZALR. He underwent the training with four other soldiers in his year - LCP Peter Morar, LCP John Robson, LCP Cameron Hooper and Pte Zebediah Lennon-Voice. They were not present at the graduation due to other commitments.

**The new 2/4 Battalion Commander** Lieutenant Colonel Grant McMillan leads his troops through the streets of Dunedin. Photo: John Cosgrove
Four army Pers honoureD in the new year leg, it was like saying goodbye to it.”

But CPL Sturley, 44, has even more to smile about now; he is the New Zealand Defence Force’s Person of the Year, an award that comes with a $10,000 study scholarship.

He is indeed legless – well, he has one and a half legs – but he has not only learned to walk again he is deployable, super fit and about to partake in the US Marine Corps Wounded Warrior Paralympics in California.

The Royal New Zealand Army Logistics Regiment soldier injured his leg when his foot went through some rotten wooden steps in Solomon Islands about five years ago. The injury “hurt a bit” at the time, CPL Sturley admits, but he was unaware then of the agony he would go through in the coming years.

The bone snapped inside his leg which swelled and affected his whole body. In extreme pain he was eventually flown back to New Zealand. He received treatment here, but developed cellulitis and open wounds on various parts of his limb. The poison travelled to his heart and he ended up in cardiac care.

He tumbled out of his chair and landed on his stump, and when he overdid himself at PT and smashed the tibia bone in his damaged leg.

“I didn’t know my limits then but I do now. My wife Karen, my children, and my colleagues in the Army have kept me on track. I was self-conscious about my (prosthetic) leg at first, but now people say you can’t tell when I’m in DPMs, so that’s good. I was determined to keep my fitness up and get well again. I love the Army, and really want to deploy again.”

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He is looking forward to the Paralympics, where he will compete in swimming and shooting events, and is a member of the volleyball and basketball teams.

CPL Sturley says he never felt like giving up. “Hey, I’m a soldier, I wear the uniform, people have been through worse than this. I just told myself to get on with it.”

Presenting the NZDF Person of the Year award to CPL Sturley, Lieutenant General Rhys Jones said twenty nominations of the highest calibre had been received.

CPL Sturley, he said, was selected for his dedication, loyalty and determination, which he has shown throughout his time in the NZ Army.

“Strength and courage are the two key words used to describe him in his nomination.

“His strength, determination and loyalty to the Army have helped him to overcome losing part of his leg while on operational deployment and severe complications from sepsicaemia.

“He has pushed through adversity while learning to walk again using his artificial leg, all the time continuing to strive in his role in the Army. This year CPL Sturley passed the JNCO course, was promoted to Corporal, and is again deployable.”

Defence’s Person of the Year – “I just told myself to get on with it” By Judith Martin

Corporal Jason Sturley loves to tell people he is the only soldier in New Zealand who is allowed to turn up to work legless.

The attitude reflects the man to a T. He can laugh and joke about an issue which nearly cost him his life.

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Charter Parades are all about renewing historical links between a region’s military unit with the cities, towns or communities of that region. The New Zealand Army’s newest unit, the 2/4 Battalion RNZIR, took the opportunity recently to re-establish their links to the City of Dunedin. They paraded with bayonets fixed, drums beating, bands playing, Colours flying and swords drawn, for the first time as a new unit.

The two principal South Island NZ Army Reserve Force units – the 4th Otago Southland Battalion Group and the 2nd Canterbury NMWC Battalion Group – have officially merged to become 2/4 Battalion RNZIR.

The merging was marked at a special charter parade through the streets of Dunedin and the hosting of one of the largest regimental dinners in recent memory at the Kensington Army Hall in South Dunedin the night before. More than 130 soldiers from all over the South Island enjoyed the rack of lamb while listening to anecdotes by the Executive Officer Major Peter Amyes about the life of retiring 4OSR’s Battalion Commander LTCOL Roger McElwain and his messages of congratulation for the future of the unit and its soldiers.

During the charter parade the retiring 4OSR’s Battalion Commander LTCOL McElwain, a former NZ Army Staff Officer and now the CEO of the University of Otago’s Language Centre, handed over the Battalion’s colours to the new 2/4 Battalion Commander LTCOL Grant McMillan, the principal of Ashburton College.
By Judith Martin

If he could choose a time to be Chief of Defence Force, it probably wouldn’t be now, reflects Lieutenant General Rhys Jones.

On his watch so far there has been a devastating earthquake, a string of combat deaths, and he is leading what has at times been a bruising defence restructure.

But he remains staunch and optimistic. One of his favourite movie lines comes from Gandolph in “Lord of the Rings.”

“He’s sitting in a cave talking to Frodo and he says something like, “We all wish for different things but we have to deal with the life in front of us and make decisions based on that.”

The year in front of the New Zealand Defence Force will be a turning point as it transitions from a decade of intense operations, to re-setting itself for its next major missions.

There is no chance the NZDF will resort to being a garrison military, says LTGEN Jones, who has been chief of New Zealand’s Defence Force since January 2011.

“I think the next three years will be exciting. We will transition to new taskings and new operational roles. We also have new people to work and train with – the Americans are now back in our region in strength. We’ll be doing different things, with different people in different locations.”

The organisation he leads plans to increase its combat capability and the effectiveness of its amphibious operations, and aims to be an integrated force by 2015.

Its whole focus is changing.

For example, the Army has become proficient through its deployments afforded by Bamiyan for the last 10 years.

In mountainous terrain. Now, Kiwi soldiers could well find themselves on operations back in the Southwest Pacific, a totally different geographical and tactical environment from themselves on operations back in the Southeast Asian cultures.

“Building structure and depth into a re-focused defence force”

The NZDF is at the midway point of finding about $350 million within its budget by 2015 to cover increasing costs and demands of its Defence Force.

Removing unnecessary duplication across the three services has been a major theme. For example, joint enabling will mean one organisation instead of three will be responsible for the delivery of certain functions to the three Services, and training in particular will be scrutinised.

Over the next few years, we’ll see a lot of progress in this area. It makes sense to look at trades or skills that are common to each of the services, and amalgamate or at least synchronise the way they are organised. We recognise that the Navy, Army and Air Force all have specific equipment and training needs, but much of our overall training could be done together.”

LTGEN Jones acknowledges the importance of preserving maritime, aviation and land-based excellence, and not drifting too far into the one-size-fits-no-one zone.

“We have to avoid the “vanilla” approach at the expense of operational excellence. We need to provide the assurance that we can still operate excellently in each of our three environments, but we don’t have to do it exactly the way we are doing it now.

“That is the reality we face, compensated for by technology, and different work practices and processes. Change isn’t over for us, and never will be over because we always want to be aware of what’s going on in our environment, and constantly adjusting our capabilities to be the best we can be.”

The Australian, Singaporeans, British, French and Canadians are all dedicated to joint amphibious operations, so we are all faced with a lot of different, exciting possibilities over the next two years for joint and combined work.”

The NZDF is at the midpoint of finding about $350 million within its budget by 2015 to cover increasing costs and also reinvest into operational capabilities.

While he acknowledges people have been hurt and morale dented by the restructure, he is confident he and his advisors are on the right path to achieving what the government demands of its Defence Force.

“The Defence Force must be able to maintain operationally deployable forces that can meet the government’s requirements. To complete the rest of the journey we need to think carefully about our profession, to look at all of our processes and identify where we can make savings, or just as importantly achieve more for the same cost.”

Retention issues and morale are being closely monitored, he says.

“We knew the civilisation decisions of 2011 would affect morale, and therefore retention. Retention figures spiked during 2012 and have now come down to a manageable level but the problem has not disappeared. We have had a lot of people leave, and want to rejoin after they discovered that while things were tough in Defence they were really tough outside.

“We have to accept that this Defence Force will be smaller than it has been, but we don’t need to make people redundant in big numbers to get down to the size we require,” he says.

Attention and adjustments to recruiting numbers should ensure the force numbers remain sustainable. Rhys Jones is buoyed by and proud of Defence personnel who have taken it on themselves to make changes— in some cases marked changes—to save money without compromising quality or the operational capability which is at the crux of Defence reforms.

“We are about half way through our savings budget, and the second half is not going to be easy because we have harvested the easy stuff already. We have done well so far but endured a lot of structural and emotional pain. No one wanted to do that, but the reality is, there is no more money until at least 2015, and to keep our head above water we have had to introduce quite drastic change.”
When he was told he was to attend the Institute of Leader Development (ILD)'s Lead Defence course after returning from a year-long overseas posting, Brigadier Peter Kelly wasn’t sure it was necessary. He’d already completed two leadership courses in the past three years. What else was there to learn?

A lot more, as it turned out.

The full-on five days was part of the highest level of the NZDF Leadership Development Framework delivered by the ILD, and involved initial psychometric testing and 360 degree reporting, meeting with senior leaders in both the public and private sectors in Wellington and Auckland, recording video messages to CDF and a night in a hootch on Sames Island.

Brigadier Kelly said he was pleasantly surprised by the course, despite his initial hesitation.

“The structure was excellent, offering differing perspectives, and the team promoted free and frank discussion. It was really useful to understand the diversity and that all people are different, even within the NZDF.”

It is this ability to understand and work with the differences between services that is so crucial to the success of F35, for all personnel within the NZDF.

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Sixteen personnel from Marama Class have gained their Graduate Diploma (Grad Dip) in Health Science after two and a half years of arduous study. The Marama class name derives from the New Zealand Hospital Ship Marama which was converted from a commercial ferry in 26 days. It was then sent to the aftermath of Gallipoli to pick up the wounded. Personnel travelled up to Auckland to be presented their Graduate Diploma from Derek McCormack the Vice Chancellor of Auckland University of Technology (AUT). The graduation took place at the Auckland Town Hall along with 400 other AUT graduands, in front of family, friends and faculty.

As the most recent class to graduate from the Defence Health School, Marama Class has had time to reflect on the past two and a half years. The time we have spent at Defence Health School has been both physically and mentally rewarding. To compare it to any other corps, trade or branch training is quite complicated as there are a few different elements. These include the tri-Service factor, the civilian graduate diploma and the extensive training period. However one similar comparison is that the bond formed is not defined by the good times but the trials and toil.

The numerous positives are definitely worth a mention. They include consolidation exercises, recreational physical activity, ambulance placements and an internationally recognised qualification supported by the NZDF. However what united Marama as a class was the time spent under stress both through studies and inter-class physical rivalry. The loss of students from both Marama and other classes helped the remaining students form a greater appreciation for their position. Although we are well prepared to integrate into our Navy, Army and Air Force positions we will always be Marama class.

This course places us within the national standards for paramedics. This is a crucial factor in our training as it helps to meet the NZDF requirement that all service personnel receive the same or better medical treatment as they would within the civilian sector. The integration with the ambulance sector gave us the ability to apply our physical skills and intellectual finesse while on ambulance shifts with St John.

Though this course was long and challenging there were plenty of opportunities to get out of camp and enjoy Canterbury. One of the more rewarding experiences was participating in earthquake relief. We worked closely with the emergency services offering extra manpower day and night.

There are many at the school that enjoy snowboarding in the winter, basketball, cycling, rugby, hunting and fishing, diving, surfing or just the nightlife.

Our first taste of a graduation event was at the beginning of 2012 within Burnham Camp. This is when we, along with our fellow classes Walker and Grigg, received our Diploma in Paramedic Science. This was a big learning curve as many of us had not been exposed to an academic celebration of this magnitude. This was a formal graduation involving a procession, speeches from dignitaries and valedictory speeches by students who excelled academically. Each graduand received their Diploma in Paramedic Science with some transition students receiving their Graduate Diploma in Health Science.

The AUT graduation was a very proud moment for all who participated in it, with family and friends travelling large distances to support us. This was also a very humbling event with many others in the crowd receiving Degrees, Masters and even Doctorates during our graduation. Out of those who received a Degree that day was Major Brendan Wood (Chief Instructor of the Defence Health School who graduated with a Bachelor in Health Science (Paramedicine) which was for him the culmination of over twenty years in pre-hospital care.

Graduating classes will now leave the school with a Diploma in Paramedic Science, a Graduate Diploma in Health Science. The next step academically for Marama class is to attain the Bachelor of Health Science. We have enjoyed watching the school grow from less than 50 to over 100 and are looking forward to seeing it reach its goal of 150 medics training at one time.
Mention either doctrine or lessons learned and most people immediately think of reams of dusty tomes, big black holes where nothing happens or, more likely, groan and think of EARLS.

Despite the best efforts of committed staff, for most this has been the experience of their engagement with these important functions. But, nearly everybody in Army regularly comes across either lessons or doctrine without even thinking about it. From the newly recruited Private ‘doing lessons’ as part of a section AAR through to the General reviewing the progress of a major campaign, nearly everybody will be identifying lessons and making changes to the way we work without consciously knowing it.

It is already part of Army life. Both lessons and doctrine help Army adapt to the challenges faced in a modern operating environment. In the simplest terms, being able to recognise the things we do really well, spot ways we can work more effectively and – most importantly - make necessary changes quickly can make the difference between those at the sharp end getting what they need in time, or not.

In order to support this more effectively, HQ TRADOC (NZ) has dissolved the previous Centre for Army Lessons and the Doctrine Cell and merged the two functions into the new, revamped Adaptive Warfighting Cell (AWC). By merging the two teams, the lessons collection process will link more closely with doctrine to ensure changes can be identified and implemented as quickly as possible.

To make this change, HQ TRADOC (NZ) have recruited a new lessons team consisting of Brendan Stanbury as team leader; the veteran experience of Stan Utiger as Lessons Officer; and Kristy Hill, formerly of the Defence College. This new team is joined by George Purvis in his established doctrine role.

In the past the team has been based in Waiouru, but being so small in number and vulnerable to staff changes, they have struggled to make a significant impact. The AWC approach is different. The team has been dispersed with each member embedded in strategic positions across NZDF. Brendan is lodged in J8 HQJFNZ, Stan in HQ (NZ) 1BDE and Kristy is soon to be lodged in HQ LOTC. George will remain in his existing location in Napier. While the AWC will continue to manage the Army lessons process, this networked approach is intended to help gather and share lessons more effectively, and help identify the right points for effecting change when needed.

While still early days, the AWC is developing formal lessons training for those interested in learning about the best way to ‘do lessons’. It is planned that 2013 will also see the AWC supporting major exercises, helping develop the Joint lessons handbook, and conducting stand alone lessons activities.

If you would like further information or would like to discuss ways AWC can assist you, please contact any of the AWC staff below.

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Seventeen containers of equipment used by NZDF troops in Timor Leste have arrived in Wellington.

The containers were taken out to Trentham with most of them passing through NZ Customs and Ministry of Primary Industries inspections before being released off the Port of Wellington. The last one was transported after being cleaned and released.

The containers were ‘bonded’ in Trentham before being opened in the presence of authorised personnel from Lockheed Martin Group International (LMGI) and the Ministry of Primary Industries.

Vehicles were driven out of the containers for subsequent processing by the SupTech Team lead by SGT Kevin Hurrell. Once the equipment was accounted for and processed on SAP it was transferred to LMGI to undergo a dedicated reconstitution process. On completion of this process and the repair of the equipment it was returned to stock for re-use.

Lessons learned are discussed on board HMNZS CANTERBURY
The New Zealand Special Air Service was first raised as a Squadron, under the command of Major Frank Rennie, on 7 June 1955 for service in Malaya with the British Special Air Service.

Since Malaya members of the New Zealand Special Air Service have conducted operations in a diverse range of places, including Borneo, Thailand, Vietnam, Bougainville, Kuwait, East Timor, Solomon Islands, and Afghanistan.

The Regiment’s core tasks are:

- **Special Reconnaisance** – operating in complex terrain and under difficult conditions, often for long periods of time on a range of missions and tasks.

- **Direct Action** – flexible force, capable of conducting complex, joint special operations, for short duration strikes, to recover or destroy designated personnel and material.

- **Combating Terrorism** – respond, at the request of the New Zealand Government, to a terrorist situation in support of the NZ Police.

- **Support and Influence** – organise, train and advise host nation military and para-military forces to maintain internal security. Also provide assistance to other New Zealand government agencies in the conduct of national strategic operations.

Since 1984, the NZSAS has matured from two squadrons with a small headquarters, a training wing and a support section to a truly modern Special Forces Regiment. The regiment consists of personnel from the Army, Navy and Air Force and over 20 different trade groups.

The key squadrons making up the regiment include:

**NZSAS Squadrons (A and B Sqns):** Special Forces Squadrons are combat task units capable of conducting the full range of Special Operations Forces core tasks. Upon successful completion of SAS selection, candidates undertake a long and intensive physical and mental training cycle. The programme involves building numerous skills which include counter terrorism, long range strategic communications, medical skills, unarmed combat, survival, evasion resistance and escape, profiling, demolition work – which are all core skills required to be an effective member of the NZSAS. Candidates who complete the training cycle are accepted into the NZSAS at a badging ceremony where they receive the much-coveted Regimental beret and blue belt. NZSAS operators then go on to learn advanced skills including parachuting, diving, mountaineering, tracking, advanced demolitions/breaching, medical, strategic communications and other enabling skills.

**NZ Commando Squadron (D Sqn):** D Sqn was raised in December 2005 as a sub-unit of NZSAS Regt. The squadron was originally known as the Counter Terrorist Tactical Assault Group (CTTAG) but became the ‘D Squadron (Commando)’ in December 2009 to align it more closely with its peer units overseas. D Sqn is primarily responsible for responding to a terrorist situation within NZ and its environs. Upon successful completion of Commando Selection, candidates undertake a four month long Counter Terrorist Course. Commandos take the path of either assault operator or marksman. Assault operators continually develop skills such as insertion techniques via sea, air and land; ascending and descending techniques; manual and explosive methods of entry; room combat and urban fighting techniques. As well as maintaining their assault operator skills, marksman provide forward reconnaissance and real-time intelligence for the Counter Terrorist Team. They are able to conduct reconnaissance and neutralise selected targets depending on their stipulated tasks.

**NZ Explosive Ordnance Disposal Squadron (E Sqn):** The 1st New Zealand Explosive Ordnance Disposal Squadron (NZ EOD Sqn) was raised in August 2005, by Cabinet decree, as an independent Force Troops squadron. In July 2009, it became known as E Squadron (Explosive Ordnance Disposal) and came under Operational Command of 1 NZSAS Regt. It is responsible for providing immediate support to the NZ Police to render safe chemical, Biological and Radioactive (CBR) devices along with improvised Explosive Devices (IEDs), commercial explosives and military munitions found within NZ and offshore where NZ forces are operating. Upon successful completion of the Special Operations Forces Induction Course (SOFIC) candidates undertake a series of basic courses designed to provide the technical and practical skills required to be an effective IED team member. These include Ammo Handlers Course, EOD Elementary Course, Dangerous Goods Course and IEDD Team Members Course. At the conclusion of this training phase qualified team members are posted to an EOD Troop in Auckland, Wellington or Christchurch. Further training in EOD and IEDD skills qualifies operators as IEDD Team Leaders.

**Support Squadron (Spt Sqn):** is a multi-functional organisation responsible for meeting the support demands of the regiment by providing the full range of logistics, intelligence, medical, administration and communications capabilities. By nature, the Regt is dynamic with shifting needs. Therefore Spt Sqn needs personnel who have the right attitude, who are innovative and agile, and prepared to meet the professional and physical challenges that come their way. Spt Sqn personnel must pass the SOFIC in order to wear the coveted Regimental beret and deploy on operations with the Regt. Currently Spt Sqn employs personnel from all three Services and from 27 different trade groups. In addition to the specialist trade training personnel receive when they join the Regt, they are also eligible for other special operations forces training such as parachuting and airmobile courses.

*From its inception, the Regt has had four firmly held tenets from which it will never depart. These are:*

- **‘Humour and Humility’** – whereas self-deprecating humour is an engaging example of humility, conceit is the fastest road to disaster. To that end, members of the Regt seek confidence through knowledge and through trust in each other. However, confidence should never be allowed to become arrogance. Humility is powerful in that it keeps one open to new ideas and prevents one from becoming blind to their own failings.

- **‘The SAS brooks no sense of class’** – the Regt believes less in rank and privilege and more in every individual’s innate potential and personal responsibility to contribute to their team and to the mission. This is equality in its truest form, it is the bedrock upon which the Regt is built and from which it takes its strength.

- **‘Maintaining the highest standards of discipline’** – an organisation that has disciplined people, disciplined thinking and disciplined action is an organisation that wins. In maintaining the highest standards of discipline there is a reduced need for bureaucracy and unnecessary rules. The Regt relies on every individual to do what is right and to the right standard; to take the right road, not the easy road.

- **‘The unrelenting pursuit of excellence’** – the Regt is bound to the pursuit of excellence. Members of the Regiment, regardless of their task need to be able to think unconventionally. Each member must hold themselves and others to the highest standards of discipline. In doing so, they must be prepared to go always that little bit further to achieve the mission.

If you’re interested in challenging yourself both professionally and physically, are highly motivated and have a desire to work within 1 NZSAS Regt, register your interest now by completing an ANZ 3 found at: http://www.nzsof/JP/NZSOF-Recruiting.aspx or e-mailing SASRec@nzdf.mil.nz.
What we still have people in Iraq?

Lieutenant Colonel Oiroa Kaihau is on his second deployment to Iraq, and is impressed by the changes he is witnessing.

After eight years of foreign occupation and the departure of the bulk of US force from Iraq in December 2011, the Iraqi Government has now been left with the full responsibility of getting the country back onto its feet.

The NZDF has continued to play a supporting role within a United Nations framework through the United Nations Assistance Mission in Iraq (UNAMI). Its commitment has been ongoing since 2003 through the provision of one military advisor seconded to a multinational team of other military advisors within UNAMI. Progress towards long term political and economic stability continues to be disrupted by constant spikes in violence, often along sectarian lines, in the country’s traditional insurgency hotspots. Such outbreaks continue to be constant reminders that Iraq still has some way towards long term peace and stability.

The traditional advisory role of military advisors that once existed during the multinational force occupation has now changed to incorporate wider roles, more so for those advisors based in Baghdad. These new challenges are expected to extend the full range of skills that military officers can deliver according to the LTCOL Kaihau, who has completed nine months in the mission already.

“I was posted to UNAMI in 2005 and it’s very easy to see the significant differences in what I was doing then and what I’m doing now.”

“It’s also pleasing to note the dramatic changes, for the positive, that have occurred since 2005 although there is still much that needs to be achieved.”

The UN, as a welcomed partner in the rebuilding process, continues to provide assistance to Government Institutions across political, social, cultural and economic areas. With provincial council elections looming in April 2013, and now talk of potentially combining it with national elections, LTCOL Kaihau’s efforts have now been redirected to assist the Iraqi High Electoral Committee to plan and develop their security concepts and operational orders for the elections.

“This is a great challenge and all my skills are being utilized as well as being tested,” he said.

“Language is obviously a barrier but it is good working alongside Iraqi nationals who appreciate our assistance. The work I’m currently doing will have a direct outcome, which if it goes well, will be particularly satisfying in that I have been able to make a subtle difference”.

LTCOL Kaihau will complete his extended tour of duty with UNAMI in October 2013.

HAVE YOUR SAY IN THE AFCC AND ARMY WELFARE USERS SURVEY

Army General Staff is conducting a survey which will help to determine the future direction of AFCC shops and Army Leave Centres around the country. Our aim is to improve these services for everyone, and we would like to hear from you. Make sure you take the opportunity to have your say.

The survey can also be filled out in hard copies which will be distributed through all Army Units. Hard copies should be returned to:

Army GS, HQNZDF, Wellington 5045
attn Business Advisor External Partners

The survey can also be found by following the link http://org/L-AGS/Lists/AFCC%and%20Welfare%20Survey/overview.aspx

ANZAC OF THE YEAR AWARD - NOMINATIONS close 25 FEB

The Royal New Zealand Returned and Services’ Association is calling for nominations for the Anzac of the Year award.

The award was established in 2010 to recognise the spirit of Anzac evident in New Zealanders today. Its aim is to recognise the efforts and achievements of an outstanding New Zealander, or New Zealanders, who have given service in a positive, selfless and compassionate manner.

The award will be made to the nominee who best demonstrates “the spirit of Anzac”, defined as a demonstration of comradeship, compassion, courage and commitment, and their actions or service considered beyond the call of duty.

Nominations for NZ Army personnel must be sent to Army General Staff, attention Major Derrick McMillan.

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By Lieutenant Ken Nicholson

Solomon Islands is providing the perfect opportunity for the New Zealand infantry company based there to conduct jungle training.

Our troops are honing their skills in the jungles on Guadalcanal, making the most of a reasonably low tempo operation and the convenient location.

The 3 Platoons have each undergone a week-long exercise focused on building basic soldiering skills, from working in a section to developing Platoon tactics, training and procedures (TTPs). The exercises have been structured with the first two days cementing platoon drills and TTPs in a teaching/learning environment, with the final three days introducing an Opposition Force (OPFOR) and a scenario.

As I was leading the OPFOR, I liked the idea of having a Kiwi connection to the call sign, to counter the Australian and Papua New Guinean influence on the Company. C/S 20 MOA, the OPFOR, was named after the HMNZS MOA which was a NZ Navy ship that along with her sister ship, HMNZS KIWI, sunk a Japanese Submarine I-1 off the coast of Guadalcanal in January 1943. She was later sunk in the Tulagi Harbour in Solomon Islands in April 1943.

The Company deployed one platoon each week, with the other two platoons maintaining QRF back at base. Unfortunately 5PL, having only deployed into the field for one night, heard about the Kiwis coming as OPFOR and decided to withdraw back from the field early. It may have also been due to the copious amounts of rain and the 13 pers who had to be pulled out by the medics due to numerous medical and other issues. So the first week we stood down and mentally prepared ourselves for the following platoon’s turn.

4PL, made of firmer stock, deployed into the jungle, and established a small enemy village. In between contacting Sections and the platoon on their patrols and walking through a late night ambush, we developed our position in preparation for the impending dawn attack on the final morning. Due to a “No DuP” casualty the deliberate attack wasn’t quite at dawn. The position was well defended with one dug in Japanese style bunker, a smaller dug-in fighting pit and individual defensive positions well camouflaged around the perimeter. The platoon patrolled unaware of our position and was initially contacted by the forward sentry. Having refocused and conducted quick battle orders (QBOs) the platoon conveniently conducted a tight flanking assault directly onto the bunker and fighting pit. Amazingly sustaining only one KIA from the initial contact, the platoon overran the position killing all 10 of the OPFOR.

Unsurprisingly the following week, in weather worse than the two former platoons experienced, 6PL from PNGDF deployed into the jungle. They performed exceptionally well in the jungle, and conducted all of their attacks with speed and proficiency. They were able to execute a well planned deliberate attack on the defensive position, only being seen and heard at the last moment on H-Hour.

Overall having only spent a short time here and only really scratching the surface of gaining any experience in the jungle, I have thoroughly enjoyed my time aiding the Company so that they were able to conduct their training. The Australian Platoons in particular, being reservists, I believe were able to gain a great deal. I’m sure this is an experience that they will be able to take away with them. Being deployed to Solomon Islands and being part of RAMSI provides a unique opportunity of being able to not only deploy operationally but also while here, being able to train in an ideal environment, since it is nothing like we have at home.
Exercise Bluebell Shield in Waioру exposed soldiers and junior leaders from 2 Workshop Company to complex scenarios and unfamiliar situations.

The exercise consisted of two phases; a training period followed by a tactical exercise. During the training phase, the Company SNCOs conducted refresher training on a wide range of topics which included: hand signals, section formations, Counter improvised explosive device work, reaction to effective enemy fire and break contact drills. They also exposed the section commanders and 2ICs to the principles of siting of section defences, vulnerable point checks and fire control orders.

Once the training phase ended a FOB was established in Waioру. The scenario for the tactical phase was based on contemporary operations similar to Afghanistan, and the three sections were given tasks which would call on the information they learned during the training phase. The tasks were basic at first and escalated as the enemy scenario developed. Sections were first tasked with gathering information on the enemy, and slowly the enemy capability developed with the introduction of IEDs and deliberate ambushes. The exercise concluded with a complex activity which included all three sections and the Platoon Headquarters. The enemy planned a deliberate ambush on one of the call signs which triggered another section conducting operations in the AO to be deployed to support them. The enemy then conducted a secondary ambush to hit the follow on force. As a result the third section as the Coy QRF and the Pl HQ were deployed to provide a clean break.

Throughout the exercise, junior leaders learned to work under pressure in a variety of different situations which led to personnel developing their individual command styles. Lessons learned from both our own operations in Afghanistan and other armies in other conflicts indicate that Maintenance Support soldiers need to be skilled and equipped to participate in and lead both MS and Infantry based missions. This exercise exposed 2 Wksp Coy soldiers and juniors leaders to these activities.

After the exercise the 2 Wksp Coy command team commended three soldiers for their outstanding effort throughout Exercise Bluebell Shield. Private Jacob Weber was awarded most improved soldier having just been posted from Trade Training School, Private Ying Le Chin was awarded the Peers Award as the soldier who showed the most enthusiasm and heart during the exercise and Private Aaron Smith was awarded Top Soldier for consistently displaying good all round soldier skills.
By Private Elliot Dodge

Exercise ELLIOT is a 3rd Catering and Supply Company (CSC Coy) exercise run bi-annually. The exercise is a multi-disciplined adventure race which provides physical and mental challenges for the soldiers as well as giving them exposure to leadership in a section environment.

Exercise ELLIOT provided Senior Privates and Lance Corporals the opportunity to command their own sections, navigate and manage them through various legs of the race. Sections were shadowed by two DS and participants were assessed against the PICSIE and Functional Leadership models. This year, Exercise Elliot saw soldiers of 3 CSC bike, raft, walk and kayak their way from Fox Peak Ski Field through to the far side of Lake Tekapo.

The exercise began with an early breakfast followed by a road move to the top of Fox Peak Ski Field. Section commanders were then singled out from the three sections and given their brief. The first leg was a 45 km bike down the mountain and then through the Oarari Gorge. As the last team made their way in to the finish it was back onto the vehicles and off to the Rangitata River for the rafting leg. The soldiers used this opportunity to relax and raise morale before the challenging day to come. Day two was designed as the toughest day for the exercise and lived up to that name. This walk required sections to navigate their way up Forest Creek, over the Bullock Bow saddle and then up to Stag Saddle on the Two Thumb Range. Once on top of Stag Saddle the sections enjoyed a beautiful night under the stars and a well deserved rest before the final day of the exercise.

Day three saw another set of section commanders take off with their sections down Camp Stream to the finish of the pack marching phase. At lunch most of the sections had finished the march and were back on their bikes. This biking leg took the sections through an exciting mountain bike track which ended at Lake Tekapo and the beginning of the final leg of the race. The final leg was a 12 km kayak down the lake and to the finish mark where the support crew was waiting for the teams with a hearty BBQ dinner. The soldiers were rewarded with a relaxing finish to the day in the Tekapo hot pools.

The exercise has provided us with a good point of reference about what we can achieve both as individuals and when we work together as a team. The feedback from the assessment has also provided an insight into how we can improve our leadership styles making sure we balance out group and task needs.

Thanks must go out to the Directing staff / support crew for all their hard work and to Second Lieutenant Nicholas Bell for organising the whole exercise.
New Zealand Army
Order of Battle

Correct as at 1 January 2013
A group of senior leaders from Army assembled in Linton Camp recently to complete an Experiential Leadership Development Activity (ELDA) for the Senior Command Teams (Rangitira) under the guidance of the Army Leadership Centre (ALC). This is their collective story.

The Army Leadership Framework (ALF) has operated within Army for sometime now, inclusive of programmes aligned to NCO promotion courses. ELDA activities complement the theory sessions within the ALF and range from expeditions through to adventurous activities. Regardless of the type of ELDA, they are all designed to place participants under stress and out of their comfort zones in order to learn more about themselves. In the case of this senior ELDA the aim was to enable self-reflection and personal leadership development in line with learning outcomes at the Lead Integrated Systems and Lead Defence levels of the Defence Leadership Framework. All the command teams were 'live' so there was the additional benefit of learning more about each other and strengthening the command relationship.

The programme began weeks earlier than the start date with the participants completing the Hogan's and 360 degree profiling tools. This formed the basis of the sessions conducted on the first day where the profiles were reviewed and explained. Expedition briefings and kit issues rounded off a full day before attempting to pack the gear and get our heads down. Day One was a success in itself because we actually managed to assemble all the command teams in the one place at the one time, just! Day Two commenced with final preparation and then travel to the Holdsworth entrance on the Waiarapa side of the Tararuas Ranges. From this point on details of the expedition are classified and cannot be revealed due to the self made caveat ‘what happens on the ELDA stays on the ELDA!’ Suffice to say that expedition completed the Northern Crossing which includes Mitre Peak at 1505m, by day and by night, over varying weather and terrain. Participants became converts in the use of walking poles, and experts at the ‘salami hummus cracker’ at halts. Coming out of the bush into open paddlocks in the vicinity of Levin on the final evening was a welcome sight, as was the traditional BBQ meal and beverage right on dusk.

The last day of the activity was really where all the learning came together and the most value was to be gained by individuals and the group. Essentially the day was spent reviewing our own performance and that of fellow expedition members before cross referencing these observations with our profiles. Probably the hardest part was sharing our peer assessments and offering valid critiques to each other, regardless of rank and appointment. This particular group was pretty up front and as a result some good insights and takeaways were gained. Apart from putting into place our own strategies it is hoped that our shared experience will translate into a stronger working relationship and greater cohesion. Ultimately the success of the ELDA is dependant on how much we actually apply on the ground and in our daily lives.

**DEVELOPING LEADERSHIP CAPABILITY: DO ELDA’s WORK?**

The Army Leadership Centre (ALC) has been running Experiential Leadership Development Activities (ELDA’s) in support of the Army Leadership Framework since 2007. It was formerly known as the Army Adventurous Training Centre.

If you come on an ELDA, you’ll do a lot of a particular outdoor activity – rock climbing, whitewater kayaking, ski touring, wilderness travel, or sea kayaking. You’ll also spend a fair amount of time talking about dealing with pressure, and how you come across to others, with your course mates. We aim to provide our students with ‘real risks, real environments and real interactions’. Real risks: If you don’t get it right, there can be serious consequences. Real environments: we operate on rivers and mountains, not the ropes course or the gym. Real interactions: how you relate to your course mates actually affects outcomes for you and your team. That all sounds great, but is it achieving the ALC’s mission?

Our mission is ‘To develop all leaders of the NZ Army through experiential adventurous training in order to provide operationally focused, professional military leaders.’ That means that ELDA’s need to make a difference to your ability as a leader – whether you’re in New Zealand or overseas. Over the last couple of years, we’ve put ourselves on the line, by evaluating whether our courses actually do affect the behaviour or attitudes of our students when they return to their units.

As it turned out, ELDA’s do make a difference. We collected information from 50 students who attended an ELDA during 2010-2011, and from their colleagues, after an average of four months back in their unit.

- 94% of participants claimed they had improved their workplace attitudes or behaviours, four months after their course.
- More importantly, 75% of their colleagues reported that they had noticed positive change in their respective participant, in the four months since the course.
- Additionally, 87% of colleagues had noticed an improvement with regard to at least one of the learning outcomes of the course.
- Some people did acknowledge that other events (such as unit training, or an influential role-model) had contributed to the change they had reported, but generally the ELDA was seen as the prime cause of the improvements.
- What kind of changes are people making?

**Overall, two real themes stood out, both as claimed by the participants and as noticed by their colleagues:**

1. Soldiers said they were able to deal more effectively with challenging tasks or situations. The most frequently mentioned was ‘having a more positive attitude’, and learning to use this attitude to affect work and life outcomes. Examples of changes given by participants included:
   - ‘I have become more positive in my wording, looking at things that are inconvenient for the opportunities they present, rather than the struggles.’
   - ‘Greater tolerance to situations of limited information. Reduction in displayed levels of frustration with repetitive situations, or situations where the objective/method of completion is unclear.’
   - ‘I am more judicious in my criticism of others as a result of increased awareness of my overly judgemental character.’

2. Soldiers also said they were better at understanding and considering others – for example, ‘I have become more positive around my platoon.’

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"Greater tolerance to situations of limited information. Reduction in displayed levels of frustration with repetitive situations, or situations where the objective/method of completion is unclear.”
Comments from their colleagues included:

- "More open to discussion, and expresses his need to understand others" and
- "Sgt X is able to relate to individuals who work in stressful situations, in handling those who are under pressure in their work environment".

Other changes that were highlighted included an increase in confidence, improved communication, being more self-aware and engaged with colleagues, and utilising a feedback process in the workplace.

Changes in areas such as these indicate that the main outcome of our courses is to develop leaders’ intrapersonal and interpersonal skills—how you manage yourself, and how you interact with others. Awareness and development in these areas is critical because ‘who you are is how you lead’.

Overall, the ALC is pleased with these results, but clearly, there’s room to improve. From this evaluation we’ve been able to identify a range of factors that appear to promote behaviour change after ELDA. We’re focussing on these, and continuing to develop our courses, so that our courses can have a greater impact for more people.

What does this mean for you?

If you are thinking of sending members of your unit on an ELDA, you can expect that they’ll come back more engaged, and individuals will show positive changes in their workplace attitudes and behaviours.

If you’re coming on a course, you can trust the opinion of 49 out of 50 previous ELDA students, who reported that courses are definitely worthwhile. You can expect to be challenged, and gain useful insights which may well improve your work performance and your leadership presence. And of course, you can expect some good times with great people, and a high-impact experience to talk about later over a drink.

In summary, a quote from Brigadier Wheeler, Land Component Commander, who recently completed a Wilderness ELDA with his senior Land Force Commanders:

"While the ELDA took us out of our comfort zone and challenged us, it provided an opportunity to understand our individual strengths and weaknesses, and how we operate as a command team.

NZ Army remains a world leader in Leadership development and our ELDA courses are a well-recognised part of our development. I have requested the ALC increase its capacity so that more of our leaders can share this type of personal and professional development. If you get the chance, embrace the opportunity."

Thanks to the participants and their colleagues who completed surveys and made this evaluation possible.
Exercise Maple Lion 12 involved the deployment of six NZ Army personnel to BATUS Canada to participate in the UK Exercise Prairie Thunder IV as part of 7 Armoured Brigade (‘The Desert Rats’).

During the Maple Lion participants augmenting Brigade and training staff in exercising the 3 Mercian and 4 Scots battle groups (BG) prior to their deployment to Afghanistan in 2012-13.

Participants were Major Duncan George (SNO – 3Log Bn) and Brigade Deputy Chief of Staff, Major Marc Parsons (3ANR) - ISTAR Offr, Captain Bevan Guy (2 Cants) – Bde AS3; and, Captain Matt Cross (3ANR), Captain Fraser Winskill and Staff Sergeant Ox White of QAMR who were BG observer mentors.

British Army Training Area Suffield (BATUS) is the premier mounted BG training area of the British Army, located in southern Alberta, Canada. The team experienced temperatures of 29 deg C (in the Bde HQ!) and -10C in the field.

Points of interest included the Bde ‘COMBAT’ C2 system which enables fast data transmission of digital orders and overlays to every enabled vehicle and HQ; the 200 strong local civilian simulation team; the comprehensive Cubic simulation support team and infrastructure which was linked to the BG TES system; a contracted UH-1 helicopter troop; and of course seeing an armoured BG tactically manoeuvring against its real-time enemy.

Deploying to the field was undoubtedly the highlight, where a composite BG (3 Mercian) with one of its own Warrior armoured infantry companies, a tank squadron from Scots DG, a Canadian LAV3 motorised company from PPCLI, a Light Infantry Company from 4 Scots, an Armoured Engineer Squadron, and a ‘Light Logistics BG’.

The team had the opportunity to see Tanks, Warrior AFV, Panthers, KRAV, Titan bridge-layers, AS-90 (on its last deployment) and numerous other vehicles of the Brigade. Even the venerable CVR(T) Scorpion (which I qualified on) posing as an enemy ‘Salamander’ T-90 was on the field.

The Bde and subordinate BG put a particular emphasis on having continuous ISTAR coverage which was both simulated and contracted real-time – both Imaging being provided through live feed to the BG JTAC on the ground. This was used for targeting only, yet could have been used to support decision making within the BG HQ. The fact that real units and individuals were replicated into the simulation suite, and then projected out as imagery from aerial surveillance was excellent and facilitated transparent After Action Review and clear identification of ‘blue on blue’ engagements.

The exercise saw both 3 Mercian and 4 Scots being tested for operational readiness (DLOC / PDT), with 3 Mercian being the main effort. During the main operation 3 Mercian advanced over 90km with a 10km wide battle-space, taking seven out of nine planned urban objectives. The BG also conducted two assault gap-crossing operations under fire, launching the last live fired Giant Viper. During the second phase no less than four waves of assault helicopters carrying enemy air-mobile infantry assaulted the crossing point but were shortly cut to pieces by the deadly (if simulated) fire of the LAV-3 company’s 25mm canons.

The final assault on PAKSHAR town saw a deep envelopment by the tank squadron south of the objective, which, queued by ISTAR, destroyed the armoured reserve. The enemy Commanding Officer was not to be out-done, and from a hull down position launched his lone Salamander towards what happened to be the 3 Mercian BG commander’s observation position two km north of the objective. With a degree of luck a friendly Tank Troop happened upon this risky attack destroying the Salamander before the commanders duel could occur.

With the reserve defeated the Infantry were launched into the town becoming embroiled in an urban battle with the insurgent National Democratic Front (4 Scots) enemy party. With further icy conditions on the way, and the BG performance having met the requirements of the BATUS staff (if not the Kiwi observer mentors!) End-Ex was called and the Brigade began its march back in slippery conditions to the BATUS base camp.

The six Kiwis enjoyed farewell beers, and a final night in Calgary before commencing the air-trek home via LA, and Vancouver for one participant. The exercise identified some interesting divergence between operating training, tactics and procedures of the UK and NZ armies. It also highlighted the pre-eminence of ISTAR in support of UK operations in Afghanistan, and the very high standard of NZ BG battle procedure, crew skills and TTP in the field.


2013 ANZAC CHALLENGE COIN

A New ANZAC 2013 Challenge coin will be available in 2013. It is 45mm in diameter, antique bronze finish, easy to pack and carry overseas. Challenge coins can be presented in several ways—on their own, in a velvet coin bag or in a wooden rimu box.

Challenge Coins are an old American tradition instituted into the New Zealand Defence Force in 2005 as an alternative gift for dignitaries and others. Challenge coins are also known as military coins, unit coins, memorial coins, unit challenge coins or commander’s coins.

The coin expresses the holder’s affiliation to or patronage by the organisation that minted the coin. Legend has it that challenge coins originated during World War I among American volunteers forming the newly formed flying squadrons.

Order forms for ANZAC Challenge Coins can be obtained through HQ Defence Shared Service:
Email: dssservice.hq.nzdf@nz.mil.nz
Or, from the DSS intranet gift catalogue:
http://org/jlso/LP/Publication/CUSG/SDCHQ/GiftCatalogue/ANZAC.aspx

To have coins before next Anzac Day, order before 15 March 2013.

For the purpose of NZDF presentations etc these can be charged to appropriate cost centres if approved.

For personal orders, GST must be added to all items.

Item 131-Challenge Coin $11.00
Item 132-Velvet Coin Pouch $3.20 (coin not included)
Item 133-Velvet Coin Box $9.00 (coin not included)
Item 135-Wooden Coin Box $45.00 (coin not included)

NEW ZEALAND DEFENCE FORCE SOCIAL MEDIA HANDBOOK 2013

This handbook has been developed for all NZDF personnel. It is designed to help navigate the world of social media without getting yourself, and your friends and family, into difficulties.

We encourage you to read this handbook and use as a tool to guide your social media activity. This handbook will be updated yearly to remain current.

You’ll find it on the intranet under Defence Communications group home page under Key Documents or http://org/dcg/default.aspx

CHANGES TO DRESS AND TRANSITION TO NEW UNIFORM

No doubt everyone will be aware that the introduction of the new Multi Camouflaged Uniform (MCU) is not too far away. The introduction of this uniform has provided the NZDF the opportunity to rethink how personnel will wear uniform embellishments and badges of rank into the future.

From 1 March 13, the Army’s Warrant Officer wristband will become something of the past and the Warrant Officer rank will be worn on the appropriate epaulettes on those uniforms where applicable, or in the case of the new MCU on the Velcro patch provided. Rank slides for DPM, DDPM, SDAR shirts and bomber jackets are available through the system now.

The other change is to Pte DPM rank slides as these will not be worn on MCU. It is likely that the Army will run out of these as it transitions transition to MCU. Units are expected to manage this accordingly.

CENSUS DAY – 5 MARCH

The 2013 Census will take place on Tuesday 5, March 2013. This will be the first census since 2006 making it arguably one of the most important to take place.

The 2013 Census is able to be completed online and on February 16, census collectors will begin going door to door delivering Internet Access Codes and paper forms. Statistics New Zealand is expecting over two million census forms to be completed online, with Internet Access Codes being delivered alongside paper forms in 2013.

In total, Statistics NZ is employing more than 7000 census collectors to visit 5,8 million homes and deliver 6,4 million census forms (individual and dwelling). Census collectors will visit every dwelling in New Zealand including cruise ships, prisons, hospitals and apartments.

It’s a huge undertaking, but one that gives the information needed by government and local government and other agencies to plan for the future.

Statistics NZ has a team of Community Liaison Advisers working to promote the importance of census within Māori, Pacific island and Ethnic communities. These communities have had significant undercounts in previous censuses, where applicable, or in the case of the new MCU on the Velcro patch provided. Rank slides for DPM, DDPM, SDAR shirts and bomber jackets are available through the system now.

Community Liaison Advisers have connected with key influencers and leaders in these communities, who are able to endorse and promote census through a wide range of networks. Having Māori, Samoan, Tongan, Hindi, and Mandarin speakers to name just a few, means we are getting the census message out far and wide.

Everyone who is in New Zealand on Tuesday, 5 March 2013 must fill in a census form so it’s important that we are working to endorse and promote census through a wide range of networks. Having Māori, Samoan, Tongan, Hindi, and Mandarin speakers to name just a few, means we are getting the census message out far and wide.

Census information fact sheets are already available in 27 languages at www.census.govt.nz. Braille forms and a DVD for the Deaf will be distributed. From 11 February, the census helpine (0800 236 782) will also have operators available to speak to people requiring help in eight languages (English, Māori, Samoan, Tongan, Korean, Mandarin, Cantonese and Hindi).

To complete the census online please go to www.census.govt.nz

PRESENTATION A FAMILY AFFAIR

At the NZDF Command and Staff College at Trentham Military Camp recently, a special medal presentation took place. Major Kiely Pepper, one of the staff at the college, received the New Zealand Defence Service Medal (with ‘Regular’ clasps) from the Land Component Commander, Brigadier Mark Wheeler. BRIG Wheeler then also presented Kiely’s father, Mr Murray Pepper, with the NZDSM (with CMT clasps).

Under the Compulsory Military Training (CMT) scheme, Mr Pepper served in both infantry and armoured units in the 1950s, qualifying for the award on 23 June 1958.
David Long, author of THE ANIMALS’ VC: GALLANTRY & DEVOTION describes ten favourite animal heroes which have received the PDSA Dickin Medal.

Rip
Adopted by a wartime ARP squad in the East End of London, this scruffy little stray demonstrated an instinctive ability to locate casualties trapped beneath fallen and bomb-damaged buildings. With a lively nature and terrier-like determination to get the job done, the mongrel worked wonders for morale – among wardens and Blitz victims alike – and in five years of service proved utterly fearless in the face of heavy gunfire and incendiary raids. Credited with saving more than 100 lives, it was Rip’s dauntless example and his natural talents which eventually persuaded the top brass to recruit the first dogs specifically trained in the techniques of urban search and rescue which are still employed today.

Ricky
A shaggy Welsh collie volunteered by his owners for service in 1944, Ricky was assigned to the 279th Field Company of the 15th (Scottish) Infantry Division. Ahead of Operation Market Garden, the dog and his handler were engaged in clearing the banks of a strategically important canal at Nederweert in Holland. With the Germans by this time employing 16 different types of anti-tank mines, 10 types of anti-personnel mines and many different booby trap devices as they fought a largely defensive campaign, Ricky and Pvt. Maurice Yelding were tasked with locating mines concealed in deep gravel, hidden in the undergrowth and beneath the thickest of thick Dutch mud. The pair found several in quick order, but during the operation one of these exploded badly wounding the dog in the head. Ricky nevertheless remained calm and kept working, providing invaluable aid to Yelding and rest of the section working nearby.

White Vision
In the 1940s, and excepting fighter pilots, all RAF aircrew went into action accompanied by a pair of carrier pigeons. The birds were carried in baskets and could be released with an SOS message (held in a tiny leg canister) giving details of the aircraft’s position if it was brought down in the sea or in enemy territory where conventional radio communication would be hazardous. In October 1942 a bird known as White Vision was released from a stricken aircraft to fly at speed across open water and through appalling weather and an exceptionally strong headwind. Arriving home battered, exhausted and with much of her plumage missing after an estimated nine hours in the air, her safe delivery of the message led to the rescue of the entire 11-man crew of a Consolidated PBY Catalina. This had ditched after taking off on a sub-hunting patrol from RAF Sullom Voe in Shetland.

Mary of Exeter
Pigeons were also parachuted in their thousands behind enemy lines with agents of SOE and other covert organisations. Among the tiny percentage who returned safely was Mary of Exeter, remembered today as the ‘bird who would not give up’ although details of her operations are still shrouded in secrecy. During five years of service she made at least four flights back from occupied France, sustaining serious injuries on no fewer than three of them and at one point losing part of a wing to enemy gunfire. As well as having her home loft in the west country bombed, on another occasion she disappeared for four days before returning home with the agent’s message intact but her neck and right breast torn apart. At different times shot and then attacked by a hawk, in all she received 22 stitches which (say pigeon fanciers) is equivalent to more 4,000 on an average man.
**Theo**

Only the 64th medal recipient in nearly 70 years, this spaniel cross was teamed with LCpl Liam Tasker of the RAVC and sent to Afghanistan in early September 2010. In their first five months of duty the pair made 14 confirmed operational finds, the most to date of any Arms Explosive Search dog. Serving in every district of Helmand Province the pair continued to provide crucial search support until the 26 year-old’s tragic death on 1 March 2011 from small arms fire. Theo was with him at the time, and on being returned to Camp Bastion died shortly afterwards of an undiagnosed seizure. It is perhaps impossible fully to understand the bond which develops between man and animal under such circumstances, but impossible too not to hope that in some meaningful way the pair are reunited in death like the true comrades they so surely were.

**Sheila**

An exceptionally rare civilian award, this collie was involved in the rescue of the crew of an American Boeing B-17G Flying Fortress which crashed during a blizzard high in the Cheviot Hills in December 1944. Shepherd John Dagg heard the impact and set off in atrocious conditions to look for survivors with Sheila leading him to the crash site. In near-zero visibility she located four airmen who, dazzed, frozen and confused, had managed to put some distance between themselves and the highly dangerous wreckage. Her ‘dogged perseverance, patience and tenacity of purpose’ enabled Dagg and a companion to get all four men to safety, and at dawn the following day they went back to look for more survivors but unfortunately found only bodies. The official record in the London Gazette subsequently noted that ‘there’s little doubt that their bravery, skill and determination were instrumental in saving the lives of four airmen from death by exposure.’

**‘Able Seaman’ Simon**

During the little known Yangtze Incident of 1949, a British frigate HMS Amethyst became caught up in the struggle between nationalist and communist forces in China. The ship was badly damaged by shelling, and with the captain fatally wounded (together with a dozen crew) the survivors found themselves pinned down by enemy fire. The black and white ship’s cat was also seriously injured by a shell, but with the ship unable to move for the next 27 weeks Simon quickly recovered and worked hard to keep the rats at bay. With supplies at dangerously low levels this was vitally important work, Simon also comforting many of the badly injured sailors laid up in the sickbay. When the ship was finally able to make a break for it, the cat returned to England a hero but unfortunately died whilst being held in quarantine. To date Simon remains the only cat to be awarded the PDSA Dickin Medal.

**Judy**

The only animal ever to be officially classified as an Allied Prisoner of War, this English pointer faced death on numerous occasions but despite coming close to starvation her magnificent courage and endurance in a number of different Japanese prison camps is credited with maintaining morale among her fellow prisoners while through her intelligence, watchfulness and determination she is known to have saved several lives. Caught up in the fall of Singapore, Judy served as a ship’s dog on HMS Gnat and then HMS Grasshopper and when the latter was sunk and the crew washed up on a deserted island it was Judy who located the only source of fresh water. When eventually they were captured Judy shared what a fellow prisoner later described as ‘3-4 years of the most horrific labour, torture, starvation and every degradation the Japanese could inflict on us’ her unbroken spirit earning the undying hatred of her captors while delighting her comrades.

**‘Sergeant’ Gander**

Although his Dickin Medal was presented posthumously, and only many decades after the heroic death of this 60kg black bear of a dog, the citation leaves the reader in no doubt as to the nature and courage of this magnificent animal when facing the Japanese. It reads: ‘for saving the lives of Canadian infantrymen during the Battle of Lye Mun on Hong Kong Island in December 1941. On three documented occasions Gander, the Newfoundland mascot of the Royal Rifles of Canada, engaged the enemy as his regiment joined the Winnipeg Grenadiers, members of Battalion Headquarters ‘C’ Force and other Commonwealth troops in their courageous defence of the Island. Twice Gander’s attacks halted the enemy’s advance and protected groups of wounded soldiers. In a final act of bravery the war dog was killed in action gathering a grenade. Without Gander’s intervention many more lives would have been lost in the assault.’

**Tich**

Awarded ‘for loyalty, courage and devotion to duty under hazardous conditions of war, 1941 to 1945, while serving with the 1st King’s Rifle Corps in North Africa and Italy.’ The Dickin Medal shown alongside artefacts relating to the regiment’s two dozen VC recipients at the museum of the Royal Green Jackets (The Rifles) in Winchester was awarded to a black Egyptian mongrel called Tich. Nicknamed the Desert Rat, Tich was adopted by 1st Battalion, King’s Royal Rifles of Canada, engaged the enemy as his regiment joined the Winnipeg Grenadiers, members of Battalion Headquarters ‘C’ Force and other Commonwealth troops in their courageous defence of the Island. Twice Gander’s attacks halted the enemy’s advance and protected groups of wounded soldiers. In a final act of bravery the war dog was killed in action gathering a grenade. Without Gander’s intervention many more lives would have been lost in the assault.”

**THE ANIMALS’ VC: GALLANTRY & DEVOTION by David Long**

Long is published by Preface with a royalty from every sale going to save sick animals, www.davidlong.info

Win a copy of The Animals’VC: Gallantry & Devotion by David Long. Send an email to judith.martin@nzdf.mil.nz with Animal’s ‘VC in the subject line, or put your name and address on the back of an envelope and send it to Army News, Private Bag 39997, Wellington 6041.
By Specialist Physician and Territorial Force officer
Lieutenant Colonel David Voss ED Rnzami

With the Army draw down in 2013, relaxation over the holiday break, Christmas weight gain, New Year resolutions will be at the fore. It remains important for us all to maintain our fitness to fight within the NZDF.

At a young age it is easy to forget our health, as our reserve is enormous and ability to recover from injury rapid. Too often we take the quick option for relief from pain and injury; and are not prepared to put in the hard yards of proper rehabilitation.

Take the 2013 year as a base year – start year for some and ramp up for others – to get back on the health track and maintain it.

Diet and nutrition

“we are what we eat” is a common phrase. Irregular eating patterns, busy schedules leading us to miss breakfast (all too common) or meals take on the run, easy access to readily available prepared meals all are enemies of good diet and nutrition. Usually the first thing that comes to mind when rapid prepared foods are mentioned is the fast food takeaway; however they contain considerable salt – as both a preservative and flavouring agent. Often many valuable mineral and vitamin nutrients degrade with storage - the end-state is a meal that has reduced nutritional quality and benefits – no wonder the supplement market has flourished.

Salt is hidden in much of our food today. Salt (sodium chloride) is a significant cause and provokes high blood pressure (BP) - also called hypertension. 100mmol or 1700mg of sodium per day is the recommended maximum intake for people with high blood pressure (140/90mmHg). So if at your next medical check your BP is elevated, review that diet and read those labels on the food you are purchasing. Hard physical exercise or training programmes and working in high temperature climates will increase salt loss in sweat; however rarely is more than 200mmol (3400mg) of sodium per day required in such circumstances to avoid sodium depletion symptoms of tiredness or cramps.

Mental

Poor sleep, shift work hours, erratic meals, physical and emotional stress, physical exhaustion we commonly face in both today’s world and within our NZDF workload. These eat at our mental health – especially stress (see Army News issue 437; November 2012). A regular diet and physical training programme assist a regular sleep pattern, reducing stress. Emotions are an important part of our makeup. Their expression makes us, and is what other people see what we are. Not handling our emotions may not seem obvious initially, but we change our behaviour, often seen first by our closest and dearest. Watch your partners and mates; look out for them, look for changes and if they have changed…talk to them. Tell them you have seen a change, after all isn’t that what mates are for?

If you feel you need someone to talk to, or you are worried about a mate, then there are many people to talk to: padre and medical officers are often the first thought of. But other mates, family, community workers, the chain of command and psychologists are available.

Physical

Keep physically active. The amount of exercise regular required depends upon your duties and appointment however everyone needs to do physical activity regularly. A minimum is walking. Leave the car or motorbike…cycle, walk, run.

Keep well hydrated with fluid and do not allow yourself to get fluid depleted. Water is all that is required in low to medium level physical activity. There is no good research that shows any performance benefit from supplement-enhanced “sports drinks” or similar.

Social

Sadly all too under-rated is talking to people. We can avoid talking to one another now with so much technology available. Almost half the New Zealand population use social media for up to one hour per day as their prime communication medium. Humans are a sociable animal, we thrive on personal face – in the presence of others – company. Such a need is not meet adequately by texts and other social media.

We socialise over food and drink. Our social makeup and interaction is centred around food and drink. When did you last ask a mate over without offering them food or drink? We meet around meals and drink. The mess is the traditional Army social site away from work. It should be well utilised and thought of as a social location centred round interaction and communication, not just a place to drink alcohol. Enjoy the mess and similar meeting locations.

Supplements and performance enhancers

Supplements are generally not required in everyday living. We are blessed in New Zealand with a good environment and provided us with the ideal opportunity to arrange that the remainder of the members’ fund be used in memory of Kirifi, to provide us with the ideal opportunity to arrange that the remainder of the members’ fund be used in memory of Kirifi, for the benefit of injured service personnel, their dependants and the families of our fallen comrades."
By Tony Ashcroft, Physiotherapist, Rennie Lines, Papakura
Military camp

It may be that you’ve got a common treatable condition called PATELLAR TENDINOPATHY. Patellar Tendinopathy is a painful condition affecting the knee joint that may be limiting your physical activity and affecting your performance as a soldier. Once diagnosed, it is very treatable, and by training SMARTER you can avoid common mistakes that predispose you to recurrence.

WHAT IS PATELLAR TENDINOPATHY?

The patellar (knee cap) tendon is a very strong piece of tissue called collagen, which anchors the knee cap onto the bone. The force generated by the quadriceps (front thigh muscles) is directly transmitted to the patellar tendon via the knee cap to which it attaches. Normally, healthy, younger tendons are very strong but also elastic. With age they become more brittle and less elastic and hence more prone to damage. Symptons of pain below the knee cap may commonly develop following periods of heavy pack work or rapid increases in jumping or sprinting type activities. Patellar Tendinopathy is characterised by knee pain felt below the knee cap while loading the knee during activities like sprinting, jumping, walking down hill or pack carrying. Patellar Tendinopathy often exists concurrently with Patellar Femoral pain (or pain behind the kneecap). WHAT CAUSES PATELLAR TENDINOPATHY?

- Bad training habits primarily - going too fast and too hard for your tendons
- Training too frequently with high load (e.g., lots of speed work or heavy pack work that is introduced too quickly)
- Greater than 15% increase in total volume of training for the week
- Rapid increases in speed/distance/terrain or pack weight
- Too much high tensile or compressive forces (jumping and landing)
- Poor lower limb movement habits – i.e. poor biomechanics
- De-conditioning of the tendon from a break in activity then restarting activity too quickly (e.g. return to work and training after a period of leave)
- Age related tendon changes where the tendon becomes less elastic and more brittle as you age (i.e. once you hit 30!!)
- Age related tendon change
- De-conditioning of the tendon from a break in activity
- Poor training habits are the number one contributing factor!
- Lower limb movement patterns (or biomechanics) can also play a role.

Prevention

- Preventing tendon injury is much more effective than waiting to treat it!
- Poor training habits are the number one contributing factor!

Training

- Tendons hate change! They need time to adapt to faster training by some of the Super 14 franchises for exactly this reason.

Factors that Overload Tendons

1. Training too frequently with a high load (lots of speed work or heavy pack work that is introduced too quickly)
2. Greater than 15% increase in total volume of training for the week
3. Rapid increases in speed/distance/terrain or pack weight
4. Too much high tensile or compressive forces (jumping and landing)
5. De-conditioning of the tendon from a break in activity
6. Age related tendon change

ONE SIZE DOES NOT FIT ALL WHEN IT COMES TO TRAINING AND WE MUST LEARN TO UNDERSTAND OUR TENDONS’ CAPACITY FOR LOAD.

Changes within the structure of the tendon begin to develop.

- What this means is that the tendon starts to become damaged and then it degenerates (normal structure starts to fall apart).
- These changes to the tendon may still be reversible to a point
- Degenerative changes of the tendon can begin to be noted on an ultrasound scan and on MRI scans.

SUMMARY

Knee pain due to Patellar Tendinopathy is common in the Army. This condition is preventable and treatable if it is recognized early and poor training habits are corrected. Planned progressive loading of muscles and tendons with consistent training is the best way to respect your tendons! If you are troubled by knee pain see your MG or physiotherapist and get your performance back on track!


Although the topics are dissimilar, the themes we can see in the two books are similar: the incredible courage that fighting men can draw on in the face of great danger; the absolute imperative for effective leadership, without which even limitless courage is useless; and the need to set the conditions for success prior to H-Hour.

In closing, let me set you a challenge: if you are a soldier, read ‘Dogfight’ first; if you are an airman or woman, start with ‘The Nek’. This will help you to better-understand your colleagues in the other services. Both books do our predecessors proud.

• LTCOL Kinloch is a Defence historian and former Army officer.

ANZAC BATTLES SERIES

THE NEK A GALLIPOLI TRAGEDY

PETER BURNESS

Reviewed by Lieutenant Colonel(Rtd) Terry Kinloch

With its new Anzac Battle Series, the Australasian publishing house Exisle Publishing Ltd is providing a growing collection of first-rate books about the roles played by Australian and New Zealand service personnel in some of the great battles of the twentieth century. Each book tells the tale of a particular battle or campaign from an Anzac perspective; this review will describe two new books in the series that tell the stories of two very different operations.

In ‘The Nek: a Gallipoli Tragedy’, Peter Burness describes how, within a few hours on 7 August 1915, nearly an entire brigade of attacking Australian light horsemen was annihilated on a tiny Gallipoli battlefield called The Nek, while the trenches that they were assaulting remained firmly in Turkish hands. This failure was primarily one of leadership; the attack should never have been launched, and, even worse, early failure should never have been reinforced with follow-on assaults against hopeless odds. The victims of this debacle were Australians, to whom the attack has since become a symbol of the incredible Australian courage (undeniable) in the face of criminally inept British military leadership (partly true).

The basic facts of the fight for The Nek have been described many times, and this book does not claim to break any new ground. What it does do is tell the terrible story with clarity, compassion and thoughtful analysis. Burness pulls no punches in his description of the attack and the reasons for its failure, putting to bed once and for all a number of myths that have grown up about the fight. The book focuses on the senior commanders who played a part, for good or ill, in the debacle that destroyed the light horse brigade. Inadequate reconnaissance and an inability to recognize that the pre-conditions for the attack had not been met contributed to the disaster, as did the unwillingness of senior commanders to challenge orders issued by professional soldiers who were assumed to know their business. It is almost impossible now to conceive of the courage of those doomed men, especially those in the third and fourth waves, who charged in the terrible knowledge that they were almost certainly going to their deaths. There are many books about this disastrous attack, but Peter Burness’s ‘The Nek: a Gallipoli Tragedy’ is one of the best I have read. You really should read this book.

‘Dogfight: the Battle of Britain’, by Adam Claasen, describes the significant, yet poorly understood, Anzac input to the Battle of Britain in 1940. Unlike The Nek, this battle was arguably one of the most important strategic successes of the twentieth century, and its success is rightly celebrated annually across the Commonwealth. One hundred and thirty-four New Zealanders and 37 Australians were part of the 3000-strong Fighter Command that successfully held off Hitler’s Luftwaffe between July and October 1940, saving Great Britain from possible invasion and giving the Germans a major strategic defeat. In saving the islands, Fighter Command allowed them to become the base from which the American and British invasion force attacked Nazi-controlled Europe in 1944. The overall story of the battle is probably well known to most readers, but the Anzac input to it will not be. This fine book redresses that deficiency.

In these books we are presented with two very different stories. ‘The Nek’ describes a small-scale offensive land operation lasting less than two hours. ‘Dogfight’, on the other hand, describes a large-scale defensive operation that was fought between opposing air forces over a period of several months. The Anzac servicemen that are the focus of these books fought under British command in both cases, but with very different outcomes. In short, ‘The Nek’ describes a bloody failure, while ‘Dogfight’ describes the successful part played by Anzac pilots in the defeat of Hitler’s Luftwaffe.

BUNTY PREECE – SOLDIER OF THE 28 MAORI BATTALION

By Tom O’Connor

Reviewed by Colonel (Rtd) Ray Seymour

I jumped at the invitation to review “Bunty Preece – Soldier of the 28 Maori Battalion” because it is a story based on the recollections of a private soldier, who later became a non-commissioned officer and was then an officer of the 28 Maori Battalion. Therefore, this new publication had all the ingredients of a good read. My lifetime experience of reading military history tells me that if one really wants to get an accurate feel of the ‘fog of war’, then generally, these can only be gained from such writings, as opposed to the boring and often ‘engineered’ official histories published after the war.

This is the story of Bunty Preece, born on the Chatham Islands. His father had served during the Great War and his grandfather was one of the Moriori survivors of the 1835 Maori invasion and, Bunty, like so many young men of the time, took up the call to serve this country when war was declared in 1939. His military service commences with him waiting in “Trentham training camp near Palmerston North” (and this is one of many annoying errors in the book) before embarking on Wellington on the Dominion Monarch in May 1943 to join the war effort.

Starting off in the Army Service Corps, Bunty soon got the urge to get into the front line and join 28 Maori Battalion. That saw him deploying to Italy and being exposed to Italy’s worst – the dreaded “Purple Death” – a cheap local wine. But the delights of the wine were quickly left behind and Bunty and his Battalion were soon into action. I was encouraged from what was revealed. There can be no doubt that “Bunty Preece – Soldier of the 28 Maori Battalion” highlights what we know of this Battalion and their distinguished record but gained at a huge personal cost. This is a story of tough warriors who were skilled in the profession of arms. It is a ‘good read’ – but it could have been better.

Sure, it is embellished with some good photographs and the index is adequate. But a map or two would have been helpful. I’ve already alluded to the errors contained in this book; there are many and they take away the potential impact of this story. For example, O’Connor suggests that there is a perception that the Victoria Cross was reserved for officers. Simple research would show that in fact, the VC was an award given to the men of the Corps.

Despite these criticisms, Bunty Preece leaves us with a hard-hitting message in regards to what he considers the general conduct and attitude of today’s generation. Bunty raises a grave concern when he questions himself if the death of all his warrior mates during the War was really worth it. When I constantly read of the violence and crime in our society I think he raises a very real issue.

And the final word. The publisher has opted for a new style of presentation. One half of the book is in English – the other half is in Te Reo. Well done!

• COL Seymour is the former Director of the New Zealand Army Museum.
Canoeist Sapper Cameron Guerney travelled to Poland, via Belgium as part of the New Zealand Men’s team to take part in the 2012 International Canoe Federation’s Canoe Polo World Championships at the end of last year. It was, he writes, an “amazing tour with great experiences all round.”

The tournament was held over four days in Poznan, Poland on lake Malta which is an impressive 2km long lake and is used for many things including rowing, sprint kayaking and now Canoe Polo, and boasts four fantastic competition courts and four warm up pitches.

The competition consisted of 65 competing teams from 25 different countries who qualified for the competition based on the position that they finished at the previous world champs and different continental championships.

The New Zealand contribution to this world champs was the largest yet with four teams competing, a men’s, women’s and for the first team an Under 21 Men and Womens team joining the tour.

We arrived in Leper, Belgium to prepare for a tournament and after an intense tournament battling jet-lag and different club and international teams, the squads had a week of training and resting in Leper.

In Leper the different NZ squads had the privilege of visiting Tyne Cot cemetery, which is a War graves cemetery and memorial to the missing, a burial ground for the dead of the World War One in the Ypres Salient on the Western Front. A humbling experience for all. The NZ Squad as a whole also attended a service at Menin Gate.

The squads then travelled to Gent in Belgium for another tournament before going their separate ways to prepare for the World Champs. The men’s team travelled to Germany to get some good training in with a local club team and the Australian Men’s team.

The teams then relocated to Poznan, Poland to compete in the World Champs. The opening ceremony was incredible with a performance from Cirque du Soleil, and a flag ceremony, with a person from every country entering the complex carrying their country’s flag. The four day competition ended with the NZ Women’s team finishing fourth, Women’s U21 winning an awesome bronze medal, U21 Men losing a close semi final to finish fourth and the Men’s team finishing thirteenth. With an inexperienced team travelling to compete, the team learnt a lot as a whole and looks forward to competing for a medal at the next world champs in France in 2014.

I would like to thank NZDF for supporting me on my tour, with great thanks going to the RNZE charitable trust, Linton Sports council, 2 Field Squadron UPE, and the Singapore Fund for helping fund my tour. Also great thanks for the support of everyone who helped me go on tour, especially from my heirarchy and the PTIs at Linton and Trentham.
The Highlanders rugby team became quickly acquainted with Unimogs, torsion bars, and huge tyres recently when Army PTIs from Wellington and Burnham took them for a very intensive PT session in Dunedin. The rugby players pushed trucks around, and pulled ropes, tossed poles, lifted tyres, and undertook team bridge building in the session. The PTIs also watched the Highlanders train, picking up tips for the Army’s own rugby teams for the forthcoming season.

PHOTOS: JOHN COSGROVE
CALLING ALL NZ ARMY CYCLISTS

INTER-REGIONAL CYCLING COMPETITION

Ohakea / Manawatu 11 – 15 Mar 2013

ROAD CYCLING (3 STAGES)
The Inter-Regional Road Championship will consist of a graded Criterium and 2 Road Stages in the Halcombe area.

MOUNTAIN BIKING (3 STAGES)
The Inter-Regional MTB Championship will consist of a Hill climb, Super D (Cross country downhill) and cross country stages.

THE REGIONAL TEAMS
The Inter-regional is based on competition between Northern (Wellington, Waiouru, and Auckland areas), Central and Southern regions. The aim is for a minimum of 20 riders per region. Riders from the other three Services (RNZAF, RNZN and NZ Police) are also invited to compete as guest riders.

GRADES
The intention for both races is maximum participation. To allow for fair competition riders both male and female in all age groups will compete in either A, B or C Grade depending on the individual’s recent riding form. Grades will be determined by the Event Handicapper based in information provided by Regional POCs.

AUCKLAND
Road: SGT Landers
MTB: TBC

LINTON
Road: MAJ Challies
MTB: CAPT Fee

WELLINGTON
Road: SSGT Tregoweth
MTB: TBC

SOUTH
Road: SSGT Jessop
MTB: SSGT Jessop

WAIOURU
Road: CPL Blair
MTB: CPL Blair

Further details on both events will be promulgated soon and will be available from your code POC and through the Army intranet site.

Put the date on your calendar and register your interest with your regional co-ordinator or through the Army intranet site.

Online Registration can be found on the Army Intranet site at: http://communities/Sport/ArmyPages/Sport/Cycling/Homepage.aspx or contacting your regional co-ordinator.
Highlander halfback Lima Sopoaga gets a helping hand from Army PTI CPL Aiden Butterworth during the team tire lift at a training session in Dunedin recently.

Photo: John Coagrove.