

ARMY NEWS



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CHIEF
OF ARMY**
MAJGEN **ROSE
KING**

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**MAGAZINES
MOVING TO
DIGITAL ONLY**

As you may be aware the New Zealand Defence Force (NZDF), like many public sector agencies and private businesses, is facing challenging times financially, and operating within tight constraints. A process has begun to reprioritise the Defence Force's budget to keep ships, aircraft equipment and personnel ready to respond where needed. To do that, the NZDF has to address a \$30 million shortfall this financial year. That means the NZDF is identifying spending that can be reduced.

While sharing the work the NZDF is tasked with remains a key priority for Defence Public Affairs, an increase of the cost pressures means we are having a rethink in what we do in order to tell our story.

Therefore from 1 October we will no longer publish a printed magazine. The monthly editions of Army News will be digital only, published online at our website nzdf.mil.nz, and available as downloadable PDF files or as viewable online magazines.

We know this is a big change for many of you, and we thank you for your understanding.

Readers will be able to access service magazines via www.nzdf.mil.nz/army-news/ Followers of the NZ Army on social media will see posts of the latest magazines and links to the digital magazine on the website.

Judith Martin, Editor

NGĀTI TŪMATAUENGA
NZ ARMY

 HEI MANA MŌ AOTEAROA
A FORCE FOR NEW ZEALAND

 Te Kāwanatanga o Aotearoa
New Zealand Government

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Cover Image: Our new Chief of Army, Major General Rose King.

Photo: CPL Naomi James

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When I first joined, I couldn't join certain areas of our organisation based on my gender, but now these opportunities are open to everyone.

– MAJGEN Rose King



A CHANGE AT THE TOP FOR NGĀTI TŪMATAUENGA

There were tears, laughter and congratulatory hugs when MAJGEN Rose King took over as Chief of Army at a ceremony in Wellington on 29 August. MAJGEN King is the first wahine in the NZDF to lead Ngāti Tūmatauenga The New Zealand Army she said her appointment was a “huge honour and privilege” and noted the significant change across the organisation since she signed up in 1991.

“When I first joined, I couldn't join certain areas of our organisation based on my gender, but now these opportunities are open to everyone.”

Married to Lieutenant Colonel Glenn King and the mother of two children, she said she brought a different approach to leadership.

“I acknowledge the wahine toa who preceded me, and others who have had hurdles to overcome to get to where they are. I encourage you all to lift people up and help them to get to where they want to be.”

She said it was humbling to be recognised for the attributes and skills she brought to the position. MAJGEN King has undertaken a range of regimental, staff and training appointments including postings as Chief Instructor Tactical School, S4 2nd Land Force Group (primary staff officer logistics), Officer Commanding Support Squadron Queen Alexandra's Mounted Rifles and Commanding Officer of 2nd Combat Service Support Battalion.

As a senior officer MAJGEN King has held a variety of appointments within Defence including Director Reserves and Youth Development, Director of Strategic Commitments, and Chief of Staff Headquarters Joint Forces New Zealand.

MAJGEN King has served with the United Nations and was the CJ35 (Lead Combined Joint Operational Planner) for Resolute Support HQ in Afghanistan. In addition to her time with the New Zealand Defence Force, MAJGEN King was seconded to the Ministry of Business, Innovation and Employment as the Head of Operations, Managed Isolation and Quarantine (MIQ) and joint lead New Zealand's COVID MIQ response. Most recently she held the appointment of Deputy Chief of Army.

Looking towards her husband Glenn, and her children Logan and Kaia she said she wanted “to steal a line from Bette Midler.”

“This honour is ours,” she said. “You are the wind beneath my wings, and I couldn't have got here without you. Thank you for all the sacrifices you have made.”

Army General Staff personnel performed the Ngāti Tūmatauenga New Zealand Army haka to honour their new boss as she donned her service jacket complete with new rank.



NEWLY APPOINTED COMJ

The new Commander Joint Forces (NZ) is Army officer Major General Rob Krushka. As a Brigadier MAJGEN Krushka was the Chief of Joint Defence Services, a role he was in since 2019.

Prior to this he held roles in Commander Logistics, Defence Logistics Command, Logistic Commander (Land), and Military Secretary, Army General Staff, Commanding Officer, 2nd Logistics Battalion and Chief of Staff, 2nd Land Force Group.

MAJGEN Krushka has deployed numerous times including to Iraq as a United Nations Military Advisor, Timor-Leste as the Officer Commanding Combat Services Support Company, and Antarctica as a Detachment Commander. In January 2004 he was posted to Headquarters Joint Operations Command, Sydney Australia as the Staff Officer Grade Two Logistics Operations and Plans.

He is a graduate of the New Zealand Defence Force Command and Staff College (Dux) and the Dwight D. Eisenhower School for National Security and Resource Strategy (Distinguished Graduate). He holds a Graduate Certificate in Supply Chain Management, Post Graduate Diploma in Arts (Distinction), Master of Business Administration and a Master of Science in National Resource Strategy (Distinction).

In 2006, MAJGEN Krushka was awarded an Australian Defence Force (ADF) Deputy Chief of Joint Operations Commendation for his role in ADF support to the 2004 Boxing Day Tsunami and in June 2006 he was appointed as a Member of the New Zealand Order of Merit.

“

I am deeply honoured and privileged to have been chosen to serve as the Army’s 17th Sergeant Major. It is genuinely humbling to have been selected from a group of capable and competent senior enlisted leaders.

– WO1 David Alder



NEW SERGEANT MAJOR OF THE ARMY

Warrant Officer Class One David Alder has been appointed Sergeant Major of the Army. Since 2023 WO1 Alder has been serving as the Special Operations Command Sergeant Major.

WO1 Alder enlisted into the NZ Army in 1992 and graduated as a combat engineer. He later successfully completed the Commando Selection Course and has held a variety of appointments within 1 NZSAS.

In 2019 WO1 Alder successfully completed the Advanced Command and Staff Course, from which he earned a master’s degree with merit. He also holds a Diploma in Business and has completed Special Operations Leaders courses.

In 2020, WO1 Alder became a Soldier Career Manager before being selected as the Command Warrant Officer Joint Military Police Unit a year later until his current position with Special Operations Command. The Sergeant Major of the Army is a member of the personal staff of the Chief of Army, and advises the Chief of Army on all matters affecting soldiers. He is essentially the eyes and ears of both the Chief of Army and the soldiers, and ensures both can communicate and be heard effectively.

“I am deeply honoured and privileged to have been chosen to serve as the Army’s 17th Sergeant Major. It is genuinely humbling to have been selected from a group of capable and competent senior enlisted leaders.

“While the confirmation of the CA and SMA is recent, the Chief and I are fully aware of the Army’s challenges in the current environment. These include fiscal limitations at home, the effects of ongoing great power strategic competition, and challenges to the rules-based international order, both regionally and in Europe. However, these challenges also allow the Army to be more creative and innovative in its approaches to current and emerging trends and threats. This will require us to approach things differently, potentially more nuanced, rather than doing things the same way we always have,” he said.

WO1 Alder was selected from a highly skilled peer group during the Sergeant Major of the Army selection board and took up responsibility on 5 September 2024.



Young people in the larger Waiouru area are learning skills ranging from gathering kai, water confidence and navigation, to vehicle maintenance, bush craft and fire arm safety, thanks to the enthusiasm and dedication of a group of like-minded community members.

SOLDIER LED PROGRAMME TRAINS YOUTH IN LIFE SKILLS

The 360° Rangatahi Life Skills programme is 28 weeks long and open to youth aged between 13 to 17 years old. As well as Waiouru youngsters the programme also involves their cohort from from Raetihi, Ohakune and Taihape. The man who instigated the group, Staff Sergeant Dean Cootes says the inspiration behind the programme came from a desire to give back to the community, “and provide our youth with opportunities they might not otherwise have.”

“I was fortunate to receive funding from one of our local iwi, Ngāti Rangī. I knew I wanted to create an initiative that would truly benefit our rangatahi providing them with new opportunities, education, and life skills to give them some tools to navigate life.”

“

My favourite thing I found in this programme was the car maintenance, it was a new skill for me and we learnt it at the local service centre.

– Sam Williams, 14



SSGT Cootes' daytime job is range control operations officer at Waiouru Camp. He runs the course annually from an area in Waiouru known as The Hub which he designed and created in his own time for local youth to use. "I enjoy working with youth. Our kids in the community often lack opportunities, and I want to change that. I've gained practical life skills from my time in the Army, like bush craft, navigation, first aid, water safety, and vehicle maintenance. In addition to my hobbies and passions, such as hunting, fishing, and water sports, I can pass these skills onto our rangatahi. "We live in a paradise with rivers, lakes, and mountains right at our doorstep, and this motivates me to volunteer my time each week. I saw an opportunity to support whānau and rangatahi and took it." He's not a one-man band and has what he says is a small team of "amazing, community-minded people who donate their time and skills."

Local businesses and other community leaders have got behind the programme like Steve Smith from SS Construction Limited, Senior Constable Bruce Francis, husband and wife team Bryce (Army Reserve Force) and Catherine Wright, and other volunteers who work behind the scenes. "They help with administration, cooking lessons, butchery, fire training and supporting us to uphold our kaupapa." SSGT Cootes says while the programme has received some funding, cash flow is always an issue as a wide range of subjects are taught, and equipment and stores are needed to run it. Sam Williams, 14, has just finished the life skills programme, and won the Peers Award, and the top Toa Award. He says he learned a lot on the programme and also made friends. "I was really surprised about how welcoming Waiouru is as a community as this is my first year here. I was also surprised about how many people helped out for this programme and how dedicated they were, this really inspired me.

"My favourite thing I found in this programme was the car maintenance, it was a new skill for me and we learnt it at the local service centre. I also really enjoyed the building phase because it was really cool to learn about new tools, how to use them and what to use them for. This knowledge was shared by one of our main staff, Steve, who is a local builder." The programme celebrates the successes and growth of the students with an awards evening held at Rongomaraeroa o ngā hau e whā the NZ Army National Marae in Waiouru. The teens put their skills in action, learning how to kill, gut and butcher an animal as part of the course, then prepare it to host a dinner for whānau, the wide range of volunteers, Ngāti Rangī, and invited guests.



Twenty-eight Army personnel worked long days to help make sure no one went hungry at the tangihanga of the Māori King, Tuheitia Pootatau Te Wherowhero VII.

MĀORI KING'S TANGI

The soldiers set up three field kitchens at the Tūrangawaewae Marae, and from there helped produce thousands of meals for the mourners who converged on the marae to pay their respects and say farewell to King Tuheitia Tuuheitia.

Liaison officer Commander TJ Thompson, RNZN (Tainui, Ngati Haua, Ngati Paoa) said Sunday 1 September was the first day the marae was open to the motu, and that's when the soldiers began producing meals to feed the thousands who had gathered.

"The morale of the team was very high. The hau kainga (marae whānau) made a point of including the catering detachment in the Poo Whakamanawa (celebration of Tuheitia) one night. The soldiers, along with other kai mahi (working staff) were given the honour of being brought to the front of the mahau (where King Tuheitia lay in state) to be recognised for their efforts. It was a moving gesture of appreciation on behalf of Tūrangawaewae," he said.

“

We felt the aroha. The detachment was fully integrated and working as one. It was a huge privilege to be able to provide support.

– CDR TJ Thompson



The soldiers brought three field kitchens with them, thinking they would only use two, but ended up using all three. They had maintainers with them to attend to any problems, and one day cooked 9,000 meals.

And was there a crowd favourite?

“The creamed paua was exceptional apparently,” said CDR Thompson.

“Although the boil up and crayfish went down well too.” Marae staff prepared the food, and the caterers cooked it.

“We felt the aroha. The detachment was fully integrated and working as one. It was a huge privilege to be able to provide support.”





Image top: Waiouru Military Training Area provides a remote area for the NZ Army to dispose of expired, worn and damaged ammunition and explosives.

Image right: Warrant Officer Class One Denis Wanihi says there is a great variety of work in dealing with ammunition and his job has taken him around the world.

While keeping ammunition and explosives safe and stored correctly is the main role of a New Zealand Army ammunition technician, a few times a year there is a chance to have some fun destroying it.

LIFE'S A BLAST FOR AMMO TECHS

Bulk demolition of ammunition happens for a few weeks every year to safely dispose of any expired, worn and damaged ammunition and explosives. Carried out under stringent safety conditions at Waiouru Military Training Area, it remains a highlight for those involved.

Ten ammunition technicians work at the Waiouru depot. A big demolition schedule requires ammunition technicians from other depots and Linton's 2nd Combat Services Support Battalion to support the Waiouru team. The team recently blew up approximately 28 pallet loads of expired ammo which took about two months of planning and preparation.

Warrant Officer Class One (WO1) Denis Wanihi, who is chief ammunition technician and the depot manager at Waiouru, says it's not just a matter of placing old ammunition in a pit and putting explosives on top of it. There are techniques involved and all ammunition is different.



“An ammunition technician must know the ins and outs of what they are destroying so they can dispose of it correctly,” WO1 Wanihi said.

“A lot of this is learnt through practical experience so it’s important that ammunition technicians attend as many of these demolitions as possible to progress in their careers.”

He said it provided a base knowledge and experience that you take with you overseas on any deployment or exercise.

WO1 Wanihi said the primary purpose was to keep everyone safe from ammunition. This included helping protect locals by destroying dangerous munitions and also ensuring they didn’t end up in the wrong hands.

“At the higher level you will also get to be involved and be a major planner in projects that are worth millions.”

Several years ago WO1 Wanihi was the recipient of the New Zealand Gallantry Medal for his work in Afghanistan.

“In Afghanistan we received and collected caches of old, foreign and unknown munitions and destroyed them,” WO1 Wanihi said.

The job of an ammunition technician is a combination of logistic and supply as all ammunition must be safe and accounted for at every stage of its life, whether it’s in the depot or out in the field being used by soldiers.

All new ammunition arriving in New Zealand is transported to a depot where it is checked again, counted, and stored, under the management of an ammunition technician. While a large part of what ammunition technicians do is compliance it’s also about managing risk and providing advice to units on use, handling and transport.

Ammunition technicians are frequently asked to accompany soldiers on international exercises to oversee the transport, storage and use, and safe return of ammunition. Recent deployments include Australia, Solomon Islands, Fiji, the USA, the United Kingdom, Afghanistan and Iraq.

As a rule, where there is New Zealand ammunition, there will be an Ammunition Technician close by. They are also required to work around planes and ships loading ammo for transport.

It takes about two years to work as an ammunition technician and between five and seven years to become fully qualified. WO1 Wanihi said it was a great career because of its variety of work, both overseas and at home.

“We work with Army, Navy and Air Force – one day we are working with planes, another we are out in the field keeping ammo safe and ready to use for the troops. On another day we are walking through the training area looking for unexploded munitions to destroy.”

LEGAL SKILLS OVERLAP POSITIVELY INTO RESERVIST ROLES

By SGT Caroline Williams

When Lieutenant Joseph Corbett discovered Legal Officers served in the NZ Army it felt like a eureka moment.

"I first became interested during my second year at law school at the University of Otago, when a Legal Officer came and spoke about his role. I'd never heard of Legal Officers, nor the Reserve Force, so I wanted to develop my understanding of the Army then fast track into a role as a Legal Officer once I graduated.

"I applied and was selected for the Reserve Force Internship Scheme, and worked full time with Defence Legal Service over the summer holidays," he says.

The NZDF Summer Reserve Force Internship Scheme (RIS) provides selected NZDF Reservists, both officers and soldiers, with an internship at an NZDF base across New Zealand. Interns are placed where their individual skills can best be used, giving the intern exposure to opportunities so they can further a military or civilian career within the NZDF.

Although enjoying the internship, Lieutenant Corbett found serving as an infantry soldier with 2nd/4th Battalion, Royal New Zealand Infantry Regiment based in the South Island, sparked a passion for being in the thick of the action. Two years after committing to Reserve Force infantry life, he completed the Territorial Force Commissioning Course, receiving the top grade, and is currently a platoon commander at Wellington Company, 5th/7th Battalion, Royal New Zealand Infantry Regiment. Now graduated, he works in Wellington at the Office of the Wellington Crown Solicitor, Luke Cunningham Clere (LCC).

"My current work as a junior lawyer involves acting in disputes between private individuals and government departments, as well as conducting criminal and regulatory prosecutions. I support more senior lawyers with managing their cases, manage client relationships, appear in court, and prepare legal documents."

The 26 year old has found his Army and legal skills have overlapped in both his roles.

"Junior officers and junior lawyers are similar in that their job is typically to facilitate someone else's plan, either your commander, or a senior lawyer who you're working under. My training as a platoon commander has benefited my full-time legal work, because it helps me to look beyond the task I've been given. By understanding how that task fits into the bigger picture, I can assess the strength or weakness of different strategies when conducting a case, and consider how to improve my boss's plan or carry it out more efficiently, and this also flows into how I delegate tasks to other junior lawyers.

"I've also found the resilience skills the Army has taught me have been effective at helping manage the stresses of legal work," he says.



Image: Lt Corbett in the aim during a testing situation on his Platoon Commanders course held last year.

Photo: SGT Caroline Williams

“I need to communicate and write effectively in the law industry and although the writing and speaking I do as a lawyer is very different to that of an Army officer, it crosses over well. In both contexts, I need to understand my audience, triage what information is most important for them, and communicate that information effectively.”

A wide variety of professions are represented in the Reserve Force and often varying rank levels can find themselves working together in civilian life. Arriving at Luke Cunningham Clere (LCC), Lieutenant Corbett found himself working alongside fellow Reserve Force officer, Colonel Amanda Jane Brosnan.

After spending 17 years in the Regular Force, Colonel Brosnan served with 4 Otago South Regiment then 2nd/4th Battalion RNZIR, where Lieutenant Corbett also began his Reserve Force career. After a deployment to Afghanistan, she became Commanding Officer 2nd/4th Battalion, and two years later, graduated with an LLB(Hons), was admitted to the Bar and is now a Crown Prosecutor for LCC. Now serving in a strategic level within the Reserve Force, Colonel Brosnan is in the role of Assistant Chief of Army (Reserves), where she can combine experience from both her civilian and military careers to have influence over the future of the NZ Army Reserve Force.

Like Lieutenant Corbett, Colonel Brosnan makes use of her military training in her role as a prosecutor.

“Litigation in NZ follows the British adversarial model. As a Crown prosecutor I am required to present the Crown case in a criminal trial dispassionately and to treat defence lawyers with respect (of course!), but the fact remains that we are pitted against each other in the court. I have found that applying the military appreciation process to analyse a case is very useful, especially when it comes to identifying the weakness in the Crown case and figuring out how to protect or otherwise deal with them; and identifying the strengths in our case and how to exploit them. The same applies to identifying the strengths and weakness in the defence case.”

After joining LCC, COL Brosnan discovered a further link between her civilian and military employers. Major General Sir William Cunningham KBE DSO VD ED, one of the founding partners of LCC, served in Wellington Infantry Battalion during World War I. After the Battalion Commander, Lieutenant Colonel William Malone, was killed during the Battle of Chunuk Bair, William Cunningham took over command of the unit until he too was injured. He also held the position of commander of 2nd Battalion, Wellington Infantry Regiment, and after returning home, became

commander at Wellington West Coast Regiment. After the war, he returned to his law practice and remained in the Territorial Force, ending his career as the Major General commanding the Pacific Section, New Zealand Second Expeditionary Force (2NZEF), in Fiji during World War II.

Both Colonel Brosnan and Lieutenant Corbett concur that LCC has been a supportive employer to their Reserve Force career.

“The Crown Solicitor at LCC is very supportive of the military, especially given the Territorial Force career of one of the founding partners, Major General Sir William Cunningham. LCC have been extremely supportive of both my deployment to Op SCORIA in Israel, and in my role as Assistant Chief of Army (Reserves),” says Colonel Brosnan.

Any Defence Recruiting enquiries can be directed to 0800 1 FORCE. Each Reserve Force company has its own training programme in line with its battalion's training focus. Company level training typically occurs one weekend a month with platoon level training occurring one night a week.

BATTLEFIELD STUDY TOUR



LTCOL Peter Wood, Director of the New Zealand Wars Study Centre, recently attended a battlefield study tour of Singapore and Borneo with members of the Australian Army.

"I was the only foreign participant on the Australian Army battlefield study tour to sites where their troops were in action against Japanese forces during the 1941/42 Defence of Singapore and the 1945 amphibious beach landings and riverine operations in Borneo.

Over the 16 days of the tour, the 15 corporal to colonel ranked attendees visited many coastal and inland locations of Australian brigade and battalion level combat to draw insights from the Second World War Asia- Pacific theatre for utility in the modern era. Some settings were idyllic isolated beaches and easily accessible whereas others required us to struggle for hours through the jungle to reach a suitable observation point.

Apart from myself as observer/ participant and the three ADF officers delivering the activity (the OIC, Historian and Chief Instructor), the participants were drawn primarily from units and headquarters posted to amphibious roles within Australian Army units or Special Forces, including personnel assigned to RAN ships in beach landing roles, members of 2 RAR and supporting arms and services assigned

to them for amphibious landings, and representatives from the Advanced Landing Force whose mission is to recon and secure a beach ahead of a landing. Two members of the Australian Army Reserve were included the group.

The historian's explanation of what occurred at each site was merely the catalyst for CI generated general discussion over application to the modern day, or to focus on a specific aspect such as the effects on a landing of tide, wind and beach gradient. Sometimes we were divided into syndicates, and armed with intelligence summaries and orders issued from higher 'back in the day', we produced and briefed our own plans, as if we were the landing or attacking battalion or brigade commander. The historian, Associate Professor and Army Reserve Captain Garth Pratten then advised what plan was developed by the real commander and how the action actually unfolded. The Chief Instructor LTCOL (Rtd) Ross Cable generated discussions on applicable principles of war, tactical considerations and present day capability, organisations, doctrine and TTPs, or ran decision forcing cases (or exercises) where at a given point in the operation under consideration a specific choice or course of action was required, which we then offered, and then learned what decision had actually been made, and why.

Each participant was also allocated a specific topic to brief the group on for 15–20 minutes at some stage during the tour. I was asked to brief on 3 (New Zealand) Division's amphibious operations in the Solomon Islands in 1943/44. I was requested to address specifically what New Zealand's experience of amphibious operations was in the Pacific theatre, where it got its amphibious and jungle doctrine and TTPs from and what was learned from the experience. Word count prevents a full explanation of this here, but 3 (NZ) Division's success can be attributed largely due to its commander MAJGEN Sir Harold Barrowclough's insistence on tough and realistic training, on learning from contemporary amphibious and jungle fighting lessons from American and Australian experience in New Guinea and Guadalcanal and by the adoption of lead nation (in this case American) amphibious doctrine and TTPs.

It is intended to incorporate the techniques learned into a pan-NZ Army New Zealand Wars battlefield study tour to be conducted in Taranaki and the Central plateau 18- 24 November 2024.



Image: LCPL Ethan Basterfield .
Photo: CPL Rachel Pugh

WHAT GOT YOU INTERESTED?

Q: What got you interested in becoming a movements operator?

A: When I joined the NZDF I didn't really know much about trades and jobs. I had a family friend who was a movements operator back in the day, he told me about what he did and that's what initially sparked my interest.

Q: What type of things do you move, and where?

A: Anything and everything really. We move personnel overseas for exercises and operations. We rig aerial delivery loads containing equipment, food, water and supplies with the RNZAF, and vehicles, personnel and equipment via the HMNZS Canterbury.

Q: What are the main things you learn about when you train to become a mov op?

A: Due to the mov op trade being broken down into three sub-trades those being aerial delivery (51 Platoon), Terminal and Amphibious Beach Team operations (52 Platoon) and Movements Control (53 Platoon) everyone in the trade does their junior courses relating to each of these sub trades in order to become proficient at each part of our job. Some of the things learnt in these courses include aerial delivery rigging, vehicle and crane operation, setting up beach terminals and terminal procedures, ship off load and unload, and what paperwork is used and how it's meant to be filled out when sending personnel and equipment overseas.

Q: How do you train?

A: During periods of low activity, work organises training for each sub-trade headed by the JNCOs within that platoon rotating week by week as well as throwing in all arms training from time to time.

Q: Who do you work with most?

A: As mov ops we work with just about everyone in the army. We work with most units that send personnel overseas and we also work alongside RNZAF when conducting aerial delivery exercises and we work alongside the RNZN when conducting amphibious beach team operations and HADR (Humanitarian Aid and Disaster Relief).

Q: Do move ops deploy much?

A: Mov ops have a yearly deployment that is Operation Antarctica where we go down to Antarctica and assist the US Navy with a ship offload at the McMurdo Base as well as personnel being part of the HTT (Harewood Terminal Team) where they work on the ground as cargo handlers, bus drivers or loader drivers sending stuff down to Antarctica. Mov ops have a small detachment known as the SOLT (Ship Off Load Team) permanently posted to the HMNZS Canterbury and additional personnel can be sent there to assist the SOLT during the HADR season. We have a variety of other postings to other places around NZ. Mov Ops also deploy alongside other units as FETs (Force Extraction Teams) to bring personnel back from overseas exercises and operations.

Movement operators get troops, equipment and vital supplies from A to B efficiently. Earlier this year Lance Corporal Ethan Basterfield of 5MOVCOY won Movement Operator of the Year in the Army's 2024 Core Skills Competition. Army News asked him about his career.

Q: What do you like about your job?

A: I enjoy the variation in our work and how we can be doing something different each week. I also enjoy being part of the FETs when an overseas exercise is happening.

Q: What sort of things did you do in the competition?

A: The MOTY (Mov Op of the Year) competition consisted of five stands – a trade knowledge stand, aerial delivery stand, terminal stand, movements control stand, and a mystery stand. The trade knowledge stand was a quiz with normal and multiple choice questions. The aerial delivery stand had us rigging up a cordage pack, A7A, and a helibox. The terminal stand consisted of lashing down a vehicle in a C130 mock up, operating a HIAB crane, and operating a forklift through a course. The movements control stand had us complete documentation for exercise moving overseas. The mystery stand had us race with packs on, then another race with a memory stand, putting up a hootchie, dragging a tire, and completing a puzzle.

ARMY STALWART CALLS IT A DAY AFTER MORE THAN FIVE DECADES

By Judith Martin

Sixteen year old Gary Shaw became a soldier with the idea he could serve in South Vietnam. After all, that was the major reason he had joined the Army.

“But no one told me I was too young,” he laughs. “You had to be 19 and a half with parents’ consent to leave New Zealand to serve overseas in those days.”

While he couldn’t serve overseas when he was a teenager, the SAS veteran made up for it in the ensuing years. He has recently retired after nearly 55 years in uniform.

“Why did I stay that long? I never found a good enough reason to leave,” he says.

Gary was a Regular Force cadet and says coming from a disciplined family made being a cadet “quite easy”.

“I found it invigorating – the Army suited me.” His father had his own trucking business after he came back from World War Two, and his grandfather had served in the Great War. The uniform was in his blood.

During his 54 years in the Army there was plenty of action. There were postings to various camps, infantry corps training, and time as an instructor. He deployed to Singapore in 1973, on return to New Zealand was posted to then 1 Ranger Sqn then backwards and forwards between the Infantry Bn and the School of Infantry. But then came deployments to Bosnia, East Timor, the Middle East.

“They were great years, full of doing the things we all join the Army for.”

He returned from UNTSO in the Middle East in 2002 and got a call from the SAS commander asking him if he wanted to come back into the group.

“I didn’t even have to think about it. I said I’ll be there on Monday.”

He went on to do four tours of Afghanistan, as well as serving in various roles within the regiment. He never tired of the work, although he admits “my knees and shoulders are telling me about it now.”

“The SAS regiment is unique in that you’re working with motivated, like-minded people every day and it is invigorating and challenges you to pursue excellence in everything you do.”

Reflecting on his lengthy service, he says there were definite challenges.

In the 1990s he helped colleague Martyn Dunne establish 2 Land Force Group, the precursor of 1 (NZ) Brigade. “We were dealing with very diverse groups of people. In the end it was up to the Unit commanders whether they wanted to be in or not. It was that situation of having to spend 95 percent of your time dealing with the 5 percent that cause you a problem.”



These challenges were outweighed by many highlights and the key ones being, commanding New Zealand soldiers on operations, the Officer Commanding the Special Operations Training Centre and as the RSM of the Officer Cadet School (New Zealand) to mention a few.

“The key was the outstanding people I have been able to work with over many years, who often go unrecognised in New Zealand these days. Across the NZDF there are many people in this category.”

Three years ago Gary was diagnosed with cancer. The usually ebullient man admits the months that followed were among the worst days of his life. He is grateful his service was extended by three years so he could get through the illness. “It took about two years after the chemo before I felt OK. I have beaten it now. You have to keep your mind active or you’ll fall over pretty quickly.”

He stayed on for another year. “I’ve had a good run, yeah. It has been demanding, rewarding and I’ve thoroughly enjoyed it.”

How does he relax?

“I discovered fly fishing about 25 years ago. When you’re doing it you have to concentrate or you’ll hook yourself in the head. I found it cleared my mind which helped me focus on the next challenge. I still fish and hunt and have a labrador pub again in Motuoapa beside Lake Taupo, where we are living now. My wife Barbara is my rock and without her support I would not have achieved what I have – life is good.”

“**The key was the outstanding people I have been able to work with over many years, who often go unrecognised in New Zealand these days. Across the NZDF there are many people in this category**

– Gary Shaw



Photo courtesy of Australian Army Imagery Specialist Trainee Sapper Alex Brown who is also the Australian Army Drone Racing Team Captain, and pictured with Sergeant Ellett.

Pictured with Sergeant Ellett is Signaller Mark Bradfield (Regular Force).

ALL THINGS I.T. A BOON FOR RESERVIST

By SGT Caroline Williams

Technology and Sergeant Reuben Ellett go hand in hand whether it's theory or action based. It's a passion that's propelled and led him to become the Manager Learning Information Systems at the New Zealand Defence College while still continuing to serve the NZ Army by transferring to the Reserve Force.

"Growing up I always had a passion for two things – the military and computers. Little did I know that combination would lead me down a twelve-year-long path to where I am today," he says.

After working in the techie industry for a number of years he hankered for a challenge and joined the NZ Army Regular Force in 2012. His bent for technology sat well for him to be placed as an Information Systems Operator in the Royal New Zealand Corps of Signals (RNZSigs).

"In my civilian employment I'm responsible for digital learning technology from the angle of strategy, policy and management. I need to learn about specific technologies then provide strategic direction within the policy field.

While serving in the Regular Force, a personal highlight was a deployment to Iraq on operation Manawa as an Information Systems Operator. Returning to New Zealand, he was posted to The Army Depot (TAD) as a section commander and instructor training new recruits.

"Although this was the most challenging time I have had, it gave me some of the most rewarding moments of my career. The workload is a busy one at TAD and I had the challenge of settling after a deployment. I was lucky, my wife, Mishaela, was a rock and kept the home fires burning."

Posted to HQ TRADOC to design and release the interactive digital learning platform, and with COVID-19 in its throes, Sergeant Ellett's work became even more valued.

"After my posting out of TRADOC, I decided I could give more to NZDF than what the uniform allowed me and in early 2021 I left the Regular Force and signed on as a Reservist. Employed in a role within Defence Digital Group (DDG) for three years, I enjoyed several projects that were technically challenging but I was lamenting the fact that I didn't get to 'finish' the work I had started in 2019."

Sergeant Ellett's dedication to the NZDF doesn't stop there, he's also the Captain of the Army Drone Team.

"This year we have been invited to compete in London in September so I've been busy building drones. We build, race, and fix them (if they get damaged during competitions). It's also a technology that the NZDF is new to learning so hopefully my skills can assist in its growth.



EX PHANTOM MAJOR

Photo: CPL Rachel Pugh



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Large exercises like this are critical to maintain the New Zealand Defence Force’s land combat capability at a credible standard so we can work effectively alongside our Australian ally and other international forces.

— MAJ Tony Harris



Images: Exercise Phantom Major is conducted in the Waiouru Military Training Area. As a command task, a combined combat force of QAMR LAVs and infantry assault the Urban Container Village and clear it of enemy forces, with support from engineers and anti-armour forces.

Photos: CPL Rachel Pugh

The New Zealand Army has carried out a major warfighting exercise involving New Zealand Light Armoured Vehicles (NZLAVs) as part of its build up to a larger multi-national exercise in Australia alongside the United States next year.

Exercise Phantom Major, held from 19 August to 6 September, involved 17 NZLAVs in a motorised infantry combat team with more than 30 vehicles and 190 soldiers. It was one of the largest land combat exercises held in New Zealand in recent years.

There were two scenarios; the first was a peacekeeping role immediately post conflict, followed by responding to the resumption of conflict in the fictional country of North Torbia. Initially a combat team deployed into the central plateau area to stabilise the area and secure key infrastructure following a cease fire.

The troops then had to respond to growing insurgency and hostilities resuming. They used blank ammunition, explosives and simulation equipment to emulate real combat as closely as possible in order to prepare them for the challenges of a major conflict and sustained operations in an austere environment.

Combat support capabilities, including anti-armour, snipers, combat engineers, signals, joint fires and logistics elements, contributed to the exercise. Major Tony Harris says exercises such as Phantom Major prepare NZ Army soldiers and leaders to perform well on the world stage amongst their peers at all levels of command, and in a wide variety of scenarios.

“Combined arms training activities are important for building confidence for our soldiers and officers as they go onto operations and large-scale exercises on a multinational level alongside our partners.

“I’m really pleased at the standard of training that the combat team has achieved over the last few weeks. Large exercises like this are critical to maintain the New Zealand Defence Force’s land combat capability at a credible standard so we can work effectively alongside our Australian ally and other international forces.”

During Phantom Major, eight senior captains were qualified on the Regular Force Combat Advanced Course, which gives them the skills they require to command a rifle company or a squadron on combat operations. Phantom Major is an important stepping stone towards Talisman Sabre 2025, which is a biennial multi-national exercise led by Australia and the United States.

It’s designed to test the respective forces in planning and conducting multi-national and multi-service military operations. It aims to improve the combat readiness and ability to seamlessly work together between Australia, the US and other partner nations such as New Zealand.

In 2023 more than 30,000 military personnel from 13 nations took part in Talisman Sabre, covering a range of exercises including force preparation activities, amphibious landings, ground manoeuvres, air combat and maritime operations.



SERVING IN BLUE, AND IN GREEN: LCPL PATRICK READ

By SGT Caroline Williams

Serving the Southland community in two different uniforms, one with the New Zealand Police and the other as an Infantry soldier in the NZ Army Reserve Force is the norm for Lance Corporal Patrick Read.

“I’d wanted to join the Police straight from school, but they wanted recruits who had more life experience behind them. I decided to study to fill the gap and while I was doing that, discovered the Army Reserves. I joined and was able to train with 2nd/4th Battalion, Royal New Zealand Infantry Regiment in Dunedin while I continued my studies,” said Lance Corporal Read.

“This training through 2/4 developed work experience and valuable life skills that helped ensure my second application to join the Police in Invercargill was accepted. 2/4 has a strong presence in Southland so the transfer was seamless.”

Having that connection with the soldiers of 2/4 Battalion in Southland has not only given LCPL Read networking opportunities within the community and reinforced both his Army and Police training, but it’s given him some good mates too.

“Our unit is particularly close knit, and we take advantage of catching up socially as often as we can.”

A recent Southland based exercise in Invercargill around developing the units’ operational skills was a highlight for LCPL Read. After a day of training in a round robin stand format, officers and soldiers were tested with simulated combat tasks.

“The training was designed to mirror how an operational environment might work if we were on deployment. The training taught, reinforced and then tested, tactics, techniques and procedures and our section got a lot out of the weekend.”

Earlier in the year, LCPL Read attended Exercise Tuwharenikau, the largest combined Australian Army Reserve and New Zealand Army Reserve Force exercise in nearly 15 years, based at Waiouru Military Training Area.

“This type of combined arms exercise is invaluable as a training opportunity. Working alongside all the New Zealand Infantry Reserve Force Battalions and Australian Reserve Force soldiers as well as utilising assets such as NH90 helicopters and NZLAVs ensures that we are more ready to integrate with Regular Force units both in training and on operations.

“The Reserve Force has prepared me well to operate as a member of a small high performing team and these skills have translated across to Police. In both roles, I often find myself in a position where I can add value based on skills, knowledge and experience that I have gained through the other role.”



Image left: Lance Corporal Read gives direction to the Gunner.

Image top: After a successful attack, Lance Corporal Read surveys the battlefield.

Photos: SGT Caroline Williams

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The training taught, reinforced and then tested, tactics, techniques and procedures and our section got a lot out of the weekend.

– LCPL Patrick Read

SUMMARY TRIAL OUTCOMES

The Armed Forces Discipline Committee directed that the outcomes of summary trials would be published by Single Services quarterly.

While deterrence is one factor in publicising the trials outcomes, it is also important that all offences are treated seriously and our people deserve to know that justice is being done.

It also ensures that command are aware of trends across the NZ Army and sentencing is consistent. This shows that personnel are held to account for their actions, regardless of rank.

The following table is a collation of summary trials that occurred in Army over the period Apr – Jun 2024

Serial no.	MD 601	Rank	Offence(s)	Finding	End point punishment
1.	0050/24	2LT	Negligently performing a duty	Guilty	To come up for punishment
2.	0059/24	PTE	Negligently performing a duty	Guilty	5 days CB
3.	0061/24	PTE	Avoidance of duty	Guilty	
4.	0064/24	CPL	Negligently performing a duty	Guilty	3 days CB
5.	0066/24	LCPL	Negligently performing a duty	Guilty	To come up for punishment
6.	0089/24	PUT(PTE/OCDT)	Negligently performing a duty (UD)	Guilty	Reprimand
7.	0091/24	PUT(PTE/OCDT)	Negligently performing a duty (UD)	Guilty	4 Days CB
8.	0095/24	PUT(PTE/OCDT)	Negligently performing a duty (UD)	Guilty	4 Days CB
9.	0097/24	PUT(PTE/OCDT)	Negligently performing a duty (UD)	Guilty	6 Days CB
10.	0098/24	PUT(PTE/OCDT)	Negligently performing a duty (UD)	Guilty	5 Days CB
11.	128/24	PTE	Negligently Performing a Duty	Guilty	
12.	129/24	PTE	Negligently Performing a Duty	Guilty	5 Days CB
13.	0067/24	2LT	Negligently Performing a Duty	Guilty	8 Days CB
14.	0106/24	PUT(PTE/OCDT)	Failure to Comply with Written Orders	Guilty	8 Days CB
15.	0107/24	PUT(PTE/OCDT)	Failure to Comply with Written Orders	Guilty	Fine \$400 deducted over 2 pays
16.	0334/23	SGT	Failing to comply with Written Orders	Guilty	7 Days CB
17.	140/24	CPL	Failing to Comply with Written Orders	Guilty	7 Days CB
18.	141/24	CPL	Failing to Comply with Written Orders	Guilty	
19.	143/24	LCPL	Failing to Comply with Written Orders	Guilty	Corrective trg
20.	144/24	LCPL	Failing to Comply with Written Orders	Guilty	Fine \$212.31
21.	142/24	LCPL	Failing to Comply with Written Orders	Guilty	Fine \$212.31
22.	151/24	LCPL	Failing to Comply with Written Orders	Guilty	Fine \$204.83 deducted over 5 pays
23.	159/24	CPL	Failing to Comply with Written Orders	Guilty	Fine \$204.83 deducted over 5 pays
24.	0087/24	PUT(PTE/OCDT)	Failing to Comply with Written Orders	Guilty	Fine \$393.52 deducted over 5 pays
25.	0148/24	PUT(PTE/OCDT)	Failing to Comply with Written Orders	Guilty	Fine \$204.83 deducted over 5 pays
26.	0135/24	PUT(PTE/OCDT)	1. Failing to Comply with Written Orders 2. Avoidance of Duty	Guilty Guilty	3 Days Extra Work and Drill
27.	0138/24	PUT(PTE/OCDT)	Failing to Comply with Written Orders	Guilty	4 Days CB
28.	0138/25	PUT(PTE/OCDT)	Failing to Comply with Written Orders	Guilty	5 Days CB
29.	0116/24	PUT(PTE/OCDT)	Behaving in a Disgraceful Manner	Guilty	18 Days CB
30.	0117/24	PUT(PTE/OCDT)	Behaving in a Disgraceful Manner	Guilty	18 Days CB
31.	0118/24	PUT(PTE/OCDT)	Doing an Act likely to Prejudice Service Disc	Guilty	18 Days CB
32.	0051/24	(PTE/OCDT)	Avoidance of duty	Guilty	16 Days CB
33.	0021/24	PTE	Avoidance of Duty	Guilty	14 Days CB & fine \$519.00
34.	0054/24	PTE	Disobeying a lawful Command of his Superior Officer	Guilty	To come up for punishment in 12 months
35.	0125/24	PTE	Disobeying a Lawful Order of a Superior	Guilty	Fine \$1,014.36
36.	0074/24	PUT(PTE/OCDT)	Behaving with Contempt towards a superior Officer	Guilty	8 Days CB
37.	131/24	LCPL	Avoidance of Duty	Guilty	Fine \$643.65 deducted over 3 pays
38.	160/24	PTE	Avoidance of Duty	Guilty	17 Days CB Fine \$679.30 deducted over 2 pays
39.	127/24	PTE	Avoidance of Duty	Guilty	5 Days Extra Duty
40.	154/24	LCPL	Committing a Civil Offence – Common Assault (2 Charges)	Guilty	7 Days Extra Duty
41.	432/23	PTE	Doing an Act likely to Prejudice Service Discipline (DU)	Not Guilty	
42.	145/24	PTE	Striking his Superior Officer	Guilty	Demoted
43.	0152/24	PUT(PTE/OCDT)	Behaving in a disgraceful and indecent manner	Guilty	Fine \$543.40

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I challenge each of you to take an active interest in your career plan.

– WO1 Leon Whitelaw



COMMENT

**BY WARRANT OFFICER CLASS ONE
LEON WHITELAW, CAREER MANAGER ARMY**

There are exciting times ahead as the NZDF and NZ Army appoint our new senior command teams to lead us in the coming years.

With a new Chief of Army (CA) and Sergeant Major of the Army (SMA) now in place, Army is well-prepared to navigate the challenges ahead. I extend my congratulations to both on their well-deserved selections. These appointments are not only a testament to their hard work and dedication, they also highlight the critical role effective career management plays in reaching such significant milestones. This process, when approached thoughtfully and collaboratively, can pave the way for individuals to rise to the highest levels of leadership within our organisation.

The principal message of this article is the importance of proactive and cooperative career management. It emphasises how members should take some ownership of their career plan, seek out professional development opportunities, and work with mentors and superiors, to set themselves on a path to achieve desired roles and opportunities. Members and leaders are encouraged to invest in career planning, aim high and remain focused to, and aligned with, organisational goals and needs ensuring relevant personal and professional growth in Army, and NZDF.

Reflecting on how MAJGEN King and WO1 Alder positioned themselves for these roles, it is clear many factors contributed to their success. The area I want to focus on, however, is career management. What is it, really? While there are multiple definitions, a simple one we can all use is it is 'a process of creating a plan for your career.'

For some time, 'Career Management' has been cited by many who have left the service as a key reason for their departure. This concern led Army to conduct an independent review to improve in this area. Drawing from my experiences within a Command Team, a career manager, and as part of the review team, I offer the following thoughts.

A collaborative approach is essential. Design your career plan early, think of it as a living document needing regular review. Discuss this plan with your career manager, chain of command, Regimental Colonel, a mentor (if you have one), and your whānau. These discussions will help you define realistic timelines and understand what is required from you and the organisation to achieve key milestones.

Actively seek opportunities to develop personally, and professionally, and don't hesitate to take them when they arise. It's easy to become comfortable in what you know, but expanding your knowledge, skills, and experience beyond your core trade will open up new opportunities within different areas of the organisation. This could involve formal courses, education, attending forums and seminars, becoming mentors on courses, or completing an all corps posting, among other possibilities.

Have aspirations, aim for the top roles, and don't be shy about expressing your desire to hold future key appointments, such as CA or SMA. Work diligently to achieve this goal by identifying early on the career pathway you should follow and determining the best time for you, the organisation, and your whānau to shift to a different career path. As you progress through the ranks, both as an officer or a soldier, you will be required to submit an 'Expression of Interest' submission when applying for key roles or opportunities. This is a version of a CV which should not be left to the last minute. Prepare it now and review it alongside your career plan to ensure they are aligned.

I challenge each of you to take an active interest in your career plan. As a commander or leader, do the same for your subordinates. Through this collaborative approach, personnel will develop a sense of purpose and belonging, and as a result, may realise their ambition to be CA or SMA.

RESERVE FORCE Q&A

By WO1 Timothy Sincock

Question:

With the current fiscal challenges that we face and the non-trade specific training opportunities/events that Reservists are being offered-up – as a ResF SNCO I have to manage expectations and in the current environment if it has not been budgeted for then it is harder to support a Reservists' attendance. I appreciate we are trying to engage our Reservists with more diverse opportunities, however it will create the issue of the units looking like the "bad guys" when we start saying "no" to these opportunities/events?

Response:

In the current constrained fiscal environment – there is always going to be a balancing act (prioritisation) with Reservists' training and something that has potentially been the case for some years. Still, with the development of the CAPSTONES, Plan Anzac and supporting Command Directives (at the various levels) there is a clearer picture of what is expected (the contribution) from our ResF, though there is still further defining to be done. That said, I think it important to focus training on delivering outputs, but there must also be some effort toward professionally developing individuals. Sometimes this professional development comes in the form of opportunities that cannot necessarily be planned for well in advance. Sounds simple and as you allude to the challenges that this places on our planners and trainers, we need to design and fund training opportunities that best prepare our Reservists to contribute to Army outputs plus develop individuals to be the best they can be in our organisation. This is surely a good problem to have?



Did you know?

Secondary Tax.

The purpose of secondary tax isn't to tax you harshly for taking another job. Instead, secondary tax is there to ensure you are being charged the appropriate tax rate (aggregated for the total combined income) to avoid getting a large tax bill at the end of the year.

If you have a second job, you are likely to fall into a higher tax bracket/threshold (of the combined total of both incomes), so rather than having to pay a large amount of tax at the end of the year, the secondary tax payment means you spread the tax payment over the year.

The income from your second role, is treated similar to any other income you may have such as shares or rental income, in that it is added together at the end of the year with the total tax payable on the total amount.

At the end of the year (when you complete your tax return), the separate tax you pay on the two incomes should be the same tax amount as what it would be if those two incomes were combined into one job.



1 CSR EXERCISES WITH FIVE EYES NATIONS IN NEVADA

The New Zealand Army tactical land electronic warfare team, along with teams from the United States Marine Corps, British Army, British Royal Marine Commandos, and Australian Army, converged on Naval Air Station (NAS) Fallon, Nevada recently for Exercise Listening Archer 24.

The exercise was the ground component of the overarching joint Five Eyes (FVEY) Exercise Resolute Hunter.

The New Zealand contingent consisted of 22 1st Command Support Regiment (1 CSR) personnel. This included 20 personnel from 5th Signal Squadron (5 SIG SQN) who integrated into our partner nations' tactical collection teams to learn how they conduct their missions and employ their equipment. This gave our soldiers and officers a variety of experiences as each force had unique standard operating procedures, equipment, and culture.

Deploying from NAS Fallon to the Dixie Valley training area, operators conducted collection activities alongside overhead air collection assets contributing to a joint collection plan. As the exercise scenario unfolded the EW teams worked to contribute to the exploitation of enemy emissions. In collaboration with the multiple FVEY ground teams and air assets they provided the information required to enable deliberate and dynamic targeting from real time fast air assets operating in the AO thanks to the concurrent US Navy's Fighter Weapons School (aka Top Gun) course. Additionally, at the operational level 1 CSR personnel were embedded into the targeting cycle from NAS Fallon where they contributed to, and in some cases led the collections management teams to increase the fidelity of actionable targets.

This exercise presented our personnel with invaluable exposure to modern joint FVEY EW, intelligence, and targeting operations. The scale, realism of the exercise, and vast amount of partner nation knowledge exchange that took place are things that cannot be achieved domestically. This experience comes at a critical time for our tactical land ISREW capabilities as we modernise, acquire new equipment, and work to Plan ANZAC.

1 CSR maintained its international reputation by displaying professionalism and effective soldiering skills in adverse conditions as well as the famous 'Kiwi ingenuity' that also helped our partners to reflect on how they operate and how they could be more efficient.

MORE EFFICIENT THAN FLYING SOLO KAWAU MĀRŌ WĀNANGA

A wānanga designed to support people so that all might succeed together was hosted by Army People and Culture in collaboration with the Warrant Officer Kawau Mārō group recently.

The wānanga was designed to foster whakawhānaungatanga and provide an opportunity for professional development, and was open to all genders and ranks, however in line with the broader aims of Kawau Mārō the content and presentations focused on the professional development and wellbeing of uniformed wāhine.

More than 100 Regular and Reserve Force personnel from across Army attended as well as a small number of Navy and Air Force, as well as civilian staff. The wānanga was opened by then-Brigadier Rose King who, as the keynote speaker, provided an overview of her journey within Army from enlistment through to her role (at the time) as Acting Chief of Army. Brigadier King set

the tone of the forum to be one within which stories could be shared openly and honestly, and her discussion of the challenges that she has negotiated and the successes that she has achieved in both the professional and personal spheres of her life was inspirational.

An Army mentoring workshop was run by People and Culture's mentoring Lead, WO2 Nicky Renata. This workshop fostered a collegial atmosphere among participants, and facilitated an understanding of how to undertake the role as a mentor or mentee within the Army context.

The second day of the wānanga provided a line up of presenters who spoke about health and wellbeing research that has been, or is currently being, conducted within the Army context. Elyse Gagnon (PhD candidate) presented her research on the experiences of women and menstruation in the NZ Army. Dr Lauren Keaney and Dr Sam Rodriguez from Defence Science & Technology also gave an overview and update on the NZDF Women's Health and Wellbeing Research project. This included outcomes from recent scoping activities, and priorities for the research team moving forward. Major Jacques Rousseau then discussed the outcomes of his research into LCFT physical training for NZ Army women, identifying the unique benefits of strength training in supporting success in this domain.

Five wāhine toa from ranks Sergeant to Lieutenant Colonel presented their career stories to the audience, discussing key challenges encountered during their careers alongside an insight as to how they had navigated these. The wānanga closed with an overview of Army career management processes, where all were encouraged to take ownership of their careers and seek ongoing support and advice to facilitate their future success.

The People and Culture directorate's Gender Inclusive Army lead (Major Amy Brosnan) will continue to work alongside the Kawau Mārō group to realise the vision of Kawau Mārō: a synchronized support system that enables success for all. As such, opportunities for engaging with Kawau Mārō will be advertised in due course.

If you would like more information about the Gender Inclusive Army Project, or to learn more about the topics discussed at the Kawau Mārō wānanga, email amy.brosnan@nzdf.mil.nz. For more information about the Army mentoring scheme, email nicola.renata@nzdf.mil.nz. To become involved with Kawau Mārō email you can contact lisa.harrison@nzdf.mil.nz



US HONOUR FOR KIWI COLONEL

Colonel Esther Harrop recently graduated from the Dwight D. Eisenhower School for National Security and Resource Strategy at the prestigious United States National Defence University in Washington DC. One of 160 International Fellows among a cohort of 600 military, defence civilian, US government agencies and industry colleagues, COL Harrop was the only New Zealander in the University's Class of 2024. She leaves the programme with a Master of Science in National Resource Strategy, with an American Studies concentration.

"I've learned so much – the Eisenhower programme has US Security Strategy, Leadership and the Defence-Industry interface at its core – but it also focusses on American history; and political, cultural and social aspects of the American system which has been absolutely fascinating," said COL Harrop.

Highlights for her were the keynote address of former US Secretary of State and National Security Advisor Henry Kissinger prior to his death, the visit to NDU of Ukrainian President Volodymyr Zelenskyy, and participating in a panel with US Chief of Naval Operations, Secretary of the Army and Undersecretary of the Airforce.

COL Harrop was awarded the Ambassador's Award – an award given to the International Fellow selected by faculty, colleagues and leadership as showing excellence in scholarship and partnership building. "I feel so honoured to represent New Zealand and the NZDF at NDU, in this the 100th year of the Eisenhower School. I've made so many connections amongst faculty, leadership and colleagues across the US military, government and industry, and amongst the International fellows. It's been an incredible year."

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I feel so honoured to represent New Zealand and the NZDF at NDU, in this the 100th year of the Eisenhower School.

– COL Esther Harrop

THE AGEING SOLDIER AND EXERCISE

By MAJ (Dr) Jacques Rousseau

OIC Human Performance Cell

As the pages of the calendar turn, leading us into the later chapters of life, the pursuit of fitness and maintaining muscle takes on a new narrative. The once straightforward journey becomes a mosaic of challenges and triumphs, where the strategies that once effortlessly maintained and improved our fitness and physiques in our 20s may not yield the same results in the more 'mature' stages of life. In this month's article we look at how ageing effects exercise and what we can do about it.

Ageing can significantly impact a soldier's physical performance due to various physiological changes that occur over time. Some key effects of aging on a soldier's physical capabilities can include:

- 1. Decreased muscle mass and strength:** As soldiers age, they lose muscle mass (sarcopenia as mentioned earlier), which leads to a reduction in strength and power. This decline can affect their ability to perform physically demanding tasks, such as carrying heavy loads or engaging in combat.
- 2. Reduced cardiovascular endurance:** Aging can lead to a decrease in cardiovascular efficiency, reducing endurance and stamina. This makes it more challenging to sustain prolonged physical activity, such as long marches or extended training sessions.

What type of exercise should you be doing as the pages of the calendar turn? Here are the best types of exercises for ageing individuals:

1. Strength training

Benefits: Strength training helps combat the natural loss of muscle mass (sarcopenia) that occurs with aging. It also improves bone density, which is crucial for preventing osteoporosis.

Examples: Weight lifting, resistance band exercises, bodyweight exercises (like squats, lunges, and push-ups), and using machines at the gym.

Frequency: Aim for at least two days per week, focusing on all major muscle groups.

2. Cardiovascular (aerobic) exercise

Benefits: Aerobic exercise improves cardiovascular health, enhances endurance, helps maintain a healthy weight, and boosts mood and energy levels.

Examples: Walking, swimming, cycling, dancing, water aerobics, and low-impact aerobics classes.

Frequency: Aim for at least 150 minutes of moderate-intensity aerobic exercise per week, which can be broken down into 30 minutes most days of the week.

3. Flexibility and stretching

Benefits: Flexibility exercises help maintain a full range of motion in the joints, reduce stiffness, and prevent injury. They also aid in maintaining proper posture.

Examples: Stretching exercises, yoga, Pilates, and tai chi.

Frequency: Stretching should be done daily or at least after each workout session. Yoga or Pilates can be practiced a few times a week.

4. Balance exercises

Benefits: Balance exercises are crucial for preventing falls, which are a leading cause of injury in older adults. Improved balance also contributes to better coordination and stability.

Examples: Standing on one foot, heel-to-toe walking, balance-focused exercises such as in yoga, and using balance boards or stability balls.

Frequency: Balance exercises can be done daily or incorporated into strength and flexibility routines.

5. Low-Impact Exercises

Benefits: Low-impact exercises are gentler on the joints, making them ideal for those with arthritis or other joint issues. They still provide significant cardiovascular and muscular benefits.

Examples: Swimming, cycling, walking, elliptical training, and water aerobics.

Frequency: These can be done several times a week as part of your cardiovascular exercise routine.

6. Functional Fitness Exercises

Benefits: Functional fitness exercises mimic everyday activities, improving strength, balance, and coordination needed for daily tasks. They help maintain independence as we age.

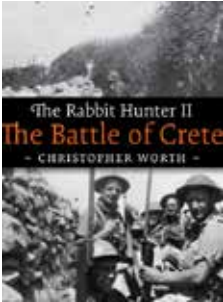
Examples: Squats (mimicking sitting and standing), step-ups (similar to climbing stairs), and carrying weights (to simulate carrying objects).

Frequency: Include these exercises in your strength training routine.

For further information on this subject contact Dr Rousseau at the NZDF Human Performance Cell

BOOK REVIEWS

Book reviews by Jeremy Seed



THE BATTLE OF CRETE – THE RABBIT HUNTER 2

By Christopher Worth

Published by Renaissance Publishing

Well, you read it here first...about a year ago I reviewed the first Rabbit Hunter book, set in Greece and concluded by saying that it wouldn't surprise me if more volumes of LT Neil Rankin's (the eponymous Rabbit Hunter) adventures turned up and so they have. At just shy of 460 pages, this volume is more substantial than the first. There is no ambiguity in the title which makes the setting of this adventure abundantly clear. We follow Rankin and his platoon from their arrival on Crete, through the invasion to the Kiwi retreat through the mountains to stay alive and avoid capture.

The book begins with the arrival of Rankin in Crete as part of a ragtag bunch of survivors of the action in Greece. As to be expected, survivors are reintegrated with what remains of their former units, but with noticeable gaps where mates who were KIA or wounded had to be left behind.

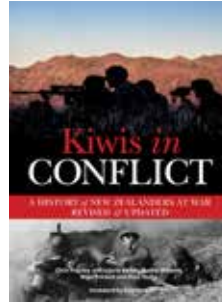
As per the first volume, the dialogue is well written and certainly seems authentic to the period. Relationships between the main characters change and evolve after what they have been through, as this volume allows Worth scope to let us learn more about his characters.

Worth has done a superb job of transitioning these characters from the fresh faced colonial lads ready to "give Jerry a taste of Kiwi steel" in Greece, to battle scarred, war weary veterans, still stunned by what happened to them. They believe Crete will offer the chance to potentially stop Hitler's advance. As the battle develops, Rankin does his best to try and repel the Germans, but even he, as a junior officer can see that some poor tactical decision making by senior officers will ultimately force him and his mates into another humiliating defeat.

What I really enjoyed about this book was the way the characters had developed, they were no longer the overly optimistic, almost cartoonish folk we met in the first book. The reality on the ground and the way they coped with it and worked through it seemed innately more 'real' than some of the scrapes and antics of the first book.

Worth has clearly researched all aspects of the battle for Crete and throughout the narrative his fictional character's encounter and interact with real historical figures in Crete. My only complaint with this book is the blurb on the cover which states in part that Crete "could even be seen as Hitler's first defeat"- an overly optimistic appraisal which I suspect was penned by someone in the marketing department who doesn't have the obvious knowledge and research base possessed by Worth.

I look forward to the next volume, promised for 2025.



KIWIS IN CONFLICT

A History of New Zealanders at war
– Revised and Updated

By Chris Pugsley with Laurie Barber,
Buddy Mikaere, Nigel Prickett and Rose Young

Published by Bateman Books

This is a classic case of a book being exactly what it says it is on the cover. It is a superb, single volume history of New Zealanders in conflict from the Land Wars to Afghanistan and a whole lot of other places. If Kiwis were officially deployed there, it is probably recorded here. Not just for the historian or researcher, this book has deliberately been written and designed to make this history available and accessible to as wide a group as possible about New Zealanders in action and under fire through the years.

First published in 1996 as *Scars on the Heart*, the book was produced to accompany the Auckland Museum exhibition of the same name. With a change of title (*Kiwis in Conflict*), the second edition was published in 2008 and then following a massive increase and divergence in deployments and taskings, both at home and abroad, this latest revised edition came out in early 2024.

Written by a group of leading New Zealand military historians, under the supervision of the legendary Chris Pugsley, each of the five parts covers a specific period of operations (NZ Wars, Boer War, WW1, WW2 and Post 1945 ops). The parts are broken into chapters and detailed information about phases of the campaign or specific theatres or operations is presented at both the strategic and tactical levels.

A strategic overview is provided in the main narrative and tactical recollections, directly from participants, come from diaries, letters, interviews etc and provide a unique, individual perspective. The book is well designed and laid out, it has been printed on high quality glossy paper and is very well illustrated throughout with relevant photographs, illustrations and maps.

An excellent introduction to the subject of *Kiwis in Conflict*, this volume should be the first stop for anyone new to NZ military history who wants to understand the big picture, before delving into specific conflicts or deployments in more detail. If you have family who served this country in South Africa, WW1 or 2 or almost anywhere else in the world since then, you will be able to get a clear, concise and authoritative introduction to the deployment and what it involved.



ARMY SHINES AT INTER SERVICE HOCKEY

The NZ Army hosted the 2024 Interservice Hockey Tournament featuring both men's and women's teams from all three services, alongside the NZ Police recently.

Coastlands Kāpiti Sports Turf in Paraparaumu was the designated battleground where the players demonstrated their competitive spirit and sportsmanship throughout the week.

Day one in the men's competition saw Army taking out a confident victory against the RNZAF with a score of 4-1. The Army women fought a tough battle against the RNZAF, drawing 1-1 at the end of regulation, before winning the shoot-out with a score of 4-2 to walk away with a well-earned victory.

Day two saw both Army teams in tough battles with NZ Police. The women had another hotly contested game, with NZ Police narrowly taking the victory 2-1 in an excellent demonstration of team hockey. The men were also in a hard fought game, which was locked up at 0-0 heading in to the fourth quarter. A hectic fourth quarter ultimately saw Army prevail as 3-1 winners.

The third and final day was one of immense anticipation given all trophies were still on the line. The Army men faced the Navy in a tight match where both sides traded chances throughout, with a score of 1-1 at the end of regulation. The Army men came up clutch in the shoot-out, winning 3-1 to take both the Interservice and Combined Services trophies to cap off a successful week. The Army women had a strong last performance to score another victory over the Navy with a final scoreline of 2-0, crowning them as the Interservice champions.

NZ Army Hockey would like to thank Coastlands Kāpiti Sports Turf for hosting the tournament, with special mention to the organising committee, ESS and the umpires, who all contributed to a successful week.



Trophies

The Read Cup (Interservice Champions) – Army Men

The Pope Cup (Combined Services Champions) – Army Men

The Sam Kereama Memorial Trophy (Interservice Champions) – Army Women

The Sommer Cup (Combined Service Champions) – NZ Police Women

Men's MVP – LT Robbie Capizzi, NZ Army

Women's MVP – CPL Nick Murray, RNZAF

Most Promising Player – PTE Nicole Arundell, NZ Army

Spirit of Hockey – NZ Police





PERFORMANCE



Photos: Major Mark Chambers

UNDER PRESSURE

There was plenty of tension, and water when the 2024 Warrant Officers' Adventure Race was held recently. The aim of the exercise is to enhance leadership through performance pressure.





Image: Exercise Phantom Major is conducted in the Waiouru Military Training Area. The combat team assaults and clears a trench of enemy combatants.

Photo: CPL Rachel Pugh