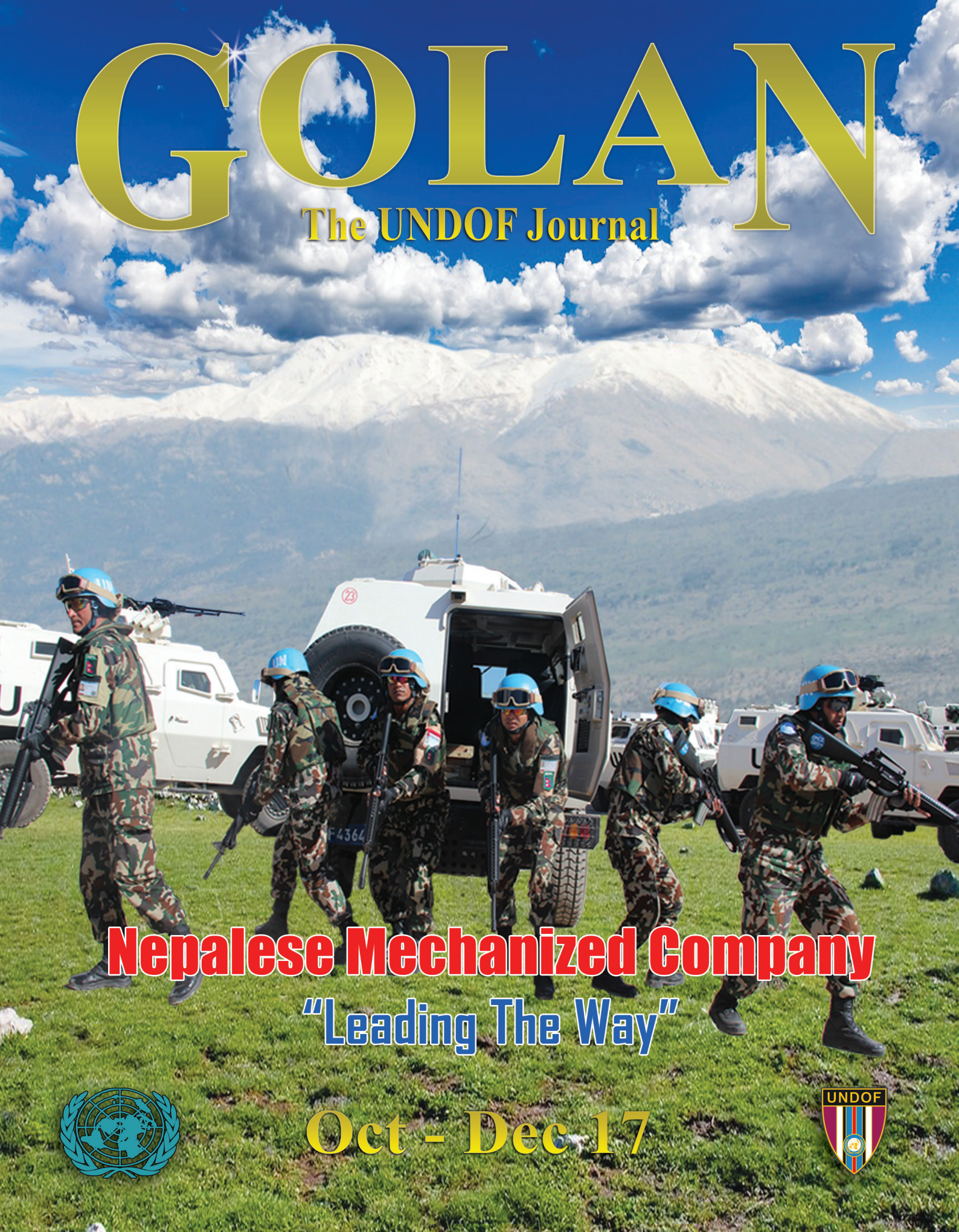


GOLAN

The UNDOF Journal



Nepalese Mechanized Company
"Leading The Way"



Oct - Dec 17



DEAR READERS!

Welcome to the 153rd edition of the Golan Journal which covers the period from the 1st of October to the 31st December 2017. This edition of the Journal marks the arrival of our new Force Commander & Head of Mission, Major General Francis Vib-Sanziri from Ghana. On behalf of all members of UNDOF, I would like to welcome Major General Vib-Sanziri to the Mission and wish him a safe and successful tour of duty. One of the main themes of this edition of the Journal is new arrivals. On page 5 we give an introduction to the new Force Commander & Head of Mission, outlining his extensive experience as a peacekeeper and leader.

While our last edition of the Journal was a tribute to the members of various contingents who had completed their tour of duty with UNDOF, this edition marks a new beginning for personnel from all out Troop Contributing Countries (TCCs). We have new Commanding Officer's from our four (4) major TCCs along with new Staff Officer's in various appointments within UNDOF Headquarters. This change in leadership is reflected in our 'New Faces' section where we give a brief introduction to some of our new personnel.

UNDOF is currently progressing through a phased operational return to the Bravo side. This return commenced in November 2016 with the limited reoccupation of Camp Faouar. Over the past year this reoccupation has continued to expand with additional assets and force protection measures being put in place to secure the safety of our

personnel. A significant milestone in this incremental return to Bravo side operations was the deployment of the Nepalese Mechanized Infantry Company (NMC) in September 2017. This fully equipped mechanized company will allow the Force Commander to project UNDOF operations back into the Area of Separation as we seek to fulfill our UN Security Council mandated tasks.



Cpl Qalo, Comdt Brennan and Maj Bikram

In our health corner we look at a condition that is pertinent across all nations- heart disease. We discuss the causes of heart disease and the lifestyle changes that can help it from developing. We have our regular column on Upcoming Regional Events and we take a closer look at aspects relating to the cultures of Ireland and Indian.

Finally, as this is our last edition for 2017, I would like to wish all our readers a very happy new year and leave you with the words of the Irish Noble Prize winning poet Samuel Beckett, "Ever tried. Ever failed. No matter. Try again. Fail again. Fail better."

Yours sincerely,
Comdt Padraig Brennan SSO Media & PR



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www.undof.unmissions.org

Editorial Office:
 UNDOF HQ
 CAMP ZIUQANI
 E-Mail: undof-ss0-media-pr@un.org

Editorial Staff:
Editor in Chief
SSO Media PR
 Comdt Padraig Brennan

Deputy Editor
SOPR
 Major Bikram Dev Giri

Editor and Layout Designer
UNDOF Photo
 Cpl Kohata Qalo
 Online edition: <http://undof.unmissions.org>

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It is my honour as the newly appointed UNDOF Force Commander and Head of Mission (FC/ HoM) to address my UNDOF colleagues and Golan Journal readers for the first time. Firstly, I would like to express my gratitude to my predecessor, Major General Jai Shanker Menon, and wish him a long and happy retirement from the Indian Army. Maj Gen Menon led UNDOF through a very challenging period for the Mission and I look forward to building upon his excellent work. Secondly, I would like to thank all the Troop Contributing Countries (TCCs) for their assistance and support during my takeover of command.

This indeed is a very challenging period for UNDOF as we strive to meet our Security Council mandated mission. I am fully aware of the

challenges that lay ahead of UNDOF as we continue upon our incremental return to Bravo side operations. I am committed to UNDOF's return to Bravo side operations but with the underlying message that the safety and security of our personnel is paramount in any such return.

As my first address to you as FC/ HoM for UNDOF, I believe it is imperative that I address the issue of sexual exploitation and abuse. I would like to fully endorse the comments of UN Secretary General Antonio in regards to sexual exploitation and abuse, *"Let us declare in one voice: We will not tolerate anyone committing or condoning sexual exploitation and abuse. We will not let anyone cover up these crimes with the UN flag... Let us make zero tolerance a reality."* There is no excuse.

I am very cognisant of the fact that I am not the only new face in the Mission; the last three months has seen significant change in the personnel of the Mission, especially from our TCCs. I would like to welcome all new colleagues to the mission and wish them a safe and fulfilling time with UNDOF. I would also like to wish every success to the new Chief of Staff UNTSO, Major General Kristin Lund. I look forward to working closely with the COS on crossing cutting issues for both missions. The work of Observer Group Golan (OGG) is an integral part of the UNDOF mission and could not take place without the continued support of UNTSO.

Finally, on behalf of Mission Leadership, I would like to thank all of you for your endeavors throughout 2017 and wish you a prosperous and peaceful 2018.

Major General Francis Vib-Sanziri
UNDOF Force Commander
& Head of Mission

Deputy Force Commander Message



DFC UNDOF



Maj Gen Vib- Sanziri joins UNDOF at a very significant time for the mission. The incremental return to Bravo side operations continues to advance with the deployment of the Nepalese Mechanized Company (NMC) and the commencement of Phase 2 on 25th September 2017. This deployment was a recognition by the International community of their support to the mission and its mandate. I would like to thank the Government of Nepal for their significant contribution to UNDOF. The NMC has already shown tremendous determination and professionalism and we look forward to the Unit reaching Full Operational Capability (FOC) in Q1 2018. Phase 3 of the incremental return, envisaged for Q2 2018, will see UNDOF begin the process of refurbishing some of the former UN positions and observation posts on the Bravo side. This will once again challenge our limited resources mission wide. The safety and security of all UNDOF personnel is paramount in the planning of such operations and we will continue to work closely with the signatories to the disengagement agreement to ensure that the conditions are in place for our continued return to the Bravo side.

Dear colleagues and fellow peacekeepers, one and a half years has passed since my arrival to UNDOF and I have to admit that this time has gone quickly. Once again I want to express my gratitude to all of you for your support, especially during my time as Acting Force Commander.

I would like to warmly welcome our new Force Commander / Head of Mission (FC/ HoM) Maj Gen Francis Vib-Sanziri to the mission area. As you are aware, I have highlighted many times the importance of a proper handover and I want to use this opportunity to thank all who have contributed to the Handover/ Takeover (HOTO) programme for the new FC/ HoM. As you will see from the short biography published in this edition of the Golan Journal, Maj Gen Vib-Sanziri is a highly experienced Officer with an extensive background in peacekeeping operations. This knowledge and experience built up over a 30 years in the Ghana Army will stand to the FC/ HoM as he deals with the challenges that UNDOF will bring.

At the moment we are approaching the winter period in our mission area. The change in the weather and conditions on the ground in the Golan Heights will have a significant impact on our service environment. I would like to pay tribute to our NEPCON forces deployed to Mount Hermon and the preparations they have made for the winter since they arrived to the mission.

One of the biggest hazards we will face is the changing road conditions; once again I would like to urge all UNDOF personnel to ensure they have a full understanding of the risks the changing weather conditions will bring to road conditions.

I would like to conclude by welcoming all new members to our Mission and wish you a joyful and safe tour of duty. I'd also like to wish all UNDOF personnel and readers of the Golan Journal a prosperous New Year.

Brigadier-General Mauri Tapani Koskela
Deputy Force Commander
UNDOF

Major General Francis Vib-Sanziri Force Commander & Head of Mission UNDOF



FC/ HoM Maj Gen Vib-Sanziri tours Camp Faouar with OC NMC Lt Col Sanjaya Raj Nepal

On 22 OCT 2017, United Nations Secretary-General António Guterres announced the appointment of Major General Francis Vib-Sanziri of Ghana as the Head of Mission and Force Commander of the United Nations Disengagement Observer Force (UNDOF).

Major General Vib-Sanziri succeeds Major General Jai Shanker Menon of India, who completed his assignment on 30 September, and to whom the Secretary-General is grateful to for his dedicated leadership of the Mission.

Since joining the Ghanaian Armed Forces in 1985, the new Force Commander has had a distinguished military career at national and international levels. Having served as Director-General of the International Peace Support Operations at the General Headquarters of the Armed Forces since April 2017, he had also served as Assistant Director, Ghana Army Operations (1996-1998), Deputy Head of

the Ghana Military Academy (2002-2004), Commanding Officer of an Infantry Battalion (2004-2009), Director for International Peacekeeping Support Operations in 2009 and Army Secretary at the Army Headquarters (2010-2011). In 2014, he was appointed Director-General for Joint Operations, General Headquarters. He served as Director-General of the National Disaster Management Organization from 2015 to 2017.

Major General Vib-Sanziri's extensive peacekeeping experience includes deployments to the United Nations Interim Force in Lebanon (UNIFIL) in 1988 and 1991, United Nations Assistance Mission in Rwanda (UNAMIR) in 1993 and 1994 and the United Nations Mission in Liberia (UNMIL) in 2007. He also served with the Economic Community of West Africa States Monitoring Group in Liberia in 1990, in Sierra Leone, in 1999 and 2000, and, subsequently, with the United Nations Mission in Sierra Leone (UNAMSIL). From 2011 to 2014, he served as a strategic military planner in the Department of Peacekeeping Operations at the United Nations.

Major General Vib-Sanziri holds a master's degree in military art and science from the North Central Association of Colleges and Schools, in the United States, a post-graduate certificate in public administration from the Ghana Institute of Management and Public Administration and a Bachelor of Arts degree in geography and rural resource development from the University of Ghana. He is a graduate of the Nigerian Armed Forces Command and General Staff College, Ghana Armed Forces Command and Staff College and the United States Army Command and General Staff College in Fort Leavenworth, Kansas.

Born in 1957, he is married and has two daughters.

FORCE COMMANDER/ HEAD OF MISSION TOUR OF CAMP FAOUAR



Force Commander & Head of Mission UNDOF Major General Fransis Vib-Sanziri conducted an Alpha/ Bravo line tour as part of his takeover of command with UNDOF in late November 2017. As part of this Alpha/ Bravo line tour he visited UNDOF OPs and positions, including meeting with troops in Camp Faouar and Camp Ziouani.



FC/ HoM Maj Gen Vib-Sanziri receives an Honor Guard from Fiji Batt



Members of FC/ HoM visiting party to Camp Faouar on 22 November 2017



FC/ HoM Maj Gen Vib-Sanziri accompanies OC Camp Faouar, CMS Mr. Bernie Lee and OC NMC on a tour of the Camp

FORCE COMMANDER/ HEAD OF MISSION TOUR OF CAMP ZIOUANI



NEW FC/HoM



Maj Gen Vib-Sanziri inspects a Fiji Batt Honor Guard in Camp Ziouani 27 November 2017



Capt Barrett FRC briefs FC/HoM during a FRC equipment display



FRC Troops brief the FC/ HoM on the capabilities of the FRC

New Faces



Lt Col Sakeasi Rabitu Baka joined UNDOF on 21 September 2017 as CO Fiji Batt. Lt Col Baka was born on 17 January 1972 in Nausori, Fiji and enlisted into the Republic of Fiji Military Forces (RFMF) on the 02 March 1992. He was commissioned into the Officers Corps on 30 April 1993.

He has served at all levels of command locally and abroad and was holding the appointment of the Chief Staff Officer Logistics within the Directorate for Peace Support Operations before this appointment as Commanding Officer Fiji Batt-V in UNDOF for 2017/18.

Lt Col Baka has served in various peacekeeping missions abroad. Namely in 2FIR (MFO), SINAI, 1FIR (UNIFIL) LEBANON, HQ MFO, Sinai in Egypt, UNMISSET, 1FIR UNAMI (Iraq), 2FIR (MFO) SINAI, UNMISS (South Sudan), UNAMI (Iraq). He attended the Nanjing Command and Staff Collage in China.



Lt Col W S Siddarth was born on 18 Dec 1980 in Gulbarga in the state of Karnataka in India. He is an alumnus of the National Defence Academy, Khadakwasla and has graduated from the Indian Military Academy, Dehradun. He was commissioned on 08 Jun 2002 as a Gunner officer into 33 Medium Regiment. As a young gunner officer he served as a Battery Leader, Gun Position Officer and an OP Officer in Desert terrain as well as the icy heights of the Siachen Glacier. He has considerable experience in Counter Insurgency and Counter Terrorism Operations during his tenure as a Company Commander in the 5th Battalion of Assam Rifles in the North Eastern Jungle terrain in India. He was awarded the 'Chief of Army Staff's Commendation Card' for a successful gallantry operation during his stint in the Counter Insurgency operations. After his staff tenure, he was posted to his present appointment as the Commanding Officer of the 22nd Rotation of 33 Medium Regiment INDCON LOGBATT. He is married to Mrs Aditi Malvankar, with a son- Master W S Dhawal.



Lt Col Demot Hanifin was born on 27 July 1964. He joined the Irish Defence Forces in 1982 and is a graduate of the Cadet School, Military College. He was commissioned to the Artillery Corps where he has served in a number of staff and command appointments.

Lt Col Hanifin has also served in the Military College as an instructor on the Command and Staff course and in Defence Forces Headquarters Operations/Planning and in Training/Education directorates. He has served overseas in eight (8) previous missions ranging from UNIFIL, KFOR AND EUMM (FYROM).

Lt Col Hanifin has completed a Master's degree in Leadership, Management and Defence Studies as part of his Command and Staff course in the Military College. He recently commanded the 2 Artillery Regiment, 2 Bde prior to taking up his present appointment.

New Faces



Lt Col Mitra Bahadur Thapa joined UNDOF on 14 October 2017 as the Commanding Officer of the Nepalese Contingent. He started his military career in 1993 and was commissioned as an Infantry Officer. During his military career he has undergone various military training courses including Mountain Warfare, Company Commander and Staff Course, Leadership Management, ICRC and UN Staff Courses. Lt Col Thapa is also an alumnus of the Army Command and Staff College, Shivapuri Nepal, where he holds a Master Degree in Strategic Studies.

He has combat experiences as an Operation Officer at Battalion level and Company Commander in the eastern part of Nepal during Counter Insurgency Operations.

As a UN Peace Keeper, Lt Col Thapa has already served in UNMISSET-East Timor, UNIFIL- Lebanon, MINURCAT- Tchad (SO J-3) and UNTSO-OGL. He is married to Parbata Thapa and has a son and a daughter.



Lt Col Darryl Bridgeman was born in Edmonton, Canada in November 1967, and joined the Canadian Army as a Royal Canadian Armoured Corps officer in January 1989.

Lt Col Bridgeman left the Canadian Army in January 2005 and transferred to the Royal Australian Armoured Corps. In Australia he has served within the Force Development Group, Chief of Staff of the Land Warfare Development Centre, G3 of the 1st Division, and as Chief of Staff/ Deputy Commander of the 1st Brigade.

His operational experience includes Bosnia as an Armoured Reconnaissance Troop Leader in 1997, on exchange with the US Corps in Iraq in 2003, East Timor as the Task Force J3 in 2008, and Afghanistan as the CJ5 (Plans) for Regional Command – South in 2010. Lt Col Bridgeman is a graduate of the 2007 Australian Command and Staff College and holds a Master of Arts in International Policy and Strategy. He is married to Dawn, and they have two children, Olivia and William.



Lt Col Seremaia K. Tuikoro is holding the appointment of Chief Military Personnel Officer (CMPO) in UNDOF since 25 Nov 2017. He was born on 05 January 1964 in Fiji. He is an alumnus of the University of Malay and also of the University of the South Pacific (USP). He attended Staff College in Malaysia and Defence College in the National Defence University in Beijing, China. He has served in various overseas appointments including UNIFIL, UNTAET(United Nations Transitional Administration in East Timor), UNAMI (United Nations Assistance Mission for Iraq), UNDOF, MFO (Multi National Force) Sinai, and as a MILOB (Military Observer) with UNIKOM (United Nations Iraq-Kuwait Observation Mission).

He served as a Senior Military Liaison Officer in the Ministry of Defence (SMLO) in Fiji before being chosen to be the CMPO and Senior National Officer (SNO) for all Fiji Military personnel in the Middle East. He is married to Mereia Leba Loga and has two sons and two daughters.

New Faces



NEW FACES



Lt Col Sunil Singh Rathour from Nepal joined UNDOF in October 2017 as SSO Current Plans. He was commissioned into the Nepalese Army on the 24 March 1995. During his military career, Lt Col Sunil has held appointments in the Nepalese Army which includes Brigade Operation Officer, Battalion Commander and Company Commander. Prior to his arrival in UNDOF, Lt Col Sunil gained valuable experience in various UN missions abroad such as OC of Sector Reserve Company in UNAMID, United Nations Military Observer in UNOCI and Platoon Commander with the Nepalese Contingent in UNAMSIL. Lt Col Sunil scaled Mount Everest in 2003 and successfully led several other expedition including the Joint Nepal-Indo Army Everest Expedition 2013. Lt Col Sunil has been decorated with the Jana Sewa Shree and other national medals. Lt Col Sunil has obtained a Master's degree from Tribhuvan University, Nepal. He is married with two children.



Lt Col Dr Nirab Kayastha arrived in the UNDOF mission on 18 October 2017 to take over the role of Force Medical Officer. He was born on 03 January 1974 in Bhaktapur, Nepal. Prior to joining UNDOF, he was working as consultant Orthopaedic and Arthroscopy surgeon in Shree Birendra Hospital, Nepalese Army Institute of Health Sciences, Kathmandu. Just before deployment he was conferred the post of Associate Professor of Orthopaedics. After completing his medical degree in Russia, he joined the Nepalese Army in 2003. He served in MINUSTAH Haiti in 2005 and gained valuable experience as Medical Officer in the Nepalese Battalion. He obtained a post-graduate in Orthopaedics from the National Academy of Medical Sciences, Kathmandu and underwent an Arthroscopy fellowship in centers like Kasturba Medical College, Manipal and Sir Gangaram Hospital, Delhi in India. He is married with two children.



Lt Col Sanjaya Raj Nepal was appointed as the 1st Unit Commander of the Nepalese Mechanized Infantry Company (NMC) in September 2017. Lt Col Nepal will lead the NMC through a very challenging period for the Unit and Mission. Lt Col Sanjaya is a proud product of the Patan Multiple Campus and holds a Bachelor of Arts Degree from Tribhuvan University, Nepal. He enrolled in the Nepalese Army on 29 June 1989. He has served in various command appointments at home and abroad. Lt Col Sanjaya served in the United Nations on 4 different missions: UNIFIL in 1994 as Military Transport Officer (Lieutenant), UNAMSIL in 2001 as Ops 2IC (Captain), MONUC in 2010 as Coy Cdr (Major) and again in MONUSCO in 2012 as Military Observer (Lt Col). He is married with two sons.

UNDOF Mission Leadership



MISSION LEADERSHIP



FORCE COMMANDER



Maj Gen Francis Vib-Sanziri
UNID 0001
UNDOF 1

DEPUTY FORCE COMMANDER



Big Gen Mauri Tapani Koskela
UNID 32978
UNDOF 2

CHIEF OF MISSION SUPPORT



Mr Bernard Lee
UNDOF 0002
UNDOF 3

CHIEF OF STAFF



Col Michael Dawson
UNID 33067
UNDOF 4

CHIEF MILITARY PERSONNEL OFFICER



Lt Col Seremaia Tuikoro
UNID 33057

CHIEF OPERATION OFFICER



Lt Col Tadhg Murray
UNID 33032

FORCE MEDICAL OFFICER



Lt Col Nirab Kayastha
UNID 33054

CLSO



Lt Col Nitesh Kumar
UNID 33022

CHIEF OBSERVER GROUP GOLAN



Lt Col Darryl Bridgeman
UNID 19021

FORCE PROVOST MARSHALL



Major Laiiasa Tagicakiveata
UNID 33013

COMMANDING OFFICER FIJBATT



Lt Col Sakeasi Baka
UNID 3786

COMMANDING OFFICER LOGBATT



Lt Col S.W. Siddarth
UNID 9640

COMMANDING OFFICER IRECON



Lt Col Demot Hanifin
UNID 61201

COMMANDING OFFICER NEPCON



Lt Col Mitra Bahadur Thapa
UNID 50817

COMMANDING OFFICER NMC



Lt Col Sanjaya Raj Nepal
UNID 50665

Major General Kristin Lund Head of Mission/ Chief of Staff - UNTSO



OBSERVER
GROUP GOLAN



Maj Gen. Kristin Lund, COS UNTSO

Since joining the Norwegian Army in 1979, Major General Kristin Lund has had a distinguished military career, with wide-ranging command and staff experience at both national and international levels, including as the Deputy Commander of the Norwegian Army Forces Command.

In 2009, she was the Norwegian Army's first female officer to be promoted to the rank of Major General, and was subsequently appointed as Chief of Staff of the Norwegian Home Guard. From August 2014 to July 2016, Major General Lund served as Force Commander of the United Nations Peacekeeping Force in Cyprus (UNFICYP), becoming the first woman to serve as Force Commander in a United Nations peacekeeping operation. Her previous assignments with the United Nations include deployment to the United Nations Interim Force in Lebanon (UNIFIL) in 1986 and the United Nations Protection Force (UNPROFOR) from 1992–1993 and 1994–1995. In 1998–1999 she was a battalion Commander in the NATO-led Stabilisation Force (SFOR) in Bosnia and Herzegovina.

Major General Lund also has extensive experience in multinational operations, including deployment to Saudi Arabia during Operation Desert Storm in 1991 and at the Headquarters of the North Atlantic Treaty Organization International Security Assistance Force in Afghanistan in 2003–2004. Major General Lund has been a member of the Nordic Women Mediation Network since 2015. She currently serves as an advisor at the Norwegian Defence University College in Oslo. In 2017, she became a UNWOMEN Champion. Born in 1958, Major General Lund graduated from the Norwegian Defence Command and Staff College, the Norwegian Defence University College, and the United States Army War College where she obtained a Master of Strategic Studies.



Maj Gen Lund COS UNTSO meets Brig Gen Koskela DFC UNDOF in Camp Ziouani

UNTSO- History and Background



In November 1947, the United Nations General Assembly endorsed a plan for the partition of Palestine, providing for the creation of an Arab State and a Jewish State, with Jerusalem to be placed under international status. The plan was not accepted by the Palestinian Arabs and Arab States. On 14 May 1948, the United Kingdom relinquished its mandate over Palestine and the State of Israel was proclaimed. On the following day, the Palestinian Arabs, assisted by Arab States, opened hostilities against Israel.

On 29 May 1948, the Security Council, in resolution 50 (1948), called for a cessation of hostilities in Palestine and decided that the truce should be supervised with the assistance of a group of military observers. The first group of military observers, which has become known as the United Nations Truce Supervision Organization (UNTSO), arrived in the region in June 1948. In 1949, UNTSO military observers remained to supervise the Armistice Agreements between Israel and its Arab neighbours. UNTSO activities are spread over the five States Egypt, Israel, Jordan, Lebanon and the Syrian Arab Republic.

Following the wars of 1956, 1967 and 1973, the functions of the observers changed in the light of changing cir-



OGG UNTSO & UNDOF personnel conduct a joint training exercise

UN Military Observers (UNMOs) are un-armed and are trained to observe and report violations of the agreements of ceasefire, disengagement, etc., relevant to their areas of operation.

All military observers are seasoned officers in the rank of captain or major, coming from all branches of service in their respective countries' armed forces. 26 Nations contribute to UNTSO with a total of 153 military personnel. They work in multi-national teams, so that any



UNTSO Headquarters Jerusalem

cumstances, acting as go-betweens for the hostile parties and as the means by which isolated incidents could be contained and prevented from escalating into major conflicts.

observations are confirmed by at least two observers from different nations to guarantee impartiality. In the Middle East, groups of UNTSO military observers are today attached to the peacekeeping forces of UNDOF on the Golan and UNIFIL.



OC Fiji Batt 4 Lt Col Ravunakana hands over command to Lt Col Baka OC Fiji Batt 5 in the presents of A/ FC Brig Gen Mauri Koskela



OC Log Batt Lt Col Sandeep Khawas hands over command to Lt Col S W Siddarth incoming OC Log Batt in the presents of A/ FC Brig Gen Mauri Koskela

UNDOF Handover/ Takeover Ceremonies



HOTO



OC FRC Lt Col Dave Cowhig hands over command to Lt Col Dermot Hannifin in the presents of A/ FC Brig Gen Mauri Koskela



Lt Col Robert Kiley COGG hands over command to Lt Col Darly Bridgeman in the presents of DCOS UNTSO Col Petri Kajanmaa

A Journey to Peace

Nepalese Mechanized Infantry Company

On the 15 September 2017, a Nepalese Mechanized Company (NMC) deployed to Camp Faouar as part of the Force Commander's intent of an incremental return to Bravo side operations. This deployment commenced Phase 2 of this return to Bravo side operations and is considered a significant milestone in the return of UNDOF to the Area of Separation (AOS).

A total strength of 153 personnel, the NMC adds to the already significant contribution of Nepal to UNDOF and brings their total troop deployment to the mission to 338. The Nepalese Mechanized Company has been assigned responsibility for Area of Responsibility North and with sensitizing the local population to the return of UNDOF to the AOS. Their AOR straddles that of the Nepalese Contingent (NEPCON) who have responsibility for AOR Hermon.

The NMC has significant skills and capabilities that have been augmented by the following mechanized assets; six (6) x APC, four (4) wheeled SAANXI BAOJI with one (1) x Armored Ambulance, eight (8) x APC 6 wheeled NORINCO's, two (2) x EOD vehicles and three (3) x Military Pattern Vehicles (MPV). The weapons used on the APCs is 12.7mm HMG and 7.62 mm MMG on EOD vehicles.

The continued fluid situation in the AOS and AOR requires continuous observation, monitoring, reporting and impromptu action. Officer Commanding the NMC, Lt Col Sanjaya Raj Nepal, has stressed the importance of the NMC being professionally postured and correctly inducted so that they can respond to the tasks assigned to them by the Force Commander. To be able to meet these tasks the NMC has undergone a rigorous training schedule in their home country prior to deployment. NMC personnel were trained at Nepal's pioneer peacekeeping training institution, Birendra Peace Operations Training Centre (BPOTC). The training conducted from the Centre to the NMC person-

nel was mainly along the lines of Training the Trainer and Pre-deployment Training (PDT). The Training the Trainer course was designed and conducted to produce new trainers and enhance existing instructors in PDT.

The design of pre-deployment training encompasses the following cycle: Combat Fitness Training- focusing on the combat fitness of the individual. It is mandatory during all the packages of Pre-deployment training. PDT also incorporates enhanced weapons handling and basic military skills training. The peacekeeping operations package focuses on imparting knowledge on the UN and the mission mandate. Lane Training focuses on training platoons in tackling different operations in various situations. Mission Specific Training focuses on specific job training required by the mission.

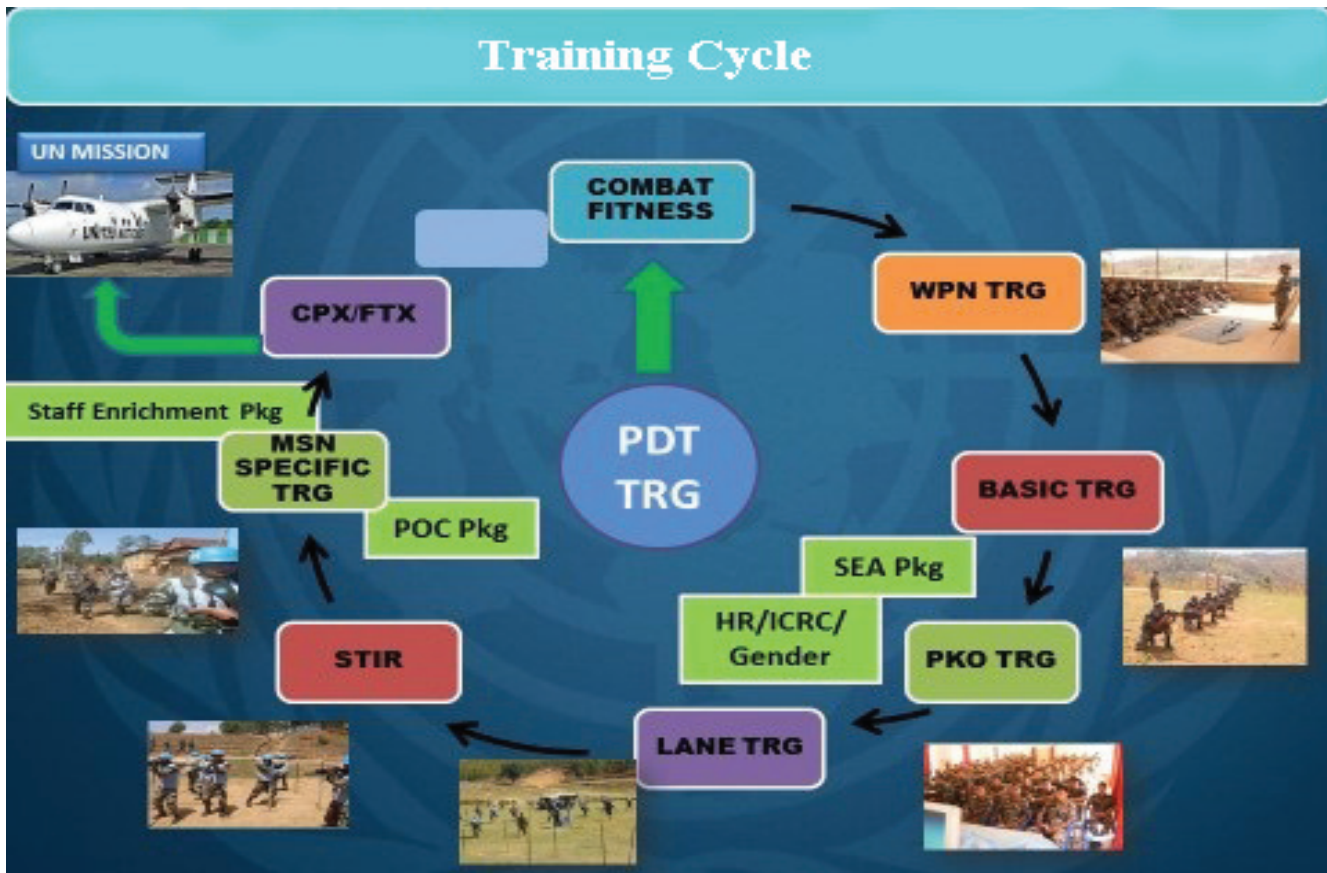
In addition to the Pre-deployment Training Syllabus, the NMC has emphasized training on protection of civilians and Sexual Exploitation and Abuse (SEA).



Lt Col Sanjaya Raj Nepal OC NMC



NMC Pre-deployment training being conducted in Birendra Peace Operations Training Centre



Nepalese UN Pre-deployment Training Cycle

In the mission area, all NMC personnel have undergone UNDOF induction training. Classes from various branches of UNDOF were undertaken and covered such areas as rules of engagement, operational activities,

human resources and finance. The overall conduct of Pre-deployment Training is such that with the involvement of BPOTC, a mission specific training team and trade specific Units, as well as inputs from experienced trainers, the NMC has evolved into a cohesive Unit capable of responding to the challenges that UNDOF will pose. NMC personnel over the first 6-8 months of their deployment will be regularly trained and exercised in key operational tasks. These include bringing our Tactical Operation Cell (TOC) to Full Operational Capability (FOC). It also includes extending our footprint into the AOS with patrolling on assigned routes and conducting CASEVAC/ MEDEVAC rehearsals.



Situation Briefing by OGG in Camp Faouar

Mission leadership engagement with the NMC is key to enhancing the NMC's knowledge of their AOR and ensuring that the Force Commander's intent at the strategic level plays out at the tactical level. The NMC is committed to achieving the Mission's mandate and will continue to enhance the footprint of UNDOF on the Bravo side and in the AOS. Our soldiers are highly trained, dedicated professionals who will uphold the best traditions of Nepal and the United Nations.

Ireland's National Sport - Gaelic Games

In Ireland, Gaelic Games, music, dance and our language lie at the heart of who we are and what it is to be Irish. Our games, music and dance are truly unique. They are exhilarating, exciting and engaging. Gaelic games are the traditional sports played in Ireland. The two main Gaelic games are Gaelic football and hurling, both of which are organised by the Gaelic Athletic Association (GAA). The Gaelic Athletic Association (GAA) was founded in 1884 in Tipperary, Ireland. Those founding members had the foresight to realise the need to establish a national organisation to make sport accessible to the masses. The GAA is celebrated as one of the great amateur sporting associations in the world and plays an influential role in Irish society. The Association today promotes hurling, gaelic football, ladies football and camogie (ladies hurling). The GAA has remained an amateur association since its founding. Players even at the highest level do not receive payment and the volunteer ethos remains one of the most important aspects of the GAA.

The organisation is based around the parish (townland) and the county structures in Ireland. There are over 2,400 GAA clubs in all 32 counties of Ireland. Most clubs have teams ranging from under 6 years old to Adult teams, with many of the senior players also



Airwomen Siobhan Flannery of the FRC plays Gaelic Football for Offaly in Croke Park

coaching or helping out with juvenile teams. The season runs from February to September culminating in the All-Ireland Senior Hurling & Football Finals in Croke Park, an 82,000-seater stadium in Dublin. Every summer the inter-county championships capture the imagination of the Nation. Regional towns and cities come to life with the arrival of supporters along with their county colours being displayed in the lead up to match day.

Hurling is one of the most skilful field games in the world. It combines agility, strength and intensity to make it one of the fastest sports played. A player uses a wooden stick (hurley) and a small ball called a sliothar. Hurleys are usually hand made from ash and range in sizes from 18" to 28" (children) and 30" to 36" (adult). Hurling is traditionally strong in the more southern parts of the country such as in Cork, Tipperary and Kilkenny.

Gaelic football is the most popular game played, with each county being able to produce competitive teams. A player advances up the field with a combination of carrying, bouncing, hand passing and kicking the spherical ball. It is often said by non-nationals that "it is like a cross between rugby and soccer".



The game of Hurling in full flight



The home of Gaelic Games in Ireland is Croke Park. Here it is in all its glory on All- Ireland Final Day

Both games are played in rectangular grass pitches (145 yards x 90 yards) with H-shaped goals at either end. The primary object is to score by hitting (in hurling) or kicking (football) the ball through the goals or over the crossbar. A goal (in the net) is 3 points and a single point is awarded for hitting the ball over the crossbars. The winner is determined at the end of the 70 minute match (2 x 35 minute halves) by whichever team has accumulated more points. In both hurling and football the opposing teams will consist of 15 players.

Gaelic games are seen as an important part of Irish identity and nationalism and carried huge importance in the lives of Irish people and of the Irish movement when under British rule. In fact, the original Hill 16 (a terrace at Croke Park Stadium) was built from the rubble of the destroyed buildings during the Irish 1916 Easter Rising against British Forces. Lots of clubs throughout the Country are named after Irish Republican figures such as Wolfe Tone, Liam Mellows, Austin Stack and O'Donovan Rossa.

GAA has a huge role within the Irish Defence Forces sporting calendar with hurling, football and camogie championships played every year between units to a high and competitive standard. Every year a Defence

Forces selection is picked to play against Allied Irish Bank (AIB), Bank of Ireland, National University of Ireland Galway (NUIG) and An Garda Síochána (Police Service). In the past these representative series have been played in London, New York, Dubai and Australia.

Indeed within the Irish Contingent currently serving with the 56th Inf Group in Camp Ziouani, a number of the group have represented their counties at a high level. Lt Col Dermot Hanifin holds an All-Ireland football medal with Co. Kerry; Airwoman Siobhan Flannery, Cpl JD Murphy and RSM Hayden all hold All-Irelands at various levels. Cpl Trevor Dunne (Cavan), Pte Ryan Diver (Donegal), Pte Taidgh Campbell (Monaghan) and Pte Joe Garland (Antrim) have all played with their county.

The GAA continues to develop in Ireland and abroad led by the Irish diaspora. I'm sure many a hurley and football will be seen in Camp Ziouani in the coming months.

*By Cpl JD Murphy
56 Inf Group*

INDIAN ARMY – FLAG BEARERS OF INDIAN CULTURE AND TRADITIONS

The Indian Army is one of the largest voluntary army's and the second largest army in the world. It is also a large conglomeration of values, experience, regimentation, customs, traditions, ethos and culture. When combined it takes the shape of a multi-spectrum kaleidoscope, covering many centuries. In spite of its large size and diverse regional cultures, it is a shining example of unity in diversity. These can be attributed to a strong military history and a few core values of high significance.

During the span of its rich history, thousands of soldiers have fought hundreds of battles, worldwide. Indian soldiers hail from regions, where tradition and chivalry play a vital role in society and heroic figures have become role models. Iconic warriors like Arjuna, Ashoka, Tipu Sultan, Chhatrapati Shivaji, Maharana Pratap, Tantia Tope, Rani of Jhansi, Ranjit Singh and Zorawar Singh, to name a few, have proved to be a great source of inspiration and are deeply etched in the psyche of many Indian soldiers.

The Indian Army is not just about soldiering. It has made inroads into a plethora of diverse fields including

nation restoration and disaster management. Its varied experiences have helped it to attain all round excellence and gain tremendous confidence in itself, its leaders and the system. All these achievements have been the result of having a clear vision, sheer guts, determination, camaraderie and esprit de corps which in turn strongly influence our extraordinary history and traditions.



Lt Col SW. Siddarth OC Log Batt

The organization and composition of the Indian army is highly secular and apolitical. The Indian troops belonging to various parts of the country and have deep-rooted faith in their religions. As a result, religion forms an important part of a soldier's life. His faith inclines him to uphold his religious ideology, including his moral and ethical duties. Daily practice of his faith makes him a better human being. It helps in promoting self-discipline, reduces the stress factor of a soldier and overcomes the feeling of loneliness. In order to maintain the religious sentiments of the troops,

facilities have been provided to the religious institutions of all such units under the guidance of respective priests. Each Battalion/Regiment has SARVA DHARM STHAL (place for worship for all religions) located inside their unit area where all religious practices are observed without any discrimination.



Republic Day Parade



Parade in Indian Military Academy

All the important festivals of India such as Dussehra, Deepavali, Holi, Janmashami (birthday of Lord Krishna), Gurupurab (birthday of Guru Nanak), Christmas Eve and New Year Day etc. are celebrated in the true spirit of the Armed Forces by promoting integrity and religious harmony amongst the troops belonging to various compositions. Religious integration is made an instrument to inculcate the feeling of national integration. During their service tenure, the troops, though having varied religious background, live together, fight together and eat together, sometimes even from the same plate. An Indian soldier is fully trained to take his rightful place as a citizen in the country without any bias towards any religion.

Deep rooted traditions are considered the single most important battle-winning factor. The battle cries of the various regiments in the Indian Army can be traced



Humanitarian Assistance

to faith of the troops in their customs and traditions. The deafening battle cries by the troops is the last act of final assault on the enemy with fixed bayonets. While the battle cry revitalizes the inner strength and spirit of our own troops, it is also intended to totally demoralize the enemy and shatter his hopes of surviving. War Memorials located at different locations of the country hold functions to commemorate the sacrifices made by the brave soldiers for the nation.

The messes in the Army are an institution which preserves the true values and the architecture of the magnificent history of the country and the Army. Old messes are actually museums which contain the history of the various traditions followed by our Regiments. Food and cuisine is another aspect which is thoroughly integrated in the Indian Army. The day



Indian Army War Memorial

to day menus in the messes constitute the variety of Indian cuisine from different parts of the country.

Thus, the Indian Army is an example that upholds the Indian culture to its true form by respecting the deep rooted customs and traditions of its personnel and allowing them to practice these customs and traditions in their day to day lives. The Indian Army soldier, with a strong cultural background and the knowledge of past generations, acts as a true ambassador for their country.

Major Abbik Sarkar
INDCON LOGBATT

FIJI BATT UNDOF

Pre- Deployment Training



Fijian troops have been deployed to UN missions since the 1980's. From that time until now the pre deployment training has remained a continuously changing programme. The changing battle space over the 30 years of Fijian deployment to the mission area has prompted the dynamic nature of the training package used during pre-deployment training.

The pre-deployment package for FIJIBATT 5 currently serving in UNDOF was a 6 week package that consisted of lectures, weapons training, PT, range shoots and the conduct of a culminating exercise. The culminating exercise or Mission Related Exercise (MRE) was a one week exercise where mission area conditions were replicated. This exercise instilled a sense of familiarity and preparedness for Commanders and Soldiers who were about to be deployed. The first two weeks of training focused on revision of basic soldering skills. Later the lessons became more in depth, with the focus on technical skills that will be use-

ful in the mission area. Lessons covered ranged from combat lifesaving, IED training, convoy procedures, and also the continuation and conduct of awareness lectures on UN related topics such as Sexual Exploitation and Abuse, Blue Helmet policy, the stance of the UN on particular topics, and the role of peacekeepers in the mission area. These lectures were conducted to remind soldiers of the importance of maintaining the highest standards of the UN and the Fijian Armed Forces. On the fourth week, there was a one week exercise where live firing was incorporated into the training exercise; the live firing range was utilized for the firing of small arms weapons to support weapons. Soldiers were also assessed on their proficiency in their personal weapons and physical fitness. A night firing exercise was conducted along with a demonstration of the effective nature of the 50 calibre machine gun. The five day range shoot exercise was the culmination of this weapons training.



Lt Col S. Baka OC Fiji Batt



UN Pre-deployment Training in Fiji



Fiji Batt 5 Training in the Mission Area

The pre-deployment training concluded with the conduct of the mission related exercise. The training area was set up in such a way to mirror the locations on the ground in the mission area. Small outposts were set up similar to the Fiji Batt field positions on the Alpha side and bigger locations were setup to act as

Upon arrival to the mission area, induction training was conducted by UNDOF HQ. 1FIR FIJIBATT 5 officially took over from FIJIBATT 4 on 29 Sep 2017. Training in the mission area ranges from UN topic lectures, First Aid, MEDEVAC exercises and scheme of defence. Inter Unit training between the Force Reserve Company (FRC) and the Fiji Batt BMR was an important part of the Unit's induction training.



CASEVAC Exercise

Camp Ziouani and Camp Faouar. This simulated exercise was designed to give our troops the feel of what might be required to be done, or what may happen when in the mission area. This was the most intense phase of the training where soldiers were tested with intense situations to adapt to worst case scenarios and possible situations that are likely in the mission area.



Bunker Drill in Camp Ziouani

What is heart disease?

Heart disease is one of the leading causes of death in the world. The term “heart disease” refers to several types of heart conditions. The most common type is coronary artery disease, which can cause heart attack. Other kinds of heart disease may involve the valves in the heart, or the heart may not pump well and cause heart failure.

Are you at risk?

Anyone, including children, can develop heart disease. It occurs when a substance called plaque builds up in your arteries. When this happens, your arteries can narrow over time, reducing blood flow to the heart. Smoking, eating an unhealthy diet, and not getting enough exercise all increase your risk for having heart disease. Having high cholesterol, high blood pressure, or diabetes also can increase your risk for heart disease.

What are the signs and symptoms?

The symptoms vary depending on the type of heart disease. For many people, chest discomfort or a heart attack is the first sign. Someone having a heart attack may experience several symptoms, including:

- Chest pain or discomfort that doesn't go away after a few minutes.
- Pain or discomfort in the jaw, neck, or back.
- Weakness, light-headedness, nausea, or a cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

How is heart disease diagnosed?

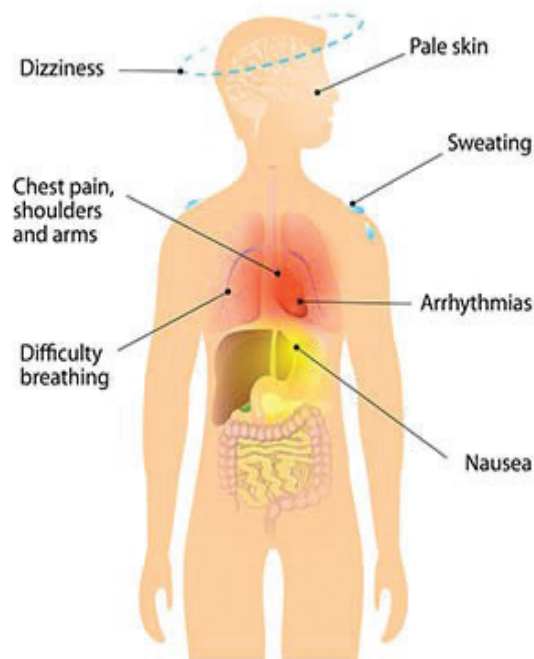
Your doctor can perform several tests to diagnose heart disease, including chest X-rays, coronary angiograms, electrocardiograms (ECG or EKG), and exercise stress tests.

Can it be prevented?

You can take several steps to reduce your risk for heart disease:

- **Don't smoke**
- **Maintain a healthy weight**
- **Eat a healthy diet**
- **Exercise regularly**
- **Prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.**

HEART DISEASE SYMPTOMS



How is it treated?

If you have heart disease, lifestyle changes, like those just listed, can help lower your risk for complications. Your doctor also may prescribe medication to treat the disease. Talk with your doctor about the best ways to reduce your heart disease risk.



Sexual Exploitation and Abuse

KNOW THE RULES: THERE IS NO EXCUSE!

- ! At all times we must treat the local population with respect and dignity.
- ! Sexual exploitation and abuse is unacceptable behaviour and prohibited conduct for all United Nations and affiliated personnel.
- ! Sexual exploitation and abuse threatens the lives of people that we are to serve and protect.
- ! Sexual exploitation and abuse undermines discipline, and damages the reputation of the United Nations.

EVERY PERSON UNDER THE UNITED NATIONS FLAG MUST COMPLY WITH THE FOLLOWING PROHIBITIONS:

- ! **It is strictly prohibited** to have any sexual activity with anyone under the age of 18 years (regardless of the age of majority or age of consent locally or in my home country). Mistaken belief as to the age of the person is no excuse.
- ! **It is strictly prohibited** to have sex with anyone, in exchange for money, employment, preferential treatment, goods or services, whether or not prostitution is legal in my country or the host country;
- ! **It is strictly prohibited** to engage in any other form of sexually humiliating, degrading or exploitative behaviour;

I fully understand that:

- Involvement in any act of Sexual exploitation and abuse will be investigated and prosecuted if warranted;
- Any proven act of Sexual exploitation and abuse will result in measures that can include but are not limited to: suspension, immediate repatriation, dismissal, imprisonment and a ban from future United Nations employment;
- If I witness Sexual exploitation and abuse behaviour by others, regardless of their position or seniority, I have a responsibility to take all reasonable measures to stop the misconduct and report the incident immediately to my commander or manager;
- ! Failure to respond or report misconduct is a breach of the United Nations standards of conduct.
There is no excuse!

EXPLOITATION

PROSECUTION

IMPRISONMENT

NO EXCUSE • ZERO TOLERANCE
FOR SEXUAL EXPLOITATION AND ABUSE

For further information see the Mission Conduct and Discipline website: <https://conduct.unmissions.org>



01 January 2018- *New Year*

Syria and Lebanon mark the New Year with a public holiday while it is regarded as a national holiday in Jordan.



06 January 2018- *Armenian Orthodox Christmas day*

Armenian Christmas is a culmination of celebrations of events related to the birth and baptism of Christ. In Lebanon, Christmas is celebrated twice; first on 25 December and then as a holiday on 6 January for the Armenian Lebanese community who celebrate Christmas on the the same date as Epiphany. The reason for the different date is that until the fourth century, Christ's birth was celebrated by the Christian church on 6 January. As Christianity expanded into Western Europe, the people there had been celebrating a Roman holiday ('Solis Invicti') on 25 December. Rather than compete with an already popular holiday, the church simply decided to move Christmas Day to 25 December and celebrate 6 January as the Feast of the Epiphany. Undoubtedly, Solis Invicti itself was a holiday created to overwrite previous Pagan winter solstice celebrations. In Armenia however, there was no such solstice tradition and Armenian Christians didn't feel bound to move their Christmas from 6 January. A ceremony called "Blessing of Water" is conducted in the Armenian Church to commemorate Christ's Baptism. In some parts of the world, 6 January is sometimes referred to as 'Old Christmas' or 'Little Christmas', recalling the old date that the Armenian Christians still observe.



07 January 2018- *Coptic Christmas day*



The Coptic Church, like other Eastern Orthodox churches, follows the Julian calendar instead of the Gregorian calendar. Therefore, Christmas comes on 7 January each year instead of 25 December. When 6 January arrives (Coptic Christmas Eve), people go to church for a Christmas vigil. The climax of the evening comes at midnight, when Christmas Day has officially arrived. At that point, the church bells ring, and the service often ends promptly. In some cases, however, the service continues for several more hours. After service, worshipers head home and eat a special meal called a "fata." It will consist of rice, bread, garlic, eggs, butter, and some sort of boiled meat. The fast has finally come to an end. People will also exchange gifts and visit family and friends.

25 January 2018- Revolution Day In Egypt

Egypt celebrates two (2) revolution day's each year both of which are marked by a national holiday. The 25 January Revolution Day in Egypt is also known as 2011 Revolution Day. The day celebrates the beginning of the Egyptian revolution of 2011. The Egyptian Revolution of 2011 was a movement that followed a popular uprising that began on January 25. The revolution consisted of numerous demonstrations, plaza occupations, marches, riots, non-violent civil resistance, strikes and civil disobedience. The protesters demanded the overthrow of President Hosni Mubarak.



09 February 2018- Saint Maroun Day in Lebanon



The 9th of February is St. Maroun's Day in Lebanon and is celebrated by a public holiday in the country. Saint Maroun (also Maro or Maron) was a priest and hermit. He died in 410 AD and his life and miracles attracted many followers that became known as the Maronite movement. Today about the half of all Maronites live in Lebanon, where St. Maroun's Day is a national holiday. The Maronite communities also exist in Australia, Argentina, Brazil, Egypt, Israel, Palestine, Jordan, Canada, Syria, the United States, France and Cyprus.

08 March 2018- Revolution Day in Syria

Syria Revolution Day is a national celebration of the military coup that occurred on the 8th of March 1963 in which the Ba'ath Party seized power. It is one of the most important public holidays for Syria. The military coup was led by Ziad al-Hariri, a prominent Syrian Army Officer, politically independent from the Ba'athist rivals. Originally, the revolution was planned for March 7, but it had to be postponed due to the fact that the government discovered where the conspirators were planning to assemble. The Revolution of 1963 is often viewed as a simple military coup, but social and economic events also led to the revolt. The revolution consisted of a radicalized lower middle class, peasants, strategic members of the Officer corps and marginalized minorities.



12 March 2018 – Purim (Tel-Aviv) In Israel

Purim is a Jewish observance on the 14th day of the month of Adar in the Jewish calendar, which is in February or March in the Gregorian calendar. Purim is the festival that celebrates the Jewish people in the Persian Empire's survival in the face of destruction in the wake of a plot by Haman. The festival is widely celebrated but is not a day when people do not work, and businesses are open. The main symbols of Purim are masquerading, and from kids to adults, this tradition is widely embraced. Special foods, including Hamantaschen (Oznei Haman) – sweet pastry filled with, typically, a sweet poppy seed filling, are eaten, and bakeries across the country will be baking these in the run up to the festival.



