

GOLAN

The UNDOF Journal



Jul - Sep 2017





DEAR READERS!

Welcome to the 152nd edition of the Golan Journal which covers the period from the 1st of July to the 30th September 2017. I would like to once again thank the Media Cell staff and our colleagues from all contingents who have contributed to this publication.

Edition 152 of the Golan Journal marks the end of service with the UNDOF Mission of Force Commander and Head of Mission (FC/ HoM), Major General Jai Shanker Menon. Major General Menon began his tour of duty with UNDOF in March 2016 and has led the mission in the subsequent 18 months through a very challenging period. Out of his many achievements as FC/ HoM, I am sure he will look back on the incremental return of UNDOF to the Bravo side and the reoccupation of Camp Faouar in November 2016, along with the deployment of Nepalese Mechanized Company to Camp Faouar in September 2017, as key achievements of his tenure. We wish Major General Menon and his family the very best as he returns to India where he will soon retire after a long and distinguished career.

The month of September was a very poignant time for the Mission and its military personnel as a number of contingents came to the end of their service in the mission or were preparing to handover to their country counterparts in October. On behalf of the UNDOF Mission I would like to thank them for their dedicated service. I would also like to thank Sgt Tom Delana of Fiji Batt who has spent 13 months in the Media Cell as our UNDOF Photographer and Editor/ Layout Designer of the Golan Journal.

Tom has been a valued member of the Media Cell and he will be sorely missed. Sending a fond farewell to our colleagues returning



Maj Bikram, Comdt Brennan and Sgt Delana home is the main theme of this edition of the Golan Journal. We also announce the successful launch of the New UNDOF Website.

This edition of the Golan Journal features articles on our recent Diplomat's Day on the Alpha and Bravo side; we review a number of contingent medal parades, and in an effort to keep a focus on road safety, there is an article on the effects of excessive speed. Also, our Force Hygiene Officer takes a look at environmental awareness in the mission, and our medical team reviews the procedures for administering CPR and using AED's.

Feedback is a critical factor in the preparation of the Golan Journal and I encourage any of our readers who wish to make a comment on a certain article or publication, or who may wish to contribute to the Journal, please do not hesitate to contact the UNDOF Media Cell at our listed email address.

Yours Sincerely,
Commandant Padraig Brennan
SSO Media & PR



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Acting Force Commander Message



It is my honour as UNDOF's Acting Force Commander to address you, my UNDOF colleagues, and our Golan Journal readers. I will take this opportunity in my new role to pay tribute to, and say a fond farewell, to our former Force Commander and Head of Mission, Major General Jai Shanker Menon.

I will also use this opportunity to update our readers on the progress being made as part of our incremental return to the Bravo side. Major General Menon took up his appointment with UNDOF in March 2016 and over the next eighteen (18) months he would lead the mission through a very challenging time.

The largest challenge taken on by the Force Commander was the return of UNDOF to the Bravo side and the reoccupation of Camp Faouar in November 2016.

This return required detailed planning, direction and guidance, all of which were greatly displayed under the leadership of Major General Menon.

This initial return was only the commencement of the operation; as Phase 1 of the return was implemented over the following ten (10) months, UNDOF forces have slowly increased their footprint in Camp Faouar.

The departure of Major General Menon coincided with one of his greatest achievements as Force Commander and Head of Mission, that being the deployment of a fully equipped Nepalese Mechanised Infantry Company to the Bravo side.

This deployment was the culmination of eighteen (18) months of hard work, dedication, and a desire to see his vision of UNDOF meeting all aspects of its assigned mandate. The deployment signals the commencement of Phase 2 of Major General Menon's planned UNDOF return to the Bravo side.

I will endeavour in my new role to ensure that Major General Menon's vision is realised.

On a personal note, I would like to thank Jai for the friendship and guidance he has given me in my role as Deputy Force Commander.

I wish him and his family the very best as he returns to India where he will soon retire after years of loyal and distinguished service to his country.

As I write this note I am very conscious of the very poignant occasions that have just taken place within the mission. Along with a change in mission leadership and the arrival of a new mechanized company, we have also seen the departure of many colleagues from our large Troop Contributing Countries (TCCs).

To all those who have served in UNDOF over the last twelve (12) months, I wish you a safe journey home to your families and thank you for your outstanding service to the mission.

Brigadier-General Mauri Tapani Koskela
Acting Force Commander

New Faces



Major Bikram Dev Giri joined UNDOF on 08 July 2017 as a Staff Officer Public Relations (SO PR). Major Giri was born on 31 October 1981 and joined the Nepalese army in 2002. He has completed a Young Officers' course, Company Command and Staff course and the Army Command and Staff course. In his fifteen years of service, he has held the appointments of Adjutant, Staff Officer and Company Commander in Infantry Battalion's and has also served as an Instructor in the Recruit Training Center and All Arms Battle School. Before deploying to UNDOF he was working in the Nepalese Military Academy as a training officer. Regarding his UN mission experiences, he served in the MINUSTAH mission Haiti as an Infantry Platoon Commander in 2008. His second mission was in the UNMIL mission Liberia in 2014 where he served as a force Military Police Unit Commander and acting Force Provost Marshall. Maj Giri holds a Masters degree in strategic studies. He is married to Rupa Giri and has two children.



Cpl Niamh Casey is employed as a medic in the Irish Defence Forces both at home and overseas. Cpl Casey is from Louth and joined the Defence Forces in 2004. Cpl Casey successfully completed her Potential NCOs course in the Defence Forces Training Centre in 2008 and was deployed overseas to Chad and Bosnia in 2009 and 2010 respectively. Since deploying to the Golan Heights Cpl Casey has carried out the roll of Combat Medical Technician working in the Military Aid Post (MAP) and as part of the Medical Section of the Quick Reaction Force which has been deployed on operations throughout the mission area. During these deployments Cpl Casey works closely with the FRC Medical Team of Comdt Lagun, Sgt Dunleavy and Pte Furlong. The Medical Team trains regularly with the Mechanised Company paying close attention to the Military First Responders within the FRC and Observer Group Golan to ensure a synergistic work ethic is attained when deployed on operations both in training and real life scenarios.



Major Ashwani Singh Rana joined UNDOF on 21 August 2017 as Staff Officer Planning Section for a period of 12 months. He hails from the hills of Himachal Pradesh (North India) and is a second generation Army Officer in the Indian Army. He has an Engineering degree in Information Technology and Telecommunication. He has 10 years of service in the Indian Army and has a variety of experience from various appointments. He has operated in the counter insurgency and counter terrorist environment in Assam and Arunachal Pradesh. He was awarded gallantry medals by COAS and GOC commandations during this time. He has also served in the extreme climate of North Sikkim. He has an outstanding academic record and has undergone various military courses. He was awarded Second Best student in his Young Officer(YOs) course and instructor grading in others. He has played state level Badminton and loves to play hockey and squash. He is married and has one daughter.

New Faces



Major Deborah Tove was born on 28 June 1979 in Navua, Fiji. She is a graduate of the Royal Military College, Duntroon, Canberra, Australia and was commissioned in 2007 to the Infantry Corps. Maj Tove is an alumnus of the University of the South Pacific (USP) where she has been awarded a Post Graduate Diploma in General Managers, Post Graduate Certificate in Human Resources, Professional Diploma in Business Leadership and Bachelors of Science Degree in Environmental Science majoring in Earth Science. Maj Tove's military education includes the completion of a Junior Staff Officer Course and Grade Three Staff and Tactics Course with the Republic of Fiji Military Forces (RFMF). She has also completed the United Nations Staff Officer Course in Newcastle, Australia (2015) and United Nations Contingent Officers Course in Delhi, India (2017). Her last tour of duty was with UNDOF from 2013-2014 where she held the appointment of Staff Officer Public Relations. She has also served with the United Nations Assistance Mission in Iraq in 2006. Maj Tove is married and has four children.



WO-I Ram Niwas joined UNDOF on 30 March 2017 and took charge of SPSS and was 2IC of the Maintenance Pl. He was born on 10 October 1968 in Jodhpur (Rajasthan), India. He is an alumnus of the Training Center Bhopal (MP) and enlisted in the Corps of Electronics and Mechanical Engineering in 1988. He has 28 years of service in the Indian Army and has a variety of experience in stores and various other duties during his service. WO-I Ram Niwas has served in Active field Area (OP RAKSHAK), J&K in year 1990 to 1993, Compensatory Field Area (OP PARAKRAM) in 2001-2002 and two turnovers in Counter Insurgency in J&K from 2003 to 2007 and 2011 to 2014. WO-I Ram Niwas has undergone various cadres & courses including a Store Technical course, and a Noncommissioned Officers' and Junior commissioned Officers' course. WO-I Ram Niwas is married to Sunita and has two children, Shruti and Deepak. He is actively involved in his local community and has a keen interest in sports.



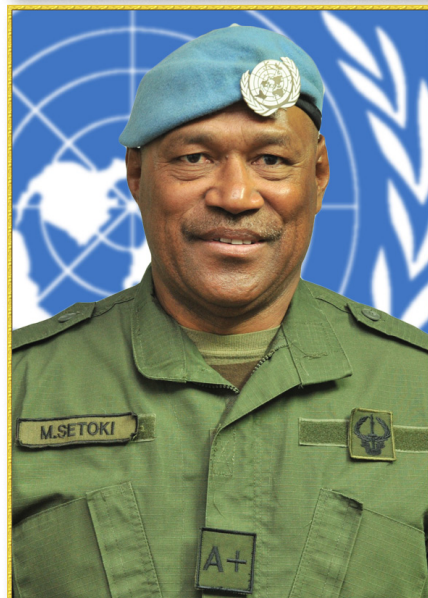
Major Jiri JINDRA was born on 01 September 1971 in Pardubice, Czech Republic. He joined UNDOF on 05 July 2017 as the Senior Staff Officer Training. He graduated in 1994 from the Czech Army College in Vyskov and was appointed to the Airborne Battalion. Major Jiri JINDRA completed the Specialised Reconnaissance Platoon Leader Course in Germany and the Army Battalion Commander Course in the Austrian Military Academy. In 2008 he served in ISAF as the Chief of Staff of the Czech Provincial Reconstruction Team in Logar, Afghanistan. He has worked for more than six years at the Ministry of Defence of the Czech Republic where he was the Head of Protocol. Since 2016 he has served in the Capability Development and Planning Division of the General Staff. His hobbies include skiing, travelling, swimming and cycling. Major JINDRA has three daughters.



Major Peter Mooren arrived in UNDOF on 09 August 2017 to take up the appointment of Liaison Officer on the Alpha Side. Prior to this appointment, Major Mooren worked as a staff officer at the Human Resources department in the HQ of the Royal Netherlands Army. Maj Mooren started his career in 1982 as a Signals NCO and served in a range of appointments and ranks in Signals and Personnel branches at Battalion and Brigade level. After studying at college level and obtaining his Bachelors degree in Human Resources in 2003 he went to the Royal Military Academy and became an Officer of Human Resources. After this promotion he had several appointments in the Personnel Branch. He has served overseas in Egypt (MFO Sinai) in 1987, Bosnia (UNPROFOR) in 1993 and 1995 and Kosovo (NATO) in 1999. Maj Mooren lives in Bennekom, the Netherlands with Annemarie and their two kids Maureen (5) and Maarten (3). His hobbies are running, his car (Mazda MX-5), Geocaching and Skiing.



Sgt. Dilli Bahadur Chaudhary of the Mountain Warfare School (NEPCON-V UNDOF) was born on 03 Sept 1982 in Dang, Nepal. He joined the Nepalese Army on the 18 September 2003. He is currently employed as a Section Commander with NEPCON and has held various appointments throughout his fourteen years of service. Chaudhary has completed NCO Cadre Grade- III and II training, Mountain Warfare Training Basic and Advance and Basic Special Tactics Rescue Training with USAF. His hobbies include reading, playing football and basketball. He is married with two daughters.



Private Manasa Setoki was born on 25 August 1963. He arrived from the Fiji Contingent Batt 4 in August 2016 and has been serving in the UNDOF mission in the Golan Heights under the Heavy Platoon section. He was enlisted to the Republic of Fiji Military Forces in the Infantry Corp as a Territorial soldier at the age of 18. His first overseas mission was in 1981. Private Setoki served his country with pride in Lebanon, with UNIFIL, and with MFO in the Sinai in Egypt before serving in the Golan Heights with UNDOF. He will be retiring in August 2018 at the age of 55.

New UNDOF Website

<https://undof-alt.unmissions.org>



On the 19th September 2017 the new UNDOF website was launched. As indicated in edition 151 of the Golan Journal, the development of the website was at an advanced stage and it was hopeful that the launch would occur in the near future. I am delighted to say that, due to the hard work of the Media Cell staff, both past and present, the website is fully operational on the World Wide Web. I would also like to acknowledge the direction and support we received from our colleagues in UNHQ, especially those within the UN Office of Project Services (UNOPS) and the UN Department of Public Information.

The aim of the website is to provide the user with timely and accurate information relating to the work UNDOF undertakes in the achievement of its assigned mandate. The launch of the site was the culmination of months of hard work putting together a webpage that was modern, up to date, full of factual and useful information for end users, and in line with United Nations specifications for mission websites.

The UNDOF webpage provides users with information on the mission and mandate of UNDOF. It allows users to see UNDOF's Area of Responsibility (AOR) and the activities it undertakes as it strives to ensure the Disengagement Agreement between Israel and Syria is maintained and supported. The webpage allows the user to access all UNDOF publications including all editions of the Golan Journal. The webpage has a live Twitter feed that allows you to keep up to date with other UN Peacekeeping missions and UN agencies. Of particular interest to former members of UNDOF is our gallery section where you can review photographs of previous UNDOF ceremonies and visits.

The UNDOF webpage is a living and breathing website that requires constant care and attention. I implore all site visitors, UNDOF staff, and our wider UN colleagues to become active contributors to this site and forward any comments, inputs, suggestions or ideas to the UNDOF Media Cell. We will endeavour to take on board all contributions and ensure the website is relevant to users.



UNDOF ROAD SAFETY

"BETTER LATE THAN NEVER"



will stop in less than 8.5 metres. An increase in average speed of 1 km/h typically results in a 3% higher risk of a crash involving injury, with a 4–5% increase for crashes that result in fatalities. Speed also contributes to the severity of the impact when a collision does occur.

For car occupants in a crash with an impact speed of 80 km/h, the likelihood of death is 20 times what it would have been at an impact speed of 30 km/h

The relationship between speed and injury severity is particularly critical for vulnerable road users such as pedestrians and cyclists. For example, pedestrians have been shown to have a 90% chance of survival when struck by a car travelling at 30 km/h or below, but less than 50% chance of surviving

an impact at 45 km/h. Pedestrians have almost no chance of surviving an impact at 80 km/hr.

Speed has been identified as a key risk factor in road traffic injuries, influencing both the risk of a road crash as well as the severity of the injuries that result from crashes. Excess speed is defined as exceeding the speed limit. Inappropriate speed is defined as driving at a speed unsuitable for the prevailing road and traffic conditions.

Excess and inappropriate speed are responsible for a high proportion of the mortality and morbidity that result from road crashes. In high-income countries, speed contributes to about 30% of deaths on the road, while in some low-income and middle income countries, speed is estimated to be the main contributory factor in about half of all road crashes. Controlling vehicle speed can prevent crashes happening and can reduce the impact when they do occur, lessening the severity of injuries sustained by the victims.

How does speed affect traffic collisions and injury?

The higher the speed of a vehicle, the shorter the time a driver has to stop and avoid a crash. A car travelling at 50 km/h will typically require 13 metres in which to stop, while a car travelling at 40 km/h

Travelling speed and pedestrian survival



Hit at 40km per hour 25% of pedestrians will die



Hit at 50km per hour 55% of pedestrians will die



Hit at 60km per hour 85% of pedestrians will die

What factors affect speed?

Drivers' speed choice is influenced by a number of factors that can be considered as:

- Driver-related factors (age, gender, alcohol level, number of people in the vehicle);
- Those relating to the road and the vehicle (road layout, surface quality, vehicle power, maximum speed);
- Traffic- and environment-related (traffic density and composition, prevailing speed, weather conditions).

What can be done to manage the adverse effects of speed?

A number of interventions have been identified to be effective in the management and control of vehicle speed:

- Setting and enforcing speed limits are two of the most effective measures in reducing road traffic injuries.
- Studies suggest that a 1 km/h decrease in travelling speed would lead to a 2–3% reduction in road crashes.
- Experience in many countries has shown that the introduction of speed limits will only have a short lived effect on reducing speeds unless accompanied by sustained, visible enforcement of these limits.
- Speed cameras are a highly cost-effective means of reducing road crashes.
- In some countries, speed limits are posted that vary according to weather, traffic conditions, and time of day. This ensures that speed limits are responsive to local conditions and traffic circumstances, and are therefore more likely to be kept.
- Speed levels can also be affected by developing a safer infrastructure. This can involve modifying the road environment to reduce traffic flow and vehicle speed, thereby providing protection from crashes and reducing injury rates. Such measures include segregating high- and low-speed road users, or discouraging vehicles from entering certain areas.
- Traffic-calming measures have been widely used to reduce crash frequency in many high income countries. These include the installation of physical speed-reducing measures, such as roundabouts, vertical changes in the road (for example speed humps),

horizontal changes in the road (such as road narrowing or rumble strips). Proven traffic-calming measures can be particularly useful where enforcement of speed control laws may be ineffective.

- The transition from high-speed to low speed roads can create areas of high risk for crashes – for example, where vehicles exit motorways. Design features can be used to mark transition zones on busy roads approaching towns and villages that can influence drivers' speed. Slower-speed zones and roundabouts are examples of features that are useful in reducing the speed of vehicles.



- Appropriate speed can be imposed on traffic through design features that limit the speed of the vehicle itself. Legislation can be used to encourage the use of such features. This is already being done in many countries with heavy goods vehicles and coaches, and is estimated to contribute to a 2% reduction in the number of injury crashes. Corresponding action is needed for cars and other light vehicles.



NEPCON MEDAL PARADE

Force Commander and Head of Mission Major General Jai Shanker Menon attended the Medal Parade for NEPCON V and the Nepalese Field Engineer Platoon on the 28th July 2017 in Camp Faouar. Also in attendance was the Deputy Force Commander Brig Gen Koskela and distinguished guests from civilian and international staff.

The parade was led by NEPCON DCO Major Ujjal Thapa with two (2) platoons saluting the Flags of the United Nations and the Federal Democratic Republic of Nepal.

During the parade the Force Commander/HoM Major General Menon presented medals to the UNDOF Chief of Staff Col Chok Bahadur Dakal and participating troops of NEPCON. After presenting the UNDOF medal to NEPCON troops, the Force Commander/HoM addressed the troops on parade and praised their excellent turnout and went on to highlight the discipline, loyalty, dedication and commitment that NEPCON troops have displayed throughout their



Khukuri Dance display during the Medal Parade at Camp Faouar

time with the UNDOF mission. Since their arrival to the Mission on 28th Sep 2016, NEPCON V and the Nepalese Field Engineer have risen to the distinct challenge of working in the Area of Operations. NEPCON V and the Nepcon Field Engineers have been deployed to various UNDOF posts including the Mt. Hermon Complex and Camp Faouar.



Nepcon group photo with the Force Commander and the civilian staff in Camp Faouar

NEPCON MEDAL PARADE



NEPCON



Force Commander and Head of Mission Maj Gen Jai Shanker Menon inspecting the parade at Camp Faouar

Major General Menon thanked the Government of Nepal for their continued commitment and support to the UNDOF mission. In particular, he highlighted the upcoming arrival to

UNDOF of a fully equipped Nepalese Mechanized Infantry Company. This Mechanized Company forms an integral part of the incremental return of UNDOF to the Bravo side and in time, will give the UNDOF mission the ability to once again patrol on a regular basis in the Area of Separation and fully comply with its mandate.



Nepcon colours marched onto the parade

The Nepalese contingent took this occasion as a perfect opportunity to showcase their unique Nepalese culture and tradition. This included the performance of the 'Khukuri dance' and the unarmed military skill of 'Taekwondo Kata' by Nepalese personnel.

In his address that followed the cultural display, Lt Col Basanta Bahadur Khadka, Commanding Officer of NEPCON complimented each soldier under his command on the tremendous commitment and dedication they have shown to both the Mission and their Country.

JOURNEY FROM INDCON LOGBATT TO GOLAN WARRIORS

INDCON LOGBATT's journey commenced almost a year ago in November 2016. It was at this time that concentrated efforts began for the 21st rotation of INDCON LOGBATT to the UNDOF mission area. It was the fourth rotation of the core unit (33 Medium Regiment) to be inducted, however, the composition of LOGBATT includes troops from specialized arms and services from throughout the Indian Army. After a rigorous selection process, these troops arrived at our base camp in New Delhi. As the Deputy Commanding Officer with responsible for training of the contingent, the single most important challenge in front of me was to hone the training skills of this heterogeneous mix of soldiers towards a common aim. This was compounded by the fact that none of the troops in the entire contingent had any previous exposure to working in an international environment or had served in any UN Mission before. Soldiers had to conform to an all-new UN standard which demanded an effective and calibrated pre-deployment training program.

Centre for United Nations Peace Keeping (CUNPK)

CUNPK, New Delhi draws India's vast experience in the field of UN Peacekeeping. The centre conducts international training capsules for Military Contingent Officers, Military Observers and Staff and Logistics Officers. It is also a repository of information on India's involvement in UN Peacekeeping. A vast pool of experienced personnel, well attuned to the requirements of training, internationally developed theories, modern methods of instructions and progressive development are the corner stones of the centre.

Pre-Deployment Training Model: Train the Trainers

CUNPK is mandated to impart pre-deployment training to all contingents fielded by the Indian Army for Peacekeeping. The centre trains the contingents of the unit and thereafter the training is carried out by these trainers under the direct supervision and guidance of



LOGBATT Troops receiving UNDOF briefs

the centre. The core unit (33 Medium Regiment) of the 21st rotation underwent orientation training in peacekeeping for four weeks prior to its arrival in New Delhi. Thereafter, a total of 10 Officers from LOGBATT attended the prestigious CUNPK course for a duration of two weeks. They were made aware of the UN's history, past missions, background, culture and religious aspects of the conflict and about other UN organizations and procedures in the conflict area. The focus areas for pre-deployment training at CUNPK was to train contingent officers for effective execution of their tasks as needed to serve in UNDOF. The training at CUNPK culminated into table top exercise 'BLUE HELMETS' which incorporated various aspects of peacekeeping.

The focus was now shifted to train the other personnel of the contingent. A deliberate training schedule for six weeks was drafted to impart necessary training to all the soldiers. The focus areas and guiding parameters for this capsule were:

- UNDOF : History and Background
- Mission Imperatives
- MoU
- Conduct and Discipline
- Sex and Exploitation Abuse (SEA)
- Physical Fitness
- Basic First Aid Concepts

The contingent underwent a structured pre-induction training at Khanpur Camp, New Delhi. This training paved the way for a smooth transition into a totally different international environment. It definitely built the much required base for all personnel during their tour of duty in UNDOF.

The induction of the 21st rotation of INDCON LOGBATT was carried out in three stages. The advance party reached Camp Faouar (CF) and Camp Ziouani (CZ) on 09 Mar 17 and 16 Mar 17 respectively. The main body was inducted in CZ on 30 Mar 17.

Mission Area Training

As part of mission area training for the newly inducted troops of the 21st rotation, lectures / classes on various topics were conducted for all. The major highlights of the aspects covered were as follows:

- Present Situation in the Area of responsibility (AOR)
- Peculiarities of Crossings and Documentation
- Rules of Engagement
- SEA
- Defensive Driving

LOGBATT is mandated to provide second line logistics support to the mission. Keeping this basic guiding principle as the benchmark, the contingent devised a comprehensive training schedule and incorporated essential aspects as applicable to UNDOF. This was then translated into weekly training programs in conjunction with Training Branch UNDOF HQ. Annual Mission



LOGBATT NCO's briefing FRC Troops

Training Plan (AMTP) provided the basic guidelines and direction in finalizing the training schedules. Special emphasis was given to cover the most essential Key Result Areas (KRAs) as decided by the contingent:

- Physical Fitness to include regular PT & games parade
- Small Arms Firing
- Training on specialist vehicles
- Conduct and discipline to include SEA
- Bunker Drills and procedures
- Fire Fighting and Smokey Activities

One important feature of the LOGBATT training schedule was the On the Job Training (OJT). Practical application of the knowledge gained was also put to correct use by the respective specialist platoons of LOGBATT. Adequate expertise was gained in their respective fields by the soldiers while accomplishing their mandated tasks. Specialist training capsules were conducted by Maintenance Platoon, Medical Platoon, Supply Platoon, Engineers Platoon and Signal Platoon in conjunction with respective sections.

The output of the contingent training was extremely positive and encouraging. This was reflected in the contingent evaluation exercise conducted in August 2017. The transformation from INDCON LOGBATT to GOLAN WARRIORS was now complete.



LOGBATT Troops conducting range practices

UNDOF DIPLOMATS DAY

Force Commander & Head of Mission (FC/ HoM) Major General Jai Shanker Menon hosted a Diplomat's Day on the Alpha and Bravo side on the 22 August and 16 September respectively. The FC/ HoM welcomed guests from numerous diplomatic missions including Ambassadors and representatives from all Troop Con-

tributing Nations (TCC) and permanent members of the United Nations Security Council. The purpose of the event was to communicate the current situation that pertains in the Mission's Area of Operations (AOR) and how UNDOF continues to implement its mandate outlined by Security Council resolution 350 (1974) in the Golan Heights.



ALPHA AND BRAVO SIDE

On the 30th June 2017 the UN Security Council renewed the Mission's mandate unanimously adopting resolution 2361 (2017) on the United Nations Disengagement Observer Force (UNDOF). The 15-nation Council urged Member States to convey strongly to the Syrian armed opposition groups in the Force's Area of Responsibility (AOR) to halt all activities

endangering United Nations peacekeepers on the ground. UNDOF continues to implement its mandate through the incremental phased return to the Bravo side. As Phase 1 has ended, the Nepalese Mechanized Infantry Company deployment has commenced Phase 2, we continuously remind ourselves that the safety and security of our personnel is paramount.



DIPLOMATS DAY



THE FIJI MILITARY BADGE

The Fiji Military Badge has significant features that are pertinent to Fiji's proud military history. After the historic events of World War II, the badge was introduced to Fiji's military by the late Ratu Sir Josefa Lalabalavu Vanayaliyali Sukuna, a High Chief and statesman of Fiji. The red and green patches on the badge are



directly adopted from the regimental traditions of the then, King's Royal Rifle Corps (KRRC) of the British Army, which later joined the Oxfordshire and Buckinghamshire Light Infantry, and the Green Jackets Brigade. In 1966, the three regiments were formally amalgamated to become the Royal Green Jackets (RGJ), the sister regiment of the Fiji Infantry Regiment today.

The arrangement of the two colours on the badge was inspired by the moral act of valour that saw the blood of the Fijian soldier being spilt on the battlegrounds of war, responding to the call of the Crown. The shades of puny red and Brunswick green are emblematic to that of the regimental colours proudly preserved and worn by the RGJ today.

The emblem of the eight pointed star is taken from the Garter star, one of four most noble orders of knighthood of the British Empire. It represents our direct link to the Royal Family of Great Britain, as was inaugurated by Queen

Victoria in 1874. The Lion on the Crown replaces the red Cross of St George, as the centre-piece of the star; and represents the insignia of Her Majesty's Armed Forces – the Army. This insignia was crafted by the masons of King William I, in 1066, and more than a hundred years later, was commissioned by King Richard I (Richard the Lion Heart) as the royal insignia of His Majesty's Forces.

The Lion is a common charge of British heraldry and it traditionally symbolizes courage, nobility, royalty, strength, stateliness, and valour – attributes exemplified by the Royal Monarch of England. This emblem was given to Ratu Sir Lala Sukuna by the Queen, and commissioned with the wording "FIJI" as the official cap badge and army patch of the Fiji Military Forces. The royal commissioning of this badge warrants it to be worn on the head-dress, and on the right arm of the Fijian soldier in uniform.



TRIBUTE TO THE FALLEN

WO2 Semiti Korovavala

UNDOF was saddened by the loss of WO2 Semiti Korovavala from the Engineer Group of Fiji Contingent who passed away while serving in UNDOF on the 19th Aug 2017.

Our deepest sympathies are extended to WO2 Korovavala's wife, children, family, friends and colleagues on their loss.

WO2 Korovavala was born on the 10th October 1962 in Nabouono Village in Macuata. He joined UNDOF in August 2016. His primary role in UNDOF was as Works Controller, with the Force Engineer Branch.

WO2 Korovavala is survived by his wife Sisilia Dibua Korovavala and his four children.



FIJI BATT



Col Chok Bahadur Dhakal Chief of Staff UNDOF led the ceremony in remembrance of WO2 Semiti Korovavala

55th INFANTRY GROUP/ UNDOF FRC

Ireland's Finest



The Irish Flag heads the Medal Parade Ceremony of the 55th Infantry Group/ UNDOF Force Reserve Company

The 55th Infantry Group rotated into the mission area in April 2017 and took up the role as the Force Reserve Company. The Group has a wide range of capabilities including armoured force protection, patrolling and mobility, surveillance, communications, medical and operational expertise. Before deployment the Infantry Group were tested during a Mission Readiness Exercise which put commanders and soldiers through a demanding series of scenarios based on the situation in the Golan Heights and potential threats that may be encountered in the mission area. On deploying to UNDOF the 55th Infantry Group began training and prepared for a number of different tasks in the Area of Operations (AOO). Throughout the course of their deployment they conducted patrols to both the Alpha

and Bravo side to broaden their situational awareness and to fulfil the mandated requirements of the Force Reserve Company (FRC). The training cell of the 55th Infantry Group facilitated the running of courses for FRC personnel, including Armoured Fighting Vehicle (AFV) recognition, Mine Flail (engineer specific) and Unarmed Combat. These courses have helped to develop



Lt Col David Cowhig CO FRC welcomes Vice Admiral Mark Mellett Chief of Staff Defence Forces Ireland to UNDOF



DF Piper Brian O'Connor on parade

and Bravo side to broaden their situational awareness and to fulfil the mandated requirements of

the operational effectiveness of the FRC.

Taking a closer look at the 55th Infantry Group; the Group it is made up of 130 all ranks; 14 Officers, 1 Chaplain and 115 Enlisted Personnel. There are 4 female members of the group made up of 3 NCOs & 1 Pte; Sgt Valerie Cole, Cpl Niamh Casey, Cpl Denise Doyle and Pte Emma Furlong. The youngest member of the Group is Pte Dale Lawler who is 22 years old and the average age of the group is 32 years.



Vice Admiral Mellett presents the UNDOF medal to Irish Troops

Regimental Sergeant Major John Murray has the most extensive overseas service completing 16 tours of duty. Of the 130 personnel in the Unit, 48 are on their first overseas tour and there is an accumulation of 209 tours completed in total. Troops have previously served in UNIFIL (Lebanon), KFOR (Kosovo), EUFOR (Bosnia), UNMEE (Eritrea), ISAF (Afghanistan),



FRC Cooks hosted a post parade reception

MINURCAT (Chad), EUTM (Somalia), UNDOF (Syria), UNOSOM 1 (Somalia), UNMIL (Liberia) and ONUCI (Ivory Coast). Members of the 55th Infantry Group are drawn from different Units and Corps of the Irish Defence Forces including 1st Mechanised Infantry Company, The Military College, DFTC MP Group, 1 Brigade Engineering Group, 2 Brigade Artillery Regiment, The Air Corps, 2 Brigade Central Medical Unit, DFTC Ordnance Group and 1 Brigade Communication Information System Company.



FC/ HoM Maj Gen Menon welcomes Defence Forces Ireland Chief of Staff Vice Admiral Mak Mellett to UNDOF HQ. Also in picture, Lt Col David Cowhig OC FRC, Mr. Bernie Lee CMS, DFC Brig Gen Mauri Koskela and Lt Col Tadhg Murray COO UNDOF



CARDIO PULMONARY RESUCITATION (CPR)

What is CPR?

CPR, or cardiopulmonary resuscitation, is a skill that is used when a person is in cardiac arrest to keep oxygenated blood moving to the brain and other vital organs until advanced medical help arrives. CPR involves giving sets of 30 chest compressions followed by sets of 2 rescue breaths.

When you give compressions, you press down on the person's chest. This squeezes (compresses) the heart between the breastbone (sternum) and spine, moving blood out of the heart and to the brain and other vital organs. After each compression, you must let the chest return to its normal position.

This allows blood to flow back into the heart. The rescue breaths you give after each set of 30 compressions delivers a fresh supply of oxygen into the person's lungs. When you give CPR, you help to keep oxygenated blood moving throughout the body, which can buy the person some time until advanced medical help arrives.

How CPR Works

The air we breathe in travels to our lungs where oxygen is picked up by our blood and then pumped by the heart to our tissue and organs.

When a person experiences cardiac arrest - whether due to heart failure in adults and the elderly or an injury such as near drowning, electrocution or severe trauma in a child - the heart goes from a normal beat to an arrhythmic pattern called ventricular fibrillation, and eventually ceases to beat altogether. This prevents oxy-

gen from circulating throughout the body, rapidly killing cells and tissue. In essence, Cardio (heart) Pulmonary (lung) Resuscitation (revive, revitalize) serves as an artificial heartbeat and an artificial respirator.


CPR may not save the victim even when performed properly, but if started within 4 minutes of cardiac arrest and defibrillation is provided within 10 minutes, a person has a 40% chance of survival.

CPR GUIDELINES


ADULTS & CHILDREN 8+ YEARS

- 1 Dial 911**


 - If possible, ask someone else to call.
 - If you have an AED, have someone else retrieve it.


- 2 30 Compressions**


 - Interlock fingers & lock elbows, push firmly at least 2 inches deep.
 - Perform 30 compressions, at a rate of at least 3 compressions every 2 seconds.
 - If not CPR trained, only perform these cycles of 30 compressions. Go to Step 5.


- 3 Open Airway**


 - Place your palm on their forehead & gently tilt their head back. With your other hand, gently lift their chin forward to open airway.
 - Check for normal breathing.


- 4 Two Breaths**

 - Keep their airway open, pinch nostrils shut & cover their mouth with yours.
 - Give two gentle breaths.
 - Each breath should last 1 full second. Look to see if chest rises with each breath.


- 5 Perform 5 Total Cycles**

 - Repeat each compression and breath cycle up to five times or until the person begins breathing.
 - Use an AED if available.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)



What is an Automated External Defibrillator?

An automated external defibrillator (AED) is a lightweight, portable device that delivers an electric shock through the chest to the heart. The shock can potentially stop an irregular heart-beat (arrhythmia) and allow a normal rhythm to resume following sudden cardiac arrest (SCA). SCA occurs when the heart malfunctions and stops beating unexpectedly. If not treated within minutes, it quickly leads to death.



Why are AEDs important?

AEDs make it possible for more people to respond to a medical emergency where defibrillation is required. Because AEDs are portable, they can be used by non-medical people (lay-rescuers). They can be made part of emergency response programs that also include rapid use of 9-1-1 and prompt delivery of cardio pulmonary resuscitation (CPR). All three of these activities are vital to improving survival from SCA.

cuers who have been trained in CPR can use AEDs. Although formal training in the use of an AED is not required, it is recommended to help the rescuer increase their comfort and level of confidence. However, AEDs are intended for use by the general public. Most AEDs use audible voice prompts to guide the user through the process.



How does an AED work?

A built-in computer checks a victim's heart rhythm through adhesive electrodes. The computer calculates whether defibrillation is needed. If it is, a recorded voice prompts the rescuer to press the shock button on the AED. This shock momentarily stuns the heart and stops all activity. It gives the heart the chance to resume beating effectively. Audible prompts guide the user through the process. AEDs advise a shock only for ventricular fibrillation or another life-threatening condition called pulseless ventricular tachycardia.

Who can use an AED?

Non-medical personnel such as police, fire service personnel, flight attendants, security guards and other lay res-

QUICK USE INSTRUCTIONS		WHEN TO USE
PRESS "ON" BUTTON 1		WHEN TO USE THE AED Use the AED when the patient is: <ul style="list-style-type: none"> • Unconscious • Unresponsive • Not breathing For patients under 8 years old or less than 55 pounds (25kgs), use child/infant electrode pads. Do not delay therapy to determine exact age or weight.
APPLY PADS FOLLOW AED INSTRUCTIONS 2		WHEN NOT TO USE THE AED The AED should not be used if the patient is: <ul style="list-style-type: none"> • Conscious and/or responsive • Breathing • Has a detectable pulse
IF INSTRUCTED, PRESS "SHOCK" BUTTON 3		WHO SHOULD USE THE AED The user should have: <ul style="list-style-type: none"> • Defibrillation training as required by local, state, provincial, or national regulations. • Any additional training as required by the authorizing physician. • Thorough knowledge and understanding of the material presented in this Operating Guide and in the User Manual (on Defibtech User CD).

BENEFITS AND HAZARDS OF ANIMALS AND WILD FLORA IN MISSION

Animals in mission environments have positive and negative impacts on human health, hygiene, safety and security. Like plants, they are an integral part of the natural environment. Provided that they are in good health and in controlled numbers, they are beneficial for the mission environment. Domestic animals (like dogs and cats) may have a de-stressing effect for humans in difficult environments especially soldiers when they are deployed in far-flung areas away from their family members.

Feral dogs and cats are an important link in the predatory chain and contribute to maintaining the equilibrium of species. Cats are cost-free and environment friendly predators of vermin, such as rodents, snakes and insects.

Dogs deter criminals and dangerous wildlife from entering United Nations compounds. Besides, dogs also provides enhanced sense of security and vigilance when deployed with a night duty sentry/guard by alerting from his extremely developed senses. However, when neglected and reproducing without control, dogs and cats may become a health, hygiene, safety and security hazard for the troops.

Their population control proves specifically important in harsh climatic conditions and in an environment out of balance due to war, political instability or natural disaster. The health hazards are more likely when the number of such animals is proportionately very high in small Observation Posts and UN Positions. Conventional methods to control stray animal populations, such as shooting, poisoning or deportation, have shown

no long-lasting effects in reducing stray animal numbers and preventing rabies.

These methods are not only hazardous to humans and to the natural environment, but may also harm the reputation of the United Nations as an organization that sets worldwide ethical and environmental standards. For example, shooting campaigns can result in fatal injuries of humans by stray bullets. Poisoning may accidentally expose humans, especially maintenance staff and children, to poison. Furthermore, animal carcasses that are not appropriately disposed of contaminate water and soil.

PREVENTION IS BETTER THAN CURE

Dogs are naturally friendly but unwanted animals may cause damage and if found in the Camp area pose health hazard. Not every stray dog you come across is going to be friendly. Some are dangerous. For this reason, avoidance is the safest bet.

A number of other alternatives are available to get rid of them, depending on the situations / typical operational requirements and commitments, the best method can be picked.

But before taking drastic measures, we should first figure out the various ways to get rid of the stray dogs. Assess the situation, number of dogs and look for the practical and implementable solution. The some of the conventional methods of controlling stray dogs in Camps / Premises are as mentioned below.



Article by Lt Col RS Yadav, FHO



The Flora and Fauna of the Golan Heights

Try to use the easiest and the least expensive means first.

- Use of Dog Deterrents like

Sprays: Boundary Indoor / Outdoor Dog Repellents.

Granules: Boundary Dog and Cat Repellent Granules.

Electronic: Dazer Ultrasonic Dog Deterrents.

- Put up an Entry proof fence. This is a nearly fool-proof method for keeping nuisance dogs out of enclosed / bounded premises and Camps without using any

strange or smelly substances. This will also help keep other critters from entering and provide a safer and Hygienic area for residents.

- Strays are attracted to a food source. Discourage feeding of stray dogs by offering left over Food and throwing meat / chicken bones etc.

- Put down a layer of landscaping rock like quartz or lava rock outside the main gates and areas commonly used by dogs to enter the Premises. The slightly sharp edges are unpleasant for dogs to walk on.

- Scatter crushed mothballs around the Area. The strong smell helps to deter dogs by masking the smell of food items.

However, to find sustainable and ethical ways for dealing with the stray animal issue and to act in line with United Nations environmental standards and policies, authorities should seek assistance of local veterinary experts from the Host nations and internationally renowned non-profit organizations.

These experts may be approached and invited to implement a pilot project on CCR ("catch – castrate – release") to sustainably and humanely reduce the number of stray dogs and cats in mission premises, with the long-term goal of enhancing health and hygiene and preventing rabies. The CCR campaign can also include a broad-scale advocacy campaign and awareness program on handling and stray animal management.





Sustainable Development Goals

17 Goals to Transform our World

On 1 January 2016, the 17 Sustainable Development Goals (SDGs) of the 2030 Agenda for Sustainable Development — adopted by world leaders in September 2015 at an historic UN Summit — officially came into force. Over the next fifteen years, with these new Goals that universally apply to all, countries will mobilize efforts to end all forms of poverty, fight inequalities and tackle climate change, while ensuring that no one is left behind.

The SDGs, also known as Global Goals, build on the success of the Millennium Development Goals (MDGs) and aim to go further to end all forms of poverty. The new Goals are unique in that they call for action by all countries, poor, rich and middle-income to promote prosperity while protecting the planet. They recognize that ending poverty must go hand-in-hand with strategies that build economic growth and addresses a range of social needs including education, health, social protection, and job opportunities, while tackling climate change and environmental protection. While the SDGs are not legally binding, governments are expected to take ownership and establish national frameworks for the achievement of the 17 Goals. Countries have the primary responsibility for follow-up and review of the progress made in implementing the Goals, which will require quality, accessible and timely data collection. Regional follow-up and review will be based on national-level analyses and contribute to follow-up and review at the global level.

What is Sustainable Development?

- Sustainable development has been defined as development that meets the needs of the present without compromising the ability of future generations to meet their own needs.
- Sustainable development calls for concerted efforts towards building an inclusive, sustainable and resilient future for people and planet.
- For sustainable development to be achieved, it is crucial to harmonize three core elements: economic growth, social inclusion and environmental protection. These elements are interconnected and all are crucial for the well-being of individuals and societies.
- Eradicating poverty in all its forms and dimensions is an indispensable requirement for sustainable develop-

ment. To this end, there must be promotion of sustainable, inclusive and equitable economic growth, creating greater opportunities for all, reducing inequalities, raising basic standards of living, fostering equitable social development and inclusion, and promoting integrated and sustainable management of natural resources and ecosystems.

How will Sustainable Development Goals be implemented?

Implementation and success will rely on countries' own sustainable development policies, plans and programmes, and will be led by countries. The Sustainable Development Goals (SDGs) will be a compass for aligning countries' plans with their global commitments.

- Nationally owned and country-led sustainable development strategies will require resource mobilization and financing strategies.
- All stakeholders: governments, civil society, the private sector, and others, are expected to contribute to the realisation of the new agenda.
- A revitalized global partnership at the global level is needed to support national efforts. This is recognized in the 2030 Agenda.
- Multi-stakeholder partnerships have been recognized as an important component of strategies that seek to mobilize all stakeholders around the new agenda.





UN HQ



SUSTAINABLE DEVELOPMENT GOALS



UN Audit Team visit to UNDOF



UN Audit Team headed by Mr. Himanshu Dharmadarshi visited UNDOF 11-15 SEPT 2017. The team included Mr. Debasis Chakraborty, Mr. Girdhari Lal Halwai, Mr. Tailor Chimanlal and Mr. Kizakkle Nair

Upcoming Regional Events

05 October 2017 - Sukkot in Israel

It is a biblical Jewish holiday celebrated on the 15th day of the month of Tishrei (varies from late September to late October). During the existence of the Jerusalem Temple it was one of the Three Pilgrimage Festivals on which the Israelites were commanded to perform a pilgrimage to the Temple. Sukkot has a double significance. The one mentioned in the Book of Exodus is agricultural in nature – "Feast of Ingathering at the year's end" and marks the end of the harvest time and thus of the agricultural year in the Land of Israel. The more elaborate religious significance from the Book of Leviticus is that of commemorating the Exodus and the dependence of the People of Israel on the will of God. The holiday lasts seven days in Israel and eight in the diaspora. The first day is a Shabbat-like holiday when work is forbidden. This is followed by intermediate days called Chol Hamoed, when certain work is permitted. The festival is closed with another Shabbat-like holiday called Shemini Atzeret. Shemini Atzeret coincides with the eighth day of Sukkot outside of Israel.



www.alamy.com - CFMCY1

12 October 2017 - Simchat Torah in Israel

Simchat Torah is a celebration marking the conclusion of the annual cycle of public Torah readings, and the beginning of a new cycle. Simchat Torah is a component of the Biblical Jewish holiday of Shemini Atzeret ("Eighth Day of Assembly"), which follows immediately after the festival of Sukkot in the month of Tishrei (mid-September to early October on the Gregorian calendar). Simchat Torah begins at sundown on Thursday, 12 October 2017.



30 November 2017 - Mawlid al-Nabi in Syria

As per the Muslim calander, a holiday begins on the sunset of the previous day, so observing Muslims will celebrate Mawlid al-Nabi on the sunset of Thursday, the 30th of November. Although Mawlid al-Nabi is always on the same day of the Islamic calendar, the date on the Gregorian calendar varies from year to year, since the Gregorian calendar is a solar calendar and the Islamic calendar is a lunar calendar. This difference means Mawlid al-Nabi moves in the Gregorian calendar approximately 11 days every year. The date of Mawlid al-Nabi may also vary from country to country depending on whether the moon has been sighted or not. The dates provided here are based on the dates adopted by the Fiqh Council of North America for the celebration of Mawlid al-Nabi. Note that these dates are based on astronomical calculations to affirm each date, and not on the actual sighting of the moon with the naked eye.



Upcoming Regional Events

12 December 2017 - Hanukkah in Israel

Hanukkah is a Jewish holiday commemorating the rededication of the Holy Temple (the Second Temple) in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire. Hanukkah is observed for eight nights and days, starting on the 25th day of Kislev according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar. It is also known as the Festival of Lights and the Feast of Dedication. The festival is observed by the kindling of the lights of a unique candelabrum, the nine-branched menorah, one additional light on each night of the holiday, progressing to eight on the final night.

The typical menorah consists of eight branches with an additional visually distinct branch. The extra light, with which the others are lit, is called a shamash and is given a distinct location, usually above or below the rest. Other Hanukkah festivities include playing dreidel and eating oil-based foods such as doughnuts and latkes. Since the 1970s, the worldwide Chabad Hasidic movement has initiated public menorah lightings in open public places in many countries.



25 December 2017 - Christmas

Christmas is an annual festival commemorating the birth of Jesus Christ, observed most commonly on December 25th as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it is prepared for by the season of Advent or the Nativity Fast and initiates the season of Christmastide, which historically in the West lasts twelve days and culminates on Twelfth Night; in some traditions, Christmastide includes an Octave. The traditional Christmas narrative, the Nativity of Jesus, delineated in the New Testament says that Jesus was born in Bethlehem, in accordance with messianic prophecies; when Joseph and Mary arrived in the city, the inn had no room and so they were offered a stable where the Christ Child was soon born, with angels proclaiming this news to shepherds who then disseminated the message furthermore. Christmas Day is a public holiday in many of the world's nations, is celebrated religiously by the vast majority of Christians, as well as culturally by a number of non-Christian people, and is an integral part of the holiday season, while some Christian groups reject the celebration. In several countries, celebrating Christmas Eve on December 24 has the main focus rather than December 25, with gift-giving and sharing a traditional meal with the family



