



पर्वते

PARBATE

Vol 75 No 5: September/October 2023



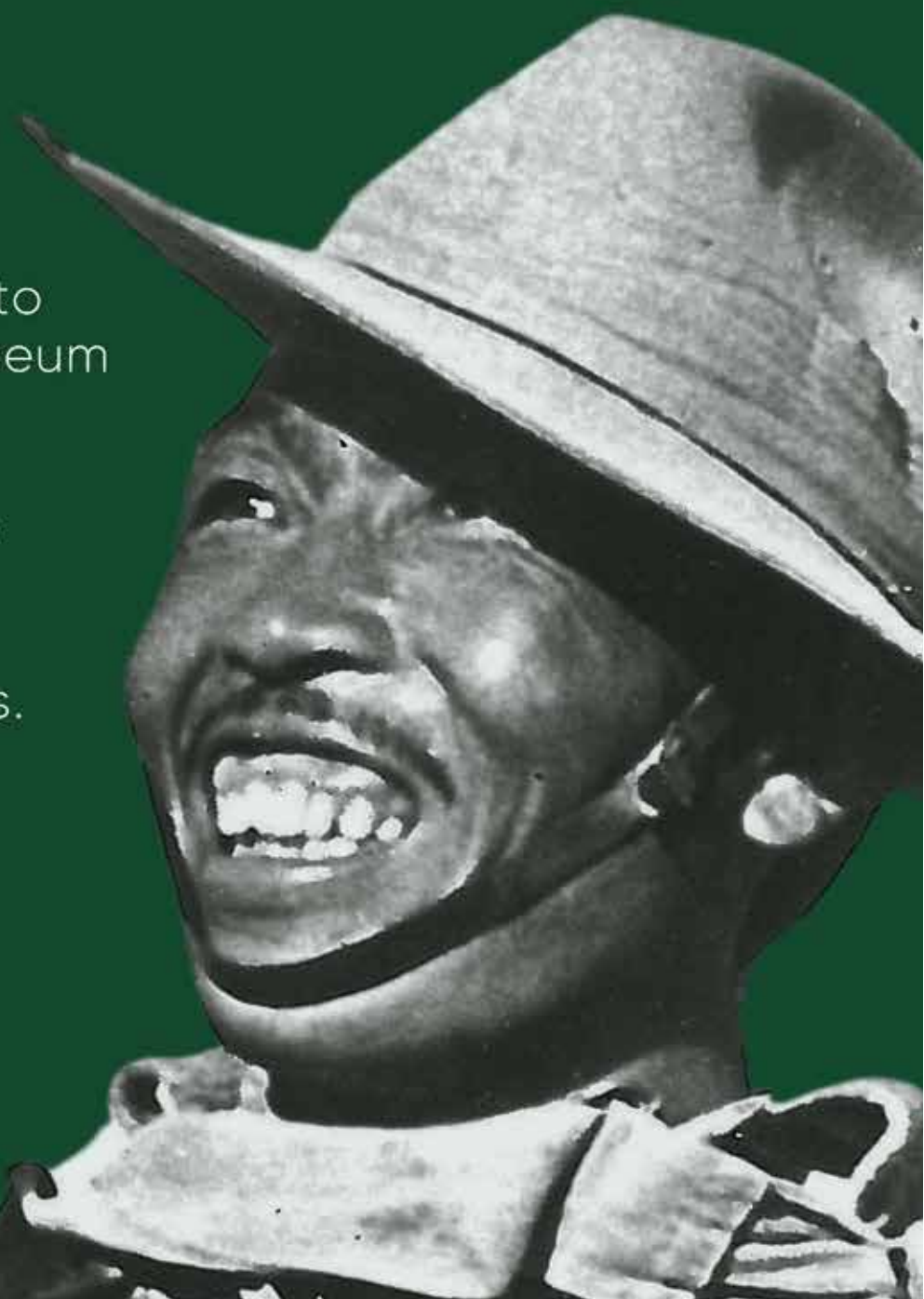
The Magazine for Gurkha Soldiers and their Families
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पर्वते PARBATE

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Please send your articles together with high quality photographs (JPEGs min 300dpi and 1 MB file size) through your unit's Parbate Rep to: rhq3parbate@gmail.com

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Parbate is designed by the Army Comms Design Studio, Andover. ADR011725



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Front Cover: Teams starting the Trailwalker 2023.

Right: Queen's Own Gurkha Logistic Regiment deployed on Exercise WESSEX STORM providing essential support to battle groups.



In this edition, our unit focus is the Queen's Gurkha Engineers. They are celebrating their 75th anniversary. This is being celebrated at multiple events, some of which we have featured or will feature in Parbate. You can also see an exhibition about the Queen's Gurkha Engineers at the Royal Engineers Museum in Gillingham Kent, which is running until the 23rd of December.

The Gurkha photographic and video competition 2023 deadline is approaching, send your content by the 31st October. Please look at the website for the entry requirements. Get your cameras, video cameras and smart phones out and try and capture those magic moments which not only could win you a prize but see your media content featured across the

Brigade of Gurkhas media channels and at the Gurkha Museum in Winchester.

We receive many articles each week, we then go through a process to select where we should publish each one. Some on the website and social media, and some to Parbate. If you have a key story or activity, we want to hear from you, so please send your content to: rhq3parbate@gmail.com

Without your stories we would not be able to tell you and the rest of the world, about the great work Gurkhas do and what other activities you all take on. We will endeavour to publish everything we receive.

Mick Latter

HQBG Head of Communications



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Technical requirements for images in Parbate:

- Images must be JPEGs at least 1MB in file size minimum or 3MB for full page cover or double page spread.
- You need to capture the images on your device at the highest file size it allows. Using image software to increase image size is not the answer, most images will become blurred and pixilated.
- You must have permission to use the photographs you submit to this office.
- Images with children with their faces in clear view - you must hold permission from the parental guardians for us to print those images.
- Operational images and text must be cleared for use by your unit Intelligence Officer or Permanent Joint Headquarters Operations Centre (PJHQ).
- Images must be clear - no out of focus images will be used on any media output.
- No collages will be printed (combined multi images into one image).
- For each article aim to send at least three images. No more than six images - unless requested to send more by this office.
- Do not embed to an email send as attachments. If large files you can send using DropBox, Google Drive or Wetransfer.com - make sure we have permission to open them files when you send them. You can submit images of disk or memory stick as well but we will not be able to return the items.
- Asking this team to download the images from your unit social media is not acceptable. The images are often compressed and thus not usable in print formats
- All images sent to us for Parbate will be stored on the GBA hard drives and or secure cloud storage and we reserve the right to use those images on any external and internal media output and delete the images if no longer required.

कर्णेल बिजी, कर्णेल डेबिड रविनसन साहेबबाट ब्रिगेड अफ गोर्खाजलाई दिनु भएको दशैं सन्देश

विजय दशमी विक्रम संवत् २०८० को पावन अवसरमा ब्रिगेड अफ गोर्खाजमा सेवारत तथा अवकास प्राप्त हुनुभएका सम्पूर्ण सदस्यहरु, तपाईंका परिवारजनहरु साथै तपाईंका साथीभाइहरुमा मेरो न्यानो अभिवादन । तपाईंहरु जुनसुकै ठाउँमा रहे पनि म आशा गर्छु यो अद्भूत क्षणलाई आफ्ना प्रियजनहरु, परिवारहरु र साथीभाइहरुसँग मिलेसम्म सँगसँगै बसेर मनाउँदै हुनुहुन्छ । अफसोच, काम विशेषले तपाईंहरु अपरेसनमा तैनाथ हुनुपरेता पनि सम्झनुहोला हामीहरु तपाईंहरुकै साथमा छौ । यहाँ मनन योग्य कुरा के छ भने, हामीलाई हाम्रो सेवाको दौडानमा हाम्रा परिवारजनहरुले खेलेको महत्वपूर्ण भूमिका, वहाँहरुले देखाउनु भएको सहनशिलता र वफादारिता प्रति हामीहरु अत्यन्त ऋणि छौ ।

एकातर्फ, हामी धेरैका लागि यो पर्वले धार्मिक र अध्यात्मिक रुपमा गहिरो सम्बन्ध राख्छ भने अर्को तर्फ विगतको वर्ष अत्यन्त फलदायी भएको थियो भन्ने परम्पराको रुपमा पनि मनाउन सकिन्छ । विगतका वर्षहरु जस्तै: यो वर्ष पनि ब्रिगेड अफ गोर्खाजले थुप्रै उपलब्धिहरु हासिल गरेको छ । हाम्रा सबै यूनिटहरुले अविच्छिन्न रुपमा अपरेसनमा होस् वा ठूलूला सैनिक अभ्यासहरु, खेलकुदहरु तथा विभिन्न किसिमका सैन्य कौशलता जस्ता प्रतिस्पर्धामा भाग लिदै आफ्नो उच्चस्तरको क्षमता प्रदर्शन गरेका छन् । हामीहरुले लगातार रुपमा यूकेको सुरक्षार्थ उच्च तथा बढ्दो क्षमताहरु व्यवस्थित गर्न सफल भएका छौ जसमा हामीहरुले सदा गौरव गर्न जरुरी छ । तपाईंहरुले अनवरत रुपमा देखाउनु भएको अथक प्रयासहरु र प्राप्त उच्च स्तरका अनगिन्ति उपलब्धिहरुका लागि म तपाईं सम्पूर्णलाई मेरो अन्तरआत्मा देखि नै स-धन्यवाद टक्रयाउन चाहन्छु ।

दुःखको कुरा यसवर्ष हामीले हाम्रा १३ औं मध्येकै एक होनहार भिक्टोरिया क्रस विजेतालाई गुमाएका छौ । क्याप्टेन रामबहादुर लिम्बु (भि.सी) साहेबको निधन सँगै हामीले हाम्रा पुर्खाहरुले प्रदर्शन गरेको सहास र महानताको सहि तरिकाले प्रतिबिम्बित गर्नुपर्छ र गोर्खालीको नाम र प्रतिष्ठा अभिवृद्धिका लागि प्रयासरत हुनेछौ भन्ने प्रतिबद्धता समेत जाहेर गर्नुपर्दछ । सायदै हामीसँग यो भन्दा गर्विलो इतिहास छैन होला, आफ्ना दुवै खुट्टाका बाबजुद पनि हरिबुढा मगरले यो वर्ष सगरमाथाको सफल आरोहण गरे । मलाई थाहा छ, हामी मात्र नभएर सम्पूर्ण नेपालीहरु साथै संसारका धेरै मानवजातिहरुले स्वयम् वहाँ र वहाँको टोली प्रति अत्यन्त श्रद्धा र गौरव गर्दछन् । महामहिम राजा चार्ल्स तृतीयको राज्याभिषेक मार्फत ब्रिगेड अफ गोर्खाजले फेरि राजमुकुट र देश प्रतिको आफ्नो निरन्तरता र अटल समर्पणलाई स्पष्ट रुपमा प्रदर्शन गर्न

On the very auspicious occasion of Bijaya Dashami BS 2080, I send my warmest greetings to all members of the Brigade of Gurkhas, both serving and retired, and to all your families and friends. This is a time to come together wherever you are in the world and I sincerely hope you can celebrate this wonderful occasion with colleagues and loved ones.

If, however you are deployed away on operations please know that we are all thinking of you at this time. It is also important that we remember the crucial role that our families have played in supporting us during our service and I know we are all truly indebted to them for their forbearance and loyalty.

For many this is a deeply religious and spiritual time but it is also a chance to recognise and celebrate the successes over the last year. For the Brigade of Gurkhas there have again been many outstanding achievements and all of our units have continued to showcase their renowned Gurkha capabilities on operations, at major events and exercises, and in sporting and military skills. We continue to provide a critical and growing capability to UK Defence and we should all take great pride in the high standards that we set ourselves. To you all I send a heartfelt thank you for all that you have achieved whether in the countless individual and team awards or through the constant drive for excellence in the many endeavours you have undertaken.

On a sadder note, we have, of course, lost one of our finest this year in 'VC Saheb'. With the passing of Capt Rambahadur Limbu VC we should rightly reflect on the courage and great humility set by our forefathers



Brigade of Gurkhas Dashain Message

*By Colonel David Robinson,
Colonel Brigade of Gurkhas*

and ensure we do everything in our power to continue to enhance the reputation of the Gurkha name. Never was that more evident this year than in the truly amazing achievement by Hari Budha Magar as the first ever double above the knee amputee to summit Everest. I know we are all immensely proud of him and his team, as were so many people around the world and in Nepal. Finally, through the Coronation of His Majesty King Charles III, the Brigade of Gurkhas was again able to visibly display our continued and unwavering dedication to

Crown and country. A huge honour for all those who took part but also for the many of us who watched on with great pride.

So wherever you are, on operations or at home, and whether serving or retired, I wish you and your families a very happy Dashain and Tihar, and a prosperous, peaceful and healthy year ahead. Take care of yourselves, look after each other and be justifiably proud of who you are.

**Jai Brigade of Gurkhas!
Colonel BG**

सक्षम भएको छ । शशरिउपस्थित भएर भाग लिनेहरुका लागि यो एउटा गौरव र प्रतिष्ठाको विषय थियो भने, जति पनि अनुपस्थित रह्यौं हामीहरुले पनि सगौरव टेलिभिजन मार्फत सो समारोहलाई अवलोकन गरेका थियौं ।

अन्तमा: तपाईंहरु जहाँ भएपनि, अपरेशनमा होस् वा घरमा, सेवारत होस् वा सेवा निवृत्त म तपाईं र तपाईंको परिवारलाई यो वर्षको दशैं तथा तिहारको धेरै-धेरै शुभकामना साथै सुख, शान्ति, सुस्वास्थ्य र समृद्धिको कामना गर्दछु । आफ्नो सदैव ख्याल राख्नुहोला, साथ साथै एकअर्काको हेरचाह गर्न नभुल्नुहोला र विशेषतः आफू को हुँ भन्नेमा आफूले आफैलाई सहि मूल्याङ्कन गर्दै त्यसैमा गर्व गर्न नभुल्नु होला !

धन्यवाद !

जय ब्रिगेड अफ गोर्खाज
कर्नेल बि.जी.



King Charles III meets with Gurkhas from Gurkha Wing (Mandalay)

By Mr Mick Latter, Head of Communications, HQ Brigade of Gurkhas

Gurkhas and family members from Gurkha Wing (Mandalay), working at the Infantry Battle School (IBS) at Dering Lines in Brecon, Wales, had the chance to meet King Charles III, as he visited Wales for the first time since his Coronation.

A 21-gun Royal Salute, fired by Reservists from 104 Regiment Royal Artillery, sounded as His Majesty The King arrived in the town at midday. Upon his approach to the Barracks, the Regimental Band and Corps of Drums of The Royal Welsh Regiment, played the National Anthem. The music coming to a halt just before His Majesty's vehicle approached an Honour Guard.

Around 100 Gurkha soldiers make up the Training Support Division (TSD) at IBS. They are assigned to TSD from across the Brigade of Gurkhas for up to two years. There has been a Gurkha presence in Brecon since 1974. Recently the IBS tasks have included training members of the Ukrainian Armed Forces.



Captain David Spencer, Adjutant IBS, said; "It was a real honour for staff to meet with The King and something they would never forget. The Training Support Division holds a wide mix of trained individuals such as snipers, drivers, engineers, machine gunners, chefs, pioneers and others. Without their support Infantry Battle School could not deliver realistic and demanding world-class training."

In addition to the training support to work the Gurkhas deliver, they are an integral part of the social fabric of South Wales. TSD are the lead for the military community engagement within Brecon. The Brecon Military Show, Freedom of Brecon parade and bonfire nights are all major events in the local calendar.





His Majesty The Sultan of Brunei 77th Birthday Celebrations

By Major Jiwan Pun, Gurkha Major, The First Battalion, The Royal Gurkha Rifles



On the 20th and 22nd July British Forces Brunei (BFB) celebrated His Majesty The Sultan Haji Hassanal Bolkiah's (HMS) 77th birthday in style at the Istana Nurul Iman Palace, Bandar Seri Begawan and the Municipal Field, Kuala Belait. The celebrations signify the commitment of both nations to working together and supporting each other's interests, ensuring security and stability in the region.

The arrival of the monarch was greeted by Lieutenant Colonel Erawan Haji Abu Bakar (Commanding Officer 3 Royal Brunei Land Force (RBLF)) and Major Jiwan Pun (Gurkha Major The First Battalion, The Royal Gurkha Rifles/ BFB) along with other BFB and RBLF personnel. HMS was accompanied by His Royal Highness (HRH) Prince Haji Al-Muhtadee Billah, the Crown Prince, and HRH Prince Abdul Mateen throughout.

A series of contemporary Khukuri fighting pattern performances were demonstrated by the Pipes and Drums of 1 RGR and the Third RBLF. Smiles were drawn on everyone's faces as our people had the opportunity to meet and greet the beloved monarch and interact with the Royal Family.



Trailwalker 2023 is a Triumph

By Heather Hitchens, Gurkha Welfare Trust



The Gurkha Welfare Trust annual event, Trailwalker challenge, has come to a close and what a challenge it was! Over 220 teams embarked on the 100km course across the South Downs, with the goal of covering the distance within 30 hours. As well as being the equivalent of almost two and a half marathons, the terrain is the equivalent of scaling both Mount Snowdon and Ben Nevis!

Huge congratulations to the winners, the Queen's Gurkha Signals Red Team, who completed the course in an impressive 10 hours and 23 minutes.

Nepal Run (UK) came in second place, not far behind, completing the course in just 10 hours and 43 minutes.

Third place went to the team from The Infantry Training Centre Catterick "SP BN ITC" with a time of 10 hours and 54 minutes.

Teams gathered at Queen Elizabeth Country Park on Friday evening where there was a feeling of nervousness and excitement in the build-up to Trailwalker 2023. After registration, many took the opportunity for photoshoots in front of the



famous Trailwalker sign. Participants and their Support Crews enjoyed the food laid on by Gurkha chefs, and old and new friends gathered to talk about the day ahead. Tents were popping up in the holding area and last-minute preparations were taking place across the area.

The Band of the Brigade of Gurkhas marched in to entertain the crowd, and they completed their display with the Sunset and the National Anthem before marching off to great applause from the audience.

It was an early start on Saturday, as teams of runners led the charge through the starting line at 6am. By 8am the last teams

were on the course ready for the first climb up Beacon Hill and the first of many stunning views over the South Downs. All of the teams were incredible, many walking through the night and beyond. There were emotional scenes at the finish line where teams were welcomed into the sound of the Gurkha bagpipes, where the triumph, relief and sheer exhaustion the participants felt was clear on their faces. It was an incredibly moving moment seeing the last team arrive - team "Goldilocks and the Three Bears" had been on their feet for 30 hours but came through smiling and truly deserved their medals and the rousing reception at the finish line.

Yet again, the Queen's Gurkha Signals brought in the winning team, and were also proud to bring in the very last - the 'sweeper team' who were out there on the course until the very end, making sure that no-one was left behind. We extend our heartfelt thanks to the Queen's Gurkha Signals, volunteers, and support teams for all of their hard work in ensuring that Trailwalker 2023 was the success that it was. Thank you also to Queen Elizabeth Country Park and Brighton Racecourse.

But above all, a massive thank you to all of the Trailwalkers! Together they have raised over £194,000 for The Gurkha Welfare Trust. This is such an incredible achievement and will make such a massive impact in Nepal supporting Gurkha veterans, their families and communities. Thank you!



UNIT FOCUS:

Queen's Gurkha Engineers



67 Gurkha Field Squadron celebrated an historic day on the 13th of July 2023, as it underwent its redesignation. The event was planned and coordinated by Staff Sergeant Gaurab Gurung.

67 Gurkha Field Squadron was the first Gurkha Squadron to be formed on the 1st of October 1949. After arriving in Hong Kong, the Squadron saw continuous service in Malaya, Borneo, Brunei and Nepal, on Humanitarian Assistance and Disaster Relief (HADR) operations and construction exercises. Operation DAWN was a long-term commitment of 67 Gurkha Field Squadron to a drug rehab project on Town Island, Hong Kong. On the 6th of September 1996, a parade was held at Borneo lines, Shek Kong, to mark the disbandment of 67 Gurkha Field Squadron.

67 Gurkha Field Squadron Redesignation - 13 July 2023

By Lance Corporal Puspa Gurung, 67 Gurkha Field Squadron

With regimental pride and traditions at the forefront, the event marked a momentous chapter in the unit's rich history. Under the watchful gaze of distinguished guests, Brigadier Mark Lancaster, Baron Lancaster of Kimbolton, TD, VR, PC (Deputy Commandant the Brigade of Gurkhas) and Brigadier John L Clark CBE (Colonel of the Regiment, the Queen's Gurkha Engineers). The first phase saw the parade form up on the square, supported by The Band of the Brigade of Gurkhas.

Two separate cakes were cut to commemorate the redesignation of 67 Gurkha Field Squadron and 20 Field Support Squadron. It was good to see previous Gurkha Majors, Commanding Officers, Officers, and soldiers from 67 Gurkha Field Squadron from the 20 Field Squadron period in Hong Kong attended the event. It was fascinating to listen to their stories from the past.

67 Gurkha Field Squadron now embarks on a new journey under its new banner.







Queen's Gurkha Engineers 75th Anniversary Exhibition display

In celebration of the 75th anniversary of the Queen's Gurkha Engineers (QGE), an exhibition is taking place at the Royal Engineers Museum until the 23rd December 2023.

QGE are an enduring story that stems from the period of 'engineer experimentation' which led to the development of modern Gurkha Sappers. Over the period of 22nd to 23rd July 2023, the Royal Engineers Museum hosted a cultural weekend to commemorate this historic achievement. There were stalls and displays displaying QGE and Gurkha (Nepalese) dances and Advanced Close Quarter Combat (CQC) Khukuri Fighting Skills demonstration, with free Nepalese food tastings, and the whole event was open to the public.

In addition, Dr D G Bower, the Director Gurkha Museum, and Lieutenant Colonel (Retd) S Brown RE (who is writing the next chapter of the QGE history book), presented historical talks on the Brigade of Gurkhas and the QGE.





Nijmegen Marches with The Band of the Brigade of Gurkhas

*By Musician Ankit Rai,
The Band of the Brigade of Gurkhas*

On the 15th of July 2023, The Band of the Brigade of Gurkhas travelled to the Netherlands for the famous Nijmegen Marches. This event is also known as the International Four Days March. Nijmegen is a city on the Waal River and has beautiful, wooded surroundings. The Band was there as a morale booster, by supporting them with music. The band last supported this event 18 years ago.



Over 45,000 participants from more than 70 different nationalities took part. Children and adults from 11 to over 90 years of age, come to Nijmegen every year to walk 30, 40 or 50 kilometres for four days. They all gather with the same objective in mind, being awarded the coveted 4 Days Marches Cross.

The flat terrain almost looked like the Terai region of Nepal. The band was accommodated in Harskamp, a small town in the province of Gelderland, Netherlands. It was a huge privilege for the band members to share their culture, food, and language with the local people.

The Band of the Brigade of Gurkhas was accompanied by The Band of The Royal Yorkshire Regiment. There were a lot of other military and civilian bands also supporting the event. The band also combined with other military bands from other nations on the second day, performing a mass band concert.

On the last day the Gurkha Band and The Band of The Royal Yorkshire Regiment stepped off together with all the British Army representatives.



Exercise WARFIGHTER 23.4 249 Gurkha Signal Squadron

By Lieutenant Michael Lymar, Queen's Gurkha Signals

Exercise WARFIGHTER 23.4 saw the deployment of over 1300 Armed Forces personnel to Fort Hood, Texas over a three month period. As the British Army's sole warfighting enterprise, 3 (UK) Division led the fight against a simulated and challenging enemy presence. 249 Gurkha Signal Squadron performed a leading role in the delivery of the Divisional Main Headquarters, and its attached Check Points (CP) on the training area. Enabling over 200+ staff users to FIGHT and WIN against a modern peer enemy.

Cambrai Troop's Lieutenant Sankey and Staff Sergeant Anup Gurung led with the task of building the bones of the Divisional Main CP. An interesting challenge the team faced on this exercise was the extreme weather. This part of the world is rife with tornado warnings and severe storms. Signallers had to quickly learn the mechanics of water drainage to be able to build a sufficient system before the Headquarters (HQ) came under threat of being washed away.

Staff Sergeant Anup Gurung said, "Despite the uncertainty of the layout and challenging conditions in the sweltering climate, Cambrai Troop managed to accomplish the task with the support of other Troops."

Mons Troop faced the challenge of deploying the Operation Communication Information System (OpCIS) capability throughout Divisional Main. While also providing close support to the staff using the systems. From Staff Sergeant Santanu Pradhan's front facing team tackling issues across the Headquarters, to Sergeant Saroj Rana's team behind the scenes managing the OpCIS network.

Normandy Troop deployed its people across Fort Hood to provide the Wide Area Network (WAN) between all Headquarters. Detachment commanders, such as Signaller Jangbu Sherpa, worked independently with his team far from the rest of the Squadron. Lance Corporal Suman Rai was the senior rank deployed on 'Hill Top Site'



who not only had to maintain a WAN, but also compete against the local wildlife tampering with equipment.



Providing support to the Troops and Squadron HQ elements, Power, Mechanical Transport and Squadron Quartermaster departments, all had an integral part to play.

After months of preparation, planning and testing 249 Gurkha Signal Squadron began the 10 days EXECUTE phase. An increase of pressure was felt as Divisional Staff were being put through their paces. The Squadron remained the focal point for any changes required, 24hrs a day. As the Divisional Main night service desk manager, Lance Corporal Hemanta Gurung had the challenge of motivating his team throughout the long night battle rhythm.

Throughout this period 249 Gurkha Signal Squadron also achieved success outside of the exercise scenario, by organising sports and charity activities. Signaller Deepak Gurung and his team hosted weekly 5km park runs for all those deployed on the area to take part and keep fit together. Corporal Deepak Gurung and Lance Corporal Rabin Buduja led a charity raffle competition, which raised over £2500 in aid of 'The Mental Health Foundation'. As well as this, Signallers Tschering, Suresh and Ramesh sacrificed their personal time to raise over £600, by running a charity haircut stand in the basement of their accommodation block. This was available to all 500+ people deployed in the area in need of a fresh trim. A wonderful set of selfless achievements by all those involved.



With all this activity, 249 Gurkha Signal Squadron still found time to come together and celebrate their great success over various Squadron Messing events. Most notably Nepali New Year, headed by our cultural lead Captain Simbahadur Chochangi. This event saw the collaboration of Signaller to Senior produce fantastic food, entertainment, and welcoming atmosphere for guests. General Officer Commanding, Major General J R Martin DSO OBE MC, was especially impressed by the display of talent from the Squadron, which included a Khukuri Display and a variety of musical performances.

Praise for 249 Gurkha Signal Squadron's hard work came in great waves as the Squadron hosted visits from various key British Army personalities. The Master of Signals, Lieutenant General Nesmith, took the time to congratulate those who had worked especially hard. The Army Sergeant Major hosted a discussion forum with Junior Non-Commissioned Officers and Signallers to understand issues they face within work and personal life. This allowed younger members of the Squadron to have their voice heard at the top level of Army. There was also a visit from Regimental Sergeant Major (RSM) Queen's Gurkha Signals, Warrant Officer Class One Saroj Rai, who heard from everyone in the Squadron as he visited all personnel spread across the training area.

Finally, the praise from Major General J R Martin DSO OBE MC for all the exceptional work 249 Gurkha Signal Squadron accomplished cannot be overstated. Overall, this has been a challenging exercise which 249 Gurkha Signal Squadron tackled head on and met with fierce determination.





Exercise PANTHER GOLD, Thailand, with 1 RGR

Edited by Mr Mick Latter, Head of Communications HQ Brigade of Gurkhas



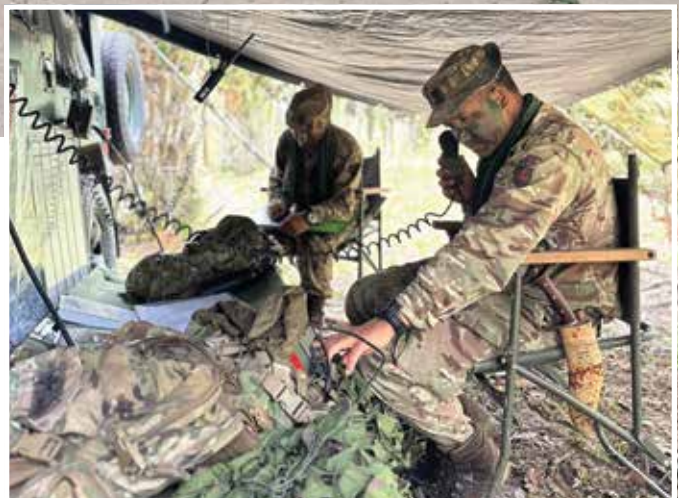
Exercise PANTHER GOLD was a highly significant overseas military exercise that took place in Thailand. The primary objectives of this exercise were to foster defence engagement and facilitate the validation of training for A (DELHI) Company, The First Battalion, The Royal Gurkha Rifles, working alongside The Royal Thai Armed Forces.

Throughout the duration of the exercise, a notable emphasis was placed on integration at grassroots level. This involved the exchange of sections between the Thai Company and A (DELHI) Company. Comprehensive lessons were conducted by both participating nations, allowing for the demonstration, and sharing of their respective tactics, techniques, and procedures. This approach not only facilitated mutual learning but also enhanced interoperability, between the two forces.

The most captivating component of the exercise was the Field Training Exercise (FTX), which took place over a nine-day period. A (DELHI) Company joined forces with C Company 5th Infantry Division of The Royal Thai Armed Forces. Together, they undertook distinct exercise missions. The FTX witnessed the consolidation of effort, as both companies collaborated to execute a battalion-level mission, thereby concluding the exercise on a high note.

In addition to the military training aspects, the exercise encompassed a range of cultural visits and activities. Exercise Panther Gold stands as a testament to the strong bilateral defence cooperation between the participating nations and exemplifies the value of such joint military endeavours.





Badminton European Masters Games 2023 Tampere, Finland



Personnel from the Brigade of Gurkhas competed at the Badminton European Masters Games 2023 in Finland:

Men's Singles 35+ category

- Gold medal – Warrant Officer Class Two Joseph Subba, Queen's Gurkha Engineers (QGE)
- Silver medal – Staff Sergeant Jas Bahadur Rai, QGE

Men's Doubles 35+

- Gold medal – Staff Sergeant Ramu Rai, Queen's Own Gurkha Logistic Regiment (QOGLR)
- Silver medal – Warrant Officer Class Two Joseph SUBBA, QGE
- Bronze – Staff Sergeant Jas Bahadur Rai, QGE
- Bronze – Sergeant Mohan Gurung, Queen's Gurkha Signals

Men's Doubles 40 +

- Bronze medal – Corporal Netra Gurung, QOGLR



गोर्खाली समाचार



Exercise WESSEX STORM with the Queen's Own Gurkha Logistic Regiment

By Private Padam Gurung, Queen's Own Gurkha Logistic Regiment

Exercise WESSEX STORM is an annual training event conducted by 16 Air Assault Brigade Combat Team, designed to assess the readiness and capabilities of both the Army and its personnel in a challenging and realistic environment. This comprehensive exercise involves the extensive deployment of troops, equipment, and vehicles.

Our participation as a General Support Transporter Troop (GS Tp) on Exercise WESSEX STORM, was to provide essential services to the participating battle groups. This included logistics support, equipment provision, ammunition supply, and rations distribution.

Initially, we were stationed at Salisbury's Avon compound for three days to undergo TES KIT testing. This involved personal and vehicle testing and fitting, to ensure our preparedness for the exercise. We then relocated to Narberth-Templeton in Pembrokeshire, where we fulfilled various responsibilities as part of the MATT TP. During our stay we deployed to Pembroke Dock Pot, where we were fortunate to have a chance to engage in a rear Sea Point of Disembarkation (SPOD) operation. This experience provided us with valuable trade knowledge and insights specifically related to SPOD operations.

Later in the exercise, we moved to the Defence Training Estate - RAF Caerwent, where we spent a week engaged in urban exercises, camouflage activities, and the defence and support of friendly forces. We were involved in strategic planning and its implementation on the ground, while also facilitating item issuance via MJDI based on the requirements of the dependencies.

Finally, we spent a week in Barton Stacey, providing support to our dependencies (The Second Battalion, The Royal Gurkha Rifles and 1 Royal Irish Regiment) with SPOD and APOD functions. Additionally, we managed the ammunition compound in Salisbury, Shrewton, overseeing the supply and provision of all necessary ammunition to our dependencies, and conducted the closing down procedures at the conclusion of the exercise.





गोर्खाली समाचार

Army WT Taekwondo in the European Master Games

Corporal Madhu Ghimire, from Gurkha Company (Sittang), Royal Military Academy Sandhurst, has represented Army WT Taekwondo at the European Master Games in Finland. He achieved outstanding results:

- Under 35, Senior Poomsae = Gold medal
- Under 35, 68Kg sparring = Gold medal

Finland hosted the 5th European Masters Games this year in 29 disciplines. The event offers athletes a chance to compete either at professional or amateur level.







Queen's Gurkha Signals 74th Regimental Birthday Parade

*By Lance Corporal Joshan Gurung,
Queen's Gurkha Signals*

It has been 74 years since Major General LECM Perowne CB CBE presented the Queen's Gurkha Signals (QG SIGNALS) with its cap badge. 1954 was the year the cap badge was given the Royal Assent, which arrived from Garrards of London as accompanied baggage, paid by the Officers to present to their men. Major General Perowne CB CBE presented it to the Regiment on the 23rd of September 1954, which then became the date of the Regimental birthday.

This year, on Saturday the 16th of September 2023, the Paltan came together to celebrate its 74th Regimental Birthday with a parade in Gamecock Barracks, Bramcote. The parade was witnessed by Brigadier MJ Fayers (Colonel of the Regiment), Lieutenant Colonel J Carey (Commander Queen's QG Signals), and Major Deepak Rai MVO (Gurkha Major), along with serving personnel, veterans and their families. It was a spectacular day, with more than 500 personnel from across the Paltan present for the annual reunion. A sense of pride was



felt when the parade square was filled with regimental tunes played by the pipes and drums.

The event also saw an opportunity to recognise individuals for their exemplary performance over the last 12 months. Personnel were awarded the Verdon and Carter trophy, Ridlington Trophy, Best Shot, Sportsman of the Year, Piper of the Year and Trainee of the Year. The event also saw the official opening of the Regimental Heritage Room. It was inaugurated by the Colonel of the Regiment QG SIGNALS to protect and archive the Paltan's history and early Regimental artefacts.

The Regiment later found themselves on the sports field, where the annual inter-squadron sports competition took place. There was a fierce battle amongst the squadrons in volleyball, football and tug-of-war. The field saw scenes of jubilation as 250 Gurkha Signal Squadron walked away with the famous Cole 'Sungur' trophy for the second time.





Gurkha Veterans visit the Royal Hospital Chelsea

By Major (Retd) Mani Rai MBE, DL,
Secretary, Gurkha Brigade Association



The Gurkha Veterans from Aldershot, Farnborough and Camberley were extremely privileged to be given a bespoke conducted tour of the Royal Hospital Chelsea on the 25th of July 2023.

The fascinating insight into its history, awe inspiring buildings and daily routine of the Chelsea Pensioners was captivating. The opportunity to chat to some of the Chelsea Pensioner, and compare experiences, made the Gurkha veterans feel welcome and part of the wider veteran community. Whilst there was no mad rush from the group of Gurkha veterans volunteering to become a Chelsea Pensioner, it planted a seed for consideration for the future generation of Gurkhas.

We are grateful to Lieutenant Colonel (Retd) Jonathan Lowe for arranging the visit, and the Governor, General Sir Adrian Bradshaw KCB, OBE, DL for taking the time to welcome the Gurkha veterans.



Some 300 army veterans live at the Royal Hospital today, including those who have served in Korea, the Falkland Islands, Cyprus, Northern Ireland and World War II. Others may not have served in campaigns, but all understand what it means to be a soldier and the potential sacrifice that it entails.

The Royal Hospital is a Grade I and II listed site, a beautiful architectural legacy left to us by Charles II and Sir Christopher Wren. Maintenance of the site continues today with ongoing restoration work to ensure that this legacy lives on into the future.





Major Baldeep Tamang (Gurkha Major) leaves Gurkha ARRC Support Battalion

गोर्खाली समाचार



Major Baldeep Tamang (Queen's Own Gurkha Logistic Regiment (QOGLR)), outgoing Gurkha Major of Gurkha Allied Rapid Reaction Corps Support Battalion, was towed out of camp in a traditional manner on the Friday 28th of July 2023.



Commencing with a Temple Service, attended by all members of the Battalion and some families. Then a formal breakfast in the Officers' Mess which was attended by all Officers Mess members and their families. The event culminated with the tow out of camp.

New King's Gurkha Orderly Officers



Captain Lakhbahadur Gurung, The Royal Gurkha Rifles



Captain Lakhbahadur was enlisted into the Brigade of Gurkhas on the 21st of January 1999. On completion of nine months Infantry Basic Training at Church Crookham, Hants, he joined B Company, The Second Battalion, The Royal Gurkha Rifles (2 RGR) in Brunei.

He was commissioned as a Late Entry Captain on the 15th of May 2019 and completed two years as Platoon Commander. This was followed by a further two years as Second in Command in A (Amboor) Company. His previous appointments in 2 RGR included Regimental Sergeant Major and Company Sergeant Major of C (Tamandu) Company.

Captain Lakh has completed eight operational tours to: Macedonia in 2001,

Zambia in 2020 and six in Afghanistan. He has completed nine overseas exercises that include Belize, Australia, Malawi, Canada, Kenya, Latvia, Thailand, Romania, and the latest as Company Second in Command in Jordan. 20 of his 25 years of service has been on regimental duty with 2 RGR, the remainder of that time has been spent with 2 PARA for two years, 2000-2002, with Recce Platoon, 3 PARA for nine months and with 1 Yorkshire Regiment for three years in Germany, 2009-2012.

He was awarded a Mention in Despatches for his courageous and outstanding leadership when the late Lance Corporal Gajbahadur Gurung was killed in action at his checkpoint on Operation Herrick-15, 2011-12.



Captain Vivek Jung Shah MBE Queen's Own Gurkha Logistic Regiment

Captain Vivek Jung Shah MBE, was born in the mid-west of Nepal, in an area known as Nepalgunj. He spent the majority of his childhood in Nepalgunj City, where he represented his city in multiple sports at under 15 to 18 levels. He enlisted into the Brigade of Gurkhas in 1999. On completion of his basic training, he joined 28 Squadron, Queen's Own Gurkha Transport Regiment, to be part of 10 Transport Regiment, Royal Logistic Corps (RLC) in Colchester.

In 2000, he was assigned to 9 Supply Regiment Royal Logistic Corps in Hullavington, and deployed on Operation AGRICOLA 7 in 2001 to Kosovo. In 2003, he deployed to Iraq on Operation TELIC 2 and again deployed on Operation TELIC 9 in 2006. He deployed on Operation HERRICK 7 in 2007 as part of a surge team, Operation HERRICK 9 in 2008, Operation HERRICK 11 in 2009 and finally Operation HERRICK 16 in 2012.

He was assigned to The First Battalion, The Royal Gurkha Rifles in 2014, as a first line optimisation team commander. Promoting to Warrant Officer Class Two, he took up the appointment of Squadron Technical Warrant Officer of 1 Supply Squadron Queen's Own Gurkha Logistic Regiment (QOGLR).

Captain Vivek Jung Shah was commissioned in 2018 and had a short period as a Troop Commander with 28 Fuel and General Transport Squadron QOGLR. Thereafter, he led a Troop of Gurkhas to 4 Regiment RLC to form 60 Combat Support Squadron. In 2020, he was assigned back to 28 Fuel and General Transport Squadron as Squadron Second in Command and deployed on Exercise NOBLE PATNER 20 to Georgia, an infantry exercise designed to strengthen partnerships in the Caucasus.



In 2021, he was invited to become a Member of the Most Excellent Order of the British Empire (MBE) in The Queen's Birthday Honours List. This honour was granted for his development of an innovative community engagement strategy and leading role in enhancing infrastructure during the QOGLR growth in Abingdon. He had the privilege of maintaining the 'Kaida' inherent in the Gurkhas' proud traditions and culture in the Abingdon Nepalese Community, culminating with the offering of a Hindu Temple to the wider community within Oxfordshire.

Throughout 2022, Captain Vivek Jung Shah took a leading role in the reformation of 31 Squadron QOGLR, following the Integrated Review in 2021. In the summer, he was given the acting rank of Major to deploy on Operation TOSCA 37 to Cyprus as the Quartermaster and Officer Commanding of Support Company.

मुख्य आकर्षण Personnel Spotlight

Major Gyan Dhenga

Gurkha Major,
British Gurkhas Nepal



Major Gyanbahadur Dhenga (The Royal Gurkha Rifles), enlisted into the Brigade of Gurkhas in February 1993 in Pokhara, Nepal. Upon completing his basic training in Hong Kong, he joined the 2nd King Edward VII Gurkha Rifles (2GR) in November 1993 (later The First Battalion, The Royal Gurkha Rifles (1 RGR)). After his Junior Leadership Cadre, he completed 'P' Company and jump course in 1998 and joined the Recce Platoon in 1 RGR.

As a Senior Non-Commissioned Officer, he had taken numerous appointments, including instructor at Close Observation Training and Advisor Team (COTAT), the First Gurkha Instructor in this environment. He has been the Company Quartermaster and Instructor at the Jungle Warfare School in Brunei. On promotion to Warrant Officer Class Two, he was then posted to 1 Mercian Regiment as the Company Sergeant Major G (TOBRUK) Company and deployed on Operation HERRICK 12.

Major Gyan was commissioned in July 2011 and took on roles as Platoon Commander and Company Second in Command of (C Mogaung Company in 1 RGR and Gurkha Company Catterick, respectively). During his tenure as the Second in Command of Gurkha Company Catterick, Major Gyan made a significant impact by implementing a cashless policy. This initiative aimed to safeguard vulnerable recruits and staff, while ensuring that the quality and quantity of service remained uncompromised.



On promotion to the rank of Major, he assumed command of the Headquarters Company at the Infantry Training Centre, Catterick (Support Battalion) in April 2017. This marked an historic milestone as he became the first Gurkha Officer Commanding (OC) in a British Battalion. After serving 1.5 years as the OC Headquarters, under his leadership and initiative the Training Support (BABAJI) Company was established on the 19th of September 2018. After completing over four years of Sub-Unit command appointments, he became the first Gurkha Officer to serve as a Staff Officer Level Two within a diverse multi-national and

Major Gyan's operational experiences include Operation AGRICOLA - KOSOVO (1999), Operation SILKMAN - Sierra Leone (2001), Bosnia (2003/2005) and Operation HERRICK 12 and 17.



Major Deny Gurung MVO, Gurkha Major, Gurkha ARRC Support Battalion



Completing basic training at the Training Depot Brigade of Gurkhas in Hong Kong, he was initially posted to the Queen's Own Gurkha Transport Regiment. A subsequent assignment led him to 28 Squadron, 10 Transport Regiment, Royal Logistic Corps, in Colchester. His operational deployments began with Operation GRAPPLE VI to the Former Republic of Yugoslavia in 1995, followed by Operation RESOLUTE in 1996, Operation LANGAR to East Timor in 1999, Operation TELIC 7 to Iraq in 2006, and Operation HERRICK 11 to Afghanistan in 2009.

Ascending through the ranks, he was commissioned from Warrant Officer Class Two in January 2015. Upon commissioning, he was designated Platoon Commander at the Infantry Training Centre Catterick, a role preceded by previous engagement at the same institution. He returned to active regimental duty as Squadron Second in Command in May 2017. In January 2019, he was appointed to

the role of Gurkha Adjutant and selected for Queen's Gurkha Orderly Officer (QGOO), one of the greatest honours that can be bestowed upon a Gurkha Officer. Along with his primary role as the Gurkha Adjutant, as a QGOO, he had the privilege of attending the Sovereign at Investitures in Buckingham Palace and Windsor Castle, as well as State occasions and other formal and informal events.

In July 2020, he assumed the responsibilities of Quartermaster Technical at the ARRC Support Battalion. His mandate included the meticulous oversight of the Battalion's equipment entitlement and support to the 3-star NATO Headquarters. June 2022 marked his reassignment to 10 the Queen's Own Gurkha Logistic Regiment as Regimental Career Management Officer. On promotion to Major, he assumed the post of Gurkha Major at Gurkha ARRC Support Battalion in August 2023.

Major Deny Gurung MVO (Queen's Own Gurkha Logistic Regiment), is a seventh-generation descendent of the esteemed Sikari Sardar Banshu Gurung lineage, originating from the western part of Nepal. An initial academic pursuit in Business at Nepal Commerce Campus was swiftly eclipsed by his enlistment into the Brigade of Gurkhas in February 1993.



Support (Medicina) Company Reinforcement Cadre 23 in the Jungle

*By Corporal Prakash Limbu,
The First Battalion, The Royal Gurkha Rifles*

Support (Medicina) Reinforcement Cadre is a selection process designed to select new members for Support Company, The First Battalion, The Royal Gurkha Rifles. Support Company plays a key role in combat, and they need soldiers who are highly skilled.

This cadre took place in the Close Country Tropical Environment (CCTE) in Brunei, the jungle. The humidity ranges from 75 to 89%, and the temperature ranges from 25-38 degrees Celsius. Each platoon has its own subject knowledge assessment, plus military knowledge, map reading, military fitness tests and tactical exercises.

Anti-Tank: This year fully manned Anti-Tank platoon focused on military tracking. Rifleman Keshar Prakash Limbu said, "It was extremely challenging, we need to be very skilled in being able to locate and identify signs that the enemy is close by or has been there. This cadre uplifts my skills to do so and boosted my confidence to track in various terrains. The ongoing conflict between Russia-Ukraine have taught us not to forget basic anti-tank (ATK) skills". Gunner Manil Tamang added, "Being ATK Gunner in the CCTE was tough as we had to push through thick vegetation, over difficult terrain and unpredictable heavy rain".

Machine Gun: A gunner, who easily handles a General Purpose Machine Gun to provide coordinated sustained direct fire on dismounted enemy at the right time is what the Machine Gun platoon was looking for in this cadre. They had a period of a week on the range to learn how to mark, record, re-occupy and bring direct fire on obscured targets. They conducted advance to contact drills, ambush drills and defensive operations during the cadre.

Sniper: To become a sniper you need to be highly trained in being stealth, camouflage techniques, infiltration, observation and a very good shot, to bring precision strikes on the enemy at long range. This year the sniper platoon carried out an eight-week cadre.

Recce: The Recce Platoon steps out first to set the conditions by providing accurate and timely information by day or night, in all weather, in all phases of war. The platoon conducted a four-week cadre. They spent 48hrs in well-camouflaged, anti-thermal observation posts providing live feedback. They were also tested on day and night navigation skills, which are mostly used on their infiltration and to avoid compromise. They conducted Close Target Recce from very close proximity and set up Battlegroup RV to assist Rifle Company to launch deliberate operations.

Final Exercise: The five-day final exercise (FTX) was an assessment of procedures, basic skills and drills. The Exercise conducting officer Sergeant Bishwash Limbu stated that, "Jungle warfare requires a special technic to fight, and The Royal Gurkha Rifles units are the specialist unit". The FTX was designed to test all Support Company elements in a Combined Arms Manoeuvre in CCTE. Fighting in the jungle means you spend a long time to develop the situation, followed by short violent actions and unexpected combat. Tracker/ Recce Platoon was forefront to set and shape the battle for long-term ambush, advance to clear and the jungle based enemy camp attacks. Those operations also bring an opportunity for Officer Commanding ISTAR to feel and understand the level of training required for the future.





Brigade of Gurkhas Drill Instructor Course 2302

*By Lance Corporal
Ashim Gurung,
The First Battalion,
The Royal Gurkha Rifles*



This year's drill instructor course (2302) took place in July with 16 Non-Commissioned Officers (NCO) on the course. The Brigade Training Team (BTT) led the course, which was tough, competitive, and challenging.

There were a series of tests, teaching practices, written tests, and dress and turnout inspections. At the very beginning, some of us struggled to meet the required standard, but slowly we managed to improve as the course progressed. Mentally challenging, the drill course also demands capable levels of instructional ability.

Being a Gurkha soldier and wearing our forefather's history, it is essential to understand the Gurkha history, especially regarding dress and discipline. One of the tasks was to deliver lessons, with topics given by instructors, to all course attendees.

We also got the chance to visit the museum just outside Sir John Moore Barracks. The museum displays stories about the real heroes who fought against the odds for the sake of their future generations.

At the end of the course a squad competition took place, with squad two securing the win. On the final day a parade took place. The inspecting officer was Major Nick Lloyd (Chief of Staff, Headquarters Brigade of Gurkhas) who congratulated us all on passing the course and becoming qualified as Gurkha drill instructors. Corporal Pratik won best at drill and Lance Corporal Ashim secured the top student award. I was honoured to deliver the final parade as the parade commander.





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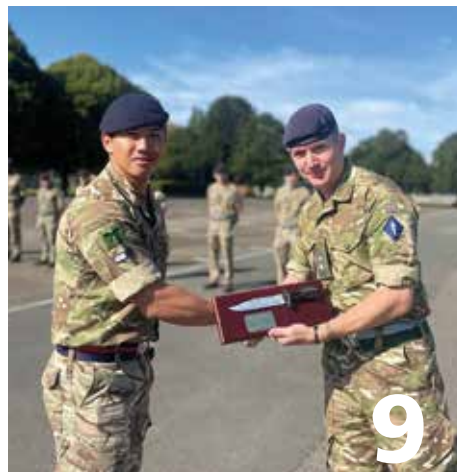
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1. Hari Budha Magar visited The First Battalion, The Royal Gurkha Rifles in Brunei. He shared his experiences, inspiring all personnel and their families with his unwavering spirit and indomitable courage.
2. The Brigade of Gurkhas Training Team delivered the Exercise PRE CAMBRIAN PATROL at Sennybridge Training Area in Wales. A total of 16 teams participated, 13 were from the Brigade of Gurkhas and the remainder from 1 RIFLES (British Army), Qatar Army, and Nepal Army.
3. On the 4th of August 2023, Training Support (Babaji) Company, Infantry Training Centre Support Battalion, said farewell and thanks to Major Dillikumar Rai MVO (The Royal Gurkha Rifles (RGR)), and welcomed Major Raju Dura (RGR) as the new Officer Commanding.
4. Congratulations to Major Ranjankumar Badgami, Gurkha Major British Gurkhas Nepal, who was awarded a Nepali Army Chief of Army Staff Commendation by General Prabhu Sharma on the 26th of July 2023 at the Nepali Army Headquarters in Kathmandu.
5. Congratulations to Corporal Subash Limbu (The Second Battalion, The Royal Gurkha Rifles), currently at Gurkha Company (Tavoletto), Warminster, who secured top student on the recent Regimental Signals Advance Systems Course and a recommendation to be an Instructor.



3



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5

Photo News

चित्र समाचार



7

6. British Gurkhas Nepal Pandit Ji, Mr Jhabindra Gyawali, paid his official visit to the Regimental Headquarters Queen's Gurkha Signals and was formally welcomed to the Paltan. He received a comprehensive brief from the Gurkha Major and a temple service was conducted with service personnel and their families present.
7. A team from the Royal Military Academy Sandhurst successfully completed the 105th Nijmegen March in Netherlands. Over 45,000 civilian and 7,000 military personnel from over 17 different countries participated in the four-day event, covering over 160km through historic places of Nijmegen, Netherlands.
8. Corporal Harkaraj Rai and Corporal Sunil Subba have raised the sum of £817.00, by holding a food stall at the Purba Paschim Cup in Catterick. The aim of this charity event is to support the Project KAIDA, the Gurkha Museum development programme.
9. Congratulations to Signaller Chetan Pun for achieving top student on Lance Corporal Army Leadership Development Programme 23/007.
10. Congratulations to Lance Corporal Dipendra Ale from The First Battalion, The Royal Gurkha Rifles, on achieving an instructor recommendation on the Section Commanders' Battle Course 2301.



10



Director Land Warfare and Commander Combat Manoeuvre Centre Visit the Infantry Battle School

On the 9th of August 2023, Major General Chris Barry OBE CBE (Director Land Warfare) and Brigadier Nick Cowley QCVS MBE OBE (Commander Combat Manoeuvre Centre), visited the Infantry Battle School to observe Exercise COMBINED WARRIOR. The exercise was taking place at the Sennybridge Training Area.

During the visit, the Commander awarded the following medals to service personnel.

Operation ELGIN medal

- Lance Corporal Manmohan Ale
- Rifleman Bikash Gurung
- Rifleman Shangyang Roka

Defence Operational Shooting Competition medals

- Captain Nawaraj Jimée
- Corporal Uttam Rai
- Rifleman Manish Limbu
- Rifleman Budharam Tamang





Refresher Course Keeps British Gurkhas Nepal Drivers Focused



By Roshan Rai, MT Chief Clerk, MT British Gurkhas Nepal

British Gurkhas Nepal (BGN) Kathmandu Military Transport (MT) Department conducted Exercise TIGER KHUKURI-2 in July and August. This driving training exercise, for both staff in Kathmandu and Dharan, is an effective annual refresher to keep the drivers fresh, focused and updated on procedures, driving long distances and across sometimes difficult roads in Nepal.

The training course routes included areas with on and off roads of Chobar, Dakchinkali and Dadha Bazar. All civilian staff personnel holding F/MT 600 licences took part and gained theoretical and practical knowledge from the training. Similar training was also delivered in Pokhara by Sergeant Dibesh Lama, MT Sergeant BGN Pokhara, in July.



Cultural awareness stands as a pivotal component of our training programme at Gurkha Company Catterick. Corporal Siddhanta Pradhan orchestrated a novel messing between Trainee Riflemen from 3 (Tobruk) Platoon and Arnhem Platoon (The Parachute Regiment Training Company) to help foster a rich environment for learning and collaboration. This is particularly important between the diverse units of The Parachute Regiment and the Brigade of Gurkhas, as many of us will go on to serve together in 16 Air Assault Brigade Combat Team.

The Parachute Regiment Trainees and Gurkha Trainees emanate from vastly different cultural origins. The PARAS, stemming from the United Kingdom, boast a unique array of customs, traditions, and communication styles. Conversely, Gurkha recruits hail from Nepal, bringing with them a rich heritage comprising



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UPDATE ON RECRUIT INTAKE 2023

Cultural Exchange Messing for Gurkha Trainees in Catterick

*By Trainee Rifleman Pujan Balal,
3 (Tobruk) Platoon*

language, rituals, and different social norms. Bridging this cultural divide proved vital to constructing trust and unity within 2 Infantry Training Battalion and hopefully into the future of our service.

The event was brilliant, and supported Gurkha Company Catterick's theme of preparing Trainees for service alongside our British counterparts. This also exposed the Parachute Regiment Trainees to the traditions of the Gurkhas, and our traditionally prepared food cooked on wood fires in the messing huts.

In the evening we welcomed Arnhem Platoon, and our Platoon Commander gave an address. This was followed by a presentation about our life in Nepal, the Gurkha selection process, and personal experiences of the Combat Infantry Course. This was followed by a delectable array

of starters and drinks. The evening then progressed showcasing the traditional Doko and the iconic Kukuri. Our new friends engaged enthusiastically with the equipment. The main dish of the evening was a delicious pork and chicken curry and rice dish. Both sets of trainees must adapt to the separation from their families. Both have chosen to dedicate themselves to Army service, and the rigorous training and hard work required to succeed. Our shared residency facilitated mutual support and camaraderie.

Through conversation, cultural sensitivity, and a shared commitment to excellence, the trainees succeeded in forging a distinctive bond. This bond not only augmented their collective capabilities but also contributed to a more harmonious military community and will set us up for service together in the future.

Following the success of this event, all Platoons of Gurkha Company Catterick will host a Platoon of British Trainees prior to the end of their training course, and 3 (Tobruk) Platoon looks forward to being invited to an away fixture by Arnhem Platoon.





Exercise ATTACK is the first exercise of the Initial Trade Training (ITT) phase of the Combat Infantry Course (CIC). This exercise is primarily about offensive action and beginning to operate at platoon-level. We were issued Tactical Engagement Simulation (TES) systems. No.1 Half Company deployed to the Catterick training area and underwent a test of our TES kit with the SAAB support team. They checked the GPS, sensors for rounds fired and trackers for our movements, and we were amazed to be able to use such advanced technology.

This exercise was very important to us because it replicated the kind of operations and circumstances we might encounter in the future. We accomplished many section attacks and platoon attacks, across different terrain, by day and night. We were very happy to learn about fighting in woods and forest. It was an exciting learning phase for us as we had never experienced it before.

We learned about the principles of battle preparation, and we managed to apply that on the ground before any kind of offensive action. We built a 3D model of our maps so that we could visualise the operation ahead. It was fascinating and we found some outstanding creativity amongst our team during the model building. We received our first full set of deliberate attack orders around our model from our platoon commander.

The last day was exciting because we had to conduct night movements for the final Platoon deliberate attack. This was a dawn attack and the scenario built up in such a way that we conducted a

Recruit intake 23 on Exercise Attack in Catterick

*By Trainee Rifleman Binod Tamang,
2 (Kandahar) Platoon*



casualty evacuation before going individually down the bayonet fighting lane. This was the most incredible part of this exercise, and we practiced killing enemies using bayonets and khukuris. Despite the inclement weather, restless nights, and long days, we enjoyed the exercise and were proud of learning so many skills which will help us in our careers.





Recruit intake 23 visit Whitby in North Yorkshire

By 3 (Tobruk) Platoon Trainees

102 Gurkha trainees from No.1 Half Company along with permanent staff and our English teachers embarked on a memorable day out to Whitby. Whitby is a picturesque coastal town nestled in North Yorkshire, England. It offers a delightful escape for travellers seeking a blend of natural beauty, historical sites and a charming atmosphere.

We began our exploration by visiting the iconic Whitby Abbey. Perched at the top of East Cliff, the majestic ruin offered a captivating glimpse into the town's past. Walking through its ancient arches and crumbling walls, we marvelled at the breathtaking views of the town and coastline that unfolded before us.

In the afternoon, with growling stomachs, we made our way to a local restaurant to savour some local delights. The restaurant was located just at the edge of the town with a spectacular view of the sea. We were able to indulge in mouth-watering fish and chips. Whitby is renowned for succulent fish with crispy batter and perfectly cooked chips. No trip to Whitby would be complete without a leisurely stroll along its sandy beach. This allowed us to take in the expansive shoreline, with its colourful beach huts, and see people enjoying the sun. This was a serene escape from the bustling town centre, and we took off our shoes and let the cool waves wash over our feet, relishing the tranquillity of the moment. The urge to swim in the sea was growing, however we had other scheduled activities and time was against us.



Mid-Course Leave for Recruit Intake 23

*By Trainee Rifleman Bishal Thapa Magar,
5 (Hellas) Platoon*

Mid-course leave was not just a time to refresh, it was also a memory creating opportunity. Having been in Catterick for six months, we could not wait to go on a morale-boosting break.

Our Platoon Sergeant Guruji briefed us, and our Culture and English Language Training teachers gave us some advice on finding accommodation and on booking train tickets. We were allowed to go back home (to Nepal) during this leave but many of us decided to stay in the UK. We wanted to explore more of the UK and find out more about the culture of the country we were now staying in. Firstly, our section visited Darlington, which is the nearest town to Catterick Garrison. We went shopping and enjoyed some delicious food from various places including Burger King and take away fish and chips.

The next day, some of our section went to visit their relatives in locations around the UK. The rest of us visited several other places in London including the London Eye, London Dungeons, and the British Museum. We used the London Underground and London buses as means of transportation, which we had learned about during the Exercise DOSRO KADAM. It was a bit of a struggle at the beginning, but slowly we all became competent travelling across London by public transport.



During this leave period, all Trainee Riflemen were allowed to use the messing huts for group messing and we thoroughly enjoyed using this privilege. In our free time some of us also went to the gym to maintain our fitness. Since this was a well-deserved leave, we enjoyed watching Netflix, swimming, and gatherings in our accommodation lines.







Gurkha Company (Catterick) 72nd Birthday Celebrations

*By Trainee Rifleman Kaushal Gurung,
4 Iraq Platoon*

On the 29th of July 2023, Recruit Intake 23 celebrated the 72nd birthday of Gurkha Company. The Gurkha Company was established on the 15th of August 1951 and has since trained many generations of Gurkhas.

The day included many events, the first was the Tough Gurkha Competition for the trainees. It was an important event for us as the points would add up to Colonel Commandant Competition to become Champion Platoon at the end of the year. All Trainees took part in the competition, and it was exciting to see everyone giving their best effort. Other events included football, chello (shot put), tug of war, KIMS game, potted sports and a musical chair game. The highlight was the tug of war, as we watched two teams from 2 and 3 Platoon battle it out.

Then it was time for permanent staff Sungai Patani Cup games. The first game was football followed by tug of war. The family members then took part in the musical chair game. Later on, the families visited the survival lane where we showcased the skills and drills required to survive in the jungle during deployment. A BBQ was laid on, and we helped Corporal Sachin Limbu to prepare it.

A cake cutting ceremony took place to mark the 72nd Birthday. We all had a taste of the cake, and it was delicious. Entertainment followed, and the highlight for us was Company Second in Command Captain Deepak Gurung Saheb performing and entertaining us with some dance moves. The rest of us also joined in and enjoyed the music, and the company.

We would like to express our sincere gratitude to Captain Bishwahang Rai Saheb and Sergeant Sonic Thapa Magar Guruji for organising the event.



Winners of the competitions:

- Tough Gurkha - 1 Section, Tigris Platoon
- Tough Gurkha Recruit - Trainee Rifleman Kumar Tamang
- Potted Sports - 4 Section, Iraq Platoon
- Tug of War - 2 Section, Kandahar Platoon
- Chello - Trainee Rifleman Gobinda Raj Gautam Khatri.
- Sungai Patani Cup 2023 Winner - Junior Non-Commissioned Officers Team





Senior Gurkha completes the All Arms Parachute Selection Course

By Sergeant Anil Tamang, Queen's Own Gurkha Logistic Regiment

In the journey of life, we often come across situations where we feel that it may be too late to achieve something meaningful. However, I firmly believe that there is no age limit when it comes to pursuing our dreams and reaching for our goals. This belief was reaffirmed to me after seventeen years of dedicated service, I experienced the overwhelming joy of completing the rigorous All Arms Parachute Selection Course (AAPSC).

The AAPSC is known for its challenge both physically and mentally. Only those who have experienced this demanding course first-hand truly understand the demands.

Throughout this journey, my positive attitude and unwavering determination were key factors in my success. Embracing the



mindset of "can do" propelled me forward, enabling me to overcome obstacles and complete the course.



As I look back on this remarkable milestone, I am filled with a profound sense of appreciation for the opportunities and experiences that have come my way.



13 personnel from the Brigade of Gurkhas, including Major Adam Loots Officer Commanding 70 Squadron, Queen's Gurkha Engineers (QGE), completed the three-week Basic Parachute Course (BPC) second phase, earning their prestigious airborne wings in July 2023. There were eight personnel from QGE, three from Queen's Own Gurkha Logistic Regiment (QOGLR) and two from Gurkha Staff and Personnel support (GSPS).

The BPC is conducted by the Parachute Training Squadron of the Airborne Delivery Wing based in RAF Brize Norton. The first week included ground training on exit, flight and landing techniques. The second and the third week are the descend weeks, where trainees complete four descents, three during the day and one at night in order to qualify for their wings.

On successful completion of the night descent, trainees are presented with their wings and return to their unit as airborne soldiers.

On a separate note, this is the first BPC attendance by Mil Pers Admin from GSPS. The last being Clerks from The

Basic Parachute Course completed by Gurkhas

By Staff Sergeant Rakam Thamshuhang, Gurkha Staff and Personnel Support



Royal Gurkha Rifles in July 1998. Staff Sergeant Rakam Thamshuhang also became the first GSPS soldier to complete both combat and jump phases as a Senior Non-Commissioned Officer.





मुख्य आकर्षण Personnel Spotlight

Lieutenant Colonel Jonny Carey

Royal Corps of Signals,
Commander Queen's Gurkha Signals

Enlisting as a soldier and achieving the rank of Sergeant, Lieutenant Colonel Carey served in ARRC (Germany), Hereford, and as a Section Commander at Phase 1 at a training centre. He commissioned into the Royal Corps of Signals in 2008. Initial command was supporting the Joint Helicopter Force, deploying a troop on Operation HERRICK and later with a United States Marine Expeditionary Force. As a Captain he commanded a Phase 1 training squadron at the Army Training Centre (Pirbright), which included a brief spell as the Adjutant. He then moved to Germany as the Adjutant of 1st (United Kingdom) Armoured Division Headquarters and Signal Regiment. His squadron command was at 250 (Gurkha) Signal Squadron. He has deployed on operations to Kosovo, Iraq and Afghanistan.

At staff he has worked in the UK operations team in the Army Directorate for Operations and Commitments planning all UK operational communications and had the lead for the Army's commitment to nuclear operations. He also worked as Chief of Staff 1st (United Kingdom) Signal Brigade, and most recently was seconded to Project Wavell within Future Force Design in the Army Future's Directorate, working in a team that was responsible for rethinking how we fight in the future.

Lieutenant Colonel Carey is a graduate of the Brunei Advanced Staff and Command Course.

Lieutenant Colonel Jonny Carey is the Commanding Officer of 30th Signal Regiment, the Royal Signals' 'Globetrotter' Regiment that provides high readiness operational and strategic communications. He is also proudly the Commander of the Queen's Gurkha Signals, supporting our Gurkha soldiers, officers, and their families.

Warrant Officer Class One Subash Thapa

Regimental Sergeant Major
Queen's Gurkha Signals

Warrant Officer Class One (Regimental Sergeant Major) Subash Thapa enlisted into the Brigade of Gurkhas on the 20th of January 2004 at the British Gurkhas Depot Pokhara, Nepal. On completion of his recruit training at the Infantry Training Centre Catterick, he joined the Queen's Gurkha Signals as a System Engineering Technician.

He started his career at 248 Gurkha Signal Squadron, 21st Signal Regiment (Air Support) in Colerne. His nineteen and half years of service has offered him the opportunity to serve with the following units: 22nd Signal Regiment, 30th Signal Regiment, 15th Signal Regiment, 11th (Royal School of Signals) Signal Regiment, Royal Military Academy Sandhurst, and Army Headquarters. Operations and exercises have been highly rewarding and they include: Iraq, Afghanistan, Lithuania, Germany, Cyprus, Kenya and Turkey.

In 2017, he was assigned to 4 (Military Training) Squadron as a Staff Sergeant Instructor (SSI) in the Senior Command training team and Head of Department SSI in the Potential Non-Commissioned Officer (PNCO) training team. He was then appointed as a Mechanical Troop Commander of Seremban Troop in 2019. On promotion to Warrant Officer Class Two, he worked as an Mechanical Transport Warrant Officer, Regimental Quartermaster Sergeant (RQMS) (A), RQMS (Technical) and Army Core applications Service Manager. On promotion to Warrant Officer Class One, he assumed the appointment of Regimental Sergeant Major Queen's Gurkha Signals.



He has also achieved top student on his Junior Command Leadership and Management course; Trailwalker 2010 winner; gained a First Class BSc (Hons) degree in Information Technology and Communications, and currently studying for an MSc in Entrepreneurship.



The Origins of the Brigade Bhela

This article was originally written by Simon Lord, Brigade Secretary (2005-2012), for the Friends of The Gurkha Museum.

The HM Forces Immigration Rule introduced in October 2004 permitted Gurkhas with post-1997 service to live and work in the United Kingdom when they retired. The Brigade of Gurkhas adapted its resettlement arrangements accordingly, and established a welfare safety net, working closely with the service charities, local authorities and other agencies. At the same time, there was a push to develop the existing structure of 'informal support' and comradeship to embrace Gurkhas settling in the UK, in order to promote camaraderie amongst all ranks of the retired Brigade. The Gurkha Brigade Association (GBA) and the individual Regimental Associations, which up to then had mainly comprised British Officers, took a hand in this.

At the Annual General Meeting of the Committee of the GBA on the 10th November 2005, it was agreed that the GBA and the Regimental Associations should sponsor a Beating Retreat and All Ranks 'Mela' aimed at retired Gurkhas in the UK, as part of the programme of the Brigade Conference in Aldershot in June 2006. The aim would be to provide an important opportunity to put retired Gurkhas living in the UK in touch with their Regimental Associations - particularly The Royal Gurkha Rifles, The Queen's Gurkha Engineers, Queen's Gurkha Signals and the Queen's Own Gurkha Logistic Regiment, but also 2nd KEO Gurkha Rifles, 6th QEO Gurkha Rifles, 7th DEO Gurkha Rifles and 10th PMO Gurkha Rifles. (The Associations of the Regiments which had remained in India after 1947 - 1GR, 3GR, 4GR, 5RGR, 8GR & 9GR - warmly endorsed the plan too.) The GBA would underwrite the event up to a maximum of £2,000 and the Regimental Associations with significant numbers of their former soldiers living here would bear 50% of the cost of those attending.



Tickets for a 'beer and a bhat' would be issued through Headquarters Brigade of Gurkhas and the Regimental Associations, and would be free for retired Gurkhas. The British Gurkha Welfare Society would be invited to encourage their members to attend.

So the first Beating Retreat and All Ranks Reunion - now referred to more modestly as the 'Bhela' (gathering) rather than 'Mela' (fair) - took place on the evening of Friday the 16th of June 2006 at New Normandy Barracks, Aldershot, magnificently hosted by the Queen's Own Gurkha Logistic Regiment, following the Nepal Cup Final on Queen's Parade that afternoon. Some 500 officers and men, serving and retired, watched a splendid Beating Retreat by The Band of the Brigade of Gurkhas and the Pipes and Drums of 1 RGR and pipers from the three Corps, and enjoyed a substantial and delicious buffet 'bhat' laid on by the QOGLR chefs. As they dispersed at the end, one could feel that the ex-servicemen went away with a lighter step and rekindled memories of similar occasions in Malaya and Hong Kong in years gone by.

Encouraged by the success of the 2006 Bhela, the GBA and Regimental Associations planned a repeat performance for 2007, but this had to be deferred because budgetary constraints and other factors led to the scaling-down of the Brigade Conference that year. However, the Bhela was held again in 2008 and, with the extension of immigration rights to pre-1997 Gurkhas in 2009, it became an even more important feature of the Brigade calendar. Growing year by year, it has now become a massive event attracting thousands of participants of all ranks, serving and retired, together with families.



The superb 2023 Bhela held on Saturday the 8th July at Queen's Parade, involved not only the traditional Nepal Cup Final and band performance, but also the Kathmandu Cup for retired soldiers, a Ladies Volleyball competition, a children's funfair, cultural and martial arts performances, weapons displays and a variety of stalls selling food and drink. On top of this there were also clothing sellers, and a host of other stands representing organizations offering job opportunities (including the Regular Forces Employment Association, the Military Provost Guard Service, the Police and the Fire Service), financial advice and even medical checks, not to mention SSAFA-Forces Help, The Gurkha Welfare Trust and The Gurkha Museum.



One might well say that the original 'Bhela' has evolved into a full-scale 'Mela'. Indeed, one 10 GR officer present opined that the mot juste would be 'Tamasha' (spectacle, extravaganza). At all events, it has fully achieved the original purpose of promoting camaraderie and comradely support.



Serving personnel assigned at the Royal Military Academy Sandhurst (RMAS) have received the following commendations for their exceptional performance:

- Colour Sergeant Pritam Rai from Gurkha Company (Sittang) has been awarded the RMAS Commandant commendation by Major General Zac Stenning OBE for his exceptional performance and unwavering support to the Academy.

Commendations for Gurkhas supporting the Royal Military Academy Sandhurst

- Sergeant Nar Gharti Magar from CIS Wing has been awarded RMAS Commandant Commendation by Major General Zac Stenning OBE.
- Lance Corporal Rajesh Gurung from Seremban Troop has been awarded Sandhurst Support Unit Commanding Officer Commendation presented by Lieutenant Colonel Samantha Dodge.



Sirmoor Club Midland Nuneaton Branch celebrated the 166th Delhi Day on Sunday the 10th of September 2023 at the Heritage Centre in Nuneaton. Sirmoor members assembled wearing their immaculate Regimental Day Mufti with full medals. The main guests were Major J. Harrop and Captain Bhim Saru.

Secretary Corporal Gopal Shah requested all guests and members to be seated and the event commenced. The Chairman Lieutenant Ram Bahadur Rana welcomed the guests and members. The guests were greeted by Sirmoor Sathies Khada and Nishani Mai (Queens Truncheon). Puja was conducted by Major J Harrop and Major Siri Prasad Gurung by lighting candles.

The National Anthems of the United Kingdom and Nepal were played. This was

VETERANS FEATURE

166th Delhi Day Celebration Sirmoor Club Midland Nuneaton Branch

By Lieutenant (QGO) Ram Bahadur Rana BEM, Chairman

followed by two minutes silence to remember the sacrifices of our forefathers during the Delhi war in 1857. We also prayed for those members whom we recently lost. Captain Bakhat Bahadur Gurung was delighted to read the traditional Delhi Day citation which we have been listening since we all joined the Sirmoor Rifles. The celebration ended with delicious tipan tapan dinner, refreshing drinks, teej/ folk dance, and a raffle draw.



गोर्खाली समाचार

General Officer Commanding Regional Command 2* Commendation

Warrant Officer Class Two Hemraj Rana, currently assigned to the Training Support Division, has received a 2* Commendation from the General Officer Commanding Regional Command. This was awarded for his outstanding contribution, management, professionalism, and leadership on organising and executing the 160 Brigade and Infantry Battle School (IBS) military community engagement activity. This work helps to maintain a strong relationship and build trust within the local communities of South Wales.

160th (Welsh) Brigade is the Army's connection to the government and society of Wales, supporting the Union, shaping the recruiting environment; delivering firm base support and is the tactical headquarters for the delivery of UK Ops within Wales.

I recently went on adventure training (AT) in Nepal on Exercise WYVERN EVEREST 70, with British Gurkhas Nepal (BGN). This was a trek up to Everest Base camp (5364m) and Kala Pathar (5644m), to celebrate the 70th anniversary of the first summit of Mount Everest. Plus.

Our Band Sergeant Major asked for one volunteer to go on the trek to Everest Base Camp, but a total of nine volunteers wanted to go. Luckily, I was called forward to take the slot. I landed on the 14th of May 2023 and went directly to the British Gurkhas Nepal Camp in Kathmandu. Next day, we were briefed about the trek, and we collected our equipment from the Quartermasters stores. Then on the 16th of May 2023, we packed and prepared for the trek.

On the 17th of May 2023 we flew from Kathmandu airport to Lukla Airport. Then the trek really commenced and after two days of walking, we reached Namche Bazaar at 3400m. We stayed there for one night and then headed to Pangboche at 4000m. We also went to the Ama Dablam base camp for acclimatisation. We had a two-night stop and then moved to Dingboche at 4400m. We enjoyed the evening there, having a small party and singing karaoke. We then hiked to 5000m to acclimatise and moved on to Lobuche, where the conditions were starting to affect my health.

On the 25th of May 2023 we moved to Gorak Shep, and then hiked to Everest base camp on the same day. It was extremely cold and a few of us had headaches due to the low levels of oxygen at the higher altitude. We took our group pictures by holding our respective unit cap badge flags.



Exercise WYVERN EVEREST 70 The Best Trip of My Life

By Musician Dolakh Tamang, The Band of The Brigade of Gurkhas



The next morning, we summited Kala Pathar, and the view from Kala Pathar was mesmerising. We saw all the mountains and lakes, including Mount Everest, Nuptse and Lhotse, all over 8000m. I was overwhelmed. I felt like I was looking up at heaven.

After this we returned to Pangboche and stayed the night. We headed to Namche Bazaar the next day. We had the opportunity to meet with Nims Dai, Reinhold Messner, Mrs Nicola Pollitt the British Ambassador to Nepal, who were all in Nepal for the 70th anniversary of the first summiting of Mount

Everest. The next day we went to see Nims Dai and his team skydiving, they jumped from the helicopter with parachutes. Later, we also had a party in the restaurant. We spent a very good time in Namche and got back to Lukla on the 30th of May 2023. The next morning, we took a flight back to Kathmandu and the trip was complete.





Exercise KIWI ITIHAS Battlefield visits in Italy

*By Signaller Bishal Shrestha,
Queen's Gurkha Signals*

Exercise KIWI ITIHAS, was a 3 (Division) Signal Regiment (3DSR) Battlefield Study in Monte Cassino and Rome. It would enable us to learn more about the events of World War Two (WW2), of which the Italian campaign of the Battle of Monte Cassino remains highly significant. The first phase was a study day in Kiwi Barracks, to build an understanding of how and why the battle unfolded. The second phase was a five-day residential visit to Monte Cassino and Rome. Our tour guide, Rob Deere, expertly led throughout delivering an engaging and informative brief about the Battle of Monte Cassino.

We travelled to San Pietro Infine, a small town south of Monte Cassino. The first day was all about understanding the first of four battles for Cassino. We came to learn about the significant battle of San Pietro which was part of an Italian campaign to breach the Bernhardt/Reinhardt line. This battle took place between the Allies (5th US and 8th British Army) and the heavily fortified German Army. This battle was fought from the 8th to 17th of December 1943. We began by orienting the Cassino's surface and scanning the Allied and German plans. We then travelled to Monte Trocchio Opto to check out the Casino battlefield. We visited Caira Village for a cultural tour, and then we went to the German Cemetery. The cemetery, at the top of the hill, made me quite sad, as it reflected on the large proportion of the German troops that sacrificed their lives.

The second day comprised of learning about the 2nd and 4th Battles of Cassino. During the Battle of Monte Cassino in May 1944, an estimated 1072 Polish soldiers perished while storming the bombed-out Benedictine Abbey on the mountain's summit. They are now laid to rest at the cemetery. The Council for the Protection of Memorial Sites of Struggle and Martyrdom looks after the cemetery. General Wladyslaw Anders, who led the Polish forces that conquered

Monte Cassino, is also buried alongside his wife in the cemetery. We then visited the Polish War Cemetery. After the visit of the cemetery, we went to the monastery to find out more about the battles. We learned that the Monte Cassino Abbey had been repeatedly destroyed and rebuilt. Lying in a protected historic zone, the Abbey itself had been left unoccupied by the Germans. Unfortunately, the Allied commanders believed that the Abbey was being used as an artillery observation point by the German forces. Hence, on the 15th of February 1944, American bombers dropped their bombs on the Abbey, reducing the entire top of the Monte Cassino to a smoking mass of rubble. This was later used by the German forces as a stronghold for defending and counter-assaulting the allied troops. We visited various sites around the Monte Cassino to learn, depict and understand about how the battle to conquer the monastery unfolded.

Next we visited Castle Hill. There we studied about Operation AVENGER - The Third Battle of Cassino. We discussed how modern weaponry system could be used to capture and defend the castle. As syndicates, we back briefed to the whole group about our plan to capture and defend the castle. There were some fascinating ideas and concepts, but Rob later told us about how the capture of the castle unfolded and how the allied forces defended the castle during the 3rd Battle of Cassino. There were German strongholds such as point 165, 236 and 435 and all these grounds overlooked either the city, castle, or the monastery. Therefore, to seize the initiative and upper hand on their adversaries, it was vital to capture these points. Unscathed from point 165 and 236, 1/9th Gurkha Rifles managed to reach and capture point 435, better known as the Hangman's Hill. This was a significant victory during the 3rd Battle of Cassino as the capture of Hangman's Hill seized the initiative to overlook the monastery from below. That assault launched onto the monastery was only 400m to the top. Whilst up Hangman's Hill, we got a glimpse of how the 4th Indian Division, which included of 1/9th Gurkha Rifles managed to sustain a prolonged German counterattack for a nine-day period, before being withdrawn back to the castle due to lack of ammunition and supplies. Later that day, we made our final stop in Cassino to the Commonwealth War Cemetery of Cassino. This is a cemetery designed by Louis De Soissons for all the Commonwealth servicemen that fought during the Italian campaign in WW2. A total of 4,271 are buried there with 289 of the burials are unidentified.

After the visit to the cemetery, we moved to the eternal city of Rome. After a quick stop at the hotel, we proceed to visit some WW2 sites, including the Jewish quarter and Via Rasella, the site of the Partisan ambush attack against the Germans. On the last day, we had our final stand at the 'Piazza del Campidoglio'. This is a place where General Mark Clark, Commander of the 5th US Army, first made his press conference after the liberation of Rome in 4th of June 1944. We

also discussed how the successful retreat of the 10th German Army forced the Italian campaign to prolong over the winter of 1944 and how the decision of General Mark Clark to liberate Rome played a massive part in the successful retreat. Straight after the stand, we split out into our small groups for a short cultural expedition to see the city of Rome. It has been a once in a lifetime occasion to be able to see the cultured and ancient city and to view it with our own eyes.



Taking to the Mountains in Wales on Exercise MOUNT RAMBLERS

By Corporal Biswas Nugo, Gurkha Company Catterick



Exercise MOUNT RAMBLERS was an adventurous training expedition to allow Infantry Training Centre (ITC) instructors and permanent staff to gain experience on a Joint Service Adventure Training activity. It was led by Corporal Milan Tamang (Summer Mountain Leader). It was a five-day expedition undertaken in Eryri National Park, Wales, which included gaining Summer Mountain Foundation (SMF) qualifications. The exercise set out to encourage and improve leadership and planning in a taxing environment, through controlled exposure to and acceptance of risk.

The team operated from Capel Curig Training Camp, in Wales. The first two days we acquainted ourselves with the environment, enhance our navigational skills on mountainous terrain and conducted confidence building tasks, developing our roping and river crossing skills.

On the third day we hiked to Cwm Idwal, following the footsteps of the first summiteers of the Mount Everest, Tenzing Norgay Sherpa, and Sir Edmund Hilary, as it was one of their training grounds.

On the final day, we climbed Mount Snowdon (1085m), the highest peak in Wales, to culminate our expedition.

We all gained valuable experience, leadership skills, planning development, and new skills in a challenging environment. It was a pleasant moment to see ITC instructors and permanent staff in a different role from their normal job. Relishing the experience and learning new skills as students. It has certainly enhanced our initiative, communication skills, self-reliance, and teamwork.





Duty Trek Experiences in Nepal

*By Corporal Ganesh Pun,
Queen's Gurkha Signals*

Major Chloe Dowling, Officer Commanding 250 Gurkha Signal Squadron and Captain Esther Hayes, Director of Music, The Band of the Brigade of Gurkhas, visited British Gurkhas Nepal (BGN) to carry out a Directed Duty Trek (DDT) in Syangja, Nepal. The aim was to gain a understanding of the culture and traditions of the people of Nepal. Corporal Ganesh Pun, from the Queen's Gurkha Signals (QG SIGNALS), was the trek guide.

The first phase of the trek consisted of visiting various places and meeting Gurkha welfare pensioners to understand their physical and daily living conditions. We also got to look at the progress of community aid projects, such as new schools and drinking water facilities. From the Area Welfare Centre (AWC) Syangja, we trekked through beautiful villages including Sirubari, Dhapukphedi, Biruwa and Oraste.



We met a 100-year-old pensioner, Rifleman Lalsingh Gurung (8 Gurkha Rifles), who was eagerly waiting to meet us and share his memories. It was a great privilege and a once in a lifetime experience to meet him. We also got the opportunity to see the ongoing projects at the Balramjan Basic School, Majhkot. The head teacher and her colleagues welcomed us with flowers and some delicious food and was kind enough to give us shelter for the night. Almost all our overnight stays took place in local schools, where the people were very understanding and supportive.

The second phase of the duty trek was a cultural visit in Kathmandu. We visited many of the cultural and heritage sites across the city. On day one we started off by visiting Kathmandu's Durbar Square, a former Royal Palace complex. Famous for its spectacular architecture and the skills of the Newar artists and craftsmen over several centuries.



On day two we visited the Narayanhiti Palace Museum to see the history of the Shah Kings of Nepal and the Royal family. Then we went to Pashupatinath Temple, the largest and one of the oldest Hindu temples. The place was full of worshippers from around the world. This gave us the perfect opportunity for a closeup look at the Hindu culture and understand why Nepal is considered a Hindu country. We then ended day two by visiting Swoyambhunath, also well known as the monkey temple to see some Buddhist culture and beautiful stupa and temples.

On day three, we visited Bhaktapur Durbar Square. We got the opportunity to see the famous 55 window palace and visited a museum to understand the history.





Queen's Gurkha Signals secures the win at the Annual Brigade of Gurkhas Golf Championship 2023

By Sergeant Tolok Gurung, Queen's Gurkha Signals



The highly anticipated annual Brigade of Gurkhas Golf Championship 2023 took place on Thursday, 22nd of June 2023, at Weybrook Park Golf Club, Basingstoke.

14 teams from across the Brigade of Gurkhas took part. The team from the Queen's Gurkha Signals (QG SIGNALS) emerged victorious after a fierce battle on the fairways, beating Gurkha Company Catterick by one stroke. The team showcased their exceptional skills and remarkable teamwork, which led to victory, to claim the prestigious title for the first time in the history of QG SIGNALS.

The winning team comprised of Major Om Pun, Sergeant Tolok Gurung and Corporal Benoy Gurung.





Exercise INVICTA SYONAN 23 in Singapore with the Queen's Gurkha Engineers

By Lance Corporal Sagar Limbu, Queen's Gurkha Engineers

On the 28th of June 2023, we arrived at Changi Airport, Singapore, for the Battlefield study. The Battle of Singapore, also known as the Fall of Singapore, was fought in World War Two (WW2) when the Empire of Japan invaded the British stronghold.

Throughout the first day, we analysed the Singapore defence strategy. We visited the Labrador coastal artillery battery, where we learned about the fortress's strategic defence plan, and we also learned about Keppel Harbour's long history and significance to the conflict.

The next study package consisted of the important events that occurred in Alexandra hospital. It played an important role, managing more than 900 patients, despite a capacity of only 550, whilst under heavy Japanese shelling. The hospital was the location of many Japanese war crimes, and it was here we studied the Law of Armed Conflict. Next, we visited Adam's Park, where we learned about the Cambridgeshire's last stand, utilising bombed-out structures and constructing engineering field fortifications.

At the Ford Factory Museum, we saw how the factory was seized by Japanese forces and used as a temporary headquarters. It was here that the British unconditionally surrendered, effectively sealing Singapore's fate for the ensuing three and a half years.





Representing 36 Engineer Regiment and the Queen's Gurkha Engineers (QGE), we visited the Gurkha Contingent Singapore Police Force, where we were welcomed and hosted by the Gurkha Contingent officers. They educated us about their history, workforce, location, and how they execute their duties.

A particular highlight of the trip was our visit to Raffles Hotel. We were welcomed and given a tour by the historian Mr Roslee, which is usually reserved for guests of the hotel. We discovered the long history of the hotel, including the events during the Japanese occupation, and afterwards enjoyed a group meal in the hotel restaurant.

The Kranji War Memorial, which honours Commonwealth soldiers who died during WW2, was our final stop. Upon arrival, we saw more than 4,400 white gravestones lined up in rows on the cemetery's



gentle slope. As we walked the short flight of steps to the hilltop terrace, we saw the memorial which bares the names of more than 24,346 Allied soldiers and airmen killed in Southeast Asia who have no known grave. We held a minute silence to pay our respects to those fallen.

Farewell to Major Ranjankumar Badgami, Gurkha Major British Gurkhas Nepal

गोर्खाली समाचार



After his excellent term in Nepal, Major Ranjankumar Badgami, outgoing (Gurkha Major (GM) British Gurkhas Nepal (BGN)) and his wife Mrs Marcelina Son say goodbye, leaving with many good memories.



Lieutenant Colonel Rajeshkumar Gurung, (Chief of Staff BGN), congratulated and thanked Major Badgami on behalf of BGN and the Brigade of Gurkhas. BGN staff were present to bid farewell and wish them well in the future.



Queen's Own Gurkha Logistic Regiment Khukuri Challenge 2023

*By Staff Sergeant Mahesh Kumar Wanem,
Queen's Own Gurkha Logistic Regiment*

The Queen's Own Gurkha Logistic Regiment (QOGLR) hosted the Colonel of the Regiment's (CoR) Khukuri Challenge at Mons Field, Aldershot Garrison Sports Centre. Numerous sporting competitions were held as part of the CoR KHUKURI Challenge, and the final tug-of-war was held on the 1st of July 2023, to honour the QOGLR's 65th birthday. 94 Squadron triumphed over the competition to claim victory.

CoR KHUKURI Challenge is an annual inter-squadron multi-sports competition introduced in 2021 by Brigadier PS Reehal MBE. The competition consists of football, volleyball, basketball, hockey, and tug of war. All Squadrons from within 10 QOGLR, and detached subunits, participate in this event.

This year, the event was led by Captain Nirmal Ingham, Second in Command 36 Headquarters Squadron. The event was conducted in three distinct phases, team registration, sporting competition, and the prize giving. 24 teams were registered from across the 6 Squadrons. 94 Squadron was able to secure the top spot for the tug of war, 28 Squadron won the volleyball match, and 36 Squadron won the basketball match. In addition to trophies, the winning teams received a case of soft drinks sponsored by the QOGLR ladies team, led by Mrs Meena Shahi (wife of Gurkha Major Basantadhoj Shahi). The ladies also ran a food stand where they served traditional Nepalese cuisine to boost the morale of the competitors and spectators throughout the day.





Adventure training in Chiang Mai, Thailand



Support (Medicina) Company, The First Battalion, The Royal Gurkha Rifles, visited Chiang Mai in Thailand for mountain bike adventure training. The aim of this expedition was to enhance team cohesion and test mental and physical resilience. It also gave the opportunity to secure a qualification. Sergeant Suresh Gurung led this expedition and was supported by Corporal Surya Jirel.

Group one consisted of 28 personnel, with six personnel completing the Mountain Bike Foundation (MBF) course. Group Two consisted of 27 personnel, with a further six serving personnel completing the MBF course.



British Gurkhas Pokhara Civilian Staff Annual Sports Day

By Milan Rana, British Gurkhas Pokhara



British Gurkhas Pokhara (BGP) civilian staff (CS) Annual Sports Day 2023 was organised on the 18th of August 2023. All available BGP CS and service personnel took part. The event was run in two sessions of sporting activities and fun games. It created a unique opportunity to develop mental and physical strength, improve social skills, develop discipline, team building and leadership skills.

Three teams were formed, Team Alfa, Team Bravo and Team Charlie. Players from each team participating in Football, Badminton, Table Tennis and Volleyball. The non-playing team member cheered and supported their respective teams. The second phase was the fun games which was fascinating and entertaining. Team Bravo was declared the winner on the aggregate points, followed by Team Charlie and then Team Alfa.

On the 5th of September 2023, The Band of the Brigade of Gurkhas were delighted to welcome Colonel Simon Haw MBE, the Corps Colonel of the Royal Corps of Army Music. As Head of Arm for Army Music.

As a previous Director of Music, with many years of experience leading musicians at events around the world, he was able to impart some of his musical knowledge, particularly on performance practice. The Band were able to showcase their talents as a military band, and demonstrate some Nepalese culture they keep alive through music. Naturally, the discussions had over a curry, made by the team, went down well with the Colonel.

The Royal Corps of Army Music is the public face of the British Army and supports National and Defence interests around the globe, where its specialist musical abilities cross international languages and cultures. Through music, Service Bands sustain and

The Band of the Brigade of Gurkhas host the Corps Colonel of the Royal Corps of Army Music



develop the moral component of fighting power, support State Ceremonial, and achieve influence in order to further Defence and National interests.





Fitness Challenge 2023 with Gurkha Company (Tavoleto)

By Rifleman Saurav Khand Gurkha Company (Tavoleto)

Photography: Corporal Roshan Chhantyal (Queen's Gurkha Engineers)

On a warm summer day in July 2023, Gurkha Company (Tavoleto) (GC(T)) Fitness Challenge took place. Physical Training Instructor, Rifleman Milandip Angdembe (The Second Battalion, The Royal Gurkha Rifles (2 RGR)) planned and coordinated this vigorous event. The main objective was to push soldiers out of their comfort zone and gain optimum output in both combatant and non-combatant fields. This is the first time such a competition has been organised by GCT in Waterloo Lines.

The fitness challenge focused on cardiovascular, strength and agility. It included a 2km run, casualty drag, push-ups, jerry can carry, box jumps, overhead press, burpees, and rowing.

- **First place** - Rifleman Mandip Thapa (The First Battalion, The Royal Gurkha Rifles (1 RGR))
- **Second place** - Rifleman Sanam Gharti Magar (1 RGR)
- **Third place** - Rifleman Saurav Khand (1 RGR)
- **Surprise event winner** - Colour Sergeant Tara Bahadur Thapa (2 RGR)





The Infantry Golf Championship 2023 was held on the 7th and 8th of June 2023 at York Golf Club. The competition was played over a 36-hole Stableford and Scratch medal championship format. There were teams from various Infantry units of the British Army, including The First Battalion, The Royal Gurkha Rifles (1 RGR), Infantry Battle School (IBS), Gurkha ARRC Support Battalion (GARRC) and Infantry Training Centre (ITC).



IBS hold golf clubs, which any unit member can borrow until they decide to buy their clubs. Additionally, two annual golf passes for a local club are provided by the unit for the permanent staff, who can use those passes until they become members of the local club. For the first couple of months, I took advantage of this, which helped me embark on my journey to learn golf.

My Experience at the Infantry Golf Championship 2023

By Lance Corporal Manmohan Ale, Infantry Battle School

Being a novice golfer, the Infantry Golf Championship was a fantastic opportunity to improve my skills. I played well on the first day and even better on the second. I gained experience and got tips and advice, from more experienced golfers. It was a terrific surprise when my name was called out as the Individual Stableford Champion 2023, a scoring system in golf that awards points for the number of strokes taken on each hole in relation to par, rather than simply counting the strokes. Captain Mukunda Rajali from ITC was the runner-up for Individual Stableford. Team 1 RGR won the Scratch team championship, and Team GARRC was the runner-up in the Stableford team



British Gurkhas Pokhara Hike to Connect Closer

By Milan Rana, British Gurkhas Pokhara

A team of 70 from British Gurkhas Nepal (BGP) took part in an organised hike, as a team building event. The route was set across a moderate hiking trail developed by the Nepal Tourism Board.

The initial brief was followed by division of groups, a photo session, and then a bus ride of about 35mins along the Pokhara to Baglung Highway. The team was dropped off at the starting point for the hike at Naudanda. From here they continued their walk up to Sarangkot to an altitude of 1600 metres.



After about 5-6hrs of hiking, the group enjoyed a buffet lunch at Bhanjyang Village in Sarangkot. The highlight point of the trail was the majestic views of the Annapurna and Dhaulagiri Himalayan ranges and the entire Pokhara valley. Everyone enjoyed the moments at the rural villages and hilly farming terraces and the visit to Kaskikot Durbar.



Paragliding Freedom in the Air

*By Major Nick Lloyd,
Chief of Staff,
HQ Brigade of Gurkhas*



When visiting Pokhara or indeed many other parts of Nepal, you will likely have seen paragliding going on above you. Nepal is a world class location for the sport with its warm microclimate and calm air.

It was from Sarangkot, on his Nepali language course as a Second Lieutenant that Major Nick Lloyd (Chief of Staff HQ Brigade of Gurkhas) first experienced free flight, strapped to the front of a local Nepali pilot. Just after touching down on the shore of Fewa Tal, he remembers turning around to see an 82-year-old pilot landing, who was known to fly every day. It is not the crazy activity that some people often assume it is. From that experience, floating up to the clouds with the Himalayan vultures it seemed the perfect way to explore Nepal.

A few years later (!) in 2023, Major Lloyd is Army Champion, the Army Team Captain, and the UK Armed Forces Runner up, from the recent Inter Services Championships, itself held within an international competition of 130 pilots. The six days of racing took place near Tolmin, in the Soca Valley, Slovenia, a beautiful location on the edge of the Julian Alps. Cross country competitions involve a

timed race around a series of GPS coordinates, usually high over valleys and deep into the mountains. Depending upon the weather conditions, they can be up to, or over 100 kms in length. It is a highly intense experience, as pilots must concurrently fly their aircraft, avoid collisions, read the weather conditions, navigate a course, make tactical decisions on route options, and try to balance the requirement for maintaining height (to get around the course) against the need to fly fast (to win). By coring thermals (turning tightly in lifting columns of rising warm air) pilots can top up their height, rising up to the level of the clouds, often at rates of up to 4-8 metres per second. However time wasted going up too much puts you behind the lead pilots who are always pushing forward.

It can be likened to a mixture of a game of chess and a 3-dimensional sailing regatta, where your boat is always sinking! Nerves are on edge, adrenaline is pumping, the brain in overdrive, and the views simply breath taking. But it is also remarkably safe. There are far fewer accidents than sports such as skiing, mountain biking or horse riding because the safety is governed almost entirely by the weather conditions that you

decide to fly in – which is all taught in the training. Whilst less common a sport in the UK, in the Alps everyone learns to fly from a young age, and it is growing here too due to its accessibility of requiring only a 10 kg backpack. The satisfaction of defying gravity whilst sharing a thermal with a Golden Eagle, or a flock of vultures as you rise up the front of a cliff, passing the hikers and climbers, and continue up past the summit to the clouds, is hard to describe.

If you are interested in learning to fly, courses are run at the Joint Services Mountain Training Centre (JSMTC) in Bavaria, on the edge of the Alps in Southern Germany. As with all Adventure Training, it is free to attend, you just need permission from the Chain of Command and to apply. Courses can be booked through the Defence Gateway or JSAT Course Booking Guidance | Defence Connect (mod.uk). Once you have completed the Elementary Pilot Course (EPC), and the Club Pilot Course (CPC), you are qualified to fly solo, and can join the Army Hang Gliding and Para Gliding Association (AHPA) from where equipment can be hired and funding for Adventure Training or Sports trips can be provided.



Afno Bichar

The Brigade of Gurkhas first ever running camp took place in the Brecon Beacons with 40 runners from units across the Brigade of Gurkhas.

Can you tell me what personal benefits you got from attending this activity?



Corporal Shekhar Gurung

Queen's Gurkha Signals,
Headquarters Brigade of Gurkhas

The Brigade of Gurkhas running camp provided me a unique opportunity to gain knowledge on running across difficult and technical terrain. I was also able to learn more about different muscle exercises for recovery training, which would help me to build my muscle strength and body recovery rates. The nutrition intake lesson has already helped me, as I took part in Trailwalker 2023. I manage to cover long distances on Trailwalker, without feeling as much fatigue as I expected and the ability to recover quicker between the sections of the route.



Lance Corporal Rajesh Gurung

Queen's Gurkha Signals,
Royal Military Academy Sandhurst.

The Brigade of Gurkhas running course was my first ever experience running over the difficult terrain of mountain paths. It gave me an idea about how to run across technical terrains by applying different techniques. We learnt to focus on our daily dietary requirements and strength conditioning, to build up muscles required for this kind of activity. It's a great way to keep your body in shape and keep your body moving. In addition benefits come from improvement in my mental health. It is also an honour to represent my Regiment. On return to my unit, I can share my knowledge with other Gurkhas and help strengthen the team.



Lance Corporal Bijay Tamang,

Queen's Gurkha Signals,
Royal Military Academy Sandhurst

Running is something I am interested in, so I attended the running camp held in the Brecon Beacons. On the camp I acquired knowledge about running skills, techniques, and different types of running. It's not just about running, but also about nutrition, which has a crucial role in improving running. The camp was divided into phases: running drills, lessons, strength trainings and recovery. I personally highly recommend to others that they attend future running camps.



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