

Bosses Stretched at Holsworthy

For Joanne Mortimer, the recent Exercise Executive Stretch in NSW brought back fond memories of her time in uniform.

The former Army signaller was among a group of bosses from across NSW that swam, ran, negotiated and strategised their way through three days and two nights of activities regularly undertaken by Reservists.

Coordinated by the Directorate of Reserve Support in conjunction with the Defence Reserves Support Council, EES was conducted at the Holsworthy Army Barracks in Western Sydney.

It involved business people from Lismore, Newcastle, Wagga Wagga and parts of Sydney. Army personnel from a range of disciplines supervised them.

The participants negotiated an obstacle course, swam while clothed, fired blanks, slept under the stars and undertook several team-building exercises.

Ms Mortimer said she loved getting back into uniform at EES.

"I left the Army 11 years ago and had forgotten how much I enjoyed the lifestyle," said Ms Mortimer.

"The highlight of EES for me was the physical nature of the activities, although I now ache all over – it's like I've been hit by a truck!

"I also enjoyed the strategising and working as a team. We all had an instant rapport and had to work well together to get the job done."

The Riverina-Murray Regional Chairman of DRSC Doug Callaghan said EES is valuable on many fronts.

“First and foremost it exposes employers of Reservists to the reality of life in the modern defence force. They ate ration packs, slept in the open and used weaponry,” said Mr Callaghan.

“It’s also important to show bosses the benefits of employing Reservists. With the high level of training and leadership undertaken by Reservists, it’s a win-win situation because they take that expertise back to their civilian jobs.”