

#TRIED&TASTED

10-Minute Meals

Nourishing meals for when cooking feels overwhelming.

Even if you're someone who normally loves whipping up something nutritious and delicious in the kitchen, cooking every single night can be exhausting. Particularly when you've had a busy day at work - or you're simply not in the mood - sitting down to a quick yet tasty recipe can keep you from losing your patience. Enter: These nutritious and super-easy recipes are all-ready in 10 minutes or less.

Avocado and Black Bean Burritos

Ingredients

- 1/2 cup Black Beans
- 1/4 cup Avocados
- 1/2 lemon
- 1 dash Black Pepper

Preparation

1. Rinse black beans.
2. Juice lemon half.
3. In a bowl, combine black beans, avocado, lemon juice, and pepper.
4. Once combined, spread bean mixture in tortilla and roll into burrito.
5. This is an easy and delicious dinner recipe. Perfect for anyone on-the-go.



Veggie Fried Rice



Ingredients

- 2 tsp Coconut Oil
- 1 clove Garlic, Whole
- 1 oz Onions, Green
- 1 tsp Ginger Root
- 1 1/2 cups brown rice
- 1 cup Broccoli
- 1 carrot(s)

Preparation

1. Cook brown rice.
2. In a pan heated with oil over medium-high heat, add garlic, green onion, and ginger and cook, stirring frequently, 1-2 minutes.
3. Add remaining ingredients and cook, stirring occasionally, until heated through, about 5 minutes.

Avo-Coconut Berry Smoothie



Ingredients

- 1 Banana-medium
- 1/2 cup Mixed Berries
- 28 g Whey Protein
- 1/2 medium avocado
- 1/4 cup Coconut Milk
- 1 cup water

Preparation

1. Mix together all the ingredients in a blender and enjoy!
2. TIP: Adding a healthy fat such as half an avocado, a

couple of tablespoons of nuts or half a cup of coconut milk. Top off with your favourite berries for a kick of energy-boosting carbohydrates, and blend your way to a healthy and tasty treat.

Spinach and Feta Avocado Toast

Ingredients

- 1 slice Carb Zero Bread - Regular
- 1/2 fruit without Avocados, raw, California
- 1/2 cup raw spinach
- 1 tbsp Feta Cheese, Crumbled

Preparation

1. Toast a slice of low-carb, keto-friendly bread.
2. Mash the avocado and spread it on the bread.
3. Top the avocado toast with a handful of spinach and a tablespoon of feta cheese.



The book begins with an overview written by Lieutenant Colonel BR Nair in which he clearly states that 'there was no attempt to forge political unanimity in both India and Sri Lanka prior to signing the accord'. He then covers the incident of 05 October 1987 when two LTTE leaders and fifteen cadres were caught on the high seas and their subsequent suicide by consuming cyanide at Palay airfield on 07 October when they realized they were to be handed over to the Sri Lankan government. This resulted in the opening of the military campaign against the LTTE.

Valiant Deeds Undying Memories: Stories From IPKF



Maj Gen Jagatbir Singh VSM (RETD)

#BOOKWORM

They're not to reason why, its but to do and die' can sum up India's experience during Operation Pawan. To quote Lieutenant General SC Sardesh Pande, "the IPKF had to

strive between strategic perceptions and tactical reality of vicious and sudden counter insurgency action. Being the combat leader and diplomat simultaneously". Lieutenant General Milan Naidu has also touched a similar sentiment and wrote about 'its unique dimensions', being the first 'out of country overseas operation under the national banner' and the military challenge lay in 'overnight changing from peace keeping to peace enforcement'.

'Valiant Deeds Undying Memories' by Lieutenant Colonel Atul Kochhar and Lieutenant Colonel BR Nair is a collection of accounts by veterans of the operations highlighting the human aspects of the conflict as they saw it. The contributors are from all three Services and within the Army from all arms and services giving their views on events they saw unfold on 'ground' but now armed with the 'insight of hindsight'.

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ly states that 'there was no attempt to forge political unanimity in both India and Sri Lanka prior to signing the accord'. He then covers the incident of 05 October 1987 when two LTTE leaders and fifteen cadres were caught on the high seas and their subsequent suicide by consuming cyanide at Palay airfield on 07 October when they realized they were to be handed over to the Sri Lankan government. This resulted in the opening of the military campaign against the LTTE.

Lieutenant Colonel RS Bhaduria recalls his experience as a young Captain of 10 PARA SF while being amongst the first to slither down during the heliborne operations at Jaffna University. The issues of lack of intelligence, poor communications and ammunition resupply are wonderfully documented, as is the bravery and courage of the officers and men including Lieutenant Colonel Dalvir Singh, Maj Birender Singh of 13 SIKH LI and the doctor Captain Ajit Veneyoor. Also highlighted is how his buddy Arvind Kumar refused to move back without him displaying 'selfless courage under observed fire'. It is believed that the LTTE intercepted the army's radio communication on the plans for the night.

Brigadier BK Umnikrishnan, then CO 12 Field Sub Group writes about Brigadier Manjit Singh, MVC the 'tough' Commander of 41 Infantry Brigade which led the advance from Palay airfield to Jaffna Port in 'My Style of Command'. He was fearless and demanded the best from his troops,



led from the front but 'would not suffer fools gladly'. "A thorough professional and demanding leader who would not tolerate any shortcomings".

Mechanised Operations

Lieutenant Colonel Manoj Chaman then a young Troop Leader in 65 Armoured Regiment talks about mechanised operations. The Armoured Regiment and Mechanised battalions were split and operated in all Sectors. The challenges were the built up areas and terrain. He talks about intelligence, battlefield reconnaissance and casualty evacuation. Subsequently, they fitted armed MMG's on the Chetak helicopters which proved their worth in operations.

Wing Commander CD Updhyay writes of the movement of 118 Helicopter Unit from Guwahati to Jaffna in October 1987. The Heliborne Operations his unit was involved in and the manner in which he dealt with the most arms fire which had damaged his 'fuel pipe' of his MI-8. He also highlights the indifference of the local Air Force Commander and the manner in which the then AOC-in-C Eastern Air Command Air Marshal Sinha ensured he was awarded the Vir Chakra.

Commander AJ Joseph writes about the naval operations including operations by the MARCOS; the marine commandos. The Navy destroyed 76 militant boats, apprehended 139 boats and caused 326 casualties at sea. They also transported a large number of troops, vehicles, stores and refugees.

The 'Mettle Men', tells the story of Captain SS Sahota of 5 MADRAS; given the title of 'butcher' due to his success against LTTE. On 19 December his convoy was ambushed and he took a burst of fire. Semi-conscious along with his buddy Kunjomon emptied his carbine rounds on the LTTE cadre who were approaching their overturned vehicle. When the QRT came to rescue them they found their horror that their fingers slid into his head.

"The Spanner That Worked" written by Colonel VK Rajendran is about his experience as the OC of a Troposcatter Workshop during the operations. Their locations remained geographically isolated

writes about the landing of Para Commandos on the night of 02/03 November at Moolai Beach and the fire support given to them due to the MI-25 supporting the operation having to be pulled back having been hit by ground fire. The naval craft now operating without the cover of darkness and close to the shore was also subject to LTTE fire but they were successful in their mission.

Colonel Rajiv Batra writes about his tenure as the Medical Officer with 19 MAHAR. The manner in which he was recalled from leave and how the battalion inducted from Kapurthala to Trincomalee, incidentally the first patient he treated was one of the ships hands with a Colles fracture, who he had to administer first aid to as there were instructions not to disembark any crew. The doctors had their own set of problems while treating patients in field during the intensity of combat and these have been wonderfully brought out.

"Vavuniya: Tigers Den" is an account by Colonel R Banerji who had taken over command of his

bravery. Fittingly, many years later as GOC 57 Mountain Division General Poonen was able to develop a Park in his memory at Leimakong, Manipur.

The book recounts real-life accounts of veterans who fought a grim battle, largely forgotten and needs to be read as it looks at a conflict from the ground upwards and not the other way around. 'Operation Pawan' also tells us that we can learn more from our errors than our victories. It is no doubt a challenge to use armed forces with a military domain to set military conditions for political outcomes.

Accounts of war either look down from an academic perspective or across the events from a personal perspective there are very few that are written from the ground up as a personal narrative. There is no doubt that Operation Pawan was a wrong strategic decision based on questionable inputs which did not factor in the probability of having to go to war whilst living in a hostile or unfriendly environment.

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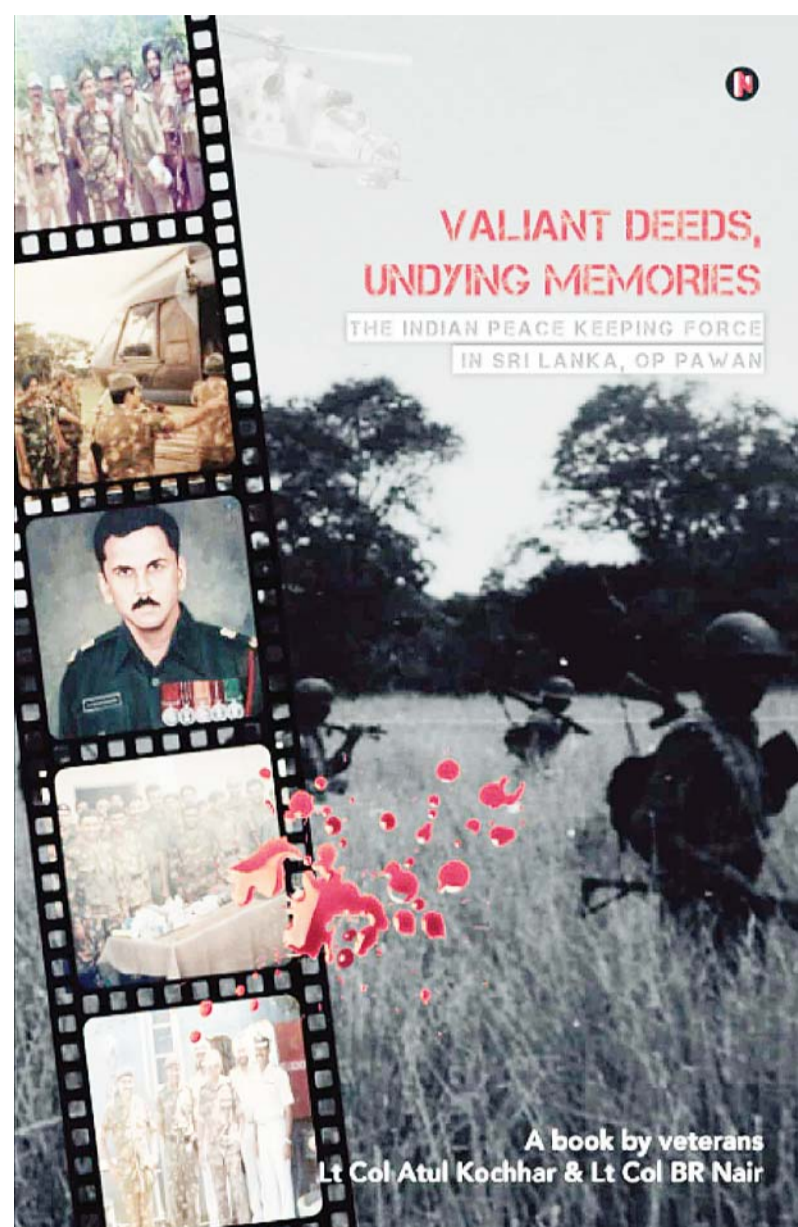
"A Friendly Near Miss" is an account by Brigadier Rajiv Chibber of 12 GRENADEIERS then a young Captain. His battalion was tasked to capture Point Pedro on 07 November 1987 were heli-lifted from Jaffna. He writes about the adverse weather conditions where 'bedding in' of mortars was a challenge, the 'near miss' occurred when the tail unit of a mortar broke away and the round landed near a soldier ferrying a camouflage net. Luckily due to the soft soil and rain the bomb had sunk into the wet sand where he exploded. There is also a fascinating account of their being targeted by the LTTE from a Toyota pickup truck. Fortunately, they were able to eliminate all occupants of the vehicle in what was "the longest three minutes as rounds were ricocheting off his helmet but he had lost his radio operator."

Captain Deepak Aggarwal, V-C has written about his experience commanding a seaward defence boat T-56, a very small sized ship with minimum facilities'. He



Greenpeace Day

On 15th September, people around the world take a little bit of time out to celebrate Greenpeace Day. Greenpeace is a campaign organization for ecological issues that has become an internationally renowned entity over the past few decades. This is the time to release that inner activist and get passionate about helping to improve the state of the planet and its environment. Make everyday changes in your life to help preserve the planet, or volunteer with or donate to Greenpeace to further their cause of planet salvation.



battalion 6/8 Gorkha Rifles on 04 March 1988. This was after the loss of their CO, Colonel VK Bakshi, MVC, two JCO's and eight soldiers, with seventeen soldiers having been injured during a cordon and search operation in Vanni Jungle. He talks of the manner in which they overcame this setback and how the battalion 'was able to restore their pride and prestige and redeem their losses'.

Major General Binoy Poonen then Adjutant 13 MAHAR has written a wonderful tribute about Second Lieutenant Rajeev Sandhu of 7 ASSAM. He recalls his brief but impactful interaction with him the night before his death, when Rajeev was passing through 13 MAHAR in Batticaloa area. Rajeev refused to have dinner while Captain Poonen was still in office and waited for him till nearly midnight in spite of the fact that he had to leave at 0500 hours on 19 July 1988. When ambushed and badly wounded with both legs mutilated and bleeding profusely he still crawled out of the vehicle and engaged the LTTE with his carbine. His death at four months of service left behind a legacy of courage, honour and exceptional



bravery. Fittingly, many years later as GOC 57 Mountain Division General Poonen was able to develop a Park in his memory at Leimakong, Manipur.

The Last Piece

"Searching Squares in Circles" is an account by Colonel then Major VK Rao of 1 JAK LI. He recalls a major cordon and search operation by his battalion in Vumyadi Jungle in Batticaloa Sector on 21 July 1989. He goes into the details of how his Company advanced to the second bound directly due to a navigational error and contacted the LTTE. While unable to establish contact with his own battalion he was in contact with the Brigade Headquarters and how the 'calm and composed' Brigade Commander; Brigadier GK Dugal remained in radio contact with him throughout the night of the encounter where they were able to eliminate and capture LTTE cadres as well as a lot of arms and ammunition which he infused confidence in the Company and landed at the site of the operations by helicopter at first light.

The lessons learnt have benefited our forces while in Counter Insurgency operations within our country. What also stand out today is the organized manner in which the IPKF was de-inducted from Sri Lanka in comparison to the US withdrawal from Afghanistan.

Brigadier JS Grewal was the CO of 4 GARHWAL RIFLES, which was operating in Northern Sri Lanka. He covers various lessons learnt which included induction, fire discipline and the fact that the 7.62 SLR was no match for the AK-47 rifles. He also says that, "Brigade and units should not be at loggerheads but strive for the same objective".

The last piece is by Colonel KS Ran Mohan who writes about the need for an IPKF memorial and how the establishment has downplayed the importance of this challenging overseas operation.

The lessons learnt have benefited our forces while in Counter

#NATURE

Bee Biodiversity



"You do actually need more bee species in order to get stable pollination services over a growing season and over years."

Biodiversity of the bee population is critical to maintaining the ecosystem function of crop pollination, which in turn is crucial to our food supply, research shows.

The new study shows how many more species of bees are needed to maintain crop yields when considering a longer-term time frame.

"We found that biodiversity plays a key role in the stability of ecosystems over time," says Natalie Lemanski, a postdoctoral researcher in the ecology, evolution and natural resources

at the Rutgers University School of Environmental and Biological Sciences (SEBS) and lead author of the study in Nature Ecology & Evolution.

"You do actually need more bee species in order to get stable pollination services over a growing season and over years."

The researchers focused on various populations of bees at dozens of farms in New Jersey, Pennsylvania, and California and found

that many more bee species were not only needed for pollination than expected over an entire flowering season, but even more were needed over multiple years.

The researchers say they discovered different bee species pollinated the same types of plants at different times of the year. They also found that different bee species were the dominant pollinators on the same kind of plants in different years.

Because of natural fluctuations in bee populations, researchers say, all bee species present were needed to maintain a minimum threshold of pollination during lean years.

This research shows that abundance (of a species) matters, but bee diversity matters even more," says Michelle Elkonich, the deputy division director of the National Science Foundation's Directorate for Biological Sciences, which funded the study. "It's not the same bees that are abundant at a given point in time, and variety is necessary to provide balance during a growing season and from year to year."

The study offers substantiation to a long-standing concept ecologists refer to as the "insurance hypothesis," Lemanski says. The idea is that ecosystems probably benefit when nature "diversifies the portfolio," supporting multiple species of a category of a plant or animal, rather than relying on one dominant species.

"We found that two to three times as many bee species were needed to meet a target level of crop pollination over the course of a growing season compared to a single date," Lemanski says. "Similarly, twice as many species were needed to provide pollination over the course of six years compared to a single year."

The researchers based their analysis on their own extensive observations of bee visits to flowers and measurements of the quantity of pollen grains deposited on individual flowers over weeks and months within a given calendar year and then over mul-

tiples years.

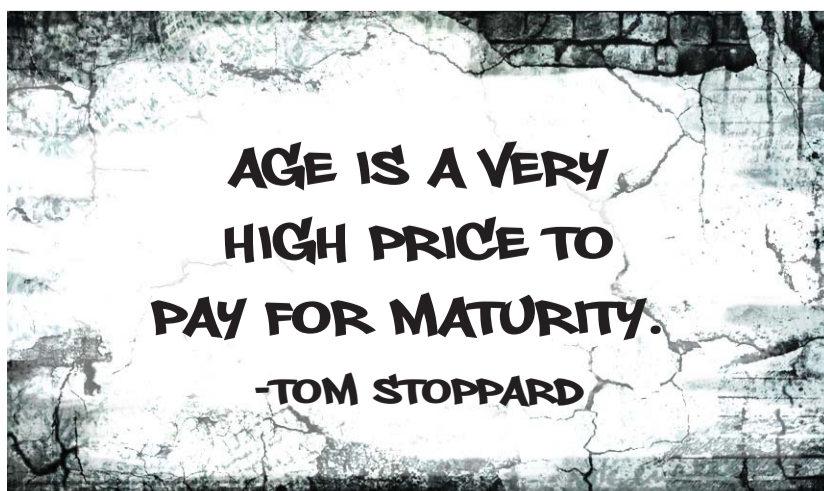
They collected the data, with permission of farmers, at 16 blueberry farms in South Jersey, at 25 watermelon farms in Central Jersey and eastern Pennsylvania, and at 36 watermelon farms in the Northern Central Valley of California.

"The magnitude of increase in species needed over multiple years was remarkably consistent among crop systems when considered over the same interval of time," Lemanski says.

"In addition, the fact that the relationship between timescale and the number of species needed did not level off suggests that even longer time series, spanning multiple seasons, may further bolster the need for biodiversity to ensure reliable ecosystem service."

Additional co-authors are from the University of California-Davis and Rutgers. The National Science Foundation and the US Department of Agriculture, National Institute of Food and Agriculture, Agriculture and Food Research Initiative funded the work.

THE WALL

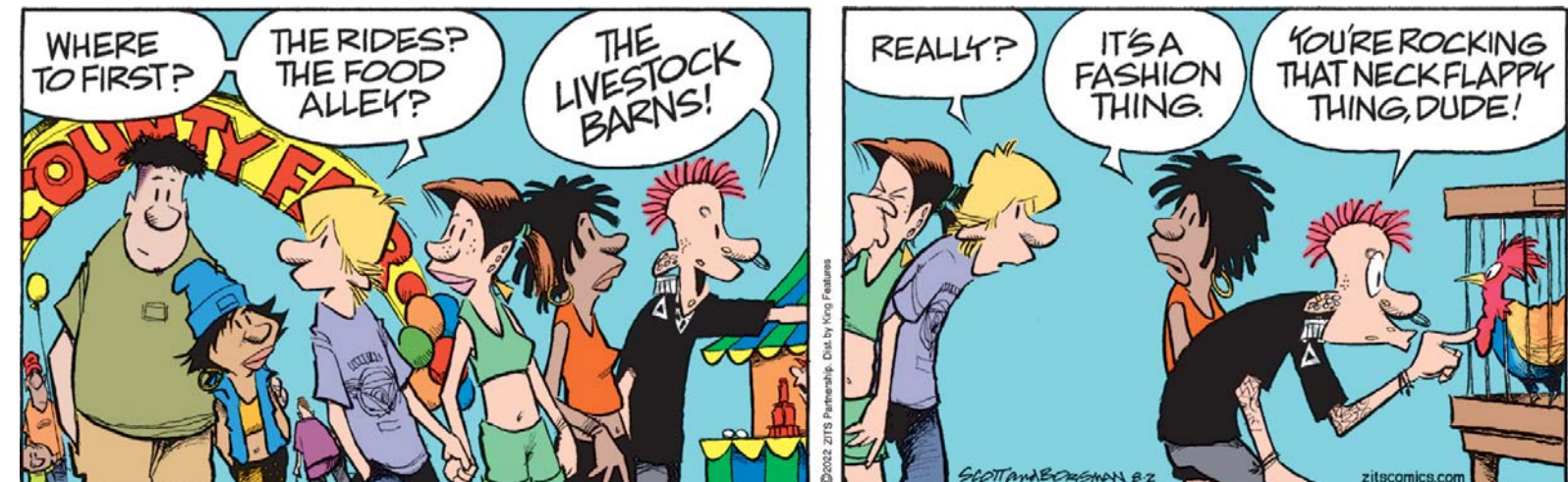


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman