

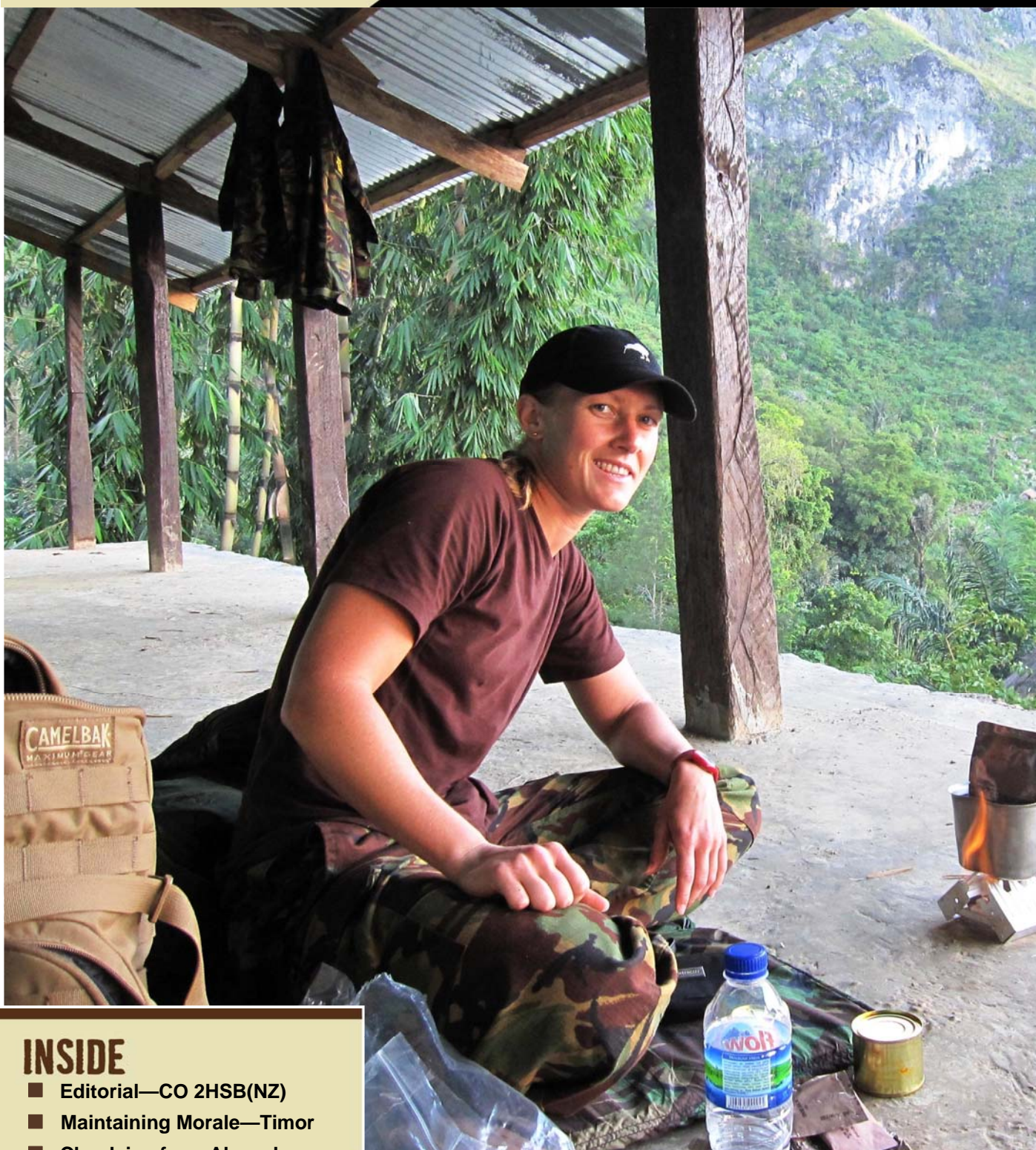
THE BUGLE

Issue 142 | September 2010

Navy
Royal New Zealand Navy

NZ ARMY
NGAATI TUMATAUICHOA

AIR FORCE
TE TIRANGANGO AOTEAROA



INSIDE

- Editorial—CO 2HSB(NZ)
- Maintaining Morale—Timor
- Chaplains from Abroad
- Critical Incidents on Deployment

COURAGE | COMMITMENT | COMRADESHIP | INTEGRITY

"THE BUGLE"

The Deployment Newsletter is produced for families and service personnel associated with current overseas deployments.

Deadline

The deadline for Edition 142 is
30 September 2010

Bugle contributions are welcome and should be sent to Janine Burton.

Editor: Carol Voyce
Layout: Christine Muir
Printing: Sharyn Cameron
Mere Garton

Contributions co-ordinated by
Janine Burton

Contact Information

Janine Burton
Deployment Services Officer
Headquarters
2nd Land Force Group
Linton Military Camp
Linton
Ph: (06) 351 9399
Cell phone: 021 649 903
Toll free line: 0800 OVERSEAS or
0800 683 77 327
Fax: (06) 351 9019
E-mail: dso.linton@xtra.co.nz

Carol Voyce
Deployment Services Officer
Burnham Regional Support Centre
Powles Road
Burnham Military Camp
Burnham 7600
Christchurch
Ph: (03) 363 0421
Cell phone: 0274 497 565
Toll free line: 0800 DEPLOY or
0800 337 569
Fax: (03) 363 0127
E-mail: dso.cso@xtra.co.nz

Disclaimer

Articles and opinions expressed in "The Bugle" are not necessarily those of the New Zealand Defence Force.

Cover Photo:

Sgt Kelly Carter (PTI TG GYRO 9) cooking up dinner at UAIBORO Village on the way up to Mount Matebean, Timor-Leste.

GUEST EDITORIAL

LTCOL Pete Hanrahan Commanding Officer 2nd Health Support Battalion (NZ)

It is timely that we recognise those NZDF personnel who have made significant sacrifices to volunteer and deploy on operations overseas in austere environments, to complete challenging tasks at the New Zealand Government's request. These tasks come with risks and health threats. The recent death of Lieutenant Tim O'Donnell and the injuries to his fellow patrol members Lance Corporal Matthew Ball and Private Allister Baker are stark reminders of the courage our military personnel show to carry out their duties overseas under these conditions.

Within this tragedy were the other personnel within the Kiwi patrol that showed great leadership, courage, commitment, comradeship and integrity to react to the threat, prevent further injury, evacuate the injured soldiers to safety, apply immediate medical assistance and successfully recover the patrol back to the New Zealand Provincial Reconstruction Team (PRT) in Bamian. Even with a prolonged ground evacuation due to poor weather, restricted air operations and difficult terrain, their actions demonstrated the professionalism, training and competence of all our deployed personnel.

I want to take this opportunity to assure you that the personnel at the 2nd Health Support Battalion (NZ) (2HSB (NZ)) are working hard to ensure that the health support provided to our deployed personnel is of the highest standards possible.

2HSB (NZ) through its training cell provides instruction to all New Zealand Army personnel on NZDF First Aid courses to provide those vital skills to achieve buddy aid as a first point of care to casualties. Selected individuals then progress on to receive more advanced training in Combat Life Saving (CLS) to provide higher levels of trauma focused care. The NZ Army Medics will soon become registered as Paramedic, pre-hospital care providers and are currently qualifying with postgraduate diploma level qualifications as well as practical competencies. The NZ

Army Medic is a specialist in primary health care, trauma and evacuation.

This comprehensive level of health care was also provided to Lt O'Donnell's kiwi patrol in Afghanistan and on other operational deployments.



2HSB (NZ) also provides trained Environmental Health personnel that assist Headquarters Joint Force New Zealand conduct health risk assessments on overseas missions. 2HSB (NZ) has Physical Training Instructors (PTI) that provide conditioning to ensure the deployed force is prepared to conduct their tasks in austere environments such as tropical and mountainous terrain and difficult weather conditions. The PTI's also continue with this conditioning on operational deployments and provide rehabilitation support to retain deployed personnel at peak fitness. The New Zealand Army medical and dental personnel within New Zealand ensure that deployed personnel meet optimum health criteria prior to deployment.

2HSB (NZ) is also developing a role 2 light manoeuvre (surgical) capability, based on the current Forward Surgical Team (FST) that was deployed to East Timor in the early stages of the GYRO deployment. The NZDF ensures that further levels of health support are provided to deployed NZDF personnel through the use of coalition resources such as the role three field hospitals in Afghanistan or through civilian contracted providers such as ASPEN in Timor Leste and the Solomon Islands.

You can be assured that if you are deployed overseas or your loved ones are deployed, the NZDF provides a world leading health support system. The New Zealand Army has professional, dedicated health personnel with competencies and skills that are both recognised and held in very high regards around the world.

NEWS UPDATE

MERCHANT NAVY DAY

Source: www.nzdf.mil.nz

Defence Force personnel supported a wreath-laying ceremony to mark New Zealand's first official 'Merchant Navy Day' on Friday 3 September 2010 at the National War Memorial.

The ceremony was attended by veterans of the Merchant Navy, His Excellency the Right Hon Sir Anand Satyanand and Lady Susan Satyanand, Members of Parliament, members of the Diplomatic Corps, and military personnel.

During WWII the merchant fleets were the lifeblood of the Allied war effort. They operated in every theatre of the war, carrying troops and supplying military forces with food, weapons and ammunition. This was an aspect of war that was hard, monotonous and dangerous. The ships not only faced attack by aircraft, warships or U-boats, but also the usual hazards of voyaging at sea.

New Zealand's merchant fleet participated in many of the great military operations of the war. New Zealanders also sailed in merchant ships belonging to Britain, the United States and other countries. Some took part in the Arctic convoys, among the most hazardous voyages undertaken of the war. Others served in the Malta convoys, carrying supplies to the besieged island under heavy attack from German and Italian aircraft and naval forces.



TIMOR SOLDIERS FIRST IN ELECTRONIC HEALTH RECORDS PROJECT

Source: www.nzdf.mil.nz

Members of the New Zealand Defence Force who served in Timor-Leste are the first group to have electronic health files recorded for possible exposure to environmental hazards.

Director Defence Health, Dr Alison Drewry, says just about all modern battlefield environments contain risks from a range of chemical and environmental hazards.

The Defence Force is now able to record these potential hazard exposures in their electronic health records system, meaning there will be an easier and better way for personnel to link any future health concerns and their service. The first hazard to be recorded in this manner relates to potential exposure to environmental asbestos in Timor-Leste.

"This potential exposure came from building materials used in the local construction industry in Timor-Leste," says Dr Drewry. "The risk from this potential exposure has been assessed as 'low', though the actual risk to individuals cannot be quantified.

Personnel who served in Timor-Leste and their families who would like more information can visit an information section on the Defence Force website: <http://www.nzdf.mil.nz/TLenviro>.

The site answers questions about asbestos, and outlines how this issue is being managed and where people can access further health information if they have any concerns.

NEWS UPDATE CONT'D ...

SIR KEITH PARK STATUE TO BE UNVEILED IN LONDON

Source: www.nzdf.mil.nz

A permanent bronze statue of New Zealander Air Chief Marshal Sir Keith Park will be unveiled at a formal ceremony in London on 15 September.

The unveiling, held to coincide with the 70th anniversary of the Battle of Britain, will be attended by around 1000 invited guests, including Battle of Britain veterans and members of Sir Keith Park's family. Also in attendance will be representatives of the Commonwealth and other countries whose airmen flew alongside The Royal Air Force during the Battle, as well as supporters of the Sir Keith Park Memorial Campaign.

The unveiling marks the culmination of a three year campaign, which saw the temporary installation (November 2009 to May 2010) of a five metre high statue of Sir Keith on the Fourth Plinth in Trafalgar Square. This statue is now on permanent display in the Battle of Britain Hall at the RAF Museum in Hendon.

Sir Keith Park commanded 11 Group Fighter Command, which was responsible for the defence of London and the South East of England. He therefore commanded the squadrons which bore the brunt of the fighting in the Battle of Britain. The failure to defeat the RAF in 1940 is seen as Germany's first major setback in the Second World War – forcing the abandonment of the planned invasion of Britain.

As a New Zealander Park fought in the First World War in field artillery, first at Gallipoli, then at the Somme where he was wounded and evacuated to England. Medically graded unfit to continue service with the artillery, Park joined the Royal Flying Corps, remaining with the air arm when it was re-formed as the Royal Air Force.

Marshal of the RAF, Lord Tedder, said of Park: "If ever any one man won the Battle of Britain, he did. I don't believe it is recognised how much this one man, with his leadership, his calm judgement and his skill, did to save not only this country, but the world."

Park's inspirational leadership and tactical brilliance was central to Britain winning the battle, which in turn helped determine the outcome of the entire Second World War. Sir Keith went on to lead the air defence of Malta in 1942, subsequently reaching the rank of Air Chief Marshal in South East Asia at the end of the war.

Terry Smith, Chairman of the Sir Keith Park Memorial Campaign, said: "This permanent bronze statue is a fitting memorial to Sir Keith, situated as it is in the heart of the capital city that he did so much to defend in 1940. It is all the more fitting that the statue is in view of New Zealand House, as Sir Keith was a New Zealander. Sir Keith was neglected in his own lifetime, so it gives me great pleasure to see him receive the public recognition that is long over due, especially as the statue will be unveiled on Battle of Britain day in this the 70th anniversary of the Battle."



The permanent bronze statue is being created by Les Johnson and the Bronze Age Sculpture Casting Foundry in Limehouse. The Trafalgar Square statue is made of fibreglass with a bronze resin finish and was created in New Zealand by Weta Workshop.

For more information, please visit the website www.sirkeithpark.com.

NEWS UPDATE CONT'D ...

OPERATION CANTERBURY QUAKE IN FULL SWING

Source: www.nzdf.mil.nz

Following the 7.1 earthquake in Christchurch last Saturday, the Defence Force sent a Royal New Zealand Air Force C-130 Hercules carrying Urban Search and Rescue personnel and dogs to the stricken region.

Two Iroquois helicopters from No. 3 Squadron at Ohakea were also tasked to assist in aerial reconnaissance and damage assessment as required by Civil Defence.



The New Zealand Army was similarly quick to respond, providing support to the police and civil defence authorities.

Liaison Officers from 3 Land Force Group (3LFG) have been working with the Christchurch City Council, Civil Defence Emergency Management and NZ Police since the earthquake hit and they are an integral part of the local response team.

From first thing Monday morning Burnham camp placed 160 soldiers, (80 soldiers at a time on 12 hour shifts) in central Christchurch to support local police with the cordoning of the city. The mood of the soldiers is upbeat and positive, and public support continues for them with many cafes dropping off coffees and food. The soldiers, all from 2/1 Battalion, will do shifts for as long as they are needed. Additional support is being provided by a Reserve Force from Queen Alexandra Mounted Rifles (QAMR) and Mortars and the ongoing management of our communications for troops is being conducted by 3 Signals Squadron.

Since Sunday, 3 Logistics Battalion has fed police on the ground and accommodated out-of-towners. The Army has about 230 mouths to feed and has been accommodating 84 Auckland police.

In addition to delivering meals to Police and soldiers in town, 3 Logistics Battalion has provided transport for the police between Burnham Military Camp, Christchurch city, and the airport.

3 Field Troop have engineers in Bexley and at the Rannardale Veterans' home providing engineering support and are likely to provide assistance with the purification of the city's water.

Soldiers from QAMR will soon be out and about in Selwyn checking damage to rural areas, and three medical teams will be tasked to provide additional support.

Chief of Army, Major General Rhys Jones visited Christchurch on Monday, accompanied by Commander 3LFG, to survey the situation and to reinforce our Army's support to the city. MAJ GEN Jones met with the Mayor Bob Parker, the head of the Canterbury Police and the head of Civil Defence. He also spent time at Burnham camp, talking with soldiers and surveying the damage around the camp and at the West Melton Rifle Range.

Reservists have been playing their part too, with 30 soldiers from 2 Canterbury NMWC Battalion supporting 'Operation Chicken Rescue' – the rescue of 23,000 chickens from a farm in Weedons whose coops had been wrecked in the quake..

The NZ Police say they have been extremely impressed by the professional commitment of the NZDF assisting of Police in the cordons around the Christchurch central city area.

Inspector John Price said, "We value the Defence Force's assistance and the manner in which they have gone about the task at hand.

"This was a partnership and team approach between Police and NZDF, and that in a crisis situation such as this civil emergency the strengths of both organisations come together for the benefit of our communities.

"Having the Army on the ground has provided a huge amount of reassurance for the people of Christchurch. On behalf of the community of Christchurch and the NZ Police, many thanks".

FOREIGN CORRESPONDENTS

MAINTAINING MORALE AND BREAKING UP THE ROUTINE

CAPT Sam Johnstone
S6

OP GYRO 9 has just passed the half way point of the deployment and for some this offers a good chance to reflect of what has been achieved. When working in a close knit environment it can be easy to forget what has been happening around us. There have been a number of welfare events too as a means of maintaining morale and breaking up the routine. These include a concert starring the famous (apparently) Cassie Davis and Gretl Killen, from Down Under, another quiz night, a scavenger hunt, a rugby league match against the Australian contingent, another Little Bledisloe Cup challenge and a visit from Miss New Zealand, Cody Yerkovich. The contingent has also been hard at work with the Infantry Platoon out conducting a long range patrol to a village about an hour and a half's drive south of Dili (Gleno in the Emera District). The members of the Quick Reaction Force conducting training with the Australian infantry and the rest of us have been continuing to keep things running smoothly.

The concert was a good opportunity to relax for a night. It was organised for all of the ISF; the New Zealanders and the Australians from all the different Camps in Dili. This was a performance by comedian Mick Meredith and a number of songs performed from Cassie Davis' latest album. This attracted everyone who was able to come and proved to be a popular night, it was a good chance to catch up with others in a relaxed environment.

At the H-POD Sgt Carter organised a second quiz night, this was open to everyone at the H-POD and all New Zealanders. Run similar to a

NEWS AND VIEWS

Including: Maintaining Morale and Breaking Up the Routine—
Timor Leste
Sometimes, You've Gotta Laugh—NZPRT
The Mighty CRIB 16 Workshop

pub quiz, teams of about five to six competed for a number of prizes. The prizes were different bundles of goodies containing some junk food, but more importantly it was a chance to get away from the normal night routine and do something different. There was the usual thrust and parry which always accompanies any defence activity with a competitive edge – team names were changed without the team knowing, exploitation of the rules (AKA cheating) and attempts to distract other teams continued through out the night. Team 'Senile Dementia', the senior's team, started very well but when it came to answering questions on inane American sitcoms, and knowing who featured in the latest edition of Hello magazine they slipped back into a very respectable 4th place. Who said that watching telly all day and reading trash doesn't give you an education? Who would have thought that a team with the name "Space Hawk 1000" would have won – seriously, I would be surprised if half the team could spell their own names correctly.

The Signals Cell conducted a scavenger hunt where teams of four were given a number of tasks to complete and in order to prove the task had been completed each team needed a

photo as proof. Each task was to do with something within the H-POD; it was also a bit of a test to see how observant we were after three months. Things like a photo of a blue foot print which happened to be on the roof of the one of the Australian buildings and could only be seen from the front. Like most welfare activities this was a competition and the team who completed all tasks the fastest won; the first prize was a dozen doughnuts from a local bakery called the 'Lucky Cake Shop'. The scavenger hunt was completed faster than anticipated with the first team finishing in about half an hour and the last team finished about half an hour later. Everyone seemed to enjoy the afternoon away from work for a light jog around Camp.

As a fund raising event for a couple of orphanages, the ISF held a rugby league game at the Dili Stadium. Though most of the



FOREIGN CORRESPONDENTS CONT'D...

players would have been used to stadia covered in grass, Dili Stadium is special in that it is half grass/half gravel. The match was a good old Tasman challenge and we just managed to beat the Aussies by 6 tries to 5. All players received a free 2010 ARL playing strip and set of gravel rashes for good measure. Donations were collected from the ISF and formally presented at the end of the match – each orphanage was presented with US\$450. Though, as Kiwis we do not like to gloat, special mention must be made of CPL “Mata” Oltaches, our Amazonian centre. She made several huge hits during the game and on one occasion she was tackled by SGT Rob Dean, an Aussie from the CSS Company; he unfortunately came away with a broken collar bone! She promises to be a little gentler on our ANZAC brothers in future.

As many readers are aware there is a sporting competition between the Australians and the Kiwis called the Little Bledisloe Cup. The basic concept is the losing team challenges the winning team; the losing team has the opportunity to choose the sport and the date for the next challenge. Up until recently we have been enjoying a winning streak but on Saturday 4 Sep 10 we suffered our first loss. The challenge was volleyball, this was organised into a number of rounds and each side put forth a men's team, a mixed team and an over 30s team. The final result was a disappointing five to three to the Australians.

Over this last weekend we also received a visit from Cody Yerkovich, Miss New Zealand. She was in Timor Leste visiting a child she sponsors in Suai and seeing how New Zealand has contributed to the stability in Timor Leste. She arrived mid afternoon to the H-POD and received a brief from the OC describing how New Zealand has



supported Timor Leste from when we first arrived up until now. She then joined us for a BBQ at Kiwi Lines and had a look at some vehicles and weapons the Platoon and PMV Troop had on display. As she is only human, she was keen to have her photo taken with most of the contingent, and of course they were all very obliging in ensuring she had some mementos to take away by which she would remember her trip.

The Infantry Platoon are now back from their patrol to Gleno and once again in the H-POD. They were away for about two weeks, in which time they conducted a number of smaller patrols in the immediate

area. This was a chance to get amongst the locals and see life in rural Timor Leste. Informal reports suggest that everyone enjoyed their time with the locals and they felt that they were able to have a positive effect in the area.

The Quick Reaction Force has been training with the Australian Infantry Platoons to ensure that if required they are ready. But as there is only so much Quick Reaction Force training that can be conducted before people switch off, they have been set assignments and conducting lessons for more general development to keep themselves busy. This has been received well and most people seem to be making the most of the training opportunities.

The rest of us have been working more or less as normal, vehicles still need maintenance and stores still need to be processed. It is easy to get lost in it all but everyone has been doing the best with what is available and patrols still have the ability to go out.

While at times it can seem that we are busy and other time it seems like there is not much to do, we have achieved a lot in a small amount time. The half way point has only just passed and while many of us are eager to get home we are still very much committed to our mission and to the stability of Timor Leste.



FOREIGN CORRESPONDENTS CONT'D...

SOMETIMES, YOU'VE GOTTA LAUGH

LT COL John Boswell
Commanding Officer NZPRT

Sometimes, you've gotta laugh.

The list of tasks never ends, our work is important, and the environment can be dangerous....but sometimes you just can't help yourself. Sometimes you just have to shake your head, look on in amazement, and laugh – fortunately, amongst all the work and pressure we've had to operate under over the past five and a bit months, we've had our opportunities.

Like a week or so ago when the last of four US soldiers leapt into the vehicle as his patrol was about to head off on task. With great accuracy the soldier kicked the fire extinguisher against the seat in front of him, causing it to rapidly discharge its contents, turning the inside of the Toyota Hilux into something akin to a freezer in urgent need of defrosting. His three mates with him couldn't see the funny side, the surrounding kiwis were in bits.

You shouldn't laugh at the misfortune of others but we received a great report from a kiwi instructor working with the British Training Team. He tells of the evening that a large explosion inside their base had them, fearing attack, man the defences. It was some time later that they found out that an Afghan soldier, bored with life, had decided to spend some time amusing himself in the cockpit of an old Soviet aircraft. Unfortunately for the soldier concerned, the handle he decided to pull was the ejector seat and the explosion that caused such concern around the base was him flying skywards praying that the parachute still worked after all these

years – it did, just.

We also shouldn't laugh at the misfortune of our mates. We shouldn't laugh at LT Kyle Olsen who not only thought that the local icecream in Nayak would be safe to eat but that two large helpings (in a large bowl that he took specially to the shop) was the order of the day. Kyle paid for his blind faith in Afghan hygiene by spending the rest of the week totally out of action and in the very worst kind of discomfort. We shouldn't even chuckle at SSGT Derek Bolt who proclaimed it was time for people to start pulling their weight and that the 'A-Frame' was a one man lift. It's wasn't even slightly funny when, in front of the troops, he collapsed under the weight and had to be evacuated to the nearby US Hospital to have his arm plastered.

Or, when in public, slips of the tongue land people in it. Bob Glover, our US Aid representative, couldn't understand why we all laughed as he noted that the

electrical power station being built by the Indian Construction Company was having trouble with its turbans. Capt Andy Mackenzie-Everitt was similarly perplexed when he, in front of a female US Department of State representative, commented that the demographics of an area were a 'unique blond of cultures....'

There are others in the contingent that you just have to admire though. One of our hard working Liaison Officers is Navy Warrant Officer Dave Wall. Dave's done great work alongside his patrol and, regardless of where they have taken him, has always kept up. That was, that is, until one day when two old blokes loaned Dave their donkey (refer to photo) so he could make it to the top of the hill – some fellas just don't have any pride..... You've got to admire SSGT Nicky Ruki who, following a self-assessment as my driver, sacked herself. Or even KT1 for still wanting to play 'Pictionary' with LT Brendon Jones who



FOREIGN CORRESPONDENTS CONT'D...

regularly loses, 'spits the dummy' and throws the board half way across the compound.....maybe the entertainment value is why they do keep playing with him. The other group of people I have to admire though are the local teenage boys that attend LCPL Makere Lee's English class – she leaves them in no doubt who is the boss and they mess with her at their peril lambs to the slaughter me thinks.

There is one story though that takes the cake. Recently, in a province south of Bamyān, an Afghan policeman was so concerned that a parked vehicle might contain explosives he decided to destroy it by firing a rocket. Regrettably, his rocket missed the vehicle. Fortunately, it hit a tree beside the vehicle causing a previously undetected suicide bomber hiding up the tree to fall out. The bomber exploded on hitting the ground and detonated the explosives hidden inside the vehicle only in Afghanistan.

We take our job seriously, we focus very hard on what we do – but you stuff up in front of your mates, and you're fair game. Yep, you do have to laugh sometimes.



from Whenuapai Airbase in Auckland, our two Electronic Technicians lead by the hard hitting LCPL Paul (Doughy, Wolverine) Dowman from 1 Royal New Zealand Infantry Regiment in Linton Camp, Palmerston North and PTE Geoff (Bipolar Geoff) White from 3 Workshop Company Burnham Camp. The Vehicle Mechanics were lead by me, CPL Leighton (Ham, Bamyān Bronze Stallion at one stage held silver) Hamlin and I'm from 2 Engineer Regiment Workshop in Linton Camp with LCPL Hayden (Schmido) Smith who is also from the south at 3 Workshop Company.

Last but not least our esteemed leader SSGT Derek (Bolt the one armed bandit) Bolt from 2 Workshop Company who is our Artificer Sergeant Major (ASM) and 230V Electrician for the tour.

The workshop has faced a number of different challenges throughout the tour, particularly with the ever increasing fleet of vehicles that we seem to have at Kiwi Base. But these have provided some good challenges for us all within our particular fields of expertise. Speaking from the vehicle mechanics perspective, Schmido and I have enjoyed the challenges, in particular working with our four local mechanics. Their trade skills

aren't too bad at all, particularly on the 2006 Toyota Hilux's as most of them have worked on them for at least 4-5 years and one of my guys has been here longer than the NZPRT has. But trying to excite and motivate them to change a rear sub frame or even doing the brakes on a Hummer in the hot 35 degree sun is rather difficult to say the least! Currently it's Ramadan in Afghanistan so my local mechanics are only working from 0800 until 1300 as they fast during our normal work day so you can't expect someone with no food or water to work like a slave.

Currently we have around 75+ vehicles to service and repair, this is made up from our NZPRT patrol and civilian vehicles, American Army vehicles, US AID and other varying specialist equipment.

We have enjoyed the odd quiet day, in particular one Friday we organised a trip to Bandamir Lakes and managed to get the owner of the company that we lease our Toyota Hilux's from to meet us there at his "Holiday Home" right by the lakes. He put on a marvellous lunch complete with pepsi, a freshly killed Gheep used for kebabs, coupled with traditional Afghan food. The best was that no one was sick from it which is always a bonus when eating local food here.

THE MIGHTY CRIB 16 WORKSHOP

CPL Leighton Hamlin

Firstly we would like to say "hi" to all our friends and families back in New Zealand longing for our return home as the days are drawing closer and closer.

The Workshop crew itself comprises an Armourer CPL David (Spud) Hartley who is from the Armoured Fighting Vehicle Workshop (AFV) in Waiouru, General Engineer LAC Mason (Mace) Tai representing the Airforce

FOREIGN CORRESPONDENTS CONT'D...

The workshop boys have also been part of an "Adhoc" patrol dubbed Jackhammer which utilises two vehicles "Ironman" and "Penetrator". Jackhammer is commanded by SSGT William (Wild Bill) Henderson, along with PTE Chris (The Private, young Skywalker) Tullock and CPL Maurice (Tonk) Walker. We've been required to deploy for a number of different reasons whether it be quick reaction missions or planned reconnaissance of roads and proving routes in the Bamyán Area of Operations.

One balmy, Bamyán evening the Workshop was called on again; this time to organise the back loading of a number of decrepit old Hummers to Bagram Air Force Base. It was going well with everyone in high spirits and in a routine of hitching up the vehicle towing them to an equipment collection point (ECP), un-hitching and then off for the next one, all to be loaded onto the Kamaz jingle trucks waiting for them. On the second to last vehicle to be brought to the loading point, our fearless leader Bolty, insisted he would uncouple and remove the towing 'A' Frame from the vehicles, when questioned if he would like

some help he replied with something along the lines of "No thank you, I would prefer not to appear frail and puny in front of these locals". With that he proceeded to bend down, being careful not to use his back like a crane and pick up the 'A' Frame. Just as he got back to an upright position he stumbled and fell. Now, an A-frame is not light at all, so in that situation he did what anyone else would have done and pushed his heavy burden away from himself as he headed for the deck. Unfortunately his shove wasn't hard enough and only a moment after he himself landed the 'A' frame closely followed him. He put his body on the line and sacrificed his left fore arm to cushion the blow thus preventing damage to the falling 'A' frame. The result of all this was Bolty ending up with a broken left arm. This however has not deterred him from doing the hard yards to help the rest of us boys out in getting the jobs done that always seem to be arising. So good to see the Courage, Commitment, Comradeship and Integrity from our commander.

We hope everyone is well in New Zealand particularly the central

Canterbury region after the large 7.2 earthquake that created a lot of damage in and around Christchurch. Not to much longer to go as I wrote earlier, and we will be safely back in New Zealand after a very enjoyable and challenging trip.

Lastly I would like to wish my sister Rene'e happy birthday for the 27th of September, you will be the 24 year old!!!

In case of emergency, break glass, Jackhammer Deploy.....

WHO SAID WE STILL COULDN'T HAVE FUN??

SSGT Nicky Ruki

It's been just over 4 months since we deployed to Afghanistan, there are obviously a lot of luxuries we miss from home and one of them is being around our friends and family. For a lot of us, we work on a daily basis with males (no offence guys), so it was decided what we needed was a bit of girl time. Currently deployed at the PRT in Bamyán are 13 kiwi females, we range from 21 – 44 years of age. Some of us have families and some don't but we all get on and understand the needs of each other which makes us a unique bunch.

Once a month we try and organise some girl time, this also includes the American girls located at the PRT. It's a good way to break the ice and for some of the girls to come out of their shells. This builds a better working and trusting relationship between the females in the contingent. Sometimes we just sit around and chat about what's going on, talk about how things are going back home, maybe watch a chick flick, eat some really high cholesterol food and have a couple of soft drinks, but we have made non alcoholic punches and



FOREIGN CORRESPONDENTS CONT'D...



mocktails. One of our girls Racheal brought her manicure kit and we have had a session of getting pedicures and manicures – something a lot of us Army chicks have never had done. The colours of some of the toe nails however were a bit bright but they were only really noticed going to showers when the girls are wearing jandals.

Racheal is getting married on 27 November 2010, so I decided to

throw her a Hens Night. She arrived at the Den, which is an outdoor gazebo overlooking Bamian North. Rochelle and Leanne made her a lovely dress and veil with devil horns on it. She placed this on and then we started with the 10 Commandants, how many marshmallows can she fit in her month – 10, she had to sing a song, (yes even the local dogs were howling), she had to do her wedding dance by herself – (that's ok Rach you have a month to organise some dance lessons), tell a joke, (yep we laughed – not sure if it was at the joke or the fact she said it wrong) and she almost gave poor Chris Firman a heart attack running through the gym screaming "I'm getting married to the most amazing guy in the world". Well done Chris for being so alert. We then got her to answer some questions about her husband-to-be, well she would have got a good score if Dan didn't put down his wrong birth date, she had it right he

had it wrong! It was such a successful night drinking non alcoholic punch, eating junk food including a lovely cake (made by Makere and Louise, our cooks) playing hen night games. In fact it was such a good night that the males could hear us laughing from their accommodation areas which was over 100m away. Racheal is still to have her hen's night on RTNZ, so to her friends organising that one, you have a hard act to follow.

Even though we are away from our family and friends and missing those comforts, we have found a way to just chill out, have some fun and a few laughs, (normally at the expense of the guys) and just get stuff off our chests. I speak on behalf of all the girls when I say we can come away from one of our girls nights feeling refreshed and happy and ready to carry on knowing that we have each other if needed.

CHAPLAIN'S PEN — FROM ABROAD

Padre HAMISH KIRK GYRO 9—Timor-leste

I know that in military life there is always much banter and rivalry as to which Corps is the most important. We all know that the answer is obvious – it is the RNZChD (Royal New Zealand Chaplaincy Department). After all we are on God's side. But it is also true that logistics are there to serve the needs of fighting soldiers, but then again, amateurs speak tactics and Generals talk logistics! On GYRO 9, without taking anything away from the Tankies, the other sharp teeth we have is the Infantry Platoon.

As a Padre I have learnt something



LT Chris Buerkerman
"Commanding"

about these infantry creatures. For example, a Padre is far better off doing PT with the HQ element because infantry PT is not PT at all – it is torture. They run faster, jump

higher, lift heavier, and for far longer. I have also learnt that some infantry pers can take half a rat pack, some locally purchased ingredients, and have a cook-up that produces a tasty meal fit for a King! Note that I said "some", not all are this proficient. Alas, some of you, partners, mums and dads, have sent your loved ones out into the field a domestic cripple and a domestic cripple they have remained! Recently I had the pleasure of joining the Platoon on a 12 day patrol.

For the benefit of our non-military readers – yes I know who you are – a Platoon is made up of three sections of about 8-10 Rifleman. The fourth group in a Platoon is the HQ (Headquarters)

CHAPLAIN'S PEN — FROM ABROAD CONT'D

element consisting of the Platoon Commander, Sergeant, Signaler, and Medic.

Our Platoon Commander is LT Chris Buerkeman. LT Buerkeman was raised in Nelson, and spent his younger years as one of those rebellious skateboarders that the Nelson City Council loves to hate, an outdoorsy sort of guy who has explored the Nelson Lakes and surrounding National Parks. LT Buerkeman is tall by Timor Leste standards, married with 1.5 children and was inexplicably absent when the tall and curvaceous Miss World New Zealand popped in for a BBQ. LT Buerkeman has a Biology Degree, and after all Miss World New Zealand is still one of God's creatures warranting further study. LT Buerkeman hails from 2/1, and this is his second trip to Timor Leste; he was first here on BATT 4. The role of the Platoon Commander is to plan and coordinate the patrol plan activity, tasking the sections with attachments to carry out the tasks – or something like that.

You know that saying about Murphy's law, and the plans of mice and men – well the 12 day mission went really well with one minor hiccup, LT Buerkeman somehow left one of the two Terps (Timor Interpreters) behind in Dili. The next day someone had to drive all the way back to Dili to get him. Apparently he counted the single Terp twice thinking he was seeing two different people. The sun does have this effect on people you know.

SGT Wayne Davis is our Platoon Sergeant and has been in the Army for 15 years. This is his fifth deployment, the others being BATT 2 and 5, GYRO 1, and Bosnia. SGT Davis comments that he has seen a real change in Timor Leste over successive trips. There is a greater sense of well-being and purpose. The role of a Platoon Sergeant is to

be the senior soldier in the Platoon, the second half of the two-man Command Team, the other being the Platoon Commander, and to facilitate the administration and welfare of the Platoon.

SGT Davis is married with three children, and is quick to show off his skite photos of his gang. He is a country lad from rural Marlborough and quite a ninja on the old Chess board. SGT Davis, to this very day, is still the Stewart Island open chess champion and remains undefeated in Timor Leste. He is rather devious, domineering, conniving, scheming, and thoroughly ruthless on the Chess board. Now every man has some small vice in life, and for SGT Davis, his vice is American Football (Gridiron). He has even been known to order the platoon to play catch with him. He can throw the ball like a good quarter-back but alas, not all of the soldiers can catch it. Of course American football always works better with Cheerleaders. We did ask Miss World New Zealand but she was preoccupied with some of the other sculptured male bodies.

It has not been all plain sailing for Sergeant. He did try for the first time some Copenhagen chewing tobacco. Apparently you are meant to have all things in moderation but the size of the wad that Sergeant

placed in his mouth ensured that the overwhelming rush of toxins flooding into his blood stream did make the earth move and spin and Serge found himself sitting on the pavement! Then there was the time Serge managed to get lost in the bush with the Terp and Medic coming off Manning Hill. Thank goodness Timor Leste is an island!

One of our Section Commanders is Corporal Daniel Hapuku or "Fish" as he is known. CPL Hapuku started out TF at 40'South and has served 11 years with 2/1. This is his fifth deployment having served on BATT 2 and 5, GYRO 1 and CRIB 3. He says that the rural folk are friendlier than those in Dili, but also the change that he has seen in Dili over the years is very encouraging. Dili is looking more like a place about to get back on its feet.

His Father was in the Army so CPL Hapuku at a young age became familiar with most of our camps. CPL Hapuku has a Partner and two youngsters, one of whom is very brand new. He really enjoyed the Suai patrol and the revisiting of old stamping grounds.

Like most Section Commanders, CPL Hapuku is jealous over the welfare of his men and he excels at the procurement of government resources for the welfare of them. He can do this with almost no paper work whatsoever – what an efficient system. Sometimes he has even been known to help redistribute another governments resources – how's that for international relations.

CPL Hapuku has a passion for fried bread, and is an expert at cooking these delightful morsels. I think Colonel Saunders started out this way but used chicken instead. He enjoys a smoke, in any place apart from the no-smoking areas when they are clearly marked, and if they are not clearly marked, how is one to know? He also has an



Serge and Friend

CHAPLAIN'S PEN — FROM ABROAD CONT'D



CPL Hapuku's official shirt

amazing collection of "official unit" t-shirts and because they are "official" you are in his view, allowed to wear them.

On the 12 day patrol, I did meet some amazing people, teachers, nuns, missionaries, people who live very sacrificially giving of their lives that Timor might be a better place.

Ate Logo

Padre KEV CRIB 16—Afghanistan

Greetings from Bamyán on another gloriously hot day in the mountains.

Four times a week, Tuesday, Thursday, Saturday and Sunday, I open "Arkwright's NAAFI" or the camp canteen where a variety of goods are sold from potato chips "Afghani Crack lollies", and Red Bull, to underarm deodorant, pleasures (local cigarettes), Juicy Fruit gum, Becks Near Beers, and toothpaste plus a variety of other necessities. All goods are bought locally (except for a few goodies from Bagram) from the Ensaf supermarket. The one down the road is called the "Uranus

Supermarket", enough said. No, it's not like a supermarket back home, but a one-room shop piled ceiling to floor with a multitude of stock. Usually I take an interpreter with me but the "boss man" of the shop speaks really good English so I dispensed with the interpreter and coupled with sign language manage to get the weekly shopping done quite nicely. All goods sold are dependant on the exchange rate and when the goods have been collected the "boss man" speedily gets his calculator out and tots up the damage.

Ms B (the S9), who tries to keep a check on me (good help is so hard to find these days, (yeah right) ably assists me in the NAAFI!

The loud voice calls out these four nights "The NAAFI will be open this evening from 1930 till 2015hrs."

I guess visiting the NAAFI is what might be described as an 'experience'. We have a very interesting clientele and mostly we know what they will buy before they ask!! Jono comes for his two bars of soap (only Imperial Leather) and a near beer, Tonk always buys body wash, (he goes through an awful lot of it!!) Mitch comes for the 'good stuff' (the \$3 a cartoon cigarettes), Ian (the Canadian) always asks for a lay (yes, I know what you were thinking, but it's a potato chip), Sarg Firman and 'Fitty' always buy Red Bull, "Miss Bernice" - Pringles, The Boss - soap, the S1 - milk and butter lollies and conditioner, Pauly - Pringles, the 'CSM' - Juicy Fruit or "crack" lollies, Mat, a beer (sometimes two), Captain Mike, monster energy drink, and the list goes on. Oh yes, by the way, Mr Sadgrove only passes by to avail himself of the free lollies on the counter. All in all the forty-five minutes that we are open usually fly by with lots of friendly banter between the customers, Ms B and "Arkwright".

Do people complain about the prices? Well, maybe some sometimes. And the usual reply they get "Well, you are most welcome to spend the time and effort to go down to the local bazaar and get it yourself". Certain other replies are sometimes forthcoming from the NAAFI staff but will leave those up to your imagination.

And of course we always get the "window shoppers", those who come ask whether we have something that we never ever had anyway and then leave, saying "I was only having a look at what you had" Humph!!!!!!

***The loud voice
calls out ...***

***"The NAAFI will
be open this
evening from 1930
till 2015hrs."***

The NAAFI also acts as a small but efficient Post Office where stamps can be purchased. Over the last week or so heaps of stamps have been bought as the troops are sending "stuff" homeward. Hopefully it will get there before we do.

And yes, we do make a profit (our reason d'être). The profit we make goes toward an end of tour gift for every member of the contingent. And what it is this time? Well you will just have to wait and ask when we get home.

Not long now till we will be home in the Land of the Long White Cloud.

Our prayers and thoughts are with you, may yours be with us.

Take care
"Arkwright"

SURVIVING THE EARTHQUAKE ... AND



Kids at play while parents attend the Community Support Meeting



Andy, I think I need a house cleaner...Ned isn't pulling his weight.



Batman Refuelling



Walking the dogs and checking out the damage around the neighbourhood



The Officer's Mess (Burnham Camp) takes a hit



Boys will be boys—EQ or not!



GETTING BACK TO “NORMAL”



Most kids are coping well



3LFG assisting city residents



Yvette helping to clean up at her parents.



Army helps keep order downtown Chch



Burnham Preschool, Kindy and Primary School all opened on Monday



Liz slept all night last night—3 Cheers!



Burnham had surprisingly little damage. What's missing?



Jen, Heather, Tara and Kay supporting each other



Father and Son

TRAUMATIC INCIDENT

What is a “Traumatic Incident”?

A traumatic incident is an event outside the usual range of human experience, which is sudden and unexpected, disrupts our sense of control, and may include physical and emotional loss. For many, **the earthquake has been a traumatic incident.**

What is “Traumatic Incident Stress”?

“Traumatic Incident Stress” is unusually strong physical and emotional reactions experienced in the face of a traumatic incident. These reactions could interfere with your ability to function during or after the event. A strong reaction is a commonly experienced reaction; few people remain unaffected by such incidents, although reactions may differ in their intensity and duration. Some reactions are immediate and some may occur and / or recur days, even weeks after the incident.

What are the Possible Reactions to Traumatic Incidents?

It is common for people to experience some of the following after a traumatic incident:

*tension, **anxiety**, **sleep disturbances**, dreams and nightmares, **fearfulness**, feelings of guilt and anger, depression, fluctuating moods, preoccupation with the event, intrusive memories or feelings, feelings of isolation, social withdrawal, more easily startled, physical sensations.*

These reactions are commonly experienced responses shared by many people following an event or events outside of their usual range of experience. They generally serve to aid recovery and help the person deal with that event or events.

“They are **NORMAL** reactions, by **NORMAL** people, following an **ABNORMAL** event or events.”

What Can YOU Do About “Traumatic Incident Stress”?

Self Help After a Traumatic Incident

- rest and try to get plenty of sleep,
- contact friends and family - don't isolate yourself
- don't block out dreams or thoughts about the incident. Although they may be frightening, they are to be expected and they help you recover
- eat well-balanced meals
- talk** to people (especially those who love you)
- keep exercise/activity level up - aim for a balanced lifestyle
- look after yourself and keep up usual safety standards
- listen** to friends and family (they often pick up ideas about you better than you do yourself)
- use stress management techniques
- get back into a routine as quickly as possible
- allow yourself time for recovery and time to grieve - you are allowed to feel sad. Give yourself permission to take time to work through the traumatic incident.
- plan for memories of the event - eg seeing the place where the incident occurred may bring it back
- don't drink alcohol excessively - too much alcohol never helps any situation

How You Can Help Others After a Traumatic Incident

It can be very difficult to know what to do for your colleague, friend or loved one after they have experienced a traumatic incident, particularly as some of the reactions they may experience can cause you to feel distant from them or helpless to assist them.

ADVICE FOLLOWING CANTERBURY EARTHQUAKE

Some of the most important things you can do to help your colleague, friend or loved one after a traumatic incident include:

- offer support (and love to loved ones)
- ask them what they would consider helpful
- spend time with them, be sensitive, patient, genuine (and loving to loved ones)
- talk is the best medicine, all you have to do is listen and reassure. Encourage them (but do not pressure) to talk about the incident, any particularly stressful aspects and their reaction to it
- allow them some private time
- try to re establish normal routines, assign untaxing but meaningful tasks
- don't ridicule behaviour or suggest that they should be over that sort of thing
- don't take their feelings or moods (eg: anger, withdrawal, etc.) personally
- call for help or support as soon as you feel you, your colleague, friend or loved one needs it
- last, but by no means least, seek support for yourself as well

Caring for Your Children

The family and the security it provides is the most important part of a child's life. Parents give children security and confidence and therefore they build a sense of meaning about the trauma from how their parents react to it.

Don't assume that you know what the child understands about the trauma, talk to them and listen to find out.

Reassure them that their reactions are normal – "being scared is normal!".

Provide **opportunities** to keep routines going as much as possible

Communicate with your children your plans and involve them by asking what they think

Point out the positives – show the kindness, caring, and support of those in the community

Have a **positive outlook** for the future....eventually things will return to normal

Future Action

If your colleague, friend or loved one continues to experience any of the reactions listed in this handout (in particular, intrusive memories or feelings, sleep disturbances and re-experiencing the event), and /or work or family relationships seem to be suffering, or if there is noticeable increase in alcohol consumption FOUR TO SIX WEEKS after the event, or at any stage you are seriously concerned, then encourage your colleague, friend or loved one to seek further assistance from support agencies listed below:

HELPFUL CONTACT NUMBERS and WEB LINKS

| | |
|---|-----------------------------|
| Chief of Staff Burnham Military Camp, Ash Brunton | 027 2715509 |
| Community Services Officer Cherie Mansell | 03 363 0322 / 021 245 5099 |
| Chaplain (Army) Leon O'Flynn | 03 363 0315 / 027 6451437 |
| Field Psychologist (Army) Jay McLean | 03 363 0318 / 027 4779246 |
| Burnham Principal – Rob Clarke | 03 347 6851 / 021 590 572 |
| Life Line Christchurch – telephone counseling service | 03 366 6743 |
| Healthline | 0800 611116 |
| Civil Defence | 0800 779997 |
| Animal Welfare | 03 366 3886 |
| Earthquake Govt Helpline | 0800 779997 |
| Earthquake Commission | 0800 DAMAGE (0800 326 2430) |

www.kidslines.org – information to help with your children

<http://www.theparentingplace.com> – information to help with your children

www.elifeline.co.nz – NZ email and telephone counseling services

www.econg.govt.nz – Environmental Canterbury website

www.civildefence.govt.nz – Civil Defence

www.ccc.govt.nz – Christchurch City Council Homepage

On behalf of the 3LFG Commander and his staff, we wish you and your family the best as you cope with the after-effects of the earthquake.

Jay McLean
Burnham Field Psychologist

CRITICAL INCIDENTS ON DEPLOYMENT

LtCdr Mariane Wray J1 Psychologist

When deployed overseas on operations, *regardless of location*, our personnel are exposed to numerous threats, risks and stressors in their day to day jobs that they do not face in daily life in New Zealand. Let's face it, if the risks were not there, our people would not be there either. The reality of this exposure to risk has tragically been highlighted in the recent attack that led to the death of LT. Tim O'Donnell and the injuries sustained by LCPL Matt Ball and PTE Allister Baker in Afghanistan.

Although, luckily, incidents that result in the death and wounding of NZDF personnel serving overseas are few and far between (the 10 year anniversary of the death of PTE Leonard Manning has recently passed), there are countless other critical incidents that occur that are 'near misses' and also take a psychological and emotional toll on those serving and their partners and family members back home in New Zealand. These 'near miss' incidents are often unreported and potentially unacknowledged as incidents which may cause increased levels of distress. Therefore, personnel experiencing reactions to such incidents may be left feeling as though they are 'weak', or incompetent in some way, whereas in reality, emotional and psychological reactions to high stress incidents, including 'near misses', are normal and should be expected and anticipated.

Most people have a good level of psychological resilience and recover healthily from exposure to such incidents. Common reactions to critical incidents include increased tension and anxiety, social withdrawal, feelings of guilt,

anger, depression and fearfulness, reduced self-esteem, and a lack of confidence in one's professional abilities. Other reactions that people may notice are sleep disturbances, dreams/ nightmares or intrusive memories or feelings associated with the critical incident, and fluctuating moods. This list of reactions is *not* exhaustive, and people respond in different ways to the same incident. It is important to note that the majority of people involved, either directly or indirectly, will have some reaction to exposure to such critical incidents, and that these reactions are likely to go away over a period of a few days to a few weeks.

Following involvement in such incidents, it is important for people to look after themselves and treat themselves well. Acknowledge that the incident was stressful, and expect to have some reaction to it. Following on from this, allow some time for recovery, and be good to yourself – eat well, exercise, get into healthy sleep patterns, and get

or a family member back at home. If you are concerned about a mate's behaviour following a critical incident, it is important to seek help, either through the Command chain or Medical. Access to assistance for family members is provided through the Welfare Officers. Ongoing reactions to incidents may indicate a more serious reaction that needs professional assistance.

For those deployed, rely on your team and your Command chain for the support required to recover from a critical incident – those who have access to good social support recover faster – and for those at home, utilise your own social support networks to assist with your recovery, or seek help through the NZDF Welfare Officers. And remember, if someone needs to come home as a result of ongoing and serious reactions to a critical incident, the NZDF will bring them home, but the best place for recovery is remaining in theatre and continuing with their role.



Leisure, diet, wellness, mind

back into your normal routine as quickly as possible. It is also important to keep an eye on your mates, provide support where necessary and encourage them to continue to commit to the mission, whether they are a serving person

For the minority of those who do require professional assistance to overcome reactions to a critical incident, the NZDF will facilitate access to whatever support is necessary.

Ideally, none of our deployed people or their NOK would require knowledge around Critical Incidents, however, the reality is that they do occur, and it is important to be aware of what is 'normal' and what to do

about any concerns that may linger. To discuss any of the points highlighted above, contact the J11 Psychologist at HQ JFNZ on 345 6121 or (04) 529 6121, or any of the NZDF Psychologists.

THE NAVY COMMUNITY ORGANISATION

Hi from NCO (Navy Community Organisation),

Our 10 Pin Bowling night was a huge success with 42 children taking part in this event.

The next event we have to look forward to is the Navy Children's Camp for 9-14 year olds which we are fortunate to be staying at Tamaki Leadership Centre which is located in Whangaparoa and the team has been working hard behind the scenes to ensure this is an enjoyable and exciting camp for our Navy Children.



Upcoming events is the Navy Week 4-10 October 2010 with lots of events being planned two of the major events is the new Navy Museum will open on Friday 8 October and the Navy base will be open to the public on Saturday 9 October so everyone has been working hard towards this event and will on the day to ensure it is a safe successful day.

The preparations are well under way for our biggest event of the year the annual Navy Children's Christmas Party which will be held at Ngataranga Sports Complex on Sunday 12 December. Last year there was over 800 children plus their families who attended.

Until time, your friendly NCO team.

There's Value in Letters and Parcels

Never underestimate the value of a letter! It might seem a little 'old fashioned' in these days of high technology, but the pleasure it brings to the lucky recipient is un-measurable! Think back to letters you have received recently—how much joy does it bring? You can read it, re-read it, tuck in your pocket and read it again. It brings with it, a very personal connection between the writer and the recipient. A lot of loving thought has been given to its content.

Ask anyone who has previously or currently deployed about the value they place on a letter. Ask them how exciting it is on mail day. Ask them how they've felt when there is nothing for them and everyone else has squirreled themselves away to 'read quietly in a corner'. While emails are quick and convenient, they lack that personal touch. How can you possibly seal them with a loving lipstick kiss or spray them with your favourite perfume?

Mail to deployment locations is sent under "Forces Concession Rate" which means that you pay to get the mail from your home location to the International Mail Centre in Auckland, or to the HQ JFNZ (whichever address you have been given). From there the New Zealand Defence Force covers the cost into the deployment locations.

All parcels to deployment locations are strictly restricted to 1kg only please and ensure they carry a green customs sticker. Anything liquid being sent through the post must be wrapped, wrapped and wrapped again to avoid leakage throughout the entire mail bag.

Give keeping in touch by mail a priority today!



DSO'S CORNER



Janine Burton
Deployment Services Officer
2nd Land Force Group

It has certainly been an eventful three weeks since the last Bugle edition. All our thoughts, prayers and best wishes are extended to all who live in the Christchurch and surrounding areas as they recover from the devastation caused by the earthquake on 3 September and the numerous, and just as frightening, aftershocks they have had to contend with. Amazing really that with the damage the earthquake caused, that there wasn't any loss of life and for that we are all very thankful. The staff at 3LFG in Burnham were very quick to start making contact with all our deployment-affected families to ensure they were okay. I was in Auckland on the Friday evening for another family briefing, and was at the airport on Saturday morning when all the flights to Christchurch were being cancelled. Thankfully I was only flying to Palmerston North, but even so, my flight was delayed for a couple of hours. My husband was returning to Wellington after being in Auckland (also for work) and was supposed to have had an hour and a half wait **after** I left, but his plane was taxiing just as my flight was boarding!

I would like to welcome a number of new readers with this edition of the Bugle. Have met some wonderful new families whose loved ones will be departing for Afghanistan around the time this edition of the Bugle lands in their letterboxes. I hope you enjoy this and the issues to come. Remember to get in contact if we can assist at all.

Then of course, we have been out meeting the families of the next CRIB deployment. We had a very successful series of briefings around the country with strong attendance at all the briefing locations, and especially Auckland where we always see a lot of family members. Thank you to LT COL Andrew Fox and Chaplain Ra Koia for attending

have enjoyed it, but with all the briefings I have been involved with over the past few weeks (and still one set to go for the GYRO 9 updates next weekend), it has been very busy.

Then to make things even more interesting, had a rearrangement of office space in Linton, so I now have a new office. I am now located in the Headquarters of the 2nd Land Force Group and I am aware that visiting the Headquarters can be a little daunting for some, so if anyone wants to meet with me, we can arrange another location to meet—possibly in the Community Centre, or a coffee shop somewhere. You never know where we might end up.

I was on the phone behind a pile of boxes on moving day when our



I have enjoyed having the opportunity to put the Bugle publications together (this edition and the last one, which we received some very positive feedback for). But Christine will be back from her well-deserved overseas holiday for the next issue and I will be very pleased to see her return and be able to hand this role back to her. I

“friendly” Communications Advisor, encouraged by our Commander, thought it would be a good photo opportunity! I hadn't even had the opportunity to unpack or to put anything up on the walls. Some senses of humour definitely need tweeking!

Take care everyone.

FOR YOUR INFORMATION

Return to New Zealand CRIB 16

As advised to families at the tour update briefings, planning is well underway for the return to New Zealand of service personnel currently deployed to Afghanistan. Flights are currently expected to arrive into Christchurch on

Family members are reminded that for security purposes, please do not discuss these details in phone calls, emails or over the social networking websites as these methods of communication are not secure.

Please be aware that all flight details are subject to change due to circumstances beyond our control. If you are planning flights to meet loved ones, we recommend that you take insurance out on all bookings, should changes occur.

Please keep in touch. We too share the excitement of much anticipated reunions and are happy to talk to you as often as you need an update.

Are You Away From Home? Have you Let Us Know?

If you are the recorded Primary Next of Kin of a deployed service person, we would ask that if you are away from home, e.g. on an overseas holiday, and therefore not contactable via the normal means of communication, i.e. home or cell numbers, that you contact us to provide alternative contact information. This is so that in the unlikely event that we need to make contact, we are able to do so quickly. The recent earthquake in Christchurch was a perfect example, when we were trying to contact families. Thank you.

No More Mail Please—CRIB 16

Please, no more mail to those currently deployed to Afghanistan. Apologies for missing this notice in the last edition.

While it is still some weeks before the return of your loved ones, it is a huge unnecessary task to return any mail that has been unable to be distributed.

While the mail is no longer an option, remember you can still communicate via email and those precious phone calls.



Urgent Messages to Deployment Locations

There is a procedure in place to send urgent messages to deployment locations. The protocols were established some time ago and from experience we know they work well.

Both Deployment Services Officer 0800 numbers operate 24 hours a day, 7 days a week. Currently all DSO calls are coming through to Janine.

If you have an urgent situation where we can assist, please phone. If you are not sure if the situation causing concern or worry constitutes the sending of an urgent message, please ring and discuss. Again, we are here to help you.

On occasions, and depending on the deployment location, the passing of messages to service personnel can encounter delays, but please be assured that all those involved in the process will work hard to ensure there are no unnecessary delays and we will keep you informed every step of the way. Support is available for those at home and those deployed should the need arise.

Reunions

Experience has shown that virtually all soldiers and their partners/family members experience at least a little uneasiness as they re-adjust to their normal environment after a deployment. Changes, some more subtle than others, have taken place during the deployment for everyone concerned. To successfully cope with change requires that we make corresponding adjustments in attitude, thought and behaviour.

As you make the transition back to your pre-deployment environment, whenever you begin to feel angry or frustrated, ask yourself "How realistic are my expectations in this situation?", "Am I giving myself, and others, enough time and space to adjust?", "Am I trying to force re-adjustment to happen rather than being patient and allowing it to happen at a comfortable pace?"

Remember that re-adjusting to home life and work life is a process, not an event. As you reintegrate into your family, work and social environments, it makes sense to allow yourself and others the appropriate time and space. In so doing, you will probably find that in a few weeks everything is back to a comfortable pattern again.

Source: *Preparing for Reunion (Debrief Booklet)*

The RTNZ booklets for partners were sent out with the last Bugle. If you did not receive your copy (partners), please give Janine a call and one will put in the mail to you.

If you think you are too small to be effective, you have never been in the dark with a mosquito.

Betty Reese

Deployment Support Services

- ◆ Need information?
- ◆ Need support?
- ◆ Need a listening ear?
- ◆ Need to send an urgent message to a deployment location?

Deployment Support Services are here for you

The larger missions to Afghanistan, Solomon Islands & Timor-Leste appoint a lead Deployment Support Services Officer (DSO). All other missions offer support from either the DSO, Unit Point of Contact and local Welfare Support Services. The nominated Primary Next of Kin (PNOK) of families of deployed NZDF personnel should, in the first instance, contact their DSO who has a responsibility for transparency into welfare issues. Added to this there are other very valuable support networks available in your local region. For additional support and services:

Army:

Deployment Services Officers:

Burnham—Carol Voyce

Ph: 0800 337 569

Linton—Janine Burton

Ph: 0800 683 77 327

Community Services Officers:

Waiouru—Carolyn Hyland

Ph 06 387 5531

Trentham—Marie Lotz

Ph 04 527 5029

Burnham—Cherie Mansell

Ph 03 363 0322

Linton—Lesley Clutterbuck

Ph 06 351 9970

Air Force:

Welfare Facilitators

Air Staff Wellington:

Mrs Judy Byers

Ph: 04 498 6773

Base Auckland:

Mrs Deana Lye

Ph: 09 417 7035

Base Woodbourne:

Mrs Claudia Baker

Ph: 03 577 1177

Base Ohakea:

Mrs Toni Nicholson

Ph: 06 351 5640

Naval Community Organization:

Ph: 09 445 5534,

0800 NAVYHELP

nib@nzdf.mil.nz

Local Chaplaincy Services

Unit Point of Contact

CHANGE AND LOSS



Judy Byers
Welfare Facilitator
Air Staff, Wellington

Change and loss is the underlying root of all emotional, intellectual, social and spiritual challenge in the lives of people. All change has elements of loss, and all loss has elements of change.

As individuals we cannot live through change without acknowledging that we have lost something; security, relationships, comfort, self esteem, freedom, future ideals, hopes and dreams, identity, motivation, routine, spontaneity. We are a product of our own experience and how we live with change and loss is directly related to what we have experienced.

In relation to deployments, the separation of loved ones is always hard. It will depend on your personal circumstances on how you manage throughout the deployment. Everyone responds differently to change on the severity of the interruption. We usually require balance and control in our lives and when we don't feel in control of the situation we can sometimes experience fear, anxiety

and feel stressed. This is a normal reaction, but anytime that your normal routine is starting to come undone to a point where you aren't functioning properly, seek help.

One of the hardest things about deployment is the impact that it can have on relationships. Deployments can also be an incredibly positive experience where a couple/family can strengthen their relationship. It can give a couple/family the space to grow as individuals, enabling them to appreciate each other more.

From my experience working in this role I see those who are fiercely independent and are happy to do their own thing. And those who enjoy being part of the Air Force community and take advantage of the resources that are available to them. No matter what category you fall into, we respect everyone for who they are. Please don't hesitate to give us a call if you come unstuck and require a helping hand. Your Welfare Facilitator's can point you in the right direction to access the most appropriate support at the time to get things back on track.

“Happiness is a state of mind and it depends on one's attitude toward life, not on what one has.”

SHOWING THE CARING FACE OF THE DEFENCE FORCE



The two main beneficiaries of Defence Force-wide charitable initiatives for 2010—Food banks and the New Zealand Blood Service—are set to receive some special Defence generosity. CDF, Lieutenant General Mateparae, says the two charities selected for 2010 make an important day-to-day difference in communities across New Zealand and he hopes people will get behind charity events run at camps and bases.

“Our support sends a strong message to the public of New Zealand that not only are we a hard working Defence Force but we are also a caring one. I hope you will all support this year’s initiatives.”

Following the success of Mission Kiwi Can in 2009, local food banks will again stand to benefit from the generosity of Defence people.

“Last year we donated over 6,500 cans to food banks around the country, which we collected at the same time many of our people were busy responding to the tsunami relief effort in Samoa,” says LT GEN Mateparae. “So this year I challenge us to try and double the donation of cans given in 2009 as these will make a huge difference to families in need, especially in the weeks prior to Christmas.”

Mission Kiwi Can will commence on 1 October with the donated food to be handed over to local food banks on 15 October. Each ship/camp/base will have its own main point of contact, so look out for the Mission Kiwi Can poster in September that will tell you who the POC is and where to drop off your donations.

Then in November Defence Force members around the country are being encouraged to donate blood as part of a drive called Blood Brothers. The New Zealand Blood Service has noticed a substantial downturn in the number of donors nationwide and is urgently looking for new donors, particularly those aged between 18 and 30.

“I know a large number of Defence

Force people are already regular blood donors, I’m encouraging more to do the same through the Blood Brothers campaign,” says LT GEN Mateparae. “Each unit of blood donated can save up to three lives. You never know when you or someone close to you might be on the receiving end of a blood transfusion.”

Venues and dates for mobile blood visits are as follows:

Waiouru
10 November

Wellington (at Wgtn Cathedral)
15, 17, 18 November

Woodbourne
22 November

Burnham
23 November

Linton
30 November

Whenuapai
9 December

Other venues and dates are yet to be confirmed.

Attitude:

Attitude is a little thing that makes a big difference.

Winston Churchill

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.

Herm Albright, quoted in Reader's Digest, June 1995

Every day may not be good, but there's something good in every day.

Author Unknown

There are exactly as many special occasions in life as we choose to celebrate.

Robert Brault

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.

Francesca Reigler

If you don't like something change it; if you can't change it, change the way you think about it.

Mary Engelbreit

PERSONAL MESSAGES



The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 30 September.**

From In-Theatre

Ange

You make my heart skip every other beat.

It's a beautiful thing.

I hate being apart. A piece is missing.

LU with all my heart,

Ash

From big K to the little K's

Not too long to go now, thanks for the Fathers Day cards. See you soon, love Dad.

To Andrea

Happy 20th Anniversary, Love from Me

Hello my Tia

Thank you for the cool Fathers Day presents, they really made my day, I especially liked your card, it is now sitting on the shelf in my room. Dad has just over 2 months to go now and I will be home, then you can show me all of the cool things you have been doing around home and at school. It's good to hear that you got your motorbike going, do you still enjoy riding? Mumma tells me that you did very well at your Math-a-thon at school, that's very good honey. Well I will go and talk to you later on Skype, big hugs and kisses... miss you lots... DaddyJ

Hi Reaggie

I hope you did well at the swimming champs in Tauranga, where did you come? When dad returns I would like us all to watch you race at your next meet. Remember our agreement...when you turn 15 I will put you on your diving course, so you can come out with Dad. Love you millions babe...be good... DaddyJ

Hi babe

Another month down and only 2 and bit left... I'm looking forward to seeing you guys again, spending some quality time together as a family. Things here are still busy, but the plus is the weather is not as hot as the previous months, which is very good. Thank you for the Fathers Day gifts they were just perfect... I had a feeling what they were before I opened them up, the jersey is just awesome and fits nicely now, but I don't think I should put on any weight when I get home, or should I go for the next size up to allow for expansion???... hehehe... talk to you soon honey xox... lots of love...Me

HAPPY AZ

Dad, Mum, Poppa, Claire & Petey! All well over here time is still flying. Hope you had a fantastic father's day Dad. Thinking of you all xxx POLLY xxx

Pies

Hey babe missing you heaps. Hope your time on ex goes fast. Love you always xxx

Dear Sam

Missing you heaps, and good to know we are on the downhill slide. Keep boiling that water and the tribe happy. It's great to know they're in good hands. I'm so proud of how you're doing, keep it up. Love Kelvin

Dear Jeremy and Dominic

The pictures from the birthday came out great, you two really are growing fast and are so different from when I left, without doubt you will have both gotten bigger and more confident by the time I return. Jeremy, the words are really coming thick and fast now,

and Dominic, before you know it you will let go of the furniture and be standing on your own two feet. Love you heaps, Dad

Hi Jayden

Well my big boy, the countdown can begin. I hear you are being a good boy and helping dad out with the chores and your brothers. I'm so proud of you for getting to page 79 on your reading project and great work in rugby this season. Daddy said you have improved heaps. Hope swimming at school went well and I hear your doing well at that as well. I also hear that you have been very brave with the earthquake I so wish I was there to comfort you. Well done my baby. Love and miss you heaps. Love mummy

To Hot Legs, Vampire, Sausage, Jack'o and Alien

Well the trip is almost done and soon I will be home with you all. Looking forward to a beer (hint) and some home-baking (hint). Always thinking of you. Love the Boss. P.S. Wife, don't forget to mow the lawn!!

Hi Liam

Well mummy's boy I've had good reports on you too and i am so proud of you, I hear you have been doing really well at league and you have been making heaps off good tackles and have got some great tries. Also daddy tells me you are going up a group for swimming that's awesome, you just have to remember to listen to your instructor and not play around. I also hear you are doing well at school as well and you are enjoying your reading and writing, keep up the good work and not much longer then ill be home to give you big loves. Love mummy

PERSONAL MESSAGES CONT'D...

To Ange's Mum and Dad

I would like to thank you both for the fantastic support you have provided Ange while she has been on Crib 16. I count myself very lucky to have had Ange as part of the LEWT both for her professionalism and of course for the wonderful food you sent. You have been responsible for keeping many PRT members energised through your provision of Jaffas and delicious home cooking. Thank you for awesome support and take pride in the great job that Ange has done. Yours sincerely Mark.

Hello my little man Damon

Well not so little now, daddy has told me you are out of night nappies and you are even getting up to go to the toilet - hooray, what a good boy, you are a big boy now like Jayden and lima. Mummy can't wait to come home and give you a big kiss and cuddle cause when I see you on skype you have grown up so much. I miss you lots and lots love you heaps, Mummy

To My Baby Bu

Just over a month to go now! Hope you're still enjoying your job! Can't wait to see you again! Thanks for my videos, coco pops and my picture! Hope you like your presents I sent you! Missing you baby! And buddy... Love u xoxo

Dear Nana and Granall

Hope you are all well, I received my shortbread and what a treat, it was so yummy, some of my bosses had some and wanted me to say thanks nana. Thank you for your lovely letter as well, not long now and ill be home on NZ soil. I love you both, take care, Love Nicky

Hi Hazza and Lean

Thank you for being so good for Mum while I've been away. Thanks for my parcels. Not long now guys,

looking forward to seeing you soon, and to our holiday. Can't wait. Love you Dadda.

Dear Mum and Dad

Great to hear to you had a nice holiday and back home safely, the boys liked their clothes that you brought them thank you for that. Damon disappointed though that there was not lollies - lol. Hope daddy had a nice father's day sorry there was no gift but will make it up to you when I get back. Love and miss you both, take care, love your oldest

Josh and Mitchell

Not many sleeps now boys until I am back at home with you all. I am very proud of the way that you have all pulled together and helped Dad, you have coped so well without me. I miss you both and send you a big squeeze. Love Mummab

Dear my little Turtle xoxo

Hay son, thanks so much for all my birthday stuff and my fathers day car. The coupons are really cool. Not to long now before I get to come home and see you. Mum said that you were really brave during the earthquakes, I'm really proud of you and your big sister, well done. I miss you and love you so so so much. Love Dad xoxoxo

Dear my Flower

Hi my baby, well just over a month to go and ill be home trying to fit back into everyday life, you guys have it all sorted so ill just sit back and supervise for a while. I miss you guys so much, you are my world and you mean the everything to me, I hate the fact that Im not there to support you and comfort you all though the last couple of days with the earthquakes. I just so thankful that you are all ok and safe that is all that matters. I just can't wait to be home giving you all big cuddles and kisses, Love the rock xxoo

To Kevin's Gran

Thank you for the great support you have given to Kevin while he has been deployed. The LEWT has looked forward to seeing the arrival of your wonderful shortbread (complete with Scottish Thistle design) and have spent many hours discussing life while having a coffee and your delicious shortbread. You have been responsible for ensuring our morale has been maintained and that we take time out to relax and share stories. You should be very proud of Kevin as he has represented NZ very well. Yours sincerely Mark.

Poppey

Hope all is well and you are still in one piece, not that much longer to go now. I got my parcel and thank you so much for that was in need of some body wash and its really nice smelling too. Hope you didn't get too much damage after the earthquake, Im just glad that no one was hurt. Material things can be replaced but people can't. Well take care and look after yourself and start resting up. Love big sis xxoo

To Ange's Mum

Many thanks for all the baking that you have sent over to Ange - having smoko with her and the crew she works with has been most enjoyable. Great Shortbread. Thank you, Major Paul King.



To the Foxton Gang

Many thanks for all your help while I have been away. Especially with the house and the mail. Won't forget the bottle of Scotch. Looking forward to seeing you all. Love Kev xx

PERSONAL MESSAGES CONT'D...

Dear Bubbles xoxo

Thank you for the Birthday presents and a big big thank you for giving me your first ever painting for Fathers Day, it is so cool. Not long to go now until I come home and see how much you have grown, you're so clever and I know we are going to have so much fun. I love and miss you so so much and will see you soon. Love Dad xoxoxo

Jamie

Not long to go now and by the time you get this message we will be down to 1 month to go. I am glad that you all made it through the events of the last few days safe and sound and that you continue to cope with out me. I am so proud of you. All my Love Basil xoxo

Arlica and Marissa

Hello you two. Thank you very much for my pictures they are so cool. Hope all is well and you are being good, hope school is going good Arlica. I hear you had my boys come over and stay during the earthquakes thank you for that. Well just over a month to go and ill be home and we will be able to do our dinner date Arlica. Love aunty xxoo

Dear My Little Mushroom xox

Thanks so much for all the really cool stuff for my birthday and I really liked the card and coupon for fathers day, Yum chocolate Sundae. Not long to go now, but I wish I was there with you all during the SCARY earthquakes, you were very brave. I love and miss you so so so much. Love dad xoxoxo

To the Bayly Road Gang

Not long now. Looking forward to celebrating the celebrations I have missed while being over here. Only a month to go. Take care Love you all, Kev xxx

Dear Wifey toes xoxo

Well, almost home, it's been so long and I fell that I've missed out on so much. You have done such a good job with the kids and they are lucky to have a Mother like you. I can't wait to see you and the kids again, not long now. I love you so much, you are the best. Mr Toes xoxoxoxo

Florence and Cliff

Thank you for your support and parcels during my time in Afghanistan. I really appreciate your letters and emails that you send me. The time is going so fast and soon we will be reunited and be able to share many stories. I am glad you are enjoying my Journals, and I hope they give you an insight into life within the PRT and that they make you laugh occasionally. Keep safe until my return. Basil

Hi Merd

I hope you've left some shoes and clothes in the shops. Missing you like mad, can't wait to see you at the airport. 143 Love Sag

Hi Tracy, Mork and Mindy

Hope your all well! Glad you had fun at the biker rally! Thanks for the birthday parcel, it was great, can't wait to see you when I get back, miss you all heaps. Love from Katie

Tara and Adam

Even an earthquake doesn't get in your way, make sure its all tidied up before I get back :). Thinking of and missing you both very much, Home soon - Love Blue

From Home

Happy Birthday Micah for the 28th. Love Family.

To: Michael "Crunchy" Dale

Happy birthday for the 12th Sept! hope all is well and thinking of you from the team in Napier, NAPIER REPRESENT!"

From: Jaxs, Morgs, Tracy, and Jay

Little Princess

Hey gorgeous girl, I'm missing you so so much but at least its over half way now, I can't wait for you to come home so I can tell you how much I love you every day. Keep busy babe and stay safe for me, Always and forever your man. xoxoxoxo

Hi Daddy

I can't wait for you to come home. I want to show you how I can slide down my slide and get on the swing all by myself!! And you can see my princess bed. Me and mummy miss you Daddy. I love you xoxo Charlie.

Hi Dear

Just writing to say how much I miss you and can't wait for you to come home. Bump is growing and kicking me constantly! I'm saving up some jobs for you to do when you get home. The spare room. The garage. The fence! Hehe. Bronson can't wait for your return either! He wants to go to the river and the dog park and show you how he can play soccer. Missing you heaps and love you heaps and heaps. xxxooo Dawn

Hey Polly!

So sorry to miss the last edition - thanks for your message. Spring is here - the ship should be ready soon and the scallop season is upon us - so you better hurry up and get home! Everyone is good here - except Pete - (he'll never be



PERSONAL MESSAGES CONT'D...

good!) - are you sure there wasn't room for him in your bag????? Molly and Stella are good girls - and Poppa seems to be behaving as well. He's looking forward to catching up with you. Birthdays - We'll have a catchup on those around xmas - ok? Be good - keep smiling - don't thrash those fellas too hard - and remember.... "No-one Loves Ya Like Your Mummy!" XXX

To my Darling Wife

Not long now Basil. I am so looking forward to you coming home. I am thinking about the kisses and cuddles more & more each day. We will have a great anniversary when you get home. The boys are looking forward to seeing you as well. I am counting the day's and we all love and miss you heaps.

Remember to keep your head down and your power dry. Lots of love your hubby, Jamie.

Dear Daddy

We are trying to be helpful for Mum. She says we are being really good (most of the time). Miss you lots and can't wait for you to come home. Love you. Spud and Monkey

Hi Daddy

When you get this message it's not long and we will see you again. I can't wait to have lot's and lot's of snuggles. I miss you so much and I have told mamma that you are not allowed to go away anymore ☺ we are going to have so much fun daddy and I'm not letting you out of my sight. Biggest hugs in kisses in the whole wide world. Tia Simone xox

Dr Laurenson

What a busy (and long) 6 months. I am really counting down the days now until you are home with me...Ned needs full time company since the earthquake. Maybe I do as well...LYL sweetheart. See you

at the airport soon xx

Hi babe

I swear time has slowed down just because we are getting closer to your return home lol. By the time this bugle message is out it will be almost one month left to go, we still miss you lots honey and can't wait to be a family again. Love you with all my heart babe. Family Forever , Me xox

Dear Kelvin

Time is doing funny things at the moment, in some ways it seems to be racing by, and then when I think how long we still have till you get home it seems to be taking forever. Oh well, we have made it past the 1/2 way at last, so looking forward to having you home again in the not too distant future. Keep up the great work, love ya heaps and counting the weeks. - Urvos

Dear Dad

Love you heaps, glad you like the photos we sent you, I had a great 1st birthday and saved you a piece of cake in the freezer as promised. And guess what? mum is pretty sure I will be walking when you get home coz I am standing up all the time now, I just love pulling myself up every chance I get! Can't wait to show you. Love, Dominic.

Hi Dad

Hope you are still doing ok over there, I just got my hair cut and everyone is telling me how much older it makes me look. I have been really good for mum too. Miss you lots and can't wait till you get home so that we can have lots of fun playing outside! Love, Jeremy.

Hi Smes

By the time you read this you may be home or due to come home and Baby Girl will be born. Its hard to believe how the 35wks have flown by and she'll be here in 5wks

time. We are coming to the end of a chapter and start the beginning of a new chapter in life with a new edition to the whanau. Hope all is well. Love and miss you. Baby Girl, Tank and Smades xoxo

Dearest Gumby

Well not long now, this past week has flown by. Have posted the last parcel, so now the PO will go out of business. I have been a permanent fixture there, they now all know me by name. Shame!

Another wet miserable day here, so make the most of the warm weather. Everyone sends their love and says hi. We all miss you and are so proud of the job you do. In the meantime take care, stay safe and we will see you soon. Lots of love Mum and Dad xoxoxoox

Dearest Gumby

Just sending you my love. Can't believe how fast the time has gone, especially the last couple of months. Thanks for the letters and postcards. Hope to see you soon. Lots of love, Nana xxx

Lt Col J Boswell

Thank you so much for the wonderful articles in The Bugle, we have really enjoyed reading them each month and will miss them once you return home.. We know your team has done you proud, but you are a great role model. Thank you for getting them on DVD, it was great to see. Not long now till you bring your team home. With kindest regards. The Coyle Family.

To CRIB 16

I hope all your Families, friends and loved ones are safe and sound after the Christchurch earthquake. We are thinking of you and our thoughts are with you all at this time. We are so proud of you all serving up there and the wonderful job you are doing for your country. With love The Coyle Family.



"Peace is one of humanity's most precious needs. It is also the United Nation's highest calling".

"On this International Day, let us promise to make peace not just a priority, but a passion. Let us pledge to do more, wherever we are in whatever way we can, to make every day a day of peace."

(UN Secretary-General Ban Ki-moon)

International Day of Peace — 21 September

The International Day of Peace ("Peace Day") provides an opportunity for individuals, organizations and nations to create practical acts of peace on a shared date. It was established by a United Nations resolution in 1981 to coincide with the opening of the General Assembly. The first Peace Day was celebrated in September 1982.

In 2002 the General Assembly officially declared September 21 as the permanent date for the International Day of Peace.

By creating the International Day of Peace, the UN devoted itself to worldwide peace and encouraged all of mankind to work in co-operation for this goal. During the discussion of the U.N. Resolution that established the International Day of Peace, it was suggested that:

"Peace Day should be devoted to commemorating and strengthening the ideals of peace both within and among all nations and peoples...This day will serve as a reminder to all peoples that our organization, with all its limitations, is a living instrument in the service of peace and should serve all of us here within the organization as a constantly pealing bell reminding us that our permanent commitment, above all interests or differences of any kind, is to peace."

Since its inception, Peace Day has marked our personal and planetary progress toward peace. It has grown to include millions of people in all parts of the world, and each year events are organized to commemorate and celebrate this day. Events range in scale from private gatherings to public concerts and forums where hundreds of thousands of people participate.

Anyone, anywhere can celebrate Peace Day. It can be as simple as lighting a candle at noon, or just sitting in silent meditation. Or it can involve getting your co-workers, organization, community or government engaged in a large event. The impact if millions of people in all parts of the world, coming together for one day of peace, is immense.