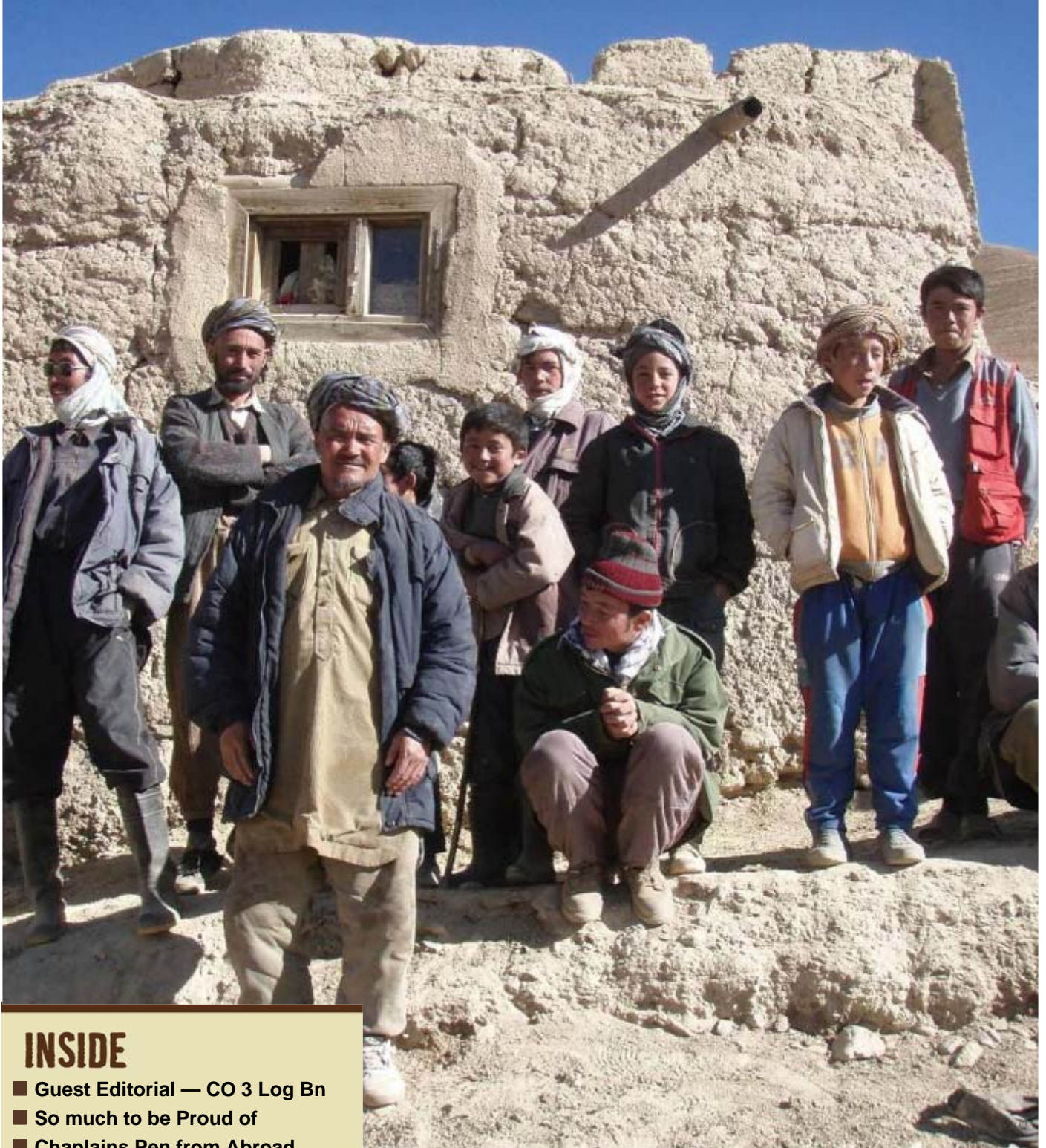


THE BUGLE

Issue 143 | October 2010



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"THE BUGLE"

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

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Bugle contributions are welcome and should be sent to the Editor.

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Cover Photo:

Local people of Afghanistan before meeting with the NZ PRT

GUEST EDITORIAL

YES.....IT'S BUSY!



LT COL Jim Bliss, Commanding Officer, 3rd Logistics Battalion

Kia Ora to all our deployed personnel. I hope that, regardless of what stage of your deployment you are at, be it the beginning, middle or end, that you are finding it challenging and rewarding. For some of you this "Bugle" reaches you at the start of your tour, for others as you are about to come home to your families. Regardless, we all commend you on the job you are doing and look forward to you sharing your operational experiences with us all when you get back.

October brings no slowing of activity back home in Burnham for 3 LFG based personnel, including 3rd Logistics Battalion (3 Log Bn). With a Formation exercise, Exercise Southern Musket about to start, and the continuing Formation lead on operational missions, there has been little opportunity as yet to pause and take stock of what has been a turbulent year. For the Loggies, committing personnel to missions as well as supporting the training and administration of contingents has not detracted from either the provision of support to 3 LFG based units nor the ability of the unit to conduct its own trade specific, leadership and all arms training up to and including Live Field Firing Convoy Drills.

Ex Saladin in May confirmed the unit was heading in the right direction in its ability to support a Combined Arms Task Group (Light), which we hope to build on in Ex Southern Musket, which is taking place later this month, and then further in 2011 during Ex Southern Katipo. These two exercises with the 2/1 RNZIR-led Task Group provide us with our high end level of collective training and will test all of our logistics personnel in our ability to support the war fighters whilst facing significant threats ourselves. This training can only be good, preparing our people as best we can here at home so they may succeed where you are...on operations.

There has been a fair bit of sorrow in recent time for our personnel and the wider Burnham and Army families. We mourned the loss of Tim O'Donnell, a young officer who spent the most of 2009 with us at 3 Log Bn, and who left

his mark on our unit as a true professional infantryman and officer, as well as a bloody good bloke. Sadly, we also mourned the loss of Oz, Carol Voyce's husband after a long and courageous battle with cancer. Carol has been the rock around which so many of our deployments have been based for NZ-based support to both deployed personnel and their families. Regardless of how she and Oz were coping, she was always there for any soldier, partner, mum or dad to call on any time of the day or night; to field a question, organise support, make contact with personnel in theatre or family at home, or plain just lend an ear. Our thoughts are with both Tim's and Carol's families and friends.

Of course we can't forget the quake that affected Christchurch on Saturday 4 September, and continues to make its presence known through aftershocks even as I write this article three weeks on. The response of our military and civilian personnel in Burnham was outstanding. For 3 Log Bn, this included the provision of logistics support within hours to Civil Defence and other Government Agencies as well as the local community. How quickly people secured their own properties, saw to the immediate welfare of their families, and then headed straight into work is testament to the high readiness and operationally focused mind-set within the Formation. Supporting Operation Cauty Quake needed to be, and was, balanced with preparing for the upcoming missions and continuing training. The true professionalism and capacity of our people has been evident, no more so than the past month.

For those here at home, I hope you and your kids have been able to re-adjust (and if you have pets, I hope they are not still sleeping in your bedroom like our mutt is!), your houses are safe, and you can get back to your lives with some normality. For those who are deployed, I hope you take heart that your loved ones back here were at the forefront of people's minds in making sure that they were OK in the hours and days that followed. If there is anything that needs attention back at home, please ensure that we are made aware of it through the welfare network. Being deployed, time away from loved ones is, and always will be hard, but never under-estimate your contribution to the mission or the importance of an NZDF presence in the countries that you are currently serving in. To all the families across the NZDF who receive this publication, I hope you enjoy the read, maybe find a message from a loved one in theatre in the following pages, and stay safe in the lead-up to Christmas.

FOREIGN CORRESPONDENTS

NEWS AND VIEWS

Including: So much to be proud of — So many achievements
Questions answered on Life in Afghanistan
PMV Troop on Downhill Stretch of Rotation
New Zealand and the Multinational Force and Observers Forces
Skills Competition

SO MUCH TO BE PROUD OF — SO MANY ACHIEVEMENTS

LT COL John Boswell
Commanding Officer NZ PRT

I write this article, my last of the tour, seven days before the CRIB 17 advance party arrives and 15 days before I hand over command to Lieutenant Colonel Andrew Fox. By the time you read the article the first event would have passed and it will be a matter of days, at most, before the second also takes place.

Hard to believe!

Hard to believe that eight months ago we commenced our pre-deployment training and six months ago our tour. Time has passed by, for the most part, incredibly quickly and it's difficult to take stock of all that has occurred. The insurgent threats, Prime Minister's visit, May/June floods, civil protests, the contact of 3 August, numerous VIP visits, and the elections, all evoke different memories and, in a couple of cases, strong emotions. At the time, each event required a significant commitment from the PRT and totally dominated our programmes. In the background, despite what was going on around us, our mission continued. Development meetings were a constant, security patrolling continued and base support from our many specialists and tradesmen was provided. It has

been an incredibly busy, extremely demanding time — perhaps that is why it feels like the last six months has gone so quickly.

Throughout all of this there has been so much to be proud of, so many achievements and, of course, absolute tragedy.

I have never taken the honour of commanding New Zealand servicemen and women for granted and have always considered it an absolute privilege to be given that opportunity. CRIB 16 is a collection of some of the finest servicemen

and women I've had the privilege to serve alongside. Nowhere in the contingent was there a weakness and in everyone there was an absolute desire to collectively be the very best we could at everything we did and to perform, on all occasions, to the very best of our ability. This was a very unique group of quality individuals who performed magnificently as a team and can be extremely proud of their tour.

They should also be very proud of their many achievements. The development work undertaken by the PRT over the past six months has seen the construction of education and health facilities, roads, irrigation schemes, micro-hydro power stations, crop storage facilities and much more. It also saw the PRT co-ordinate and oversee the delivery of humanitarian aid following the floods, and instigate a large number of rebuilding programmes to repair the damage from that disaster. We did make a difference



Shopping: Apparently it's good for morale

FOREIGN CORRESPONDENTS CONT'D...

and, without question, many from within the local population have a better lifestyle as a result of our efforts.

None of this could have occurred of course without the secure environment that exists throughout the large majority of Bamyan. The work of all the Kiwi Team patrols, alongside our three NZ Policemen, in support of local security and the regular training provided to the Afghan National Police was undoubtedly a key part of this.



WO2 Crofts securing a meeting site

Likewise, we assisted with equipping the ANP to a better more appropriate level, implemented a deliberate plan to improve their infrastructure and, as required, gave command support to their headquarters staff. All of this has enhanced both the capability of the local police and their ability to lead security efforts in the province.

And then there was Tim's death. What a tragedy to lose such an outstanding young officer, a great mate, in the way that we did. He was a key member of our team and each of us I'm sure, in our own way, has thought of him often over the last two months – I know I

have. We miss his smile, his cheek, his humour. We also miss his professionalism and his comradeship. Rest easy Tim, we will never forget you.

But as we think of home our thoughts also turn towards our families. The anticipation of being back together again is growing and, whilst we must continue to focus on our job over the last few days, it's hard not to be side-tracked. The support of you all over the last six months has been superb and for that, we thank you. It has meant so much to all of us to know that, in the same way we've faced up to our challenges, our families at home have done the same to theirs. Hopefully we're all stronger as a result, we can pick up where we left off and, in our own way, get on with our lives.

So, the Afghanistan chapter is almost over. It has been a testing experience, in many ways satisfying, and occasionally sad. If nothing else it has been a hell of an achievement and one that we can all be proud of. I trust that my "Bugle" articles have gone some way to giving you a 'command' perspective on the happenings in Bamyan over the past six months and have been of value. I have treasured both my time in command in Bamyan and my service alongside a group of outstanding New Zealanders.

To you all, thank you.

QUESTIONS ANSWERED ON LIFE HERE IN AFGHANISTAN

MAJ Paul King
CRIB 16 2IC and Chief of Staff
for the NZ PRT

Well, it has finally happened. The Padre has cornered me. There wasn't so much of a, "How do you

do today?" It was, "Bugle article, you owe me!" I suppose when a man of the cloth is after you, you can run but you can't hide. Even if you do run, this Padre will more than likely submit a 'call for fire' from the Big Guy and you'll get struck by a bolt of lightning! These Padres have some pretty loose Rules of Engagement. Furthermore, the Padre has been working pretty hard out in the gym, and clocking up a few frequent flyer points on internet purchasing body supplements. Word within Kiwi Base, is that the lads are no longer turning up to the gym when he's in there as they are feeling too intimidated and inferior by his sheer muscular presence, in particular, when he starts 'striking a pose' in front of the gym mirrors. What's more, people within Kiwi Base are constantly mistaken when they hear a loud booming sound, thinking that it is an F-16 passing overhead breaking the sound barrier, but in actual fact it's the Padre's biceps snapping into place for an "Arnold Pose" in the gym. So, I had better not dilly dally and get thumping on some keys to get this "Bugle" article out to you all or else Padre Kevin is going to get righteous on me and snap a Hulk Hogan bicep death grip around my neck, and I'll be out for the count.

After some 15 minutes of not being able to think of anything, and after considering all the other fine "Bugle" articles that have been published from other members of the contingent informing you on life here in 'the Ghan' it's pretty hard to think of something to tell you all. So, I've gone back through my emails and found one from a friend of mine, who in this instance, to protect her identity, we will call her 'Karyn'. Now, 'Karyn' is an English teacher, and like all good English teachers 'Karyn' likes to delve into not what is just written on the page, but look deep into the meaning and

FOREIGN CORRESPONDENTS CONT'D...

subliminal aspects of things in order to gain a better understanding. Therefore, not content with my previous emails she sent me a few questions on life here in Afghanistan, and so treating her email like I did with my 5th Form English homework, I still haven't gotten around to "submitting" it back to her. Therefore, in order to prevent the Padre from taking out a crusade against me, and 'Karyn' putting me on detention – here's my contribution for "The Bugle".

How is electricity generated in Afghanistan and in your base?

Within Bamyān there is no centralised power grid system or power generation system to effectively power any towns. Therefore, power is either generated through private generators or by the many micro-hydro power (MHP) generators. These MHP are located either on the rivers or medium sized creeks throughout the Province and depending on the capacity can provide power to run a single light bulb for up to 60 odd houses. Here in Kiwi Base we run two 600 KVA generators – which means that we can run more candle power than a Hari Krishna's picnic!

Do the locals have access to technology like the internet, telephones, TV, radio?

It is amazing to see, and sometimes believe, when you see the houses that are made from mud with satellite dishes on top to receive satellite TV. Internet and radio is very limited. Within Bamian Township radio is widely received as there is a local radio station. However, the further you go away from Bamian the less is received. Out in the township of Nayak, to the West of Bamian, the PRT has set up what is called; a Radio in a Box. Through the efforts of KT1 and the

ability to have a constant power source from our generators and connection to the internet at our forward patrol base – Chunik Bair. KT1 broadcasts a radio station from Kabul to the population in Nayak. To promote this we give out small radios to the population so they can benefit from this – Nice work DJ Vince!

Do the locals know much about the outside world?

I'd have to sit on the fence on this one. Some do and some don't. You'd be quite surprised at the amount of people who know about the 'outside world' and others who are quite content to stay in 1389.

Are there critters and/or snakes in Afghanistan?

Afghanistan has a wide and varied amount of wildlife. Hugh spiders – the infamous Camel Spider, snakes (I stood on one last time I was here), eagles, foxes, wolves as well as a variety of mountain cats and goats. And geep ...

Do the locals come in to your base ... like on MASH ... with their sick children and/or cows and chooks? (You know my whole concept of the Army being overseas comes from MASH).

Over the years there have been some relatively positive gains in developing the health care system in Bamyān Province – there is still some way to go compared to the standard of health care we are used to. But there are a substantial amount of health clinics that are within most cases a two hour walk from a village. In Bamian Township there is a Provincial level hospital, with other smaller hospitals in the South and North of the Province. In the very early days of the PRT it was common for the locals to seek assistance from the PRT, but not so much now.

I saw on TV the Governor of the Bamyān Province – she spoke very good English. – Do lots of Afghans speak English?

The Governor speaks very good English and she is a highly educated and remarkable lady. There are more people speaking varying levels of English than there was three years ago when I was here. I am not sure if it is taught in the schools, but it is a subject taught at Bamian University.

There was an expert interviewed by Kim Hill a few weeks ago about Afghanistan, and he said one of the reasons things are taking so long in Afghanistan is because there was very little infrastructure to begin with – unlike Iraq (or Iran – I never know which is which). So your job is much harder because of this as you are establishing rather than fixing an infrastructure? (Glad 'Karyn's an English teacher not a Geography teacher!)

Yes, Afghanistan is having to be built from very minimal infrastructure. The NZ PRT is having to establish and develop infrastructure – not only the physical aspects of buildings and roads, but there is the non-physical aspects to be developed such as commerce, municipalities (within district and provincial governance), national judicial system and Rule of Law. In the seven years the NZ PRT has been here we have come a long way. However, there is still a long way to go, and we are now more about building capacity to the infrastructure that has been developed.

Is there a caste system in Afghanistan or is society divided by religion? Or is ethnicity tightly linked to religion – for example, if you are Pashtun do you believe in something

FOREIGN CORRESPONDENTS CONT'D...

different to the Hazara people?

There is no caste system in Afghanistan system. Very strong ethnic and tribal linkages exist. However, the Hazara population has been considered the outcasts within Afghan society for hundreds of years. 99% of the population within Afghanistan are Muslim – however within this there are two denominations – Shia and Sunni. Hazara are basically Shia and Pashtuns are basically Sunni, which causes tension – the Taliban primarily come from Pashtun origins. Just to make it even more confusing, (this country has more components to it than my Mum's pot pourri jar sitting on her kitchen bench). You can have Hazara that are Sunni and Pastun that are Shia.

Well, I've answered 8 out of the 14 questions from 'Karyn', and not to take up the entire "Bugle" publication I think that will do it. Going on a percentage factor and my efforts in 5th Form English - that's 57%, at least a 'C' and 'C's' are Degrees. My neck should be safe from the Padre. Dodging lightning bolts could be a different story ...

PMV TROOP ON DOWNHILL STRETCH OF ROTATION

LT Caleb Berry Troop Leader

Well, we are now on the downhill stretch of our rotation to Timor-Leste, with roughly eight weeks to go, and so too it is my turn for a submission to "The Bugle" for the readers back home. The Protected Mobility Troop (or PMV TP for short) is the armoured unit responsible for providing the vehicle lift to those members of the infantry, whether our own guys from 2/1 RNZIR or the Aussies from 8/9 Royal Australian Regiment, on the Quick Reaction

Force (QRF). We are ready to deploy should you know what hit the fan! The platoons rotate on this QRF task roughly fortnightly, there are three Aussie and one Kiwi platoons in theatre.

We live down the other end of camp (the H-POD) to the rest of our Kiwi brethren, in a quaint little abode recently re-named "Alexandra's Lines" after our parent unit back home. The Troop consists of thirteen members (both regular force and reserve) of the Royal New Zealand Armoured Corps and we are duly proud of it, so much so, that almost anything that can be, has either already been, or is planned to be painted amber and black - our unit's colours.

Our day consists of first parading our vehicles, the infamous Armoured Pinzgauer (or LOV(A)) six tonnes and six wheels of pure Austrian engineering genius! For some unknown reason we have given all our vehicles names starting with "P", from *Phoenix* to *Phil Collins*. After we have completed our first parade checks we usually conduct some Troop training for a few hours in both the morning and afternoon. We also do PT three times a week; however, as these sessions are not hard enough we supplement these with numerous sessions in the gym. These extra workouts have seen a few members of the Troop getting some good gains, "Max Gains" you could even say. Other pastimes for the Troop include, but are not limited to, band rehearsals. Yes, we have our very own ukulele band. Troopers: Clark, Kelly, Baldwin, Parsons and Turek are our star performers and make beautiful music with a mixture of Ukuleles and Harmonicas. These lads may have a future on the road touring with the likes of Fleetwood Mac and Willy Nelson. Also, some of the Troop (who will remain nameless) has taken to writing to overseas

"pen pals" from countries such as Germany and Russia via the internet, in an effort to "I'm trying to learn a new language boss". I'm sure you are boys, it just so happens that these pen pals are attractive, single, looking for entry into NZ and usually of the opposite sex. But who am I to judge?

The 23rd of September saw the PMV TP (and some additions from the Stores and Workshops) deploy out to Metinaro Range on Exercise PREDATOR, a section level exercise comprising both mounted (in LOV (A)) and dismounted reconnaissance tasks and live field firing. The focus was on junior leadership, the receiving and delivery of orders and the practising of dismounted reconnaissance scout skills. It was the first opportunity for the whole Troop to get outside of the Dili area together since Exercise CROCODILE in May. So, all members including myself and the Troop Sergeant (Staff Sergeant Karl Filmer) were looking forward to it. The sections initial task was to conduct a mounted sector search of an area, looking for "enemy Special Forces" caches. This was the section commanders' (Lance Corporals Mutch and Tau) first chance for a "shake out" and to give a set of formal task orders. The sections were then tasked with a close target reconnaissance of two enemy training camps in preparation for live firing ambushes onto these over subsequent nights. The enemy were dressed in "acquired" US Marine Corps cams, and were being played, some say aptly, by Staff Filmer and myself. That first night saw some good lessons learned in terms of route selection and actions-on when the enemy walks straight into you in the dark! The second day saw the section commanders receive another set of orders from the Troop Leader. The next tasks being

FOREIGN CORRESPONDENTS CONT'D...



Troopers Meyers and Mackintosh preparing a mud model for their section commanders orders

an Observation Post (OP) and live firing ambush onto likely enemy routes. These tasks were executed well, with the night ambush having a good effect on the target. With the enemy's primary training camp being destroyed on the 24th, they were forced to use their secondary camp on the 25th. Not learning from their previous night's lesson, the enemy at this camp were also destroyed. Exercise PREDATOR concluded with a much deserved rest and recuperation day/night at a nice little spot on the coast apparently called "Secret Garden". A tasty BBQ was cooked up and consumed, followed by a night around a bonfire on the beach.

The troop now looks forward to our handover with the next contingent that is due in late November. We have much work to do before this time, but I am sure it will pass quickly.

And finally, as much of the Troop is either posted to, or from Christchurch, our thoughts are with the friends and families back home during the rough time over the past month.

AKE AKE KIA KAHA.

NEW ZEALAND AND THE MULTINATIONAL FORCE AND OBSERVERS FORCES SKILLS COMPETITION

SGT Arron Mau

It's August 2010. The NZ Force Skills Minor Units team has been selected and comprises mainly of the Driving Team. Section Commander CPL Jephson, 21C LCPL Hayes and then LCPL Auld PTE's Laing and Greening make up the remainder of the team. However, we cannot forget the reserves PTE's Colligan and Jessop and the team manager SGT Mau.

As we all know, August in the Sinai tends to be the hottest month with temperatures reaching a staggering 43 degree's Celsius on some days. This is where the training kicks in. As a manager you are required to conduct training to suit the requirements for the Force Skills as well as maintaining a fit and eager team. We have three and a half weeks of trying to get the team trained remembering that the drivers are scattered to the winds with driving tasks as well as leave.

This was going to be no easy feat. So a training programme was sorted in which training was conducted over 2 weekends and 2 days during the week. But as Kiwi's all over the world have always said "On the day mate". As we were unsure what time we would be conducting our stands on the day we needed to be ready for the worst so we prepared ourselves for an afternoon start time.

Training in the hottest part of the day was a perfect testing platform to gauge the performance of the team. Most of the team were right immortals when it came to this training. Not wanting to give up and pushing themselves to their personal limit and then mine was a sight to see. When you see this from soldiers you have under your command it is very humbling knowing that if things turned pear shaped you had the right people for the job. I think I'm going to cry. ANYWAY, even the Recognition training was a feat in itself. Try staying awake in a lecture room after being thrashed that morning on the concourse was no holiday in the Sinai at all.

The Force Skills competition started on 20 September and comprised of 5 stands, Medical, Rule of Engagement, Recognition, Concourse and Range shoot. What did we want from the Force Skills competition? The hierarchy wanted to see how the section performed with only their Section commander as leader rather than a SNCO or officer commanding them. What did I want as manager? Hhhmmmm. Well....the same as our hierarchy obviously. And then win, win, win. Final prep is always a good thing. Kit checks, body complaints, ID cards and so on. I think PTE Ford Greening did well to finally have the right documentation on him — what a relief to the team. But do we sacrifice brawn for brains or brains for brawn? A decision that is hard

FOREIGN CORRESPONDENTS CONT'D...

to make (I now know how Graeme Henry feels Leave him alone New Zealand, we all make mistakes).

The 20th came and went. It was the day of reckoning, will we be Spartans by the end of this? Sadly, we didn't become Spartans but we did a bloody good job of coming second in the minor units. Second is way better than third I think. All I know is the team did awesome and the results were "Mean Maori Mean". So let's celebrate a second rather than cry over a first.

Well done to the Officers Team ANZAC All Sorts and the SNCO ANZAC team. All teams performed well and participated which is the main thing. The Minor Contingent Officer Team, managed by WGCDR Neil Taylor and led by Captain James Field, did exceptionally well taking second in the Officer/SNCO challenge. I believe future Force Skills competitions should be the strongest team does the damage, as we need to get the trophy back!

Cheers.

***"The team did awesome and the results were
"Mean Maori Mean."***



Through the tunnel



Crossing the Wall



Drivers Team

CHAPLAIN'S PEN — FROM ABROAD

Padre Hamish Kirk GYRO 9 — TIMOR-LESTE

I am conscious of the fact that many “Bugle” readers know little of what it is like to experience Timor-Leste. Now it's no secret that inside of all of us lives a little “ying and yang”, “chalk and cheese”, “black and white with a slurring of grey” - a contrast. Not to be accused of overstating the point, Timor-Leste is full of contrast. This is to be expected from a country only 10 years into its freedom from a destructive and cruel occupation that lasted a quarter of a century. In nearly everything in Timor life, there is a broad spectrum, this contrast.

Take orphanages for example. With the exception of the first orphanage that I mention in a few moments, most youngsters in orphanages are genuine orphans. There are however some youngsters that are there because their mothers are widows and poverty is very real in Timor-Leste. The parent/s cannot afford to have them living at home so they have to give their children up.

The first place I want to tell you of is the “Rolls Royce” establishment – or so outward appearances would suggest. When you make your way down the long driveway towards the two storied dormitory block, you can't help but notice the well kept gardens and fish pond. This place is run by the Canosian Sisters, the lady in charge being Madre Guilhermina. This big hearted, saintly lady lived through all the troubles, and has seen much death and suffering. She is a micro-manager par-excellence and makes the nun in the *Blues Brothers* movie seem somehow inadequate. During the troubles, she had an IDP camp (Internal Displaced Persons) at her place that totalled 22,000 people.



*Madre amongst her girls as the neighbouring guys come to visit and play in the band.
Note how well scrubbed up the guys are!*

There are 80 young ladies living here aged from around 13-25. There are also four young men living there as well, but I doubt they could get a word in edge ways! Imagine having 20 sisters each! Most of the youngsters have families in rural Timor and board here to attend High School, Polytechnic and University.

At this “Posh” place, on a good week, they get meat or fish twice a week.



Dinner at St Bakhita's Orphanage

Their breakfast is bread and tea, they rarely have lunch, and dinner is vegetables and rice. Jenny Craig has no chance of establishing a Timor-Leste branch for quite some time to come! The largest girl's room sleeps 32 in rows of single beds lined up like a hospital ward – but the beds are pushed so close together that they can all hold hands for their nightly Psalm.

Around the outside of the room are a row of single wardrobes – this is the only private space these girls have. The place is utterly spotless with all floors, surfaces, and ablutions washed twice a day by the girls themselves. There is no TV here, the girls sew and embroider in the evenings. The cooking is shared by all and is done the typical Timor-Leste way, with a pot or wok over an open fire in a separate kitchen lean-too. This way if it catches fire, the main buildings are not threatened.

This establishment has had a decade of ISF (International Stabilisation Force) and its predecessor's involvement and help with various working bees, etc, as well as Australian and Kiwi guards during the troubles. The Australian Army takes the lead with assisting this establishment. Such is the respect that Madre has for the ISF, that when we had a Kiwi vs Australian Rugby League match the other week, and the orphanages were invited to come along to watch, Madre decided that this was not a “proper” place for her girls, and instead rounded up 34 young men from her neighborhood, instructed them to arrive at her place dressed in Sunday best,

CHAPLAIN'S PEN FROM ABROAD CONT'D...

inspected them, reminded them that they were going in her name – so don't muck it up – and then sent them along to us. Awesome! And, by the way, the Kiwis won the league!

The second place is the "Kiwi" orphanage. It has had security force involvement for over a decade and also much UNPOL (United Nations Police) attention, all of which was started by our own boys in blue – NZPOL. Yep, the Kiwi Police found this place, started making a difference, and then others seeing what was happening wanted to become part of it.

This orphanage is called St Bakhita's Orphanage. St Bakhita is one of the most recent "saints" with an interesting and unusual life – well worth a Google! The orphanage is situated down a rough 1.5km dirt "road" next to a stony, almost dry, river bed, surrounded by houses that are either crude concrete blocks or native bamboo and wood with rusty tin roofs. Many of these houses (like rural Timor) have no running water or sewerage. Water is collected from a central street or village water point – usually a half inch galvanized pipe. The orphanage is also next to an abattoir with the killing point 30 metres from their gate on the river bank. The river bank is lined with bones, and the mongrel dogs around this neighborhood have the best deal going in all of Timor.

This orphanage is a proper orphanage in that it has orphans. It houses 32 youngsters ranging from 4 years old to around 20 years old. How is this – these youngsters can sing the *New Zealand National Anthem* in both English and Maori, and can also sing *Pokerekare Ana*. But to listen to them sing their own national anthem, the first generation of free youngsters in a brand new nation...well you can

imagine what that is like. They are a very musical bunch, and make almost continuous use of the electronic keyboard that our GYRO 10 workshop fixed for them. They love to sing, and one of the youngsters, Antonio, can play the keyboard by ear – he only has to hear a tune once.

Their diet here is similar to that of the previously mentioned orphanage, and likewise, the younger ones are also cared for by the older ones. The older girls' dormitory is a small room attached to the main dormitory with six beds in it. All the rest, boys and girls sleep together in wooden bunks in a single room that is the main dormitory. A few months ago, the Kiwis managed to get St Bakhita a brand new fridge. They had been existing without a fridge for over three months. St Bakhita does have running water (rare in the wider neighborhood) and electricity. Mind you, the power only runs sometimes, never for a full day, and some days not at all!



CPL Te Reo helping at basketball at St Bakhita

Education is highly valued here, and again, many of the older ones tutor the younger ones. They have also benefited from regular English lessons from ISF personnel. Some of these youngsters are quad-lingual speaking Tetum (Timor-Leste), Bahasa (Indonesian),

English, and Portuguese. Education is opening economic doors for all, but especially for females. Interestingly, regardless of traditional divisions of labour, it is quite common to see woman in all ranks in the Timor-Leste Military, Police and Government office. Some may ponder about the ratios, but at least it is a start.

Our last orphanage is the Comoro orphanage. If the first place was a Rolls Royce, the second a high achieving Toyota, then this place is a horse drawn cart! It was only "discovered" recently by NZPOL. It is similar to what St Bakhita's Orphanage was probably like over a decade ago before NZPOL and ISF built a relationship with them and started to help out.

This orphanage, based around a Mosque, has around 70 boys who sleep in a single hall type room on a concrete floor with no bedding, no mattresses. What little gear they have is stored in crude cupboards in a side building.



Luxury room at Comoro Orphanage

There are also about 30 girls sleeping in another side room.

The room is covered with mattresses where they sleep on the floor.

The kitchen is again in a separate side building and wood is the only fuel source. Outside the kitchen window is an open sewer. The diet here is almost totally rice and

CHAPLAIN'S PEN FROM ABROAD CONT'D...

sometimes, if they are lucky some bread in the morning.

Timor-Leste - a land of contrast. The folk who have been around Dili for years tell me that the city has improved remarkably from its near decimation under the occupation of Indonesia. They also tell me that it has a long way to go to return to its former glory pre-invasion. Nation building is only achieved by repairing one pot hole, one road, one institution, one orphanage, one life at a time. However, the momentum is building. This could be quite a place in a couple of decades time.

Ate Logo.

P.S: Lucy, thank you for sending the OC some sweet treats. He has been uncharacteristically generous in sharing them. We leave Timor-Leste in around 6-8 weeks. Any donations of juicy salivating mouth watering *wine gums, jet planes, spearmint leaves, etc*, for the trip home will be most gratefully received. The postal address is for packets up to 1kg is:

FORCES CONCESSION

V1017217 PADRE H. KIRK
NZ NSE, TIMOR-LESTE
C/- INTERNATIONAL MAIL CENTRE
AUCKLAND 2022

Don't forget to clearly mark the parcel *"Padre—do not eat"* and I promise I won't yield to temptation. If you can't trust a Padre – then who can you trust! Yeah right!

Padre KEV CRIB 16 — Afghanistan

Greetings from Bamyan!

'And now the end is near and I can see the final curtain...' These words from a well-known Frank Sinatra song come to mind as I pen this last article for the Tour.

***"To all at home;
your support over
the last several
months has been
tremendous and
invaluable".***

Looking back what can I say, a tour with highs and lows, laughter and tears, happiness and sorrow. As you read this only a few days remain until our return and our thoughts turn towards reunions and saying our goodbyes.

Goodbye to a place that I have now spent one year in (over two tours). Goodbye to friends I made with the New Zealand, (NZ Police included; Happy Ged!!), United States, Singaporean and Malaysian continent personnel. Goodbye to the Afghan Nationals, those working at Kiwi Base and those in the bazaar and surrounding districts. Goodbye to my English class, a bunch of enthusiastic young men eager to learn and for advancement. Time to say goodbye to the children at the orphanage, smiling happy faces always eager to welcome when we arrive and sad when we leave.

Time to say goodbye to the land itself, a place rich in history and magnificent scenery.

Has this place called Bamyan changed us? No doubt as we return to New Zealand and the months roll on, our thoughts will return to this place and wonder how things are going. Did we make a difference? Did we achieve our goals? Did we improve the lives of those we met and worked with? Did we always give encouragement? Did we always show compassion when needed? Did we allow ourselves to

be changed? Did our attitudes change at all? Will we ever return here? What will we say about Afghanistan in the years to come?

Perhaps some of the answers will come quickly and others will take time but there will always be in some part of my heart a remembrance and a fondness for Afghanistan and its people.

A huge thanks to those people who took the time and effort to produce articles for me to send back to New Zealand for "The Bugle". Your contributions have been enjoyed immensely and appreciated by all.

And finally to all at home; your support over the last several months has been tremendous and invaluable. As we have worked here and had to face trials, you too at home have done the same. Thank you. Hopefully our reunions will be glorious and in a short time we will be with you at home in New Zealand.

Vivere et laeteri; Hoc est enim donum Dei. (Live and enjoy; this is a gift from God.)

DEPLOYMENT

Time to grow

***Remember that
separation can be
an opportunity for
everyone in the
family to grow***

A UN MILITARY OBSERVER IN SUDAN



Source: Korero

LT Kerry Driver

I'm now towards the end of my six-month deployment as a United Nations Military Observer (UNMO) as part of the United Nations Mission in Sudan (UNMIS).

It has been one of the most fascinating times in my career with the Defence Force, and has brought many highlights and a few lowlights.

My journey to Sudan began in November 2009 when I was told that I would be going to Sudan. I was very pleased to given such an exciting opportunity. The next few weeks were a busy time of getting kit issued, UN medical, buying food, receiving the required vaccinations and coming to grips with the reality that Sudan is one of the most health-risky countries in the world.

Pre-Deployment Training (PDT) was conducted in Linton and Trentham camps in mid-January 2010, and was a good chance to get to know the other personnel deploying to Sudan: MAJ Edward Craw (NZ Army), who was deploying to the UNMIS Force HQ

in Khartoum; and LTCDR Pitiera Dawson (RNZN), who was also deploying as an UNMO. PDT consisted of topics such as Mine Awareness, medical (first-aid) familiarisation, basic language training (Arabic), operational briefs, and 4WD training.

After saying goodbyes to family and mates, arrival in Khartoum in early April was an experience. Acclimatising to the extreme heat took a few days. Khartoum is one the hottest cities in the world and midday temperatures of 45-50°C are normal. It is also the location of UNMIS Headquarters and all induction training for the mission is conducted there. The duration of Induction Training was two weeks, and here new UNMOs learnt of the Comprehensive Peace Agreement (CPA), which was signed in 2005, between the warring parties of the Sudan Civil War (Government of The Republic of The Sudan and the Sudan People's Liberation Movement/Army), and the UNMIS role in supporting its implementation.

"The support from family and the NZDF have been excellent. The care packages sent by family and Navy welfare, boosts morale considerably."

After Induction Training, UNMOs are posted one of 24 Teamsites scattered throughout the Ceasefire Zone in the southern part of the country, either side of the border of North and South Sudan. I was posted to Teamsite NASSER, which is located 30km west of the Ethiopian border in Upper Nile

State. NASSER is on the flood plain of the Sobat River (a tributary of the White Nile) and during the wet season (June-October) it becomes a vast mud-bath, which makes for interesting driving as there are no paved roads anywhere for another 400km.

The main role of an UNMO in Sudan is to conduct patrols throughout their Teamsite Area of Responsibility (AOR) to monitor, verify and investigate the Ceasefire and Security Arrangements established in the CPA and to assist in building confidence of the local population by our presence. The main aspects of our patrol reports are the security situation of the village being reported on, any incidents of interest that have occurred, and the welfare (access to food, water, health care, and schools) of local populations. Patrols are carried out mainly via Nissan Patrol 4WDs, but also can be conducted on foot when the terrain is unsuitable for driving, by Russian-built Mi-8 helicopters, or by fast patrol boats operated by the Bangladeshi Navy along the Sobat and Nile Rivers. Other roles of UNMOs include investigating and reporting the presence of UXOs and the Monitoring and Verification of Joint Integrated Units (Joint units consisting of soldiers from north and south Sudan) movements' and composition.

Nasser township consists of a few war-damaged brick buildings, shops made out of wood branches and canvas, and circular grass-huts called Tukuls. The people in this area are of the Nuer tribe and the males are identified by the scar lines on their foreheads. Nasser was the scene of much fighting during the Civil War, the detritus can be seen everywhere from abandoned tanks, unexploded ordnance, bullet holes in buildings, and a lack of development.

A UN MILITARY OBSERVER IN SUDAN

There are schools provided with help from UNICEF, and Medicines San Frontiers (MSF) has a hospital. There is a South Sudan Police Service (SSPS) presence in town, but they are hampered by a lack of numbers and resources. As a result, cattle raiding and tribal conflict thrives. Malnutrition in children in outlying villages is evident by their bloated stomachs. The local diet is maize and sorghum, and if the rains are bad or late, there is a lack of food.

Teamsite NASSER personnel comprises of UNMOs, UN Police (UNPOL), and a few civilian staff. As UNMOs and UNPOL are unarmed, Force Protection is provided by the Indian Rajputana Rifles and Brigade of Guards.

Teamsite life is a great chance to

learn about different cultures, and the following nationalities are represented: India, Sudan, Honduras, Romania, Sweden, Netherlands, Ukraine, Germany, Congo, Rwanda, Burkina Faso, Zambia, Zimbabwe, Kenya, Namibia, Jordan, Malaysia, and Manu Samoa. We have a basic gym, South African satellite TV (vital for morale during the World Cup), a kitchen, showers, laundry, and live in modified shipping containers. The Indian Army Engineers have built a football pitch, volleyball courts, and cricket nets (of course!). UN staff provide food for themselves. Pasta and tomato paste can be bought in town and the fresh Ethiopian bread is excellent. Care packages from home are a welcome addition.

The most rewarding aspect of the

deployment has been interacting with the local people. Despite some of the bad press that the UN has received over the past decade, the locals see the UN as an organisation that can bring peace and development. Visiting local schools and playing soccer and singing with the children is a highlight. Other highlights were the ANZAC Day Service at the Commonwealth Cemetery in Khartoum. A visit to Omdurman and a cruise on the River Nile were also not to be missed.

The support from family and the NZDF have been excellent. The care packages sent by family and Navy welfare, boosts morale considerably. Also the ANZAC Day messages from Adventure School and St. Josephs School were very much appreciated.

DEFENCE PERSONNEL GET KIWI ICONS FOR CHRISTMAS



Source: www.nzdf.mil.nz

Most people don't get Kiwi "icons" for Christmas but New Zealand Defence Force and New Zealand Police Force personnel who will be serving overseas on Christmas Day will receive some distinctly Kiwi items in a parcel of goodies from home.

The parcels, which include items

such as Whittakers peanut slabs, Watties chilli sauce, Anzac biscuits, Marmite, chippies and onion dip ingredients, toothpaste and chewing gum, will be sent to 12 countries including Afghanistan, Antarctica, Solomon Islands, Korea and Timor-Leste.

Over 523 parcels were packed by volunteers from the Defence Force, Cadet Forces, NZ Police and Royal New Zealand Returned Service Association (RNZRSA).

"The RSA parcels bring a small part of New Zealand to those personnel who are away from their families at Christmas," said Air Vice-Marshal Peter Stockwell, Commander Joint Forces New Zealand. "I am incredibly proud of the work our people do overseas and I hope that

the parcels show them that we really appreciate the work they are doing, not just on Christmas Day, but every day."

The RSA tradition of sending parcels to troops overseas began during World War I. The annual project is funded by generous financial donations from local RSAs, New Zealand Police, and contributions from the Navy, Army and Air Force Central Welfare Funds.

Major Shay Bassett, who was helping pack parcels today said, "When we received our parcels in the middle of a Bosnian winter, it was a direct connection back home to the warm sunny Christmas we knew our families and friends were all having!"

Combat Cheffies

IN THE HEART OF AFGHANISTAN

Article and Photographs proudly brought to you by:
THE AWESOME CRIB 16 CHEFFIES

Kia Ora! Greetings from the Combat Cheffies!

We are known as: "The BOSS" — SSGT Bright, LCH Jorgensen — "Louise", LCPL Lee — "Makere", ACH Butcher — "Chris" and last but not least CPL Shah - the Malaysian cook. It's nearing the end of our tour with just two weeks remaining (YAY). We are soooooo looking forward to seeing our whanau and friends and returning to beautiful New Zealand. Apart from that we have enjoyed our experience here in this rather dusty country as it is our first trip away from home.

The highlights of our trip have been: swimming in the icy cold waters of Bandameir Lakes, teaching English to the local teenage boys aged from 13-16yrs, visiting the local sites including the Red City, the Ancient Buddha's and the Bazaar (the local shopping mall). We also had a few driving lessons with the Master Driver WO2 Thompson who gave us a temporary licence to drive a Hilux in the local area (YAY). We have also mastered driving the PRT Gater (4x4 Quad) as we are also part time rubbish disposers on Fridays.

Our boss was generous enough to send us all out to the other patrol bases within the local Bamian Province. Chris and Makere went up north to Romero to cook for Kiwi Team 2. It was a good break away from Kiwi Base as we were only cooking for a mere 20 personnel as opposed to the mammoth 200 that we cook for at New Zealand Provincial Reconstruction Team. Louise went down south to Scott Base and Chunuk Bair to cook for a mighty maximum of 10 personnel. During our time with the patrol teams, we were able to experience a taste of meeting, greeting and eating with the locals (LOL).

The Lowlights of our trip have been: the most common phrase "IS THIS PORK?", having absolutely NO weekends off, changing the massive gas bottles for our ovens, absolutely NO motivation to go to the gym, and last, but not least, not being able to maintain a well balanced diet due to our SEE and EAT food diet.

To cope with our high stress job (LOL), we play a daily dose of "UCKERS", a board game played by the Navy which the Army have adopted over here and have turned it into a savage fight for your nicks game. So all in all our trip has been one to remember and a once in a life time experience, LITERALLY.





NEWS UPDATE

KIWI SOLDIER DOES WELL IN TIMOR BIKE RACE



Pictured above: Captain Andrew Thornton of the New Zealand Defence Force

Photo credit: Australian Defence Force

Source: Korero

A Kiwi soldier serving in Timor-Leste has finished 28th out of 300 participants in one of the toughest mountain bike races in the world.

Captain Andrew Thornton, whose day job involves working at Camp Phoenix, the International Stabilisation Force (ISF) HQ in Dili, was the only Kiwi to join an eight person ISF team made up of Australian Defence Force personnel.

The 'Tour de Timor' is an exhausting five day multi-stage 400km race on a track that reaches up to 2000 metres in altitude. It was first run in 2009.

Captain Thornton consistently finished in the top 30 each day, resulting in his 28th place in the final results. He said it was a hard race, and dangerous at times, but the support from the locals was fantastic.

"The locals watching us fly by were

waving and shouting 'Australia, Australia!'. I made sure I corrected them and said 'No, New Zealand, New Zealand!'"

Captain Thornton says that being the only New Zealander within the team lent itself to the usual Trans-Tasman rivalry.

"The opportunity to compete as part of an ANZAC team was great, and thanks to the recent All Blacks games, not much in the way of rivalry was dealt out! The team bonded really well and the concept of the 'ISF team' was helped along as each rider wore the red and black ISF jersey, promoting our participation in the stabilisation of Timor-Leste."

The 1st place winner of 'Tour de Timor' was an Australian professional rider and the first East Timorese national across the line was a fifteen year old young man whose excitement about his finishing in the top 20 was infectious and a pleasure to see.

The Commander of the ISF, Colonel Simon Stuart (Australian Defence Force), said he was proud of his personnel entering the tough race, let alone achieving such great results.

"The ISF teams surpassed everyone's expectations and did an absolutely sterling job in such a tough race," Colonel Simon Stuart, said:

"The support teams too did a great job representing the ISF, really making it a successful event for the riders.

"However I think the real credit also goes to Timor-Leste for organising and executing a first class, world-standard sporting event."

An ISF support crew from Forward Operating Base HPOD and Headquarters Camp Phoenix had the busy job of travelling ahead of



the riders and setting up 'Taj-ma-hootchies' to house the exhausted riders at the end of each day as well setting up communications back to ISF headquarters and providing night security.

Other race competitors and local villagers were so impressed with the sophistication of the Army's camp set-up it turned into a tourist attraction in its own right with people taking photos.

The ISF also supported the event through the provision of transport, the set up of field catering equipment and a first aid and medical support team.

In addition to the logistical support, the ISF provided night Aero-Medical Evacuation support, collecting a race competitor the first night. The race is set for the same time next year.

CURE KIDS BRINGS BACK RED NOSE DAY

Cure Kids in association with Paper Plus Group is bringing back Red Nose Day — bigger and better than ever before — with the aim of raising \$1 million to help fund research into life-threatening childhood illnesses affecting Kiwi kids.

Nationwide street collection on Red Nose Day
19th November

Further information on Cure Kids Red Nose Day activities and where to buy merchandise can be found at:
www.curekids.org.nz/rednoseday
(live from 14 October);

Donations can also be made directly online to the Cure Kids Red Nose Day 2010 campaign from 14 October 2010 at
www.curekids.org.nz/rednoseday

CHAPLAIN'S PEN FROM HOME

Principal Chaplain Wayne Toleafoa, RNZN

Naval Gazing - She'll be Right!

Join me, for a moment, in a bit of naval gazing!

As a Padre, I believe that everyone has a religion and a spirituality of some kind. Let me explain what I mean, as we examine and unpack the very Kiwi philosophy of, "She'll be Right!"

The word, 'religion' comes from the Latin word, 'religare' which means, "to bind".

Every human being needs a philosophy of life, or a world-view which 'binds', or 'brings together' all the fragmented pieces which make up our everyday lives. Without this 'unifying' outlook our lives don't make sense and our mental health may even be at risk.

A good philosophy of life will take into account all of life's contingencies from the cradle to the

grave. It will be comprehensive and all-encompassing and provide a unifying influence in one's life.

A unifying philosophy may be as simple as: 'She'll be Right!' It is a philosophy which expresses an inherent trust in the ultimate goodness of life! It also expresses an inherent trust in the goodness of people.

At first glance, that philosophy sounds fine, but it would be fatalistic to think that therefore, no work is required to bring about favourable outcomes. We need to apply some influence on the situations we face, or we find ourselves solely at the mercy of the random forces of fate. We also need to trust ourselves and trust at least some of the people around us, to all work in unison, to bring about the favourable outcomes.

What people normally mean when they say, "She'll be Right!" is that 'everything is under control and that

there's work being done" to bring about a favourable outcome.

When we apply the "She'll be Right" philosophy to our work in the Defence Force, we are trusting that "everyone", or the majority, are working diligently to bring about favourable outcomes - both in the field and at home.

The Christian faith shares a lot in common with the "She'll be Righters". Christians believe in the ultimate goodness of life! We also believe in the potential for 'good' that is in ourselves and in other people. We also believe that faith and work go hand in hand if we are to achieve 'salvation' - a favourable outcome. We go further to believe that in the ultimate scheme of things, "She'll be Right!" because a wise and loving God is with us.

Enough naval gazing....it's back to work.

Blessings on Us All.

RECOMMENDED READING

"The Places In Between"

Author: Rory Stewart

Rory Stewart gives a particularly memorable account of his experiences as he travelled on foot through the Afghanistan winter, with only an old dog for company. His recording of that fascinating journey in 2002 follows the route once taken by the Mogul Emperor Babin the Great during medieval times from Herat to Kabul.

Rory was impressed with the hospitality he received from Kurds, Shia Hazara, Punjabi, Christians, Sikhs, Brahmin, Buddhists among other cultures and religions as he made his journey. However, it was an extraordinary journey in some of the most politically unsettled and

geographically challenging parts of the world. The descriptions of the landscape, his encounters with the Afghans and the challenges of mere survival give the reader a very good insight into this hugely complex country. His knowledge of the extensive history of the country shared as he recounted his journey also contributed to a fascinating story.

It is so easy for us left behind in New Zealand not to even try to develop a real perception of places like Afghanistan. As we sit in our comfortable homes, live in safe environments and work in stable communities we have no real interest in just what it can be like living in extremes of climate, poverty and social structures.



Rory's descriptions of Afghanistan's various cultures having been at war with a diverse number of marauding foreign powers for over 25 years gives a far better understanding of the issues and dilemmas the people in Afghanistan face to regain political stability and a common citizenship. Through his vivid accounts of his experiences and images of the physical and economic impacts of the ongoing war, he makes everyone more aware of the issues the country is facing where suspicion and corruption continues to dominate such a magnificent landscape and its people.

DSO'S CORNER



Janine Burton
Deployment Services Officer
2nd Land Force Group

Firstly, I would like to welcome some more new "Bugle" readers. Our CRIB (NZ PRT) and also some minor Afghanistan missions are in the process of changeover which means that we welcome onboard new families and friends. I hope you will enjoy receiving our "Bugle" over the coming months as the missions' progress. We are all looking forward to receiving articles, photographs and messages to share with you all. The current CRIB mission have produced some wonderful articles – under the guidance of Padre Kev, who has done an outstanding job on our behalf, setting up the roster very early of who would be providing articles for each issue.

Kev — Thank you so very much for all your efforts! We have never been without something from you guys and always, always on time.

Thank you also to Commanding Officer LT COL John Boswell who has taken the time to write for every edition.

John, we have appreciated what you have provided us, keeping us with you on deployment and sharing the good and the not-so-good times. To you and the entire contingent, travel safe and we will see you home soon.

We had a brilliant set of family briefings a couple of weeks ago and met many of you. All briefing locations were very well attended, with Auckland being the largest of the four meetings. Accompanying me was the incoming Commanding Officer of the NZ PRT, LT COL Andrew Fox and Padre Ra Koia. It was a wonderful opportunity for us to meet you, and for families to have time with Andrew, who I'm sure we will hear from regularly through "The Bugle" pages over the coming months. As Padre, Ra will be a key player in my welfare network while the contingent is away and I know that many of our families enjoyed meeting him as well.

With this contingent now having completed their training and ready to depart NZ, those currently away will definitely be thinking of home. Not too many more sleeps now.

With the launch of the Homepage website a few weeks ago and now having "The Bugle" available on line we are able to offer you the opportunity to receive "The Bugle" electronically. If you would prefer the electronic copy, please email me and I will be able to send you the link every time we publish. If you do decide to take up this option, you won't be missing out on the "Army News", "Air Force News" or "Navy Today", because I will include the links to their latest editions as well.

We have also been out and about with the GYRO 9 (Timor-Leste) families in the past couple of weeks. While the turnout at the various locations wasn't huge, they were well worthwhile. Another huge

'Thank You' to WO1 Graham Sweetman for giving up yet another weekend to travel with me – you are a star! The contingent sent me hundreds of photos which I was able to put into a slideshow presentation. Many of the contingent featured, but some continue to be camera-shy! The slideshow has been cleared for us to share with families, so if you would like to borrow a copy to view, please get in contact. The disc is only playable via a computer; unfortunately I don't have the software to be able to convert it on to a version playable via a DVD player.

Finally, and very sadly, I share with you the news that Carol's husband passed away recently. She and their daughter Abbey were with him at home. We will continue to support Carol and Abbey in the weeks and months ahead as they begin again without Oz.



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.

GYRO 9 DVD

At the recent mid-tour briefings for GYRO 9, we were able to share a slideshow made up of photographs provided by the contingent of their deployment so far. We have loan copies available to those who weren't able to attend one of the venues, or for those who would like a second look.

NB: While the presentation is burned on to a DVD, the presentation is only playable via a computer.

To arrange a loan copy, please contact Janine on :
0800 683 77 327.

Deployment Guides CRIB 17

Deployment Guides are prepared for family members for each of the missions mounted out of the 2nd or 3rd Land Force Groups. For the contingent about to depart for Afghanistan, these guides were given to families at the briefings and forwarded out to Primary Next of Kin who were unable to attend at one of the briefing locations. These contain a lot of information to help you throughout the deployment including country information, and the mailing address.

If you do not have a copy but would like one, please contact Janine on:
0800 683 77 327 or
dso.linton@xtra.co.nz
to have a copy popped in the mail to you.

Would you rather receive your "Bugle" electronically?

Hopefully, many of our readers will have taken the opportunity to take a look at the new Homepage website which we launched a few months ago and was detailed in "The Bugle", edition 142:

www.homebase.mil.nz

"The Bugle" is now available on this website. If you would prefer to start receiving "The Bugle" electronically, each time it is published I can email out the link so you know that a new edition is available for viewing. You wouldn't miss out on the "Army News", "Air Force News" or "Navy Today" if you select this method of receiving your "Bugle", I would send the links for the latest issues of these publications too.

If you would prefer this method of receiving your "Bugle", please email Janine your request to be added to the electronic distribution list (dso.linton@xtra.co.nz)

THE NAVY COMMUNITY ORGANISATION

NZ Navy Carpool Scheme — North Shore City Council has been working with the NZ Navy in Devonport since early 2010 as part of a programme to reduce congestion on Lake Road during the road works and to encourage longer term behaviour change towards sustainable transport.

With 39,000 trips made along Lake Road every day, the road is struggling to cope with congestion, so the council wanted to showcase two programmes, Personal Journey Plans and carpooling, that could make it easier (and cheaper) for staff to get to and from work.

In July, a barbeque was held at Philomel to the programmes and 100 people registered their interest in participating. The Navy has since made a further commitment to support a carpooling scheme for staff, which will be implemented shortly. Sharing a ride is a great way to save money and reduce wear and tear on your car!

If you haven't already registered your interest in carpooling, but would like to find out more, please contact Michelle at michelle.anderson@northshorecity.govt.nz or phone 0272 161891.

Thanks to everyone who attended the Travel Smarter Sausage Sizzle.

The lucky prizewinner of the \$100 Shoe Science voucher was Merv Prince. Congratulations!

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.kidsline.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 3 LFG 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

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 and 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:

Linton—Janine Burton

Ph: 0800 683 77 327

Burnham—Carol Voyce

Ph: 0800 337 569

Community Services Officers:

Waiouru—Carolyn Hyland

Ph 06 387 5531

Trentham—Marie Lotz

Ph 04 527 5029

Linton—Lesley Clutterbuck

Ph: 06 351 9970

Burnham—Cherie Mansell

Ph 03 363 0322

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

DEPLOYMENT & ITS POSSIBLE EFFECTS



**Helen Hill, Contract Welfare Facilitator,
RNZAF Base Ohakea**

Deployment at some time during a military career is inevitable. Jo knew this when she married her husband Mark, six years ago. It was not until Mark came home one day to say that he is being deployed overseas for six months that Jo really started to realise that dealing with, and managing this, may be more difficult than she had first thought.

Mark had been away before but only on much shorter deployments and now that they have two girls, Sarah who is three and Nicky who is nine months, things were different.

The whole physical and emotional preparation for this deployment started at that moment. Mark had not even left yet but Jo started to feel anger, resentment and frustration. They started to argue with each other. Jo even found herself crying at TV shows or songs. She found it difficult to make decisions.

This was the beginning, a transition, a change in 'normal' routine and this change can be a primary cause of stress. Mark left for overseas, having completed his pre-deployment training and Jo felt initial relief that the pain of saying goodbye was over. She then felt guilt because of that relief ("does it mean I don't really love him?") and she had trouble sleeping

(or sometimes over-sleeping) was restless and irritable.

Jo and Mark thought initially that the children were probably too young to really understand why Dad was away, but Jo found that Sarah's behaviour changed and she felt she was not able to cope with her changing toddler's demands. She resented Mark again for being away and not being home to help. It did not help either that Jo imagined that Mark was having it easy – with only himself to look after.

The time went by slowly. Both Jo and Mark tried to make telephone contact as often as possible. Although it was great to hear his voice for the duration of the call, the space in between seemed strange and had to be filled with other things, it was the only way to get through it. The children drew pictures for daddy, Jo made a calendar that Sarah, and with a little help from Nicky, crossed out each day daddy was away.

Finally Mark came home. But after six months away it was no better, just another transition. Jo felt there was an initial uneasiness between them; there were more arguments and/or silences and a fear of sexual intimacy. Jo began to wonder if and when things would begin to settle back down.....

Nurturing strong relationships while separated by deployment can be difficult but not impossible. There is much written about the effects of deployment on all of the family members, this has just been a brief look from one point of view and highlighting some of the effects and emotions that you could experience.

You would not on your own; these feelings are normal under the circumstances and are well documented. Confidential help, support, information, referral to counselling (if needed) are readily available from the Welfare providers on Base. We are here to help.

Helen Hills is the Contract Welfare Facilitator at Base Ohakea. Toni Nicholson is currently on study work placement. Thank you Helen for a wonderful contribution to this edition. Janine.

PERSONAL MESSAGES

The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 21 October**. Please note: All "Bugle" messages are to be sent to Janine Burton, DSO Linton.



From In-Theatre

Hey my Boys

Well by the time you guys get this it will be the middle of the school holidays and it will only be 2 weeks and mum will be home for good. I am so looking forward to coming home and spending some quality time with you all. I have missed you all so very much and you have all grown up in so many ways and I'm sad that I have missed that, but when I get home we will be going camping in our caravan and having some family fun and I'm so looking forward to it. Love you heaps my boys, love mummy xxoo.

Mitchell

Well baby by the time you get to read this message you will be able to start counting down the sleeps until I get home. I am so proud of the way in which you have coped without me and the great work that you have done at school while I have been away. I have really missed all our big squeezes and snuggles over the last few months so we will have heaps to catch up on. I will have to remember to get you that surprise when I go shopping in Dubai. See you really soon, all my love Mumma B xoxo.

Mum, Dad, Trace & Paula

Thanks for being a great family couldn't ask for better. Thanks for your support, waking up @ unknown hours to talk and mail. XO.

To all our Family and Friends

I would just like to take this opportunity to thank all off those people that have helped us out over the last 6 months both back in NZ and over here, without your help, and assistance this trip would

not have been achievable. For those of you that have listened to me moan and groan either in person (sorry Rach) or via email, sent parcels (thanks Nana for the baking it was great, feel free to carry on when I get home lol, and Les the mags were great), sent emails and letters thank you, and for those that have helped Ruks out with the kids (thanks Mum the 2 weeks of school holidays were bliss), the yummy cooked meals, (thanks Sis), the beautiful baking (kids loved a change in their lunch boxes) the well organised welfare get together's or just some adult company (way to go the Whitelaw's, Fitz's and Alexander's) thank you all from the bottom of our hearts. God bless to you all. Love Nicky, Ruks, Jayden, Liam and Damon xxoo.

Nan & Buckle

Take care — will be summer soon so you can shake the winter blues. Love U.

To FC

Thanks for all your support over last few months, babe! Love you Fab BF xxx.

Sue Nitschke

Thanks for the parcels and thanks for the words of support throughout the tour.

Josh

Thank you for all the support that you have given Dad, Mitchell and me from afar. Your mature outlook on life means that I could depend on you to make sure that everything ran smoothly at home and I really appreciated it. Thank you for the small tasks you did for me when I needed more supplies and for making sure my care packages got sent. I am sorry that I

will not get to see you play any rugby this year, especially when you have had such a great season. See you soon big boy Love Mumma B xxx.

Dad

Happy Birthday, Love Me.

Mum and Dad

Well it won't be long and I will be back on NZ soil. The last six months have been an awesome experience, one that I am glad that I had the chance to do. Thanks for the beanies that you sent over for my students, I will get a photo of them wearing them before I leave. I have really missed you both and am looking forward to seeing you both. All my Love Basil xoxo.

Phil

Not long, have fun in the field ha ha, xox Lee.

MEME

Well Mum, as the end draws nearer I wanna thank you for all the gifts, support and aroha you've given me over the past 6 months. I'm so very grateful to have you and can't bloody wait to see you! It's been a great experience Mum but I'm almost ready to be home with all my whanau again. Looking forward to the party, Tumeke! This will be the last msg in here so hope this reaches you all well. Give a big kihi and cuddle to my baby sister and I'll see ya's real soon! Yeyah! Thinking of you always, your Bebe xxx.

Jamie

Well my tour is nearly over and I will be coming home to you very soon. By the time you get to read this I will be down to less than ten days before I leave the PRT for the last time. Not long till I am back

PERSONAL MESSAGES CONT'D...

with my family and friends in NZ. Keep up the good work, and look after you and my boys. Be with you soon Basil.

My Dad Mr Capper

Kia ora to my dad over in Sydney, the big smoke! Gee, not long to go now dad but still plenty more to do. I want to take this last opportunity to thank you for all your support over the last 6 months. Your emails, parcels and phone calls always cheered me up Dad, so thank you for that! I've taken good care of myself; I should also thank the guys/girls in my team as well. Looking forward to finally seeing your new house! Hope you're feeling better now, give my love to all the whanau. Oh, I picked up a present for you yesterday, you're gonna love it! Better head off but will see you soon ok. Look after yourself Dad, I will too. AROHANUI always, yours Bubee xox.

Mushroom

Not long till I am back on NZ soil and can get back to annoying you on a daily basis. Have missed our long conversations and lunch rendezvous. We will have to have a big catch up when I get home and maybe a few wines (and a couple of drinks) and I can show you my photos of my big adventure. Keep your head down and keep safe Basil.

My beautiful Niece, Mokoia

Hey my heart bubble! Hehe! Auntie knows you love that one. Lol. Hey baby, how have you been? How's school going? Are ya getting stuck in to the sports baby? Auntie can't wait to come back and spoil you! After we've been for our run of course, heh. Not long to go now huh, then we're off to Perth yahoo! Your Birthday is coming up too heart, hmmm I wonder what Auntie's got you? Give my Pepelioha cuddle and tell her that her mum's almost home! Did you

get Ngeru back? Well heart, be good at school, always try your hardest and have fun! Auntie loves and misses you SO MUCH! Tell Mum I'll see her soon. Thinking of you's Auntie Genna, MWah! Xxx.

Florence

When you needed me I wasn't there but my thoughts have always been with you. I really appreciate the care packages, letters, messages in the Bugle and the emails that you have sent me while I have been here. Your friendship means the world to me. See you soon my friend, Basil.

Dear Freya and Finlay

Was great to hear your voices the other day and to hear that you are both doing well and being good. I miss you heaps and heaps and one chippie, love Dad x x.

To my Pygmy Marmoset

Glad you are enjoying reading the Bugle. I love you and can't wait to see you x x. Speak soon Babe. R x x

Dear Dad, Sue, John, Polly, Johnnie, Mark, Wendy, Rachel and Alex

Having a great time and loving the job. Will write again soon. Keep her lit fae the Solomons. Rob (P.S the Green Army says hello).

Bud

Looking forward to visiting you on a flying carpet in November!! Hope that each day brings you new strength, and the spring weather is a source of warmth and hope. With much love, P&S xxxx.

Father and Pat

Thinking of you as you go through these difficult tests. We hope you are both recovered enough to be reading this in the comfort of your home. Much love from Patrick and Shairon xxx.

Jo Baird

I hope you are home in time to read this and that you have had a super tour in the Stan. Looking forward to catching up in a month or so. Patrick.

From Home

Hi Broph

The B & C will be chilled and waiting! Can't wait! Only a few weeks to go! We are all recovered from the OZ visitors and back in routine. Kiska and Jake are both doing fine and send a woofy greeting. We are SOooooo looking forward to your return. Much love, Jude xxx- and The Gang!

Hey James

Happy Birthday on 12 October. We will be thinking of you. Have a great day. Keep safe. It's always good to talk to you on phone. Love from Mum Dad, Chloe & Possum.

Hi Basil

Thanks for the emails and for thinking of us. We will long remember that hat!!! Look forward to your safe return and to catching up soon. Love Flo xx.

Dear Lawrence

On the countdown until your holiday visit and look forward to catching up with you both. As promised, the Croatia tablecloth and silver will be out, for some fine dining. Excited about the carpet too. Appreciate all the calls and wise words of wisdom. Thanks for everything from afar. Your support is priceless and appreciated more than you can imagine. Take care over there, Lots of love, Florence xxxx.

To Rock Star

Well not sure if you will get this before you leave, but we are looking forward to seeing you at the

PERSONAL MESSAGES CONT'D...

Airport. The kids have started counting down and we are all excited. The Kids look forward to hugs and kisses from you. They miss their Mum and I can't wait to see the smile on your face as you see them, that will be priceless, they have grown so much. So be safe and look after yourself and the others as your tour comes to an end. We love You! Flower.

SNO

Sir, I'm glad to see that SSgt Ruki removed herself as your Driver, after her own self assessment. She doesn't drive at home and you clearly know why. Just Kidding Nicky. Her hubby.

Mummy

Liam and I were on "What Now" with Dad, for a special (belated) Father's Day show, Damon was at the Whitelaw's house because it was an early start for us. Dad didn't get past the first stage but we had fun. We also went to the Rugby and I got my top signed by "SBW" and Brad Thorn and some other players from Canterbury. We had a really good time. Damon and Liam have been naughty but I have been good so I should get heaps of presents (only kidding mum), we have ALL been good, and we can't wait for you to get home to give you kisses and cuddles. I also can't wait because Dad still can't cook as well as you. We have started our count down now Mum, we are all getting excited cause we miss you and LOVE YOU. Pse be careful and we will see you soon Mummy. Jayden, Liam and Damon XXXOOO.

Hi Katie

Went to the update in Auckland. Timor-Leste looks beautiful. Saw your main accommodation too. Not long now before you leave. Can't wait to see you darling. Miss you heaps, love you tons & tons. Love always, Mum xxx. Mark and Mindy send their love too xx.

Hi Chassy

The deployment update was interesting, got to see where you live, work & play. We are looking forward to seeing you when you come home and to hear about what's been happening in your world. Haven't received any coffee yet (hint, hint). Love you – Mum, Dad, Brandon & Holly. PS: Happy 21st Birthday for 20 Nov!

Dear Pumba

Thanks so much for the flowers! You spoil your mum. We all miss you and look forward to your safe return. Love always, Mum x.

Kiaora "Gym"

The whanau are looking forward to your homecoming. Love you heaps from Mum, Choze & Dad.

Hey Smes

See you on the 8th! Baby girl, Tank & Smades.

Hi Les

Haven't had the coffee yet, but I will get around to trying it before you get home LOL!! Look forward to seeing you soon. Keep well and take care. Lady & Jerri!!

Happy Birthday Adam Sellars

About time you called your mum. Dad.

Have a wonderful birthday with your mates on the 17th Oct. Luv Mum, Dad, Chris, Steph & David.

A great briefing for us at Burnham Hamish. Keep up the good cheer – you are quite photogenic. Cheers Di & Ward.

Hi BDP

Hope you're having fun! Weather's getting warmer over here – the sun is actually shining; shock, horror! Things are starting to get back to normal here in Christchurch now. So glad the skype has been working for you to touch base.

Keep smiling, love T xx.

Hypo

Happy Birthday! I'll crack open a beer in your honour. Stay safe, Dad.

Hi Daniel

Hope you have a great birthday mate. Will be thinking of you! I'll have a beer for you dude. Take care and see you soon. Cheers, Mum xxx.

Hi ya Bro (Spoonboy)

Happy Birthday for the 8th! Lots of luv, Belle xxx.

Hello Geoffrey

Another enjoyable presentation! Hope you are well. Mum and Dad. Sam and Jumbo send their regards. Getting back to normal slowly. We actually see the sun now. Clean up well under way.

Hey Joel

Again another night at Burnham has been great - Can't wait to see you, the count down is on. Still shaking here but getting better. Loads of love, hugs and sloopy stuff. Mum Dad and The Rest xxxxxx.

Dear Lollymonster

All the crew is well & enjoying the school holidays. We are missing you heaps & are starting to count the sleeps. Baby Girl & Little Monsters.

T

Looking forward to you coming home. Time to relax for both of us. We have heaps to catch up on. Love B.

Goblin

Looking forward to wheels down. Travel safely. Luv Ya, Bumblebee.

Hi Nic

You will be counting the days until you are home again. Good to hear

PERSONAL MESSAGES CONT'D...

you phone and thank you for your messages and phone calls. Have a safe journey home. Love Nana & Granall xx.

Hi Dad

Only a couple more of these to go now!! Can't wait to have you home, we have so much to show you and can't wait to play with you again!! Miss you, Love Jeremy and Dominic.

Dear Kelvin

It finally seems that we are just about on the home stretch, can't wait to have you home again!! Keep up the good work, love ya heaps, Urvos.

Dear Craig

Hope you are settling in ok over there, thinking of you! - Sam,

Jeremy and Dominic.

Hi Kev

Another month flown by! Weather has been pretty bad, a lot happening around the country with floods and earthquakes. Hope this finds you well. Your time there is nearly over. Buddy has been sick, but on the mend now. Mallarie is fine, keeping busy. Andy working very long hours and looking pretty tired. Do take care and we'll look forward to seeing you soon!! Luv and Best Wishes Nige, Chris, Andy and Buddy!

Old S1

Greetings old rotund one! Congratulations on making it to your advanced age, not that it was ever in doubt as the rule is "Only the good die young" (I'm the

exception to that rule!). All is well here, hope same applies at your end, we're looking after your old office, only problem at present is that after the recent seismic events we asked DSS to strengthen your floor but the Earthquake Commission are baulking at paying as they reckon the weakening is historical – from about the time you arrived at 3 Log! See you on your RTNZ – with tan so I'm told?! Mori.

Happy Birthday for the 8th Oct – Old S1

Another year older! Poor thing! Holiday went well, loved Peru and highlight was the Igauzu falls in Argentina. Will show you the photos on your return! Hope you have a wonderful day on the 8th. We will all be thinking of you. Take care and see you soon. Christine.

TIMOR-LESTE — PHRASES IN TETUM

Practice these around the dinner table! You might like to use these in your letters!

Hello	Elo
Good morning	Bon dia
Good afternoon	Botarde
Good evening/good night	Bonoite
Goodbye	Hau ba lai or Adeus
See you later	Atelogu
See you tomorrow	Ate amanyá
Please	Favór ida
How are you?	Diak ka lai?
	Diak, obrigadu (m)
	Diak, obrigada (f)
Where are you going?	Ita ba nebee?
What is your name?	Ita nia naran saida?
My name is	Hau nia naran
What is this?	Nee saida?
Where do you live?	Ita hela iha nebee?
How far is it?	Dook ka lae?
Is it on the left/right?	Iha liman karuk/loos ka

Days of the Week:	
Monday	Sergunda
Tuesday	Tersa
Wednesday	Kuarta
Thursday	Kinta
Friday	Sesta
Saturday	Sabadu
Sunday	Dumingu
Months of the Year:	
January	Janeiru
February	Fevreiru
March	Marsu
April	Abril
May	Maiu
June	Junhu
July	Julhu
August	Agostu
September	Septembru
October	Otubru
November	Novembru
December	Dezrembru

DEPLOYMENT MAILING ADDRESSES



Letters and parcels (up to 1kg in weight) may be sent to deployed personnel at the following addresses, at internal NZ Post rates. When mailing your parcels, please retain the receipts given to you by your Post Shop so the item can be traced, if required. A green Customs sticker must be attached to any parcels, clearly stating the contents.

Remember to write **FORCES CONCESSION RATE** at the top of your envelope or parcel.

Afghanistan:

Regimental Number, Rank, Initials and Surname

Mission Name (e.g. NZPRT)

NZ NSE

Bagram Airbase

Afghanistan

C/- International Mail Centre

Auckland 2022



Israel (Op SCORIA):

Regimental Number, Rank, Initials and Surname

Observer Group Golan - Tiberias

C/- UNTSO HQ

Government House

PO Box 490 Jerusalem 91949

Israel

C/- International Mail Centre

Auckland 2022

Timor-Leste:

Regimental Number, Rank, Initials and Surname

Mission Name (e.g. TG GYRO 9, TG KAIHANGA)

NZ NSE

Timor-Leste

C/- International Mail Centre

Auckland 2022

Solomon Islands:

Regimental Number, Rank, Initials and Surname

Op RATA 2

P O Box 1965

Honiara

Solomon Islands

C/- International Mail Centre

Auckland 2022

Antarctica (Op ANTARCTICA):

(No requirement for "Forces Concession Rate")

Regimental Number, Rank, Initials and Surname

Op Antarctica

Antarctica New Zealand

Private Bag 4745

Christchurch Mail Centre

Christchurch 8140

Sinai (Op FARAD):

Regimental Number, Rank, Initials and Surname

NZ Contingent

Multinational Force and Observers

El Gorah, Sinai

PO Box 99000, Tel Aviv

Israel

C/- International Mail Centre

Auckland 2022

Other Deployment Locations:

(No requirement for "Forces Concession Rate")

Regimental Number, Rank, Initials and Surname

Mission Name (e.g. Op SUDDEN, TG KEA, TG IRON)

C/- DPSC

HQ JFNZ

Private Bag 900

Upper Hutt 5140

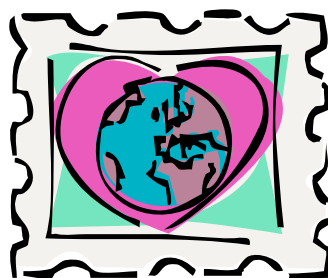
or 2 Seddul Bahr Road

Trentham

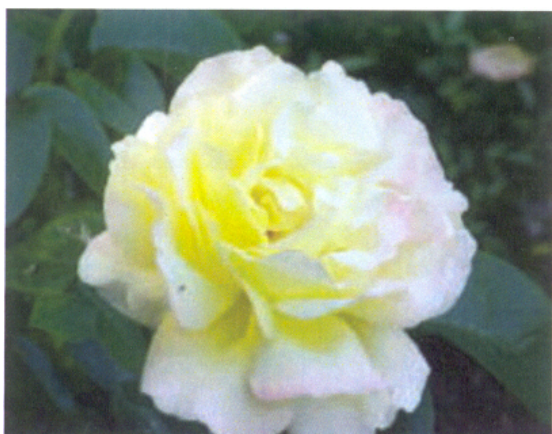
Upper Hutt 5018

A Postal Users Guide and Prohibited Items Brochure are available on the NZ Post website by going to their website at www.nzpost.co.nz and typing *Postal Users Guide* and *Prohibited Items Brochure* into the search box. These brochures give valuable information, such as what you can and cannot send, and how to best wrap your items.

Strong packaging is **essential** as these items pass through many hands, may get thrown around and have other items put on top of them. Attempts to send prohibited items may result in entire shipment being delayed as customs remove suspect items.



Rosa 'Peace'



Pease, perhaps the most famous rose of all, is revered for its perfection of bloom, as well as the courage and perseverance which finally led to its introduction in 1945, over five years after being shipped to freedom out of France in 1939.

The beautiful blooms, 45 petals of pale yellow tinged with pink, form a classic, 5-6 inch hybrid tea bloom. Blooms have a fruity scent, and last well as cut flowers.

Peace features thick canes covered with shiny, green foliage.

Francis Meilland, at the age of 23, hybridized this rose in 1935 in France, known at the time only as #3-35-40. In 1939, as war began to envelope Europe, shipments of the budwood were sent out of France, including one shipment to America in the last diplomatic pouch out of

Paris before Hitler's army marched on the city. For over five years, communication was difficult, and the Meilland family had no knowledge of whether their rose had actually survived. Survive it did.

Conrad Pyle, to commemorate the end of World War II, christened the rose 'Peace.' The rose was introduced formally in Pasadena the day Berlin fell on April 29, 1945. A shining example of the ability of humans to persevere even in the worst of circumstances and a signal of the beginning of a new era. To plant 'Peace' in your garden is to plant a legacy of remembrance and history.

The hope was that the 'Peace' rose would influence men's thoughts for everlasting world Peace. In 1945 forty nine delegations of the United Nations were presented with a single bloom of Peace.

Talk, Listen, Connect

Sesame Street, in partnership with WAL-MART, has recently produced a booklet and DVD on "Helping Families During Military Deployments". This kit is designed to help military families cope with feelings, challenges and concerns experienced during various phases of pre-deployment, deployment, and homecoming. The kit also includes a child's activity poster.

While this package has been created with American families in mind, there is much similarity in our approaches to Deployment Support Services. We all experience the same questions, and the same feelings throughout the deployment cycle.

The kit is aimed at children 3-5 years of age. The DVD shows Elmo and his parents preparing for Elmo's Dad to be deployed. The characters discuss feelings, exchange keepsakes and reviews the reasons why Elmo can't go too.

The DVD presentation moves through the cycle of deployment right up to anticipating reunions. Elmo describes being 'excited in a funny way' going on to say his tummy is doing flip-flops!

Loan copies are available from the DSO in Burnham or Linton, or you can download the package from www.sesameworkshop.org.

Well worth a look!

