

THE BUGLE

Issue 145 | November 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:

Children in Timor-Leste face a better future thanks to an increase in security, stability and peace.

GUEST EDITORIAL



There is lots of excitement in households around the country and a real buzz in the air. Many of our families are anticipating the safe return of loved ones from deployment in Timor-Leste, Solomon Islands, Sinai and other locations.

Their return marks the end of a job well done, a chance to reintegrate into family life and ultimately back into the Units from where they left. It is a time of change, sometimes presenting a few challenges along the way. It is important to remember that each deployment is different and each reunion is too. Bad experiences don't always repeat themselves!

Our Deployment Support team have been fortunate to share in many airport reunions in what is a special time for families, friends and loved ones. We have also been fortunate to learn from the experiences of others and share their wisdom and expertise on reunions, with you.

Reunions can bring feelings of excitement, anticipation and anxiety. Things have changed – those at home have become more independent, developed new friendships and skills, new routines, financial freedom and even sole control of the TV remote! Those deployed have changed too, even though they may be reluctant to admit it. They have experienced life in a new land, with new people and like you, have experienced times of loneliness, frustrations and joy. – Whichever side of the fence you have been on during this

deployment, the experience will have made you a richer person for it – although at times this maybe hard to acknowledge.

The key to successful reunions is communication. Many of you will have made plans for holidays, family times and the celebration of special occasions. Coming home is an emotional time and adjustment takes time too. Those returning may need a little gentle guidance in a household where routines have changed, children have grown and everything seems a little different. Avoid getting into the "who had it worse debate." The truth of the matter is that the separation has been difficult for all of you.

Have realistic expectations. Readjusting to home and work life is a process not an event! How long this process takes differs for everyone. If things don't quite go to plan, then discuss them. Ignoring them won't solve the problem and can lead to resentment and argument. Our experience shows that in fact deployments can actually enrich relationships. Give praise where it is due. Just remember that if the going does get tough, we are still here for you and only a phone call away.

Be aware that homecomings do attract the attention of the media and while we acknowledge that this is a special private time, the arrival is in a public arrivals hall and we cannot prevent their presence. You are under no obligation to talk with the media if you are approached. There will be Military personnel in attendance representing our Units, so feel free to ask them for support and guidance if needed.

Wishing you all the happiest of reunions. Kind regards.

Carol Voyce

Deployment Services Officer,
3rd Land Force Group.
(Editor— "The Bugle")

POSTCARD FROM SCOTT BASE



The 2010/2011 Defence Force Scott Base team— L to R: LCPL Marcus Good, Lt Cdr David Washer, LWT Chewie Jamieson, SGT Danny Marama, LCPL Mark Gilliver, SGT Gid Wych, LAC Malina Opo, SPR Conrad Smith.

LT CDR David Washer

The Scott Base element of Operation Antarctica arrived in theatre on 30 September after two-and-a-half weeks of pre deployment training in Christchurch with our civilian counterparts. This

included one week of intensive fire-fighting training.

Once we arrived in Antarctica we had two more weeks of training. This included two days of Antarctic Field training in temperatures down to minus 30 degrees. We learned how to look after ourselves and how to keep safe in the harsh climate.

On 7 October four members of a Light Engineering Team arrived to undertake tasking at McMurdo, the United States base on Ross Island. Normally they would be accommodated at McMurdo but this year, because of a shortage of accommodation there, they are living at Scott Base with their fellow Kiwis.

The Defence Force team is joining in with the many recreational activities available here, and taking

the opportunity to explore the stunning scenery on the doorstep of Scott Base and beyond. Most have already seen Weddell seals lying near a split in the sea ice just a 15 minute walk from Scott Base.



There are many more sights to see and while we have a busy work schedule, there are good opportunities to enjoy them—particularly in the evening with longer daylight hours. Soon we will be reporting from the land of the midnight sun!

MAORI TV SEEKS ANZAC STORIES

Do you have a personal story about something that happened to you or someone in your family relating to WWI, WWII or other conflicts? Maori Television is looking for personal stories involving New Zealanders that can be made into short articles as part of their 2011 Anzac Day broadcast. Maori TV's Anzac Day programme features a number of small personal stories which are pre-recorded, about people's experiences in wartime. They may be funny, sad, heroic, different or unusual. Stories will be treated with respect and will be told as the owner would wish — and they will be forever archived by being recorded and stored for both broadcast and historic purposes. The team are researching these right now.

Email: carmel@jtt.co.nz or carmel.jennings@maoritelevision.com

ADVENTURE

Adventure isn't hanging on a rope off the side of a mountain.

Adventure is an attitude that we must apply to the day-to-day obstacles of life —

Facing new challenges, seizing new opportunities, testing our resources against the unknown and in the process -

Discovering our own unique potential.

(John Amatt)

FOREIGN CORRESPONDENTS

NEWS AND VIEWS

Including: Bagram Fun Run to Remember the Fallen
Battle of El Alamein Commemoration
Hi again from Bamyan
Melbourne Cup Day in Bamyan
A final Bom Dia from Timor-Leste

BAGRAM FUN RUN TO REMEMBER THE FALLEN

SSGT K. Spence

On 30 October 2010, on a crisp 3°C morning in Bagram Air Force Base (BAF), the NZ NSE Team (with a squatter from the hill - Captain Liz Pearson), competed in a Fun Run organised by TF Wolverine dedicated to the brave soldiers who have given their lives for Operation Enduring Freedom. This was especially poignant for the NZ Team as fellow New Zealander, Lt Tim O'Donnell, was one of the fallen remembered. The Team were high spirited, despite the early start to the day, and even donned some Kiwi temporary tattoos on their faces.



Mov Op providing a helping hand

The run attracted around 200 Wolverine personnel and kicked off at 0600hrs. Corporal Emma Roche was the victim of a bet between NZ LO – Major Jonty Berry and a US

counterpart on who would win the run. Corporal Roche had a blinding performance being the first female home, and 5th overall in a blistering time of 22 minutes. Alas, she was beaten by the US runner but it was later discovered he was an ex US Duathlon Olympian.

All participants received a T-shirt commemorating the run, complete with the names of the TF Wolverine fallen on the reverse side. Amongst the fun and high spirits of the event, we also took the time to reflect on the sacrifices made, especially by LT O'Donnell, and we were all glad we could participate in an event which recognises the honour and integrity with which these people served.

BATTLE OF EL ALAMEIN COMMEMORATION

**SSGT Mike Dale, Ops Instr
Force Training Team (NZTAT)
OP FARAD**

21st of October 2010 saw 10 members of NZCON, OP FARAD, plus the Force Commander MFO, travel from the Sinai to El Alamein, Egypt for the 68th Battle of El Alamein commemoration.

After completing the 10 hours journey by road from virtually one side of Egypt to the other, in a patrol that seemed to rival one of the LRDG's own, and conducting several resections in Alexandria en-route, the party arrived intact.

The next day, prior to the Commonwealth rehearsals, WO1 Tony Wright led a tour of the El Alamein battlefield. This certainly helped put the occasion in perspective especially when the vast open featureless terrain was viewed first hand; albeit from the paved road given the fact that the area still remains littered with UXO and landmines. Although parts of El



Participants after the run with their new T-shirts

FOREIGN CORRESPONDENTS CONT'D...

Alamein have progressed with modern building developments, the historic railway station, sadly fallen into disrepair, and wider desert area particularly those features such as Ruweisat Ridge, Position Snipe and Kidney Ridge (actually a hollow) remain unchanged.



NZCON members along with AUSCON, Force Commander MFO and UK veterans assembled for a group photo at the Commonwealth Cemetery, El Alamein.

For the ceremony itself, the Cataflague Guard was an ANZAC effort and NZCON personnel filled several other parade appointments. The ceremony, although simple, certainly held significance for all those present. The rows of graves representing all the Commonwealth soldiers who gave their lives is a fitting and poignant reminder of the sacrifices made by so many young men so far from home. The Adjutant, CAPT James Field, gave a moving eulogy to the New Zealand Contingent after the main service and a Haka was performed in front of the New Zealand graves being seen as a fitting way to remember our heritage and to end the days commemorations. For those of RNZIR members attending, El Alamein anniversary was a particularly poignant way to spend Infantry Corps Day.

HI AGAIN FROM BAMYAN

LT COL Andrew Fox
CRIB 17, Afghanistan

As you have (hopefully) heard from your loved ones we are now well

into our stride with all of the team putting in some pretty long hours to get things underway and routines established. The weather while still fine is starting to cool with every morning for the next two weeks predicted to be around -3 degrees or less. The locals are telling us to expect snow on the ground from the end of the month so everyone is working hard to get the little things prepared that will help out when it does arrive. Obviously we can't afford to slow our operations regardless of the weather. Our Malaysian friends have arrived from the heat of Kuala Lumpur and are finding it a little hard to adjust to as you would expect. I think some of them are wearing all of their cold weather gear already!

The teams out in the forward operation bases have been doing a great job as well, getting out and about in their areas and establishing the key contacts that will help them over the remainder of the tour. I was lucky enough to get up and visit everyone in the northeast area of operations recently. It was pleasing to see how well they have settled into their roles and the progress they have made in the region. We are enjoying some great support from our allies and the odd helicopter lift up a mountain certainly beats walking.

Thank you again for all your support so far, the looks on the faces when the mail plane arrives have been priceless. E-mail has been a great way to keep in touch, but as Janine highlighted during our pre-deployment family briefings, nothing quite beats the feeling of getting a letter (or parcel). It really has been much appreciated.

While we (and no doubt you) have faced our challenges so far, it is worth noting that we are already a month into the tour. We are realising that time is passing fast

and we have limited time to achieve some of the results we want to over here. Everyone is missing home and more importantly families, but there remains a real need for us here working with the people of Afghanistan and the international community to make a difference.

Without doubt Bamyán is a better place already because of the achievements of your loved ones, you can be justifiably proud of the work they are doing here. It has been reflected in the comments of the village elders I have talked to as well as on a provincial level. Within the country, Bamyán is recognised as a real success story because of the efforts of previous rotations. Our challenge is to continue to build on that reputation and leave our own legacy here for the people of the area. I have no hesitation in guaranteeing that this team is up to the task.

Until next time, take care. We will continue to do the same and look after each other here.

MELBOURNE CUP DAY IN BAMYAN

CPO Steve Clarke

All in all, an action packed very enjoyable afternoon in Barmy Bamyán

Melbourne Cup day is a big event back home, so to give us a taste of home after being away for a month, the UPF entertainments committee, headed by CAPT Liz Pearson, sought to make an afternoon of entertainment, not to mention an opportunity to make some money for the UPF.

FOREIGN CORRESPONDENTS CONT'D...

Festivities commenced with the locally employed civilians (LECs) demonstrating a peculiar local sport named bozkashi, a game to which the details are not for the faint hearted. Let's call it polo on donkeys. The donkeys were 11 fine specimens hired from the locals who eagerly looked on from behind the wire ensuring there was no ill treatment.

The opening kiwi event, the spandex 100, was a quick sprint which saw some interesting attire (or lack of) worn. LCPL Bush 'Streaked' to an early lead and took out the prize of 1 doz redbulls. Surprising competition was provided by SQN LDR Stephen Hall coming in a close third behind CPL Carmichael.

The next event saw another game of Bozkashi, however, this time the competition was fierce between the Kiwis and the US.

Victory went to the Kiwis thanks to the scoring play of PTE Manu Smith.

The next slower paced race was the Bamyán Hog back sprint. Another close competition which was taken out by the workshops team thanks to LCPL Douglas and SGT Adam King who won their team the prize of a bottle of Watties Tomato Sauce. The photographic evidence indicates the race was not the cleanest...

Another game of the Bozkashi was played with no conclusive result as the donkeys had to save their energy for the impending 'big race'. To lighten the mood, a fashion parade was held on the catwalk. Needless to say, the prize for artistic expression was taken out by Capt Ellen Ford...

UNFORTUNATELY the limelight was taken away from her by a rather revealing (and frightening) display from CPL Teague (deliberately not pictured).



FOREIGN CORRESPONDENTS CONT'D...



Then came the big event, the excitement was growing, especially between the donkeys. The donkeys were auctioned off to the eight different teams by auctioneer (and MC for the day) LCPL (Rats) Rattray. There was some obvious inside knowledge passed on through the locals as a couple of donkeys in particular were tussled over and sold for substantially more than others. Interesting donkey names were selected which made the commentary from Rats all the more entertaining. The eight teams jockeys and the steeds formed up on the start line....

The Engineers got off to a cracking start, however, there were mumblings of race fixing due to the obvious assistance given by the LECs, not to mention interference to the other teams.

However, there was no protest siren sounded, so no enquiry was entered into. The result being a clear cut victory to none other than the races namesake, SGT Melbourne, as he took an early lead with an already victorious grin.

Second place went to the Supply team jockeyed by LCPL Ngamo, closely followed by the KT3 jockeyed by PTE Boyd. The engraved wooden spoon was

presented to the Ops/Comms teams disappointed Jockey who trotted in a distant last place.

All in all, an action packed very enjoyable afternoon in Barmy Bamyar. An enjoyable outdoor meal was put on by the cooks, the locals got a free show and those

who invested wisely were rewarded, as was the UPF.

The jubilant Engineering team pictured below (with the LECs who were clearly part of the winning team deserving of just as much credit... if not more).



A great day had by all!

FOREIGN CORRESPONDENTS CONT'D...

A FINAL BOM DIA FROM TIMOR-LESTE

**Major Halsall, OC OP GYRO 9
(and part of 10)**

At the time of writing this article we have been in Timor some 25 weeks, or for those of you who like to be more specific some 15,065,520 seconds. This means it is only just over 1,340,876 seconds, or two weeks, until we arrive back in New Zealand – not that we are counting.

To be honest the deployment has gone quickly for most, but I can appreciate that for those members of the contingent who have had to carry out the same role for the full tour, and have little respite, that this may not be the case. Yes, we all knew that we were going to be away from May to November and that we would miss our loved ones and friends, however, the reality did not hit home until about three months into the deployment. 16,406,396 seconds is a long time.

Apart from the operational tasks such as; guarding facilities and camps, patrolling, training for public disorder, keeping on top of our marksmanship principles, visiting large American boats or One More Bar, flying about in various types of helicopter and winning military skills competitions, what have been the most memorable occurrences during this multi-million second deployment? I will not dwell on the outcome of the 4x4 versus goat story, the side effects of squatting with heavy weights, the self-inflicted wounds, the Top Gun remake, the Skype fetish that resulted in hospitalisation, or the lesson on dolphin stroking as these maybe taken out of context. I can assure you, you don't want me to go into any more detail.

You may recall, as reported in earlier editions of "The Bugle", the two occasions when members of

the contingent conducted patrols to Cova Lima. This district is where members of the NZ Defence Force served during the period 1999-2002. Both these patrols conducted "hearts and minds" tasks, interacting with the local communities, making some old acquaintances from the BATT days and visited the memorials to our fallen comrades. They were a highlight for those that conducted them. A chance to see the real Timor, experience the friendly disposition of the people and understand the affiliation they have with New Zealanders.

The first of these patrols left Dili in July. Six members of the contingent travelled for nearly 10 hours over some of the most "interesting" roads in Timor to Tilomar, the location of Private Leonard Manning's memorial. Leonard was killed in action on 24 July 2000 whilst taking part in a patrol close to the Indonesian border. On the 10th anniversary of his death a commemorative service was held at the old Bravo Company Forward Operating Base. In addition to our six soldiers, 14 VIPs and over a dozen UN and Timorese police officers were in attendance. It was an honour for everyone to be involved and we will not forget the most memorable and emotional eulogy read by Corporal Daniel Hapuku, he had been in the same company as Leonard at the time of

his death.

On the second trip to Cova Lima, Captain Ange Sutton lead a patrol from the Combat Service Support Team to the area. Their aim was to spruce up all the memorials that had been dedicated to NZ soldiers during the BATT days. In addition to conducting this maintenance, the team completely renovated the Kiwi Statue built by BATT6 in the centre of Suai, the main town in the area. Once again this takes pride of place and continues to remind the locals of NZ's close relationship with the region. The hospitality shown by the locals was fantastic and helped to make the trip a great experience.

As you would probably expect during our tour, we had our fair share of visitors who were all enthusiastic to see what we were up to and boost morale. We were keen to dispel the rumour that it was not all work in Timor – in fact we do take the occasional 10 minute break every other month. Our visitors included; the Associate Minister of Defence (The Honourable Heather Roy), Miss New Zealand (Cody Yerkovich), the Chief of the Defence Force (Lieutenant General Mateparae) and more recently Commander Joint Forces (Air Vice-Marshal Stockwell). Needless to say there were plenty of volunteers to assist with Cody's visit and she had so much fun being chaperoned about

by strapping young men that she stayed an extra three days. As they say "it is a hard life but someone had to do it." I must say I kept well away as I did not want to cramp the young guys' style. I don't mean to sound as if we did not welcome the other visitors with open arms, we did, but Cody had a certain "*je ne sais quai*"



CPL Hapuku's Eulogy

FOREIGN CORRESPONDENTS CONT'D...



Powhiri

that was difficult to beat.

Over the last six-months there has been one constant theme running throughout Kiwi Lines - that is a winning streak. We seemed to beat the Aussies at whatever sport they challenged us to. The Little Bledisloe Cup was one of the sports trophies we would regularly play for and win. The inter-camp volleyball and rugby league competitions were also others. It was at the rugby that CPL Oltaches made her mark on one unfortunate opponent – after tackling her he came away with a broken shoulder and bruised pride. Sergeant Kev Packer, in his usual diplomatic way, suggested at half-time that the Aussies should order a supply of “*Harden Up*” pills and needed to take four, twice daily, for the next month. The list of our sporting triumphs is endless, and to mention them all would be boastful, but they included; hand-ball, non-stop cricket, Tiddly Winks, swimming the Comoro River, ice skating, pole-vaulting, lacrosse, curling, free diving and Scrabble.

Under the Padre's tutelage many of us had the opportunity, though

humbling, to visit some of the local schools and orphanages. Many of these have had a long standing relationship with either NZ or Australia and have been well supported over the years. However, some of the others are a sorry sight. The children at one particular orphanage, St Bakhita's, can sing our National Anthem in both Maori and English and can perform an almost faultless haka. Despite all our help most have very little food, no running water or sanitation and often no electricity. The things we all take for granted. I only hope that these experiences have made us all realise how lucky we are to be living in NZ and that going without, does not mean having to wait a month for the latest product from Apple. 41% of the Timorese population live below the poverty line. When you understand that the poverty line sits at \$1.00 per day it really hits home. It never failed to astonish me how happy and generous the Timorese people are, despite the fact, they have almost nothing to give.

There have been numerous other events that warrant inclusion in this article but in the interest of brevity, and because I have to go and Skype Cody to get an update on how Miss World went, I have had to leave them out. However, you will

be pleased to note that once you have read this paragraph you will be 253 seconds closer to re-uniting with your husband, wife, partner, boyfriend, girlfriend, son, daughter, aunt, uncle, nephew, niece, brother, sister, than you were when you started the article. Before you know it we will be home, like a tornado upsetting the apple cart and regaling all our war stories. Within a week you will wish we were all back at work and will find yourself logging on to the Joint Forces website to see which of the Defence Forces' future deployments require “volunteers”. Please try to be patient, I am sure we will have all changed in some way, hopefully for the better, and I know it maybe an interesting and exciting few days following our reunions.

Finally, a thank you for the support you have shown the contingent over the last six-months. A particular mention must go to Trish for sending a 2kg bag of Jet Planes for the trip home; we were all looking forward to these until the Padre's sugar craving got the better of him! Revenge is sweet (pun intended) as he has to face the dentist drill next week for root canal surgery.

I hope you all have a Merry Christmas and Happy New Year.



CSST at the Suai Kiwi

CHAPLAIN'S PEN — FROM ABROAD

Chaplain Hamish Kirk, GYRO 9

As readers should well know by now, much that is written in the Bugle is only loosely based on the truth. GYRO 9 is about to RTNZ (Return to New Zealand). Now this bit is true, subject to volcanic eruptions and the mechanic at the Air Force base putting the spark plugs in the right way around.

So far so good. In preparation to RTNZ, I gave a wee talk (22min 17sec) on how one might prepare for our reunions. Having heard one soldier over here say, *"The Padre says it's alright to stroke dolphins but not children"*, a thorough misquote I might add, I remain unconvinced that the message has sunk in. There is not enough space here to retell the *Parable of the Dolphins*, so ask your RTNZed Per (Returned to New Zealand Person). They should remember! It should be obvious to readers that I am writing to appeal to the better looking and intelligent half left holding the fort at home! The golden rule of deployment is that everyone has changed. Everyone, those who went, and those who stayed behind. It's a case of managing the reunions.

Firstly, within a couple of weeks upon RTNZ, it is natural, normal, ordinary, expected, that RTNZed Per might experience an emotional dip, a wee ebb in their demeanor. This does not mean that they now find you boring, or the kids boring, or home boring, or whatever it maybe boring! It is merely a symptom of adjusting to a major change in life from deployment back to home. If your RTNZed Per experiences a big dip – as you judge it – then the two of you seek help. The NZDF has a lot of resources to call on and you have already paid for them in your taxes so you might as well use them!

Secondly, we talked about the following dialogue – WARNING – this does not have a happy ending.

Male Soldier: *"I am sitting in the plane and it is the last fifteen minutes of the flight, almost home. It's been a good deployment. Neat bunch of guys. Mum did it hard*

while I was away, she certainly missed me. She will be down there waiting, and Dad, probably Nana and Pop too. I am so looking forward to a bit of freedom. I haven't had a beer for six months – nor a woman. Some of the boys are going down town, should be a real big night. Meet the olds at the Airport, dump the bags at home, a quick shower, then all meet down at the Garrison Club for pre-town drinks. Awesome."

Mum: *"My boy will be landing soon. He is really a man now. We are so proud of him. I have cooked all his favourite things for him tonight. Everyone will be there. Nan and Pop. The Aunts and Uncles. About 15 people all up. What a lot of work – cooking, fitting them all in. They are all coming out to the Airport to welcome home my boy. What a huge night. We haven't had a family occasion like this for years. I hope he is not too tired, I know I am..."*

Told you it doesn't have a happy ending! Imagine if it was Male Soldier and Wife! I can feel you males grimacing, lowering your eyes, and sinking down in your chair even as you read this – yes, it could be pretty ugly. If you have not heard from your about to be RTNZed Per by now and talked through your hopes and dreams for the first handful of days post-deployment, then take the initiative and do so. The easy solution to the scenario above – have the clan around a day or two after RTNZ. Or better still, because both the folk at home and the RTNZed Per will be rather tired, make the gathering a week later. As far as the young soldier off down town the first night back home – well you can't put an old head on young shoulders!

We also talked about intimacy and other related things – I bet you can guess where the conversation went. The folk over here have lived like nuns (apologies to any nuns who read this) for six months, and the folk at home have done the same. During the last few months of deployment there would have been much dreaming. Being a family magazine there are only two

things I can add. The HQ HOLDEN (Hope Our Luck Does Not End Now) Stationwagon parked in the airport car park was designed for carrying shopping and lengths of plywood, not for procreation, though apparently (so they tell me) it is technically possible. And LOVE is spelt T I M E.

Take your time.

To the families and friends of those deployed on GYRO 9, thank you for your support, prayers and good wishes. The short passage below reflects something of the good work of Kiwi's over the last 10 years in Timor Leste, it also gives a hint of what God expects from us:

ISAIAH 58:6-11

Is this not the kind of worship I have chosen; to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

Is it not to share your food with the hungry and to provide the poor wanderer with shelter – when you see the naked, to cloth them and not to turn away from your own flesh and blood?

Then your light will break forth like the dawn, and your healing will quickly appear, then your righteousness will go before you and the glory of the Lord will be your rear guard.. Then you will call and the Lord will answer, you will cry for help and he will say, "Here am I."

If you do away with the yoke of oppression, with the pointing finger and malicious talk and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness and your night will become like the noonday.

The Lord will guide you always; he will satisfy your needs in a sun scorched land and will strengthen your frame. You will be like a well watered garden, like a spring whose water never fails. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Street Dwellings. Ate Logo.

CHAPLAIN'S PEN — FROM HOME



SIX MONTHS AFTER GYRO 8

Padre Mike Baker
RNZAF Base Woodbourne

Having returned from Timor-Leste six months ago, I can honestly say... I've got the T-shirt, I've got the medals and I've got the memories. While it was good to come home after being away from New Zealand for half a year, I was surprised to find myself struggling at times to adjust to my return. This was my first deployment, so I was a novice when it came to knowing what to expect.

Life was different on deployment. There was the tropical heat, the monotony of the work-routine, the familiarity of the contingency, the near claustrophobia of living in a compound environment, but there was also the excitement of going on patrols, the joy of getting to know a new culture and new people, feeling that you were really contributing to something that mattered, and the daily admiration of how people made-do with significantly less than what we had back home. Looking back, there was an intensity to daily life that I sometimes miss now.

On the FET prior to our return, the psychologists warned us about the possible adjustment issues we could face, and we were all given booklets to read. However, in the anticipation of coming home most things went in one ear and out the other and the booklet I received remained unread on my bedside table (sound familiar?).

Adjusting back to normality in New Zealand has not made me a 'raving nut-case'... (though others may beg to differ)... yet, in subtle ways I was affected – probably most of all in the first two months on return. I had to readjust to a different environment and a different community of people around me. There were moments when I had to face the paradox that while I was glad to be home, to be back in familiar territory and back to my normal life, wife and job – it did not feel as familiar as what I had left behind in Timor. I had got into a different routine that unconsciously felt right. Home sometimes felt a little unreal.

I had lost weight and immediately felt the chill on arriving back to a wet Christchurch Airport. Over the next two weeks, my body craved the heat of the tropics. Even though we had cursed the heat as we acclimatised to Timor, I hadn't realised how much I would have to reacclimatise to a Kiwi winter.

I was a bit forgetful when I came back. I would get up in the morning and not know what to do. Also, I have to smile now (but it was embarrassing at the time) because my wife would say to me – as I gazed off into the distance not making much conversation – “Earth to Michael... are you there?” After this had happened on a few occasions she started saying to me “Are you still in Timor? ... Please come back!!”

During the first few days, everyone wanted to hear about how the deployment went and what Timor-Leste was like. This encouraged me to get out the lap-top and go through my digital photos. I was disappointed when people were happy just to see a few snap-shots, while I still wanted to show them the other five hundred “really interesting” photos. By the second

week everyone seemed to actively avoid asking me about Timor!

Things that helped:

- * It helped to talk and be honest with those closest to me about my little struggles, to admit in a humorous and light-hearted way how I was feeling;
- * It helped to maintain some semblance of a routine that included some exercise (though not to be rigid about it);
- * It reaped amazing benefits when I gave time over to listening to my wife and the children describe how things were for them;
- * It was really important to take some time after deployment for a holiday. I am glad that I took three weeks. I don't think anything less would have helped me to adjust as well. It was also good to spend some of that time away from home, so that we could reacquaint ourselves on neutral territory;
- * It was important to be gentle on myself (and others) and gracefully accept those small irritating adjustment difficulties.... especially the frustration, the forgetfulness and my pathological need to show my endless photos.

If you have just returned to New Zealand – or will so in the near future – I hope your transition goes without any major hassles. But if, like me, you do find yourself experiencing some frustrations, remember that it is normal, it's OK, and it will pass. Take things easy, keep communicating with your partner or spouse... and if things persist then take it up with a Psych or a Padre (because they get paid to sort this stuff out)... or perhaps someone you respect who has been on deployment several times.

And to all of you – Have a Happy and Safe Christmas!

Images from

New Zealand Defence Force

Service Personnel – making a difference worldwide

2011 CALENDAR

A 3 LFG Deployment Support Services initiative
kindly sponsored by

Weft Knitting Co.

The 3rd Land Force Group, Burnham Military Camp, has been the mounting formation for a number of overseas deployments this past year. New Zealand Defence Force Service Personnel (Navy, Army, Air Force) have deployed on fourteen operational missions, which include Afghanistan, Antarctica, Timor-Leste, Korea, Sinai, Sudan and the Solomon Islands. Their role varies in each location but overall they have made a huge commitment to improving security and stability, and contributing towards project identification and reconstruction activities. Our soldiers have won the "hearts and minds" of many local communities and are highly respected for their contributions worldwide.

This calendar offers a glimpse of the many locals they have met and helped along the way and an insight into the lives of our service personnel in distant lands.

Weft Knitting Co. has sponsored this calendar in support of the role of New Zealand Defence Force Service Personnel who have deployed worldwide in the past year.

Weft is a clothing supplier to the New Zealand Army and has for many years donated humanitarian aid to children in Afghanistan and other third world countries.

Images for this calendar were chosen from those submitted by deployed service personnel and their families and is a 3rd Land Force Group Deployment Support Services initiative, kindly sponsored for the sixth year by Weft Knitting Co., Christchurch.

Submissions for this annual calendar are welcome and may be sent to the sponsor, Weft Knitting Co. Ltd, P.O. Box 7012, Christchurch. For photograph specifications, please refer to www.weft.co.nz under the "Charity" heading before submitting your photographs.

Enquiries to Carol Voyce, Deployment Services Officer, Burnham.

Calendars may be ordered from:

Carol Voyce, Deployment Services Officer, Burnham Regional Support Centre, C/- Powles Road, Burnham Military Camp, Burnham 7600, Christchurch

Name:

Address:

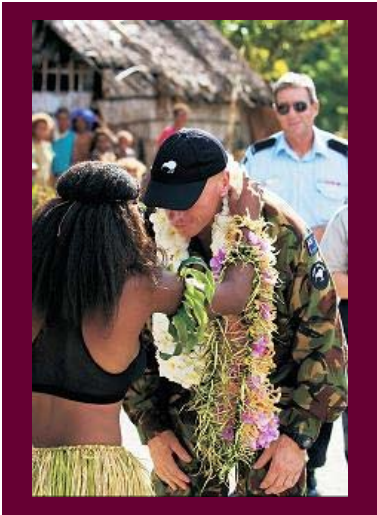
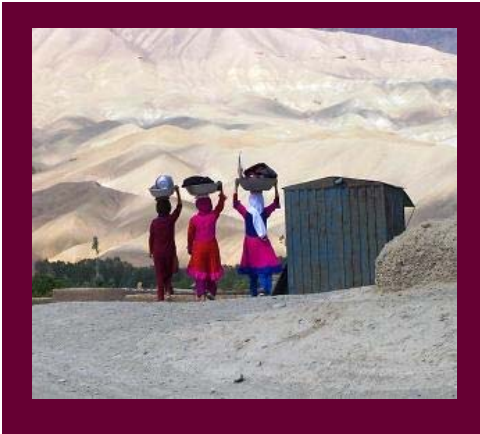
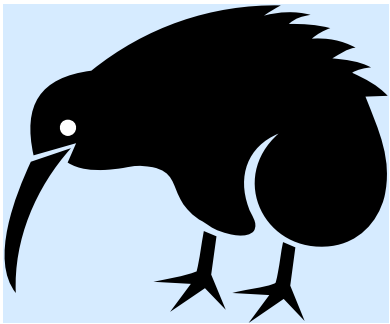
.....Postcode:

No. of copies @ \$10.00 each

Amount enclosed:

All orders must be accompanied by payment. Cheques payable to: Burnham Camp UPF Fund. Orders must be received no later than 10 December 2010. **N.B: Early orders are advised. This is a limited edition calendar.**

New Zealand Defence Force Service Personnel —making a difference



FOR YOUR INFO....

Going on Holiday? / Moving House?

Please remember to keep us in the loop! If you are going away on holiday, either within New Zealand or overseas be sure to let us know. In the rare event of an emergency, precious time can be lost trying to contact Primary Next of Kin (PNOK) away from the usual work or home base.

We need to make sure that our database details are always current and would very much appreciate notification of any changes that may occur. Please contact the DSO.

Mail

For those families who send mail to deployment locations through DPSC, Trentham, please note that the last date for sending mail onwards is Monday 20th December 2010. Any mail that is received there after 10.00 am on that day will not be sent until 10th January 2011.

Deployment Guides

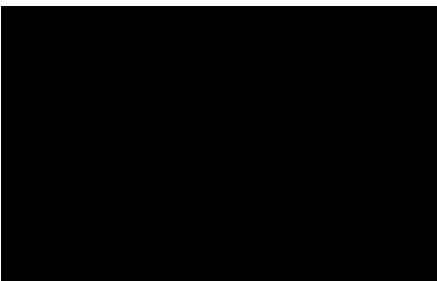
Deployment Guides are prepared for family members for each of the missions mounted out of the 2nd or 3rd Land Force Groups. For the contingents about to depart for the Solomon Islands and Timor-Leste, these guides were given to families at the briefings and forwarded out to Primary Next of Kin who were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

If you do not have a copy but would like one, please contact your DSO – Carol or Janine to have a copy popped in the mail to you.

RTNZ GYRO 9

Further to last issue, when we were able to provide the date we expect

the current deployment in Timor-Leste to return to New Zealand, we are now able to provide some additional information and timings as follows.



Family members are reminded that for security purposes, please not to 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 – Janine and Carol will be able to keep you updated on arrival times and suggest you ring mid-afternoon on 27 November to confirm arrival into Christchurch International Airport.

Please note that access to RNZAF Base Ohakea has been upgraded. Anyone entering Ohakea without an access card is required to park at the entrance to Base and the driver will be requested to provide photographic identification, e.g. dependants pass, driver's licence, passport, etc, to security guards before being allowed to proceed. Security will provide directions to families for parking and where they can farewell/greet deployed family members.



“The Bugle”

Bumper Christmas Issue

The deadline for contributions/personal messages for the last “Bugle” for 2010 is

Thursday 2 December

This issue will be printed on 9 December.

We look forward to your many festive personal messages and contributions from home and abroad.

All contributions should be sent to

Carol Voyce or
Janine Burton

Contact details on the inside front cover.



HELPING YOUR CHILD COPE DURING DEPLOYMENT

Regardless of the duration of a deployment, some children may experience difficulty adjusting to life whilst their parent is away. The following points offer a few simple tips to assist you in helping your children cope effectively during this time.

- ♦ Allow children to communicate openly and honestly about their feelings with regard to the deployment.
- ♦ Stock up on paper, paints, crayons and anything else your children like to play with.
- ♦ For older children, suggest they create journals or write about school, sports or other hobbies and communicate via e-mail or regular mail.
- ♦ With assistance, consider allowing your children to create videotapes. Children could read a book, perform a play, sing songs or just tape regular daily routines.
- ♦ Use maps, calendars, paper chains or jellybeans in a jar to help younger children visualise the location and length of the deployment.
- ♦ Consider hanging a map on the wall. When your partner deploys use markers to follow the route of their journey. You could also use a corkboard to hang pictures, letters and other souvenirs.



UPCOMING EVENTS

5 DECEMBER

CHILDREN'S CHRISTMAS PARTY



Wellington Defence Area — Open to all NZDF Military and Civilian Families in the Wellington Area. Enquiries to Marie Lotz Community Services Officer 04 527 5029

Sunday 5 December 11am-2 pm Davis Field

8 DECEMBER

TWILIGHT CHRISTMAS GALA

Wednesday 8 December, 4.30pm—7.30pm, Community Centre, Fryberg Road, Burnham Camp Housing Area (Opposite Four Square Supermarket)

All families associated with current deployments are invited to join with the local Burnham community for a little pre Christmas festive cheer. A variety of free children's rides, entertainment, ice creams and food will be on offer. Arrive anytime that suits your commitments, but meet briefly in the Community Centre (Hall 2) at 6pm for a quick update from deployment locations and return to the fun. Father Christmas arrives at 6.30pm. Look forward to seeing you all. Enquiries: Carol Voyce, DSO: 363 0421 or Cherie Mansell, CSO: 363 0322.

11 DECEMBER

LINTON FAMILY DAY

Date: Saturday 11 December
Time: 11.00am to 3.00pm
Location: Behind the Community Centre



All the rides and attractions are free.

Santa will be attending so if parents want their children to receive a gift on the day, these are to be to the value of no more than \$10, wrapped and clearly named. Please drop your gift in to your "home" unit or alternatively to Lesley Clutterbuck at the Community Centre, on Friday 10 December.

15 DECEMBER

BURNHAM CAMP CHRISTMAS CAROL SERVICE

Wednesday, 15 December

The Christmas Carol Service, Burnham Military Camp, will be held at the All Saints Garrison Church on Wednesday, 15 December, at 7.00 pm. All welcome.

DSO'S CORNER



Carol Voyce

Deployment Services Officer
3rd Land Force Group
Editor "The Bugle"

Greetings to you all! I hope these past weeks have gone well for you all.

It seems that we are already having that mad rush upon us, that the end of every year brings. I had the pleasure to join with Janine for the family briefing in Burnham for the next rotation to Timor- Leste and to appreciate the excellent country brief given by WO1 Graham Sweetman. The following weekend SGT B.J. King and I met with families in Burnham and Auckland for the briefings for those associated with the Solomon Islands deployment. Again "our" families were able to benefit from the information given, on the day-to-day lives of those abroad and have a little understanding of their roles and responsibilities while away. We know from experience that those families who take the time to attend pre-deployment briefings have a greater understanding of the pending deployments, know how to navigate the system, and have had the chance to meet with key personnel who are able to help them along the way. What a transformation from the nervous face that arrives

to the happy cheery smiles that leave - it is all about peace of mind!! I look forward to meeting with many of you again and some new faces at the airport departures. Be sure to sign the banners if you have not already or phone me with your messages. They already look great!

Our next issue of "The Bugle" will be the last for 2010. Traditionally the Christmas edition is a bumper one, full of colour and festive greetings from near and far! The format will change slightly but we look forward to receiving all your personal messages to include in our publication. Be sure to send your messages in by 2 December

Thanks you to those who have already contributed to our OPERATION CHRISTMAS CARD. There is a steady flow of cards arriving in the office and I have enjoyed admiring the efforts that so many people, especially children, have put into colouring, decorating and making the cards look very festive. Some people have designed their own or made small Christmas decorations. There seems an abundance of glitter and cotton wool and many a felt pen run dry - I am sure! All cards will be split between all the current deployment locations and will be winging their way to appreciative Kiwi tri-service personnel in the near future.

If you haven't got your cards in yet, or managed to collect ones you distributed, it would be great to get these back by Monday 21 November at the very latest!! Cards are so much appreciated by the lucky recipients but we need your help to make this the best ever OPERATION CHRISTMAS CARD.

You will see our Deployment Calendar advertised in this issue. This 3 LFG project would never be possible without the continued and

generous support of Hugh Douglas, Managing Director of Weft Knitting Co. (Check out his great range of knitwear in a stockist near you or visit his website www.weft.co.nz). Hugh is one of those rare individuals who has a huge charitable heart - I can't think of a better way to describe him!! He has supported the publication of this calendar for many years now and a complimentary copy goes to all service personnel who have deployed over this past year. Extra copies generate a little income which will be given to a deployment location who identify a worthy project or cause. If you would like to order a calendar, our stock is limited so best to put your order in soon to avoid disappointment.

Janine and I will be getting together at the end of the month for a planning day and to reassess the services and supports we offer to you, and to look at some feedback of how we have done, how we could do better and to develop some new initiatives to help you all along the way. If you have any suggestions or comments you would like us to look at, please email us with your thoughts - we are committed to offering you the very best, and if we can lighten the load a little, then we surely will try!

No doubt many of you will soon be busy with exams, prize-givings, school concerts and Christmas shopping. Others will be welcoming loved ones home from deployments, so the month ahead is surely going to speed by!

Make sure you take extra special care of yourself and remember we are only a phone call away if the going gets tough!

Look forward to catching up next month.

Kind regards.

DSO'S CORNER CONT'D...



Janine Burton
Deployment Services Officer
2nd Land Force Group

My new emailing address has caused a few headaches – especially as I had asked for returns for a couple of things using my old address before it had to be changed – but mostly when family members had issues with the email delivery, either rang or used my NZDF address. Thank you all for your patience, it has been appreciated.

We are sliding very quickly down the slippery slope to the end of the year and frantically trying to tie up a number of things. By publication date we will be close to farewelling the next contingent to Timor-Leste and very shortly after that, the Solomon Island deployment will depart for their tour. Carol and I are still in a period of hand-over, well hand-back really, and the final round of briefings I held for her was for the GYRO 10 deployment over the last weekend in October. We met lots of new (to us) families in Auckland, Linton and Burnham and look forward to interacting with you over the coming months.

At this point I would like to thank Graham Sweetman again for giving up his weekend to travel with me to present the country briefs – you are a star!

Likewise, Carol held the family briefings for the RATA 2(14)

deployment and I know that she had excellent turnouts at both the Burnham and Auckland locations. The idea behind the briefings is to provide information and to start our relationship with families; it is easier for families to make that important phone call if you have already met the person you need to ring late at night or on the weekends!

My special project for CRIB is progressing well at time of writing, and I am aiming that by the time you are reading this it will be on its way. Thank you to everyone who participated, it has been fun.

What's coming up next?

Well, as already said, we have two missions about to depart and one to welcome home. I know that there are some very excited families counting down days (or sleeps)

until we welcome home the GYRO 9 contingent from Timor-Leste. Details for the arrival – dates and times – are included in the For Your Info section, but please keep in touch with Carol on 27 November with regards the arrival of the aircraft into Christchurch.

Carol and I will be spending a day towards the end of the month working on consolidating what we have done this year and what is in store for us for 2011. After that we will have one more Bugle to get out – the bumper Christmas edition!, so remember the deadline, but suggest you get your messages in to us as soon as you can. After that, there will be a couple of Christmas activities – dinners, etc. The year has gone by very quickly; a few weeks leave over the Christmas/New Year period, and then we get to do it all over again next year.

RECOMMENDED READING



The Kite Runner

Author: Khaled Hosseini
Publisher: Riverhead Books

"The Kite Runner" is the first novel by Afghan-American author Khaled Hosseini. Published in 2003, it is the first novel published in English by an author from Afghanistan.

"The Kite Runner" tells the story of Amir, a well-to-do Pashtun boy from the Wazir Akbar Khan district of Kabul, who is haunted by the guilt of betraying his childhood friend Hassan, the son of his father's Hazara servant. The story is set against a backdrop of tumultuous events, from the fall of the monarchy in Afghanistan through the Soviet invasion, the mass exodus of refugees to Pakistan and the United States and the Taliban regime.

COMMUNICATING WITH E-MAIL

E-mail is convenient, fast and inexpensive, which makes it a great way to stay in touch during a deployment but because e-mail is instantaneous, it's also possible to click the "send" button and have some regrets.



Sharing information and good communication is important. Keeping one another involved is the key, but tact and timing are everything. Life during a deployment will have its up's and downs. If you share only the good days, your deployed partner may start wondering what you are hiding - but consider how what you write or say will affect them so far from home and unable to help.

What would you rather receive:

Dear John,

I can't believe you're not here. I really need you. How could you do this to me? Everything is awful, there is water all over the floor, I still can't start the car, and I can't find Max. If I let you in the house when you get back, you are so going to owe me big time.

Sincerely,

Jane

If you wait 24 hours, when often a solution is in sight, or the problem resolved, your emotional state may be calmer too!

Try this:

My Dear Husband,

You would not believe the last few days. The washing machine exploded all over the laundry room and kitchen. Don't worry, I borrowed the neighbour's wet/dry vacuum cleaner and called the tradesman. The kitchen floor has never been cleaner.

The car must have been in cahoots with the washing machine as it refused to start yesterday morning. After circling it for 15 minutes and placing a few well-aimed kicks, I remembered that Sue's husband is a mechanic in Transport. Turns out it was just a loose battery cable. I went to find Max and somewhere between the exploding washing machine and the car not starting our dog disappeared. I finally found him fast asleep under all the blankets on our bed. I overlooked the lump a few times. Thankfully he didn't take any bones in there! All is calm today. I look forward to hearing how *your* Monday was.

Love always,

Jane

Keeping in touch — the key to good relationships

Letters from Home



During deployment, communication from home can be the biggest morale builder service personnel receive. Keeping in contact from some overseas destinations can be hard work, often requiring immense patience and tenacity, however, such contact can mean the difference, both for those at home and those overseas, between coping well during the separation or coping poorly.

Although e-mail offers speed and easy access for most people, it lacks the sentimental touch of a handwritten letter. Letters also have several advantages over a phone call. Not only are they cheaper, they can be more intimate, more varied and creative and allows you the time to deal appropriately with any problems. Committing yourself to paper may mean a more rational, thoughtful and balanced approach. You can take your time and seek advice. Here are some tips for good deployment communication.

- ✱ After only a few weeks of separation it may be difficult to find fresh and interesting ideas for your letters. Try to write about the little things in your day-to-day life. Relay news of the neighbourhood, friends and relatives.
- ✱ Not only is it essential for you to stay in touch with your loved one during a deployment, it is vital for your children. If you have children and they can write, have them enclose notes in your letters or perhaps they could even use separate envelopes. Younger children could include pictures. Have your partner write separate letters to the children rather than a joint letter.
- ✱ Write often, if this is difficult, supplement with cards.
- ✱ Overseas mail is prone to delays, expect this: Be sure that if you are sending a package for a special occasion to mail it so it has plenty of time to arrive.
- ✱ Date and number each letter. If more than one letter is received at once, the receiver will know which one was written first, also, it helps to know if all of your mail arrives.
- ✱ Use the mail system to full advantage. It is a means of sending a lot of different items that communicate that you care. Put thought into what is special for your loved one, perhaps they would love to be kept up to date with footy scores or others may enjoy pamper/care packages full of their favourite bathroom products (moisturiser, shower gel, shampoo, etc). Send audio or video tapes if they can be played. Add newspaper articles, cartoons, artwork or the book you have just read and of course, send lots of photos.

Source: National Welfare Co-ordination Centre, Australia — Newsletter July 2004

ASKING FOR HELP



Claudia Baker
RNZAF Base Woodbourne

Some of us find it easy to ask for help, but for many, asking for help is NOT an easy thing to do at all. I have found this, in particular, in the military environment. I have often heard the phrases, "Oh, I don't want to attract any attention to myself" or "It might affect my/my partner's career, they might think I can't handle things."

Are you finding it difficult to ask for help? Do perhaps these myths keep you stuck.

Myth: It makes us look vulnerable.

Truth: Asking for help creates an atmosphere of **empowerment**. It communicates to others that, while you may not have the answers, you are willing to find them and make things better.

Myth: Holding things in and keeping personal issues under wraps keeps us secure.

Truth: In reality, not allowing yourself to be "known" keeps you socially isolated, and therefore, insecure. When you seek the counsel of others, you will not only connect with them, but you'll also realize that you are not alone in your struggle.

Myth: It bothers others, they don't want to be burdened with your stuff.

Truth: Doing it all can do you in. Being too self-sufficient can create stress levels that tip your physical, emotional and spiritual scales, and this can burden people around you much more than a simple asking for a bit of help. Ever thought that asking for help gives others the opportunity to give, which consequently will lift them? Think about how you felt when you helped someone...

Myth: Successful people never ask for help.

Truth: Actually, successful individuals will tell you that the key to success is knowing your strengths and weaknesses. Learning how to delegate, asking for help, and letting others show you the way are part of the plan. Successful people are driven and motivated – and when the going gets tough, the tough ask for help!

Myth: I am a giver, I don't like it when others help me. I'll be OK.

Truth: Before long, you'll come to realize that you not only need, but deserve a helping hand every now and then! With practice, you'll learn to be comfortable when others help you.

Whether you are on deployment or the one left at home, there are people all around you to help. In theatres as well as at the home Camps and Bases, Chaplains are available for you. For all dependants at home, there are Welfare Facilitators, Community Services Officers, or Deployment Services Officers, as listed next to this article, who are there for you, always willing to give a helping hand, give a listening ear and support any time. Don't be afraid to pick up the phone or pay a visit. You will never be a burden – we have chosen to be there for you!

A dependant who dared to ask me for help once, gave me a thank you present with these words on:



It doesn't matter where you
go in life, what you do, or
how much you have...It's who
you have beside you!

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

PERSONAL MESSAGES



The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 2 December**. Please note: All "Bugle" messages are to be sent to Janine Burton, DSO Linton or Carol Voyce, DSO Burnham.

SPREAD SOME CHRISTMAS CHEER WORLDWIDE

From In-Theatre

To Krull

Pa tells me you have been out scoping the waves with him, digging those monster holes to bury your stick and trying a little surfing of your own. Ma wishes she was there enjoying the sun and surf too. Has Vincent been good company for Pa? Not too sure about his mates though, that he insists on bringing home. What you do think? Heard they just make themselves at home all the time now. Watch yourself or you will be spending more time in the dog box. Lots of love Ma xxxxx.

Hey My Darling

You are always in my thoughts. Nanny is good at keeping me up to date with what you've been up too and the new things you're learning. They always make me laugh. Miss you more, love always, Mama xx.

To My Darlings

I love and miss you all soooo much. Thanks for all the lovely letters you have sent to your daddy, I love them all. Thank you baby for taking care of our darlings, I appreciate all your efforts and miss you so much. To all the touch team deployed or at home civil or military "Soft Touches Hard", Soft Touches represent From the NAI.

Hi Babe

Well we are almost there!!! Hopefully when you read this message I should be almost... if not, home safe with you! I just want to take this opportunity to say a big thank you to you, for your love and support while I have been away from you and the girls, I know it hasn't always been easy for you, but I will be home to give you a

much deserved break...I look forward to being reunited soon, Love always... Me x.

To my Tia and Reagan

Hi girls... I look forward to seeing you both at the airport and spending time at the beach. See you real soon, Love always... Daddy x.

Freya and Finlay

I miss you guys heaps and can't wait to see you when I get home. Thanks for the great message last month and I'm looking forward to a chat on the phone really soon. Love Dad x x.

Darling PM

I hope you got your message in on time this month x x x. I love you loads and am counting the days!! R x x.

To Everyone Back Home

Hope you are all well and that the weather isn't too cold? Looking forward to some more letters and maybe some more Nambarrie teabags! At this rate the 160 I have already received will run out 3 months after I get back to NZ. Speak soon, love Rob.

From Home

Hi Jamie

Well, the first month has gone right before my eyes! Only five to go! I'm very proud of you and will be anxiously waiting your return home safely to me. I am keeping busy training and am looking forward to our future together down south..finally! Bring on Hawaii baby. Love and miss you lots, your girl Margot xoxo.

Kia ora Kath

We are all missing you so much here; it has been oh so quiet. We hope and pray that you are well and that it is all you believed it would be. Nani and Shahid doing so well at Cricket. Nani in the Tiffen development team, me, just more of the same really. Our love to you and our prayers to you all as you navigate through all the difficulties that may arise. God Bless you and keep, God make His countenance to shine upon you, and give you peace. Lots of love, Kirst, Khaliq and whanau xxxxx.

Hi Kath

Great to hear from you and to know you are well and settled. Thanks for your words of encouragement. Take care over there, Carol.

Happy Birthday MJC

Hope you have a good day on the 18th. We'll be thinking of you. Missing you as always, with love, Lizzie and Bcat.

Dear Craig

Missing you every day - it can get quite lonely around here without the constant noise of you playing RockBand, hehehe. Stay safe, I love you very very much. Becca

Kathryn Spence

As the days zoom by and that horrible big birthday starts looming, I am so glad that you are miles away from me so you cannot pay me back - although flowers would be nice. Missing our little chats and our big debates. Have not had a chance to check out home comd yet to see if he is recovering. Bad me - fire me!! Well this was just a small contribution to let you know that I am still alive and surviving the turmoils of work. Hair dye stocks are going to be very low for a

PERSONAL MESSAGES CONT'D...

while!! You still need to send me your Christmas list too! Until next time. WW.

Dear Jay

It's good that we can start to count down, we are both doing good. Jaz is slowly settling into Day Care, soon she will be making a network of friends. We both think about you everyday that goes by. We very much look forward to seeing you home and spending time with you while we go away on the upcoming trips. Exciting, eehhh, Jaz - will have lots of new developments to show you when you come. Am sure you're counting down to your upcoming holidays in December not long. Keep safe, Lots of Love and kisses Sara and Jaz the bear.

Papa Ants

Hey buzzy!! Hope Afghanistan is treating you well! We are all well back here. I'm back at work after 8 months maternity leave, so it's a shock to the system - the days seem so much longer now. Tahu Potiki has settled quickly into Day Care which is a load off my mind. Maraki has to attend after school care now which he isn't impressed

about lol, he would much prefer Mum picking him up after school every day. Miss Peara just goes with the flow, she is so cruisey. The kids talk all the time about 'how old will I be when Papa Ants gets back', 'we haven't seen Papa Ants for ages', 'what would Papa Ants be doing now?'. They miss you heaps, as do us all. They are busting at the seams for Rarotonga, they know exactly when they're going and what they're going for - they are excited as! Well you take care, love you long time. Tarn, Pele, Maraki, Peara & Tahu Potiki xox.

Hey Shane

Thinking of you heaps, Can't wait for March next year! It will still be summer and we can visit friends and have BBQ's.. We have so much to look forward to after this, and the rest of our lives to spend together. Love you heaps x Rob x.

Hi Jason

All is well here and a lot is changing.....Hope all is well and you are getting your parcels. Love Me.

BOUQUET

SGT B.J. King

On behalf of the many families associated with the upcoming deployment to the Solomon Islands, I would like to extend our grateful thanks for your huge contribution to our briefing road show. Your expertise was appreciated by us all. *Carol and PNOK OP RATA.*

Christmas Personal Messages

The next issue of "The Bugle" will be our final one for the year, and will, of course, be heavily focussed on Christmas and final messages for 2010. This is always a special edition and we are expecting a lot of messages from home and overseas.

Please get your messages in early - deadline is:

2 December

MAIL MATTERS

By far, the majority of calls the DSOs receive is in connection with mail. Some of the matters we are often asked about are answered below:

Clearance: Currently mail is cleared from the International Mail Centre between one and three times each week:

- ♦ Timor-Leste and Sinai mail is cleared Tuesday, Thursday and Saturday
- ♦ Solomon Islands is cleared Tuesday and Thursday
- ♦ Afghanistan is cleared on Thursdays

Delivery is between 5-7 days in the case of locations such as Timor-Leste, or up to 3-4 weeks to reach its destination in Afghanistan.

Tracking is achieved for a mail bag but not individual items contained within. So if we are tracking a piece of mail, we will estimate what bag we believe the mail is in and track the bag. So it is very important that we know where and when you have posted your piece of mail if we need to try to locate it. Keep receipts and copies of customs stickers.

"Exploding" or leaking items, especially liquids sent into deployment locations continues to cause issues in that at times, entire bags have been destroyed by shampoo! So if sending liquids, please wrap, wrap and wrap again.

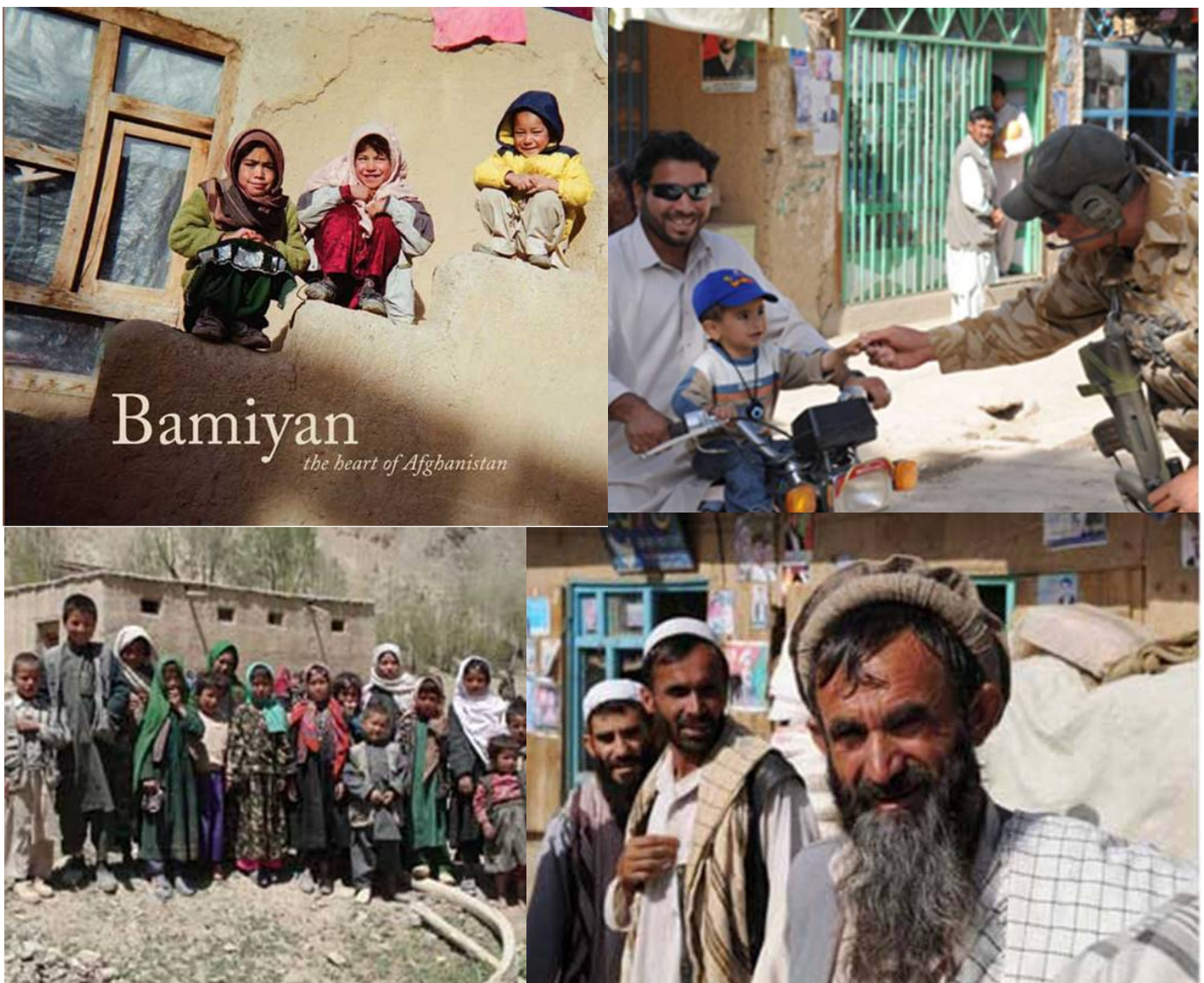
BAMIYAN—THE HEART OF AFGHANISTAN

Pataka Museum has produced a book of the Bamiyan exhibition they held earlier this year which featured a large number of photographs by Air Force photographer SGT Chris Weissenborn.

DCG has limited numbers of this book for sale at a cost of \$25 incl GST, each. If you would like to buy a copy, please contact Ally Clelland - ally.clelland@nzdf.mil.nz. Please make cheques payable to Pataka Museum. Orders close on 22 November.

Relive the experience, savour the images of the people of Bamiyan, recall the history of the region, review the scenic sights and historic sites, drool over SGT Chris Weissenborn's remarkable panoramic images, revisit the work of the NZ Provincial Reconstruction Team, enjoy the children's artwork, savour again the photographs of Pedram Pirnia and ponder the words and thoughts of the local interviewees.

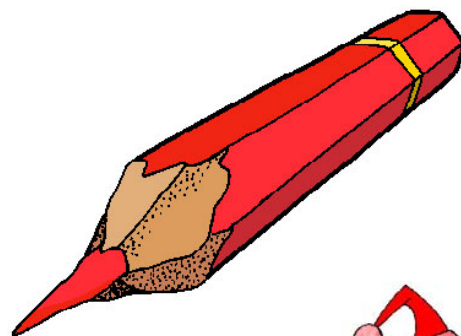
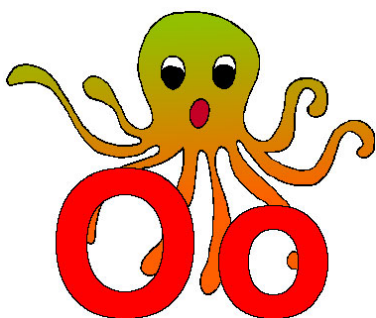
Every aspect of the stimulating exhibition that was visited by over 60,000 people is encompassed in the book. Buy your copy now and celebrate the memory of the exhibition and Porirua's Friendly City relationship with Bamiyan.



This full colour, 204 page book with its beautiful page layouts of virtually all the images from the recent Bamiyan exhibition is an absolute stunner!

Deployment Activity Book for Children

If you would like a copy of this Activity Book for Children, please contact Carol Voyce or Janine Burton (DSO's), (contact details on the inside cover) or use the form below



Form to be sent to: Carol Voyce, Deployment Services Officer, Burnham Regional Support Centre,
Powles Road, Burnham Military Camp, Burnham 7600, Christchurch
or email dso.cso@xtra.co.nz

Name:

Address:

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Postcode:

No of copies: