

THE BUGLE

Issue 147 | January 2011



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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.

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

Contributions co-ordinated by:
Janine Burton and Carol Voyce

Contact Information

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

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

Disclaimer

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

Cover Photo:

In traditional Māori piupiu (flax cloak and kilt) with tāmoko (facial tattoo), SGT Jason 'Whare' Wharewera of the RNZMP wields a traditional Māori weapon 'Pouwhēnua' or 'Long staff'. 'Whare' issues a traditional 'wero' (challenge) to the incoming NZ Commander, Multi-National Force and Observers, El Gorah, Sinai, during the Change of Command parade. SGT Wharewera is of Asian and Māori descent and proudly displays his Māori heritage

GUEST EDITORIAL

Two New Zealand Defence Force personnel were named as recipients of the New Zealand Distinguished Service Decoration in the 2011 New Year's Honours:

Major Suzanne Lynn Carter (pictured)
Royal New Zealand Nursing Corps

Warrant Officer Donald Napier
Royal New Zealand Air Force

The New Zealand Distinguished Service Decoration recognises distinguished military service by regular, territorial and reserve members of the New Zealand Defence Force, including command and leadership and service in an operational environment, or in support of operations.



Citations

Major Suzanne Lynn Carter, Royal New Zealand Nursing Corps: Major Carter (then in the rank of Captain), deployed to Afghanistan in August 2009 as the Nursing Officer with the New Zealand Provincial Reconstruction Team. Early in her deployment, she learned about the poor conditions for women in Bamiyan prison, some of whom had young babies with them and others who were pregnant. She also learned about the lack of basic resources, such as nappies and clothing for children, who were patients or were receiving treatment at the Bamiyan Provincial Hospital. She initiated a project known as 'Bamiyan Babies'. As a result of her fundraising activities, she was able to co-ordinate the distribution of basic needs, such as clothing, heating, baby food and basic medical care for the women in prison and their children. She instituted a process to locally manufacture modern re-usable nappies, which also provided a business opportunity for the local women. She also arranged for the recruitment of a child health specialist at Bamiyan Hospital to address the gap in basic mother-craft skills and made arrangements for the salary of this person to be met for the first 12 months, by private charitable donations. Her efforts resulted in the Bamiyan government agreeing to provide monthly medical clinics at the prison and to consider the development of a more suitable separate women's compound within a new prison currently under construction.

Warrant Officer Donald Napier, Royal New Zealand Air Force: Warrant Officer Napier is the first Flight Commander of the New Zealand Defence Force Information Technology Academy (NZDFITA). The academy was set up to train and provide personnel on operational deployments with the skills and capabilities of building, maintaining and enhancing large-scale server-based networks and to standardise training for such capability across the Defence Force. His close association with Information Technology began when he developed the training which changed the RNZAF Telecommunications trade to the Communication and Information Systems (CIS) trade; he also developed a generic computer training curriculum to provide CIS personnel with the skills to establish full office computer desktop functions on deployable domain-based networks. This experience made him a natural choice to be tasked with establishing and running an academy to deliver a commercially sourced training and certification system for Defence Force personnel. The first course graduated in February 2008 and since then, the NZDFITA has trained personnel at a fraction of the cost of an external agency, achieving an almost 100 percent success rate. Such personnel are providing enhanced capability for the NZDF. They are also essential for the provision of deployed secure advanced domain-based networks, which play an increasingly important part in exercises and operations.

FOREIGN CORRESPONDENTS

NEWS AND VIEWS

Including:

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NEW ZEALAND SOLDIERS BRING A LITTLE BIT OF CHRISTMAS TO AFGHANISTAN ORPHANAGE

Captain Kelvin McMillan,
Logistics Officer,
New Zealand Provincial
Reconstruction Team, (NZPRT)
Bamyan, Afghanistan

On the 15th of December, a small group of New Zealand and American Soldiers brought a little bit of Christmas to an Orphanage on the outskirts of Bamyan Township in the central highlands of Afghanistan.

The orphanage is home to approximately 50 children of all ages, and receives little to no

funding from outside resources to support the children that it cares for. Within an environment where winter temperatures often fall well into the negatives, the children are ill equipped and clothed to deal with the harshness of the winter months.

Padre Ra Koia, a Chaplain within the New Zealand Defence Force, has taken the lead in ensuring that this orphanage and the children within it are not forgotten. Making regular visits every few weeks, he ensures that they have what is needed to make their life a little easier. What we take for granted within our own home environment, such as warm clothing and good footwear, are often the exact items that these children are in desperate

need of. In a country torn apart by decades of warfare and conflict, it is the children that have truly suffered. It is the children that will be the future leaders of this country, and it is within the children where some of the biggest investment and development gains can be made.

The children of Bamyan province have grown up in the presence of the New Zealand Provincial Reconstruction Team, and driving through the Bamyan province it is the children who give the biggest smiles and waves as the Kiwi Patrols pass by. It was no different as our small patrol from Kiwi Base arrived at the orphanage. We were met at the gates by an entourage of excited children with large smiles all wanting to shake our hands. Although the sun was out, the temperature was just above zero, and one of the first things that I noticed was the fact that many of the children were running around in bare feet.

The children's excitement only grew as they realised that our vehicles contained boxes and boxes of goodies and presents. Communication through the language barrier proved problematic, but the language of giving and generosity was very easy to comprehend. Once inside the compound, we proceeded to hand out the boxes of clothing, blankets and shoes, much of which had been generously donated by people both within the United States and New Zealand. Those without shoes were the first ones lined up for sizing. Woollen hats, warm jackets, and clothing for the infants were also distributed. Blankets in particular were appreciated, as the night time temperatures within the region in the middle of winter will easily reach below -20 degrees.

In an environment so harsh, one of



Captain Kelvin McMillan hands out blankets to the young children and carers for the infants at the Dragon Valley Orphanage

FOREIGN CORRESPONDENTS CONT'D...



A group photo of the Orphanage Children and patrol members just prior to the departure of the patrol. NZ Patrol members, LT Leon Frampton-Leigh (far right), Padre Ra Koia (centre right), and CAPT Kelvin McMillan (left rear)

the tasks that the children performed each day was to pick up the mule droppings from around the orphanage. The droppings would then be made into patties for burning on their fire at night. Each dung pattie would provide one hour of heat to help get these children through the cold nights that lay ahead. It was hoped that the many blankets that were handed out would make the coldness and chill of the night a little bit more bearable.

One of the final boxes distributed was one filled with toys, candy and chocolates. Watching the children throwing around a rugby ball, and eating their chocolate treats, dressed in their newly acquired woolly hats and jackets, truly made me realise how lucky my own two children at home were. It also reminded me of how much I would miss my own family over the Xmas period, and how I would not be at home to watch them open their own

presents with the same degree of excitement that these children half way around the world, were displaying.

With all the presents and gifts handed out, a final photo was taken, and the combined Kiwi and American patrol departed, but only after every child within the orphanage moved through the patrol and shook each of our hands. Leaving to many waves and smiles from ear to ear, every member of the patrol felt truly humbled by the experience. At this particular time of the year, I felt as if I was Santa Claus, bringing a little bit of Christmas to a little orphanage within a war torn country, half way around the world from my own home. An experience I will remember for many years to come, and one that makes me appreciate the relative luxury that my own family lives in when compared to a country such as Afghanistan.

SETTLING IN

LT T. Cowan

With our handover with the GYRO 9 personnel and transfer of authority complete, the last few weeks have seen us settling into what would become home for the next six months, Kiwi Lines. Acclimatization through physical conditioning was key to easing into this operational theatre and the members of the contingent wasted little time familiarizing themselves with the gym and its equipment. With a hiss and a roar, guys were lifting heavy and super setting until failure and all inevitably gunning for the Kiwi Lines Records Board. Disregarding the Cardio-centric activities, bench press and other lifts were eagerly contested. After a few weeks, and with a sigh of relief, the previous deployments records were wiped clean off the board. However, the blank spaces no longer offered the reward of

FOREIGN CORRESPONDENTS CONT'D...

bettering another person's achievement. But those with little dignity were quick to scribe their names on the board with minimalist attempts at records, in particular, 1 RFL pushup where the previous record was 95. Not one to miss out on an opportunity for greatness, I had my name on the bench press record with a staggering 40kg. Part of our tasking saw us temporarily move out of Kiwi Lines which left a void of athleticism and general awesomeness allowing 'other' personnel to have their shot at the title(s). It has been a few weeks and out of fear or general lack of upper body strength no one has been able to best my 40kg Bench press.

Operating as part of an operational ANZAC Company offers interesting challenges and opportunities. ANZAC rivalry on the surface is played down but with sporting achievements such as the 4 – 0 loss of the Ash's Series, one can't help but rub it in when an over exhausted sheep joke is made. The ANZAC Company are reservists from the Royal Queensland Regiment and come from a broad range of civilian backgrounds; Teachers, Policeman and university students to name but a few. Their level of professionalism is no different from what one could expect from any deployed Australian force. They are also quick to play down the recent success of the previous GYRO in a Rugby League test played in August 2010. And it has been made clear that this Aussie contingent possess an exceptional calibre of 'Footie Players' and warn that they would not wish to harm us by playing a full contact game, and have inadvertently laid down a challenge. To add fuel to the fire a recent Military Skills race was conducted for all Aus and NZ military personnel which was run by the Australians. Having named and

prepared teams in advance, the Aussies were poised to breeze through the race. In true Kiwi form our A-team was quickly assembled (on the morning), intense build-up training and battle prep were conducted and strategies were devised (on the ride out). Showing that with a clear intent (to win) and raw muscle our boys out ran, carried and shot the Aussies in all events, bettering all other seven competing teams.

The inter FOB sport competition between NZ and Aus personnel provided both good competition and a good opportunity to interact with our Aus comrades. Volleyball was hotly contested with the Kiwi team making it to the finals, but because our platoon was tasked elsewhere it was unable to participate and resulted in the Kiwi team losing that final. Had we been there a different result would have been certain. I think there was a soccer game played as well.

This deployment saw for many, their first time away from home during Christmas. As a traditional time of family gathering those with their own partners and children were most likely to feel the effects of isolation. Christmas in Timor-Leste was eagerly celebrated by all Aus and NZ personnel with gatherings at respective FOB's over a traditional Christmas lunch. Our platoon was isolated from the main contingent over this period but we were able to have our own get together over a BBQ and a few coke zero's. Notably highlights from the Secret Santa gift giving were, a single cigarette and a packet of coffee, a mirror, and the reappearance of a chest board, which had also gone missing from the dining table. All up, I think the gesture of receiving achieved a level of normality which most guys appreciated.

The postal system has been

backlogged due to the Christmas period and mass ordering of workout supplements from online retailers. However, when parcels do arrive, usually 7-10 days, their condition makes one wonder if the guys handling them may have used them as soccer balls to pass the time. As many have experienced, damaged parcels are a common occurrence so to those back home ensure that excessive bubble wrap is used or you are willing to accept marginal damage to the item, as an Aus recipient of his Christmas present ipod touch found out. But still keep them coming.

Days are being counted down until out of theatre leave and tickets are being booked to get loved ones and families over to spend time with them. And then before we know it only half way until our return back home. Most importantly the boys continue to be mission focused and are safe so families need not fret.

SUNSHINE OP's

Sgt Mark Anderson, NZ Medic

Well, here we are finally at the half way point of our deployment to the sunny Solomon Islands. (Well, sunny off wet season, so not so much for us!!). Things started out with a real hiss and a roar for our little team as we formed part of the bigger Combined Task Force known as CTF635, as some of us arrived to be greeted with comments such as "Hi, welcome to the Solomon's, you are now the Senior Medic for the entire Task Force". So an interesting start to a soon to be very busy tour.

The team all arrived fit and well and it has been a busy wee medical team that has been keeping them all glued together with a smile on the dial. The medical team is made up of myself as the sole Kiwi and three Aussie Medics, so the

FOREIGN CORRESPONDENTS CONT'D...

language barrier is well and truly on their side and we are having some real interesting conversations as the Aussies work very similar to us but have very different catch phrases for their things, so many laughs have been had by all.

Being the first deployment for most of the contingent, it was exciting to see the smiles on the faces of the young soldiers as they arrived into the great unknown of operations. Now understanding the nature of operations for most of the young soldiers is often hard as the expectations of action and great riots and civil unrest is high, but the reality is low, so the hard task for the command team is to keep the troops gainfully employed and ready to act if the need arises. This task has fallen greatly to our Training Warrant Officer, Warrant Officer Class Two Joe Taipari, who has the reins and has been keeping the team busy with range activities, civil disturbance training and courses.

One of the highlights (or lowlights, depending on your point of view) has been the pepper spray training that just about all of the Kiwi's undertook, a couple of weeks ago. This saw us being sprayed by the police contingent and then being sent on a small run until we reached our baton to hit a bag. This is where the fun began as the pepper spray is designed to incapacitate a person by attacking the eyes and mucus membranes, and believe me it is extremely effective.

The idea was to hit the bag with the baton commanding the person to "Get Back". Now we had the luxury of watching the Aussies go through this training the week before and I had the fun task of dealing with the results of a bunch of people wandering around who couldn't see and were not happy campers. The Aussies put up an ok performance

and the Kiwi's being Kiwi's made sure the Aussies knew that none of us would cry, scream or fail to make it to the bag and finish the task as they had done.

So the challenge was laid and we had to then live up to our reputation, so as you can imagine there were a few Kiwi's practicing in the showers with soap in their eyes to toughen up before the big event. Well the big day arrived and all Kiwi's arrived with a determination not to be the one to let the team down and drop the ball. (Lets hope the all Blacks are on the same sheet eh!!). And true to our Kiwi can do nature we all came through the pepper spray with flying colours and held our heads up high. (Well as high as we could while fanning ourselves silly with cardboard to reduce the stinging hee hee) and made the team proud.

Most of our days here are filled with preparing and training for the unknown, which can range from a hearts and minds patrol to an out lying village, to civil disturbance, to a full on cyclone or tsunami, so we are planning and training for every eventuality which is great as the variety of training is wide and interesting and the reality of something occurring is always around, as that's why we are here doing what it is that we Kiwi's do so very well.

Well it's raining heavily outside tonight as it has been for the whole day and as it's the rainy season and we are in for some more, I guess so great for the ducks and farmers. Mind you, it is quite entertaining to sit and watch during the rain as the rough tough soldiers from Australia, Papua New Guinea and NZ wander past to the mess with their umbrellas held aloft.

Only two months to go so watch this space.....

We miss you all, but know that your

thoughts are with us and you will be waiting for us when we return.

MULTINATIONAL FORCE AND OBSERVERS (MFO) SINAI

TIME FOR CHANGE

LT COL P. Butterworth

Lieutenant Colonels (LT COL) come and go in the MFO. The Commanding Officer (CO) of the New Zealand Contingent, Multinational Force and Observers, Sinai, Egypt, does a one year stint in this outpost of NZDF overseas deployments. A lonely command, you might think, out of sight, out of mind, battling the searing heat, flies, sand and smells of the Middle East, with little contact to the outside world (five hours from the nearest international airport). Although our military history in the region is long and distinguished, our national footprint is small; the NZ Embassy has only recently been established in Cairo. Nevertheless, a strong relationship has grown between the embassy staff and the Defence Force contingent, the two regularly support each other during official events.

H.E. Ambassador Rene Wilson has served as the New Zealand ambassador to the Arabic Republic of Egypt for five years and is due to return home soon. His farewell visit, as guest of honour, to the MFO coincided with a parade for the change of command from LT COL Tim Marsden to LT COL Bob Campbell. The inspecting officer was the Force Commander, Major General Warren Whiting, himself a former Commanding Officer of the Contingent (1995-6) and observed by senior officers and staff, including LT COL Patrick Butterworth, Force Commander's Military Adviser, and also a former

FOREIGN CORRESPONDENTS CONT'D...

CO (2009-10). The Tri-Service Contingent bore arms on parade, whilst advancing in review order and then performing a haka to honour the departing CO and ambassador.

In recent times, the MFO has seen rapid change: new operations procedures, with digital communications, are revolutionizing our ability to track convoy movement in this challenging environment. LT COL Campbell inherits not only command of the service personnel from New Zealand, but also the important role of Chief Operational Planner, responsible for managing a team of staff and creating short to medium term contingency and development policy. This includes Force safety and security, rapid reaction, training and certification of new staff. LT COL Marsden returns home having been presented with the Force Commander's Certificate of Appreciation for valuable service to the MFO.



POSTCARD FROM UNTSO

Squadron Leader Severn Smith

Christmas was a normal working day for Observer Group Lebanon and my team patrolled along the Blue Line (agreed Line of Withdrawal between Israel and Lebanon) and through some of the villages.

Christian villages had Christmas decorations displayed and there were signs of Christmas in several of the shops in other villages too, which only helped to remind us of what we were missing out on back home.

In the evening we cooked a roast turkey, had some Italian spaghetti with tiny Italian mussels and steamed pudding. The Irish UN

Military Observers finished the evening off with some Irish Coffee, sharing stories about how the different nationalities including Finnish, Chinese, Austrians, Norwegians and who normally celebrate Christmas.

I marked the final day of 2010 with the United Nations Treaty Supervision Organisation in Lebanon on a Heli Patrol.

The aim of the Heli Patrol is to observe Blue Line positions and see if there is any significant build-up of Military capability or activity that could be in violation of the UNSCR 1701.

The Helicopter was a Spanish Military Bell 212 and with me was Commander Roger Myran from Norway. We always patrol in pairs

so we can confirm our observations and the two observers are not allowed to be from the same nation so a level of neutrality is achieved when reporting.

It was a great way to spend New Years Eve as we were flying when New Zealand celebrated 2011.



Squadron Leader S. Smith and CDR Myran (Norway) on Heli Patrol in Lebanon

CHRISTMAS IN AFGHANISTAN

CPO Steve Clarke

The snow has definitely settled in here in Bamyan, unfortunately a little late to provide a white Christmas for the five Navy personnel that are contributing to the efforts of making the province the safest and most secure in Afghanistan. Specifically, the NZ Provincial Reconstruction Team (NZPRT) functions within three lines of operation, Governance, Security and Development. This all begins by winning hearts and minds of the Bamyan populace. There is a high operational tempo with Counter-insurgency patrols carried out from the Forward Patrol Bases (FPBs). These are supported by the team at Kiwi Base situated in the Bamyan Township.

I am the S1, the sole administrator that is responsible for all the HR, pay, mail, movement of personnel and so much more, all of which keeps me busy but makes the time go by quickly. I also get the occasional pleasure of venturing out to the local hospital and Orphanage with the Padre, Ra Koia, where we hand out much needed warm clothing and other



POHST Karen Foster on Patrol

relationship building items. It's always satisfying to see the faces of the local children light up with appreciation.

POHST Karen Foster is another sailor in a sole charge position as the Geospatial Information Systems Operator (GISOP) and is also kept busy with the responsibility of providing a variety of Maps to various stakeholders.

LMED Kim Mordecai maintains the health and well being of the

soldiers at one of the Forward Patrol Bases (FPB). The intensive dismounted patrols have taken her out of the comfort zone and in no way resemble sick parades on a Ship. She is due in camp shortly for a well deserved mid tour reconstitution where she will undoubtedly relish the luxury of a flushing toilet.

ACO Candy Fox keeps the morale up in the Command Post (CP) with her gregarious and bubbly personality. Her main roles include maintaining communications with all patrols elements in the area of operation via several communication methods; sending reports and returns to HQ; and sending direction and information to patrol elements.

AEWS Bjorn also provides communications support to the NZPRT. He states he has enjoyed the experience, and recommends to anyone else in his trade to give it a shot. 'Just get fit before you start Pre Deployment Training (PDT) and prepare to go dry for 6 months'.

Despite the high operational tempo of the NZPRT, CRIB 17 has maintained the Kiwi standard of being able to mix business with



CPO Steve Clarke handing out clothing to the needy

CHRISTMAS IN AFGHANISTAN CONT'D...



ACO Candy Fox with Santa (Dr Marc Shaw)

pleasure managing to celebrate Christmas in style. The Chefs put on a feast, nothing short of a banquet with seafood, all the best meats, and of course desserts to make your stomach pop. All this topped off with alcohol free beer

and sparkling grape juice. Santa made an appearance, with everyone having to have a photo with him before receiving their gifts, one being the RSA gift boxes which were well received and appreciated.

New Years was another festive occasion which saw us see the New Year in with a P Party theme. Despite the camp being dry, Candy still managed to rip up the dance floor.

Other entertaining activities have consisted of an interesting Donkey



Candy Fox on donkey at the Melbourne Cup, Bamyān style

race on Melbourne Cup Day, a couple of quiz nights, poker evenings, and on New Years Day, a half marathon running around the Camp followed by some brave individuals doing a polar plunge. We even had the privilege of being entertained with a hilarious show by Mike King who is making a documentary on Afghanistan.

For the majority of the Navy team, there has been the opportunity to get out and see the countryside, one location in particular takes the breath away to all that see it for the first time..., the Bande Amir Lakes. The lakes are a sight that goes to show that, despite Afghanistan being such a war torn country, it still has its beautiful side.

As we reach the half way point of the deployment, the small team of Navy can start looking forward to being reunited with their friends and family, returning home with the satisfaction of knowing they have played their part in contributing to making Bamyān the Province to be in Afghanistan.



CPO Steve Clarke on Patrol

CHRISTMAS DAY AT BAGRAM AIRFIELD (BAF)

Major Roger Hovenden

Christmas Day at Bagram started early for me at 5am with a chilly minus 9 degrees, but disappointingly, no snow. After ringing my wife Mary and son Nick in Christchurch, and then my father in Takaka, it was a quick shower and then under the direction of SGT Kirsty Meynell our Snr Sup Tech (a want-a-be / should have been a Chef) the NSE team were into preparing Christmas Dinner. All made possible with the assistance of SGT Jason Gillespie and his Chefs from the PRT who provided us with legs of lamb, vegetables and other goodies, many thanks to them all. It was great also to have SGT Vaigafa, our Mov Op from Kandahar, in Bagram for Christmas Day. All gathered around the live Christmas tree kindly flown in by DHL. As scheduled by the CSM Santa arrived at 11am to dish out



the presents. All the guys and girls at NSE must have been good as Santa came to all of us, although Bad Santa did make an appearance to CPL Campbell MacGibbon, and his present came with a warning by the CSM.

SGT Vaigafa nearly broke down in tears as he unwrapped his new combat boots something he really hoped Santa would bring him for



those hot Kandahar days at Tim Hortons, the KAF NSE office.

CPL Emma Roche spent most of the morning unwrapping her 60 odd presents, DHL profits will drop dramatically when she returns home.

The NSE girls did a great job in decorating the table and by 12:30 the guys, under close supervision of a well organised Kirsty Meynell, had the meal cooked before the invited guests arrived. It was good to have a few US Army personnel and New Zealand civilian contractors based here in BAF come along for a taste of a real New Zealand Christmas dinner.

I am sure that they all enjoyed the meal which was said to be the best so far that we have had in BAF, as it was the first and only time we have had Lamb, Pavlova and



Cheesecake here. Although the day was a chilly 7 degrees the company and fine food washed down with a 2010 vintage grape juice certainly warmed the occasion. The festivities finished around 3:00pm, and after a quick clean up the NSE team settled into a relaxing evening around the TV with a movie, followed by a great Trivia organised by FLT LT Karen Weymss of which the old dogs, aided by Sgt Vaigafa, came through victorious over the young pups.

A great day had by all!



BAMYAN SUPPORTING LOCAL VILLAGE SCHOOLS

Sorting piles of school stationery to be handed out



Padre Ra, NZPRT Chaplain,
CRIB 17 , Afghanistan

We are about half way through our deployment. Each day has been full with meetings, requests and various projects taking place. From a Chaplain's perspective I have been kept busy with lots of requests from local Villages and individuals wanting School Stationery and warm clothing. Government funded Schools have closed for the winter period leaving Village based Schools fending for themselves in most cases.

So it only seems fair that Village schools and the more remote area are given ongoing support when and where possible. In these areas the Teachers don't get paid and in most cases the Teachers are students themselves. They take on the responsibility of teaching their own village members, and at a guess many of these villages are huge (15-2000 people).

The challenge and demand for me and my helpers, CPO Steve Clarke, LT Leon Frampton-Leigh, Dr Marc Shaw, SSGT Garth Harris, Mr Allan Kelly and SGT Margaret Sanders (US), is that many, if not all of the villages don't have adequate facilities and in the harsh freezing Winter periods they require heating and carpets. Such items are not easily obtainable at least immediately. In most cases a referral to one of the Humanitarian organisations in Bاميان is required.

Providing support to the Village schools usually has a process. Firstly, they begin with a request for school stationery and then 3-4 weeks after, there is a second request for heating and carpets, and thirdly, a request for more stationery with the added request for computers, desks and chairs and coal or diesel.

Whilst I don't have an endless

supply of school stationery, I try my best to provide basic items such as exercise books, pens, pencils, erasers, and school bags. Much of the school items I have at my disposal have been kindly donated by American folks who see the importance of Education. I have begun sending letters of appreciation and photos back to the donors in the States and New Zealand.

The cost of sending freight to Afghanistan is costly and yet the kindness and thoughtfulness of all donors is exceptional and overwhelming.

In closing, I take my hat off to all those who have provided school stationery for the children and young people of Afghanistan. I hope and pray that you will be richly blessed. As the Good Book says, "It is better to give than receive..."

CHAPLAIN'S PEN — FROM ABROAD

Padre Tony Harrison

What a wonderful Christmas we were able to have here in Timor-Leste. We are very grateful to all the people and organizations that helped to make the day so special for us.

Various areas of Kiwi Lines were decorated according to the Christmas spirit. The more imposing being the "tree" on top of the Sigs tower. The tree was able to be seen from many parts of Dili. The tinsel was able to survive a couple of storms as were the lights. It was a wonder that when the lights were turned on it did not cause parts of Dili to darken.

Spirits were raised when the Christmas Banner with messages from home, was put up in the welfare area. Not only were we able to read the greetings but there were some interesting news items about up-coming events in the lives of one or two members of GYRO 10.

Christmas Cards and greetings arrived from children from a number of schools. Most of the children will have received messages from the troops or will receive messages when they return to school. The children of various ages had gone to great efforts and art work of the children was very good. It is to be noted that there are quite some artists over here as well – but probably best they remain with their day jobs.

Santa did arrive on Christmas morning. But after much PT here no one had the natural shape for the jolly man so padding was required!

The Welfare Packages packed by Defence Force, Police and others arrived with us and were dished out on Christmas Day. These were well received by the troops and the Police contingent that is here. All the lollies and sweet ingredients of



WO2 Patuwai giving "Santa" a hongki

the packages went first but the more healthy ingredients are taking longer to be consumed. I am not sure whether it is by way of bribery or just to keep him happy and smiling, but Major Lattimore kept finding Peanut Slabs arriving on his desk!

It became very obvious that this is a country with a very religious heritage. There were many Christmas cribs in and around Dili. People had obviously gone to a great amount of effort in constructing their crib. There was much evidence of the religious significance of the time of the year. Young people stood by their cribs and would crowd around any person who should stop by and were quite happy to join in the photo opportunity. In New Zealand, in some parts, you have to wait until 10.00pm to get the full visual effect of the lights, here in Timor, the sun has gone by 7.00pm and you are able to be home a lot earlier. Having said that, there are so many cribs, you could still be out late at night to view them all.

To allow the local people to have the freedom of the road, which they

seem to have pretty much of the time anyway, only essential travel outside of our bases occurred. Everyone here was quite happy about that and the celebrations for Christmas and New Year carried on. A Christmas Chapel Service was held in HPOD and the other locations around Dili. Scripture readings of the birth of Jesus were read by Commander Miller our SNO, Major Lattimore (OC) and other members of the New Zealand and Australian contingents. While we didn't have any musical accompaniment, the acoustics in the Sally Hut were sufficient to encourage all present to join in singing traditional Christmas Carols.

A traditional Christmas menu was presented by the kitchen staff. At HPOD, soldiers lined up to be served their meal by Officers and Senior NCOs. Those serving the dinners had not only to contend with the usual heat and humidity but also the extra heat that come with being in the kitchen.

And so we settle into the New Year. A New Year can make us open to new beginnings and new

CHAPLAIN'S PEN — FROM ABROAD CONT'D..



MAJ Ian Lattimore serving Christmas Dinner to CPL Halbert



Children at the Conossian Orphanage



CPL Dixon, Pte McGinty, SGT Dudley helping at the clean up at the school

opportunities. Sometimes it may mean having to find new ways of coping with existing problems, such as the results of an earthquake. We celebrate three New Years here the first being at 8pm for NZ, the second at 10 for Sydney time where we watched the fireworks on a large screen, and the last at midnight our time.

We farewelled our Senior National Officer (SNO), Commander Tony Miller and welcomed in his replacement, Wing Commander Sam Leske. It was a fitting, traditional ceremony attended by many representatives of the International Stabilisation Force in Timor-Leste including the Commander, COL Reilly.

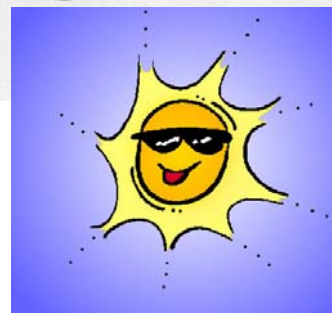
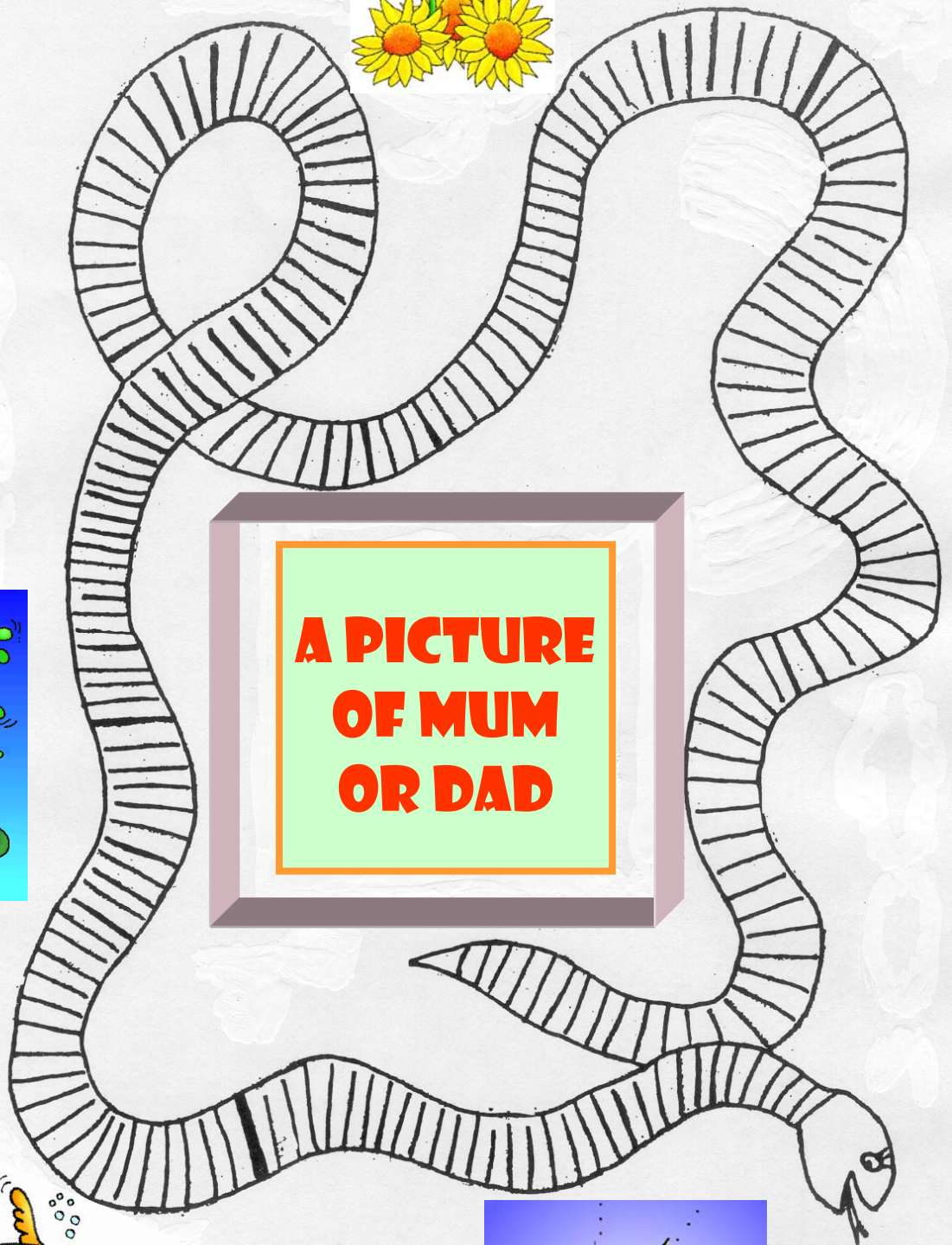
Some of us were invited to the orphanage run by the Canossian Sisters on Sunday, 9 January. They were celebrating the New Year. During the time of the crisis about 10,000 people were housed in the grounds of the school and convent. Some of the facilities have not yet been fully restored to the buildings.

The President, Jose Ramos-Horta arrived amid great ceremony after which we gathered in and around the chapel for Mass. Afterwards we were entertained by the children, some of whom were born at the residence during the crisis, performing some of their traditional dances as well as some of a more modern genre. In among all that one observes around the district it was quite a hope-filled and uplifting experience.









Recently the Platoon and CSST members helped the NZ Police contingent clean up at a local school. The school is built on a former rice paddy field which has little drainage – very suitable for growing rice. All pitched in, picked up rubbish, and dug trenches to help improve the drainage. There are 2,000 children on the roll of the

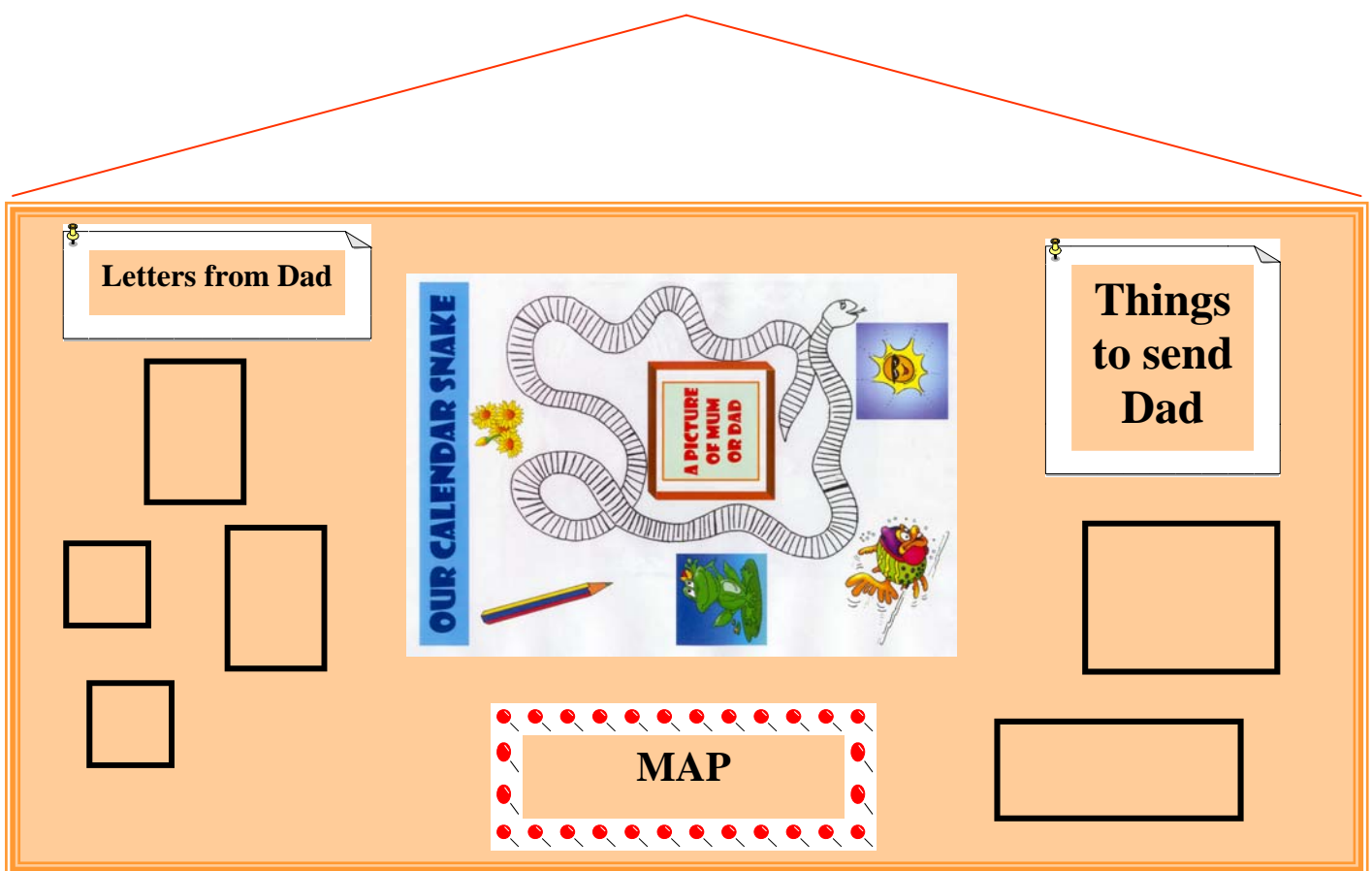
Cont'd Page 16

Our Calendar Snake








Instructions

-  Enlarge the snake up to A3 size if desired.
-  Get the children to draw some pictures of their own around the snake.
-  Fill in the number of 'sleeps' to go, '1' being the day before Dad or Mum, Brother or Sister gets home.
-  Write in the months around the 'snake' and every so often write in the date in case you lose your place!
-  This 'snake' is designed for a seven-month deployment. For shorter deployments colour in the area you don't require at the start. Remember to leave a few extra segments as return to New Zealand dates can change.
-  Laminate the sheet so it will last the distance.
-  Hang on the wall in the busiest room in the house.
-  Colour off the days with a whiteboard marker.



Here's some extra ideas.....

-  Place the 'snake' in the centre of a large noticeboard (the Warehouse has them).
-  Place a map of the deployment location below it.
-  Have an area for letters, postcards and photos from Dad or Mum.
-  On the one side have a large envelope to hold letters, pictures, etc, to send with your next letter or parcel.
-  Don't forget to put a photo of Dad or Mum in the centre before you laminate it.

Design & Layout: Christine Muir

CHAPLAIN'S PEN — FROM ABROAD CONT'D..

school. Other than some concrete areas the size of courts, there is little hard area on which the children can play. There are no lawnmowers so the children tugged at the long grass. After a couple of hours work, quite an improvement had been made to the grounds.

The classrooms are very basic. They are concrete walls and floors and a blackboard. There is no paint on the walls. And teaching is obviously carried out without the use of computers. In New Zealand of course most children have access to a computer and no interactive whiteboards by way of comparison.

There is still a lot that can be done to help this nation grow and hopefully every little engagement that we can make with the people in this and in other ways, will cement friendship between peoples and our nation and enable the people of Timor-Leste to flourish.

Ate Logu,

Adeus.



PTE Hoera, CPL Dixon, PTE Keene, CPL Woolford hard at work with PTE MacDonald coming to help them



NCE members receiving their Welfare Packages from Santa

APPROACHING THE HALF-WAY MARK

Padre Paul Allen-Baines

Here we are, RATA 13 approaching the half way mark of the deployment already. Another year has passed and now we are in 2011, where does the time go? For those left back home, we know that at times it might not seem like the time is flying by, but here in the Solomon's the days keep rolling by and at times we lose track of what day it is. But, before I get too carried away with the New Year, let's look back at how we finished off last year.

The weeks leading up to Christmas were exciting and challenging with loads happening. But for some of our troopies, (Hardie, Katoa,



Adams, Sola, Freland and Botha) it was even more challenging as they volunteered to be part of a Choir comprising NZ, Australian, PNG

and Tongan Army personnel, for Christmas Carols in the Islands. The challenge facing them was performing on stage for the first

CHAPLAIN'S PEN — FROM ABROAD CONT'D..

time in front of hundreds of Solomon Islanders, at the Lawson Tama Football Ground, in Honiara. Their commitment to the choir was outstanding and on the night everything went well. Altogether there were 50 in our choir.

As you can see, that all is going well with the troops, they are integrating well with a new culture and being part of a team that is making a positive impact on the peoples of the Solomon Islands.

The event got underway at 5.00pm and we were the first item on stage, followed by many other items through the evening. The highlight for us all wasn't just the singing, but more so the interaction with the locals; the families and the children. They made it all worthwhile; you could say they were the icing on the 'Christmas' cake.

This was a good lead up to Christmas as it put everyone in that festive mode and it permeated through all personnel at GBR.

The Mess/Dining area was decorated in Christmas fashion; there was certainly a lot of time and effort put into it, which was appreciated by all.

On Christmas Eve we all received a Christmas parcel from the NZ RSA which was much appreciated, a box of goodies full of Kiwiana which gave us all an extra morale boost.

The Christmas Eve Service was well attended by GBR personnel, at least 120 people attended. The Carols were led by a predominantly Pacific Island

Choir whose harmony and vocals were outstanding; their singing encouraged us all to sing with enthusiasm and vigour. The Carols were beautifully woven into the Christmas story and the night was enjoyed by all.

Christmas Day was a 'reduced activity day' but packed with fun and adventure. Starting with a Chapel Service for some; then shortly after the service we, (the entire NZ contingent including NZ Police) went out for a BBQ brunch and swim at Kakambona beach which is approx 30 minutes from GBR.

We arrived back at GBR in time to meet up with the other CTF (Combined Task Force) members (Australia, PNG and Tonga) where we all gathered around the Leaf Hut near the beach front of GBR. We all were handed a gift parcel by the Senior Officers. Around 2.00pm we gathered again at our accommodation and the Secret Santa's not exceeding Sol\$50.00, (NZ\$9.00) were given out. As you could imagine there were some interesting gifts handed out that day. Later in the afternoon some of us played sport, with mixed teams from the different Forces while other personnel passed the time by resting, reading, or playing sport!

The following couple of days were also reduced activity days, and taken in a way that worked well for each of us. Some people went to the beach, rode bikes, went to the gym, played tennis, played pool, darts, table tennis or read and watched movies. It was a very relaxing and rejuvenating few days.

Back to work with the anticipation of the New Year on us and what it would bring. For a majority of personnel they saw the New Year in providing security to Honiara central and nearby area.

Those back at GBR made

maximum use of the electronic services provided (phones, computers and Skype), and contacted their loved-ones, families and friends back home. Some saw the New Year in playing the card game 500 which did not finish until the early hours of the morning, approx 3.00am. So as you could imagine there were many late risers New Years Day, 'Thank God for reduced activity days'. The following couple of days were similar to Christmas, which we were all grateful for.

Life is back to normal now, whatever your definition of normal is. We are back into the full swing of life in the Solomon's, more new adventures and learning curves. The attitude and morale of the contingent is a credit to our leadership and to all those here, really.

We have not yet experienced the rainy season to its fullest, but it tries at times and when it does..... it's received with open arms, as it brings a pleasant relief from the heat and humidity. No-doubt we have a lot more rain to come!

As you can see, that all is going well with the troops, they are integrating well with a new culture and being part of a team that is making a positive impact on the peoples of the Solomon Islands. The real hardships or challenges faced are from being away from loved-ones, family and friends.

So, here we are in 2011. We'll be home this year! I know that I speak for all personnel here: "We're doing okay. In fact, in many ways.....it's GREAT! What a beautiful place to be!

We are thankful for the privilege to serve here. But we miss you all very much. See you soon!"

All the best and many blessings from the Solly's.

DSO'S CORNER



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

Seasons Greetings to you all!

Whether you were home or abroad, I hope you had a safe and peaceful Christmas and New Year. You were never far from my thoughts. As promised, my cell phone was firmly tucked in my pocket and it was great to catch up with some of you who rang. Special occasions are never quite the same with that 'missing link' but I admired from a distance the way you coped, kept busy and surrounded yourselves with family and friends.

It's hard to believe that this is now 2011! Time seems to go so fast! Last year was very busy and I doubt if this coming one will be any different. With most deployments ongoing, the team will have plenty to do. We look forward to keeping in touch with you in the months ahead as many of you anticipate 'reunions' in the foreseeable future. Of course this means that others will now take their place at pre-deployment training and pre-deployment family briefings. The most valuable knowledge and support to those on a deployment 'journey' is from those who have

been there and done that! If you know of anyone in your location facing a deployment, your insight will be a valuable tool in helping them along the way.

Tour updates are looming for those associated with the current deployments to the Solomon Islands, Timor-Leste and Afghanistan. Please refer to the 'Upcoming Events' section in this issue of "The Bugle" for timings and venues near you. Our team looks forward to meeting again with you all. These informal briefings do not attract New Zealand Defence Force funding for your attendance costs, but are just another way we like to keep in touch. Sadly, we are unable to visit all locations where families associated with current deployments live, however, it is planned that presentations and resources used at these briefings will be made available for home viewing, for those unable to attend.

"The Bugle" remains our main way of communicating with you—to keep you informed, up-to-date with news and views from deployment locations. and at times, to keep you entertained. This newsletter is yours, so your input, contribution and suggestions are always welcome. Our previous surveys show that "The Bugle" fills many gaps and is a much anticipated arrival in your mail box. Our team tries hard to get contributions from all deployment locations but sometimes the begging and bribery is not always successful! Contributions from some of our 'smaller' missions are difficult to achieve, so if you notice a lack of information from these locations, be assured we have tried hard.

Hoping that 2011 brings you all you've wished for and more! I look forward to keeping in touch in the months ahead.

Kind regards.



Janine Burton
Deployment Services Officer
2nd Land Force Group

Happy New Year to you all!

I hope that 2011 meets all your expectations and brings you everything you wish for. No doubt, top of the list will be the safe return of loved ones from any one of the various missions we currently have operating around the world.

Hopefully Christmas and New Year celebrations went well for you all and that you were surrounded by family and friends at a time that is widely regarded as one of the more stressful times in our calendar and without the added pressure of your special loved one on deployment. Within the NZDF mid-December is a time of posting rotation so there is always a period of frantic activity to finish projects, handover to the replacement as well as get a handover and move on to the next role. Towards the end of 2010 I moved to a new reporting line with a new "boss" who was then posted out, so have a "new" "new" boss for 2011.

So what will 2011 bring for you? For me, the larger missions are moving back to 2 LFG (Linton) as the mounting formation, so it will continue to be busy.

I have thought about New Year

DSO'S CORNER CONT'D...

resolutions – have you? The only one I came up with which I truly believe I can achieve is a new photo for “The Bugle!”. It is definitely time for an update – hopefully by the next edition. I gave up on resolving to win Lotto – too many disappointing years!

I am still on leave at the time of publication of this issue, taking care of an excessive leave balance. I wish you all well for the rest of 2011 - the first month is almost taken care of which brings us closer to the homecoming of your loved one.

Heroes come in all sizes



**because being left behind
takes bravery, too.**

NAVY COMMUNITY ORGANISATION

D. Allen Mortimer

Lieutenant Commander, RNZN
Naval Community Office Manager



Peacekeeping is an on going commitment for the NZDF. It relies on suitable volunteers to fulfil the multiple peacekeeping roles for periods of up to twelve months.

The Naval Community Organisation is mindful of the current 23 Naval personnel who are conducting this important task and are ready to provide any support should the occasion arise.

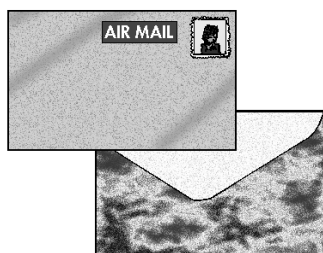
We are provided with a database which is updated monthly giving information on peacekeepers relevant personal details. This enables us to make contact if an incident occurs. Fortunately this has not been a requirement in the past twelve months, however there has been an occasion when coordination with HQJFNZ has been required.

We at the NCO fully support all peacekeepers. If there is anything you think we can do to support you while you are on deployment, do not hesitate to ask us.

Keep up the great work and take pride in the knowledge that you are serving your family, Service and country well.

CHANGE OF ADDRESS FORM

If your address or contact details have changed, or are changing, could you please complete this form and return it to your DSO, in Burnham or Linton.



Service Person's Name:

Deployment Location:

Name:

Old Address:

New Address:

Postcode:

FOR YOUR INFO....

Primary Next of Kin

All deploying service personnel are required to appoint a Primary Next of Kin (PNOK). This may be a spouse, partner, parent, sibling or friend. The PNOK is the person we are authorised to make contact with, and provide information to for the duration of the deployment. If you are the nominated PNOK, you have an added responsibility of sharing information with other family members and to keep them up-to-date with happenings in deployment locations.

"The Bugle" is mailed to all PNOK on a regular basis and to a number of others who service personnel have also nominated.

Good quality, up-to-date information contributes to much peace of mind. Take the time to talk with others, share "The Bugle" and keep everyone informed.

Mission Libraries

If you are sending paper backed books into deployment locations and not hoping for their return home, can we suggest that you cover them with duraseal, so they can be donated to the contingents library. Each mission area has a collection of books, previously sent and eventually made available for many more to enjoy.

Never an Idle Moment

The knitting needles never stop for PTE Jo Tucker, her Mum, Tricia Tucker, and Wendy Steele! While many of us have lost the art of knitting, these ladies have, over the years kept the needles clicking and produced many gorgeous woollen clothing articles for babies, toddlers and young children in Afghanistan. The mortality rate amongst youngsters in Afghanistan is high and is largely attributed to Respiratory and Cardiac problems suffered as the result of exposure to the extreme cold. The dedication



Carol Joyce, DSO Burnham, sorts through the gorgeous hand knitted babies garments sent to the NZPRT Afghanistan for distribution

of these three ladies had ensured that where possible, little lives are saved and long term health problems prevented.

There is excitement in my office when the gorgeous array of booties, mittens, hats, beanies, cardigans and jumpers arrive on a regular basis. We admire them (and in this case, photograph them,) and then bundle them up into 1kg parcels and send them off to the New Zealand Provincial Reconstruction Team in the Bamiyan Province. I know that the contingents excitement at receiving the "goods" is even greater than ours. They get the privilege to distribute them and to see firsthand the difference that the generosity and commitment of Jo, Tricia and Wendy makes, to these little lives!

Recipients may be infants from the nearby orphanage, at the local ante natal clinic, at the Women's prison or in isolated communities scattered throughout the area the Kiwis are responsible for. While Civilian Military Aid, isn't our prime reason for being there, this gesture is like "icing on the cake" and

brings much joy to the mothers of the lucky recipients and to the Padre and soldiers who identify the greatest areas of need. While this trio have knitted away all year round, they have never sort any public thanks for their efforts – in fact they maybe embarrassed that I write a few lines on their endeavours.

Sincere thanks, Jo, Tricia and Wendy - you have made a huge difference - Your gesture is much appreciated. *Carol.*

Mail to Deployment Locations

Just a gentle reminder! Parcels into deployment locations are restricted to 1kg in weight. A green customs sticker must be attached to clearly identify the contents. Please keep your receipt from the Post Office for postage and the carbon copy of the customs sticker until you know that the parcel has safely reached its destination. Should a parcel go missing, these are helpful to us for "Tracking". The weight restriction is about being fair to all and we know from experience that smaller parcels received frequently have a greater impact on morale than the odd larger one every now and then. There seems some continuing confusion about "Forces Concession Rate". This means that you pay normal postage rates to the Auckland Mail Centre (or to DPSC) and the New Zealand Defence Force pays for the Courier Post from there into the various deployment locations. Please make sure that you securely wrap your packages and clearly address them as illustrated in your Deployment Guide. Mail is seen as a priority by us all and we are constantly reviewing the service offered, following up any concerns, and making sure that the very best service is offered. Obviously, we have little control over "speed" as there are so many variables which we cannot influence!

FOR YOUR INFO CONT'D....

Please do not send mail to your Deployment Services Officer to be forwarded into Deployment locations. A number of parcels have in recent times, come our way and we cannot meet the costs for personal postage!

If you have any concerns about the mail service, be sure to talk with us so we can follow them through.

Deployment Calendars 2011

There are still several copies available of the 2011 Deployment Calendar as advertised in the last "Bugle". If you would like to purchase a copy they are available for \$10 from your Deployment Services Officer. Money received from the sale of calendars will go towards an identified welfare project in one of our deployment locations.

Sincere Thanks to Service Personnel

You excelled! Thank you so much to the many deployed service personnel who took the time to write thank you letters to some of the children who contributed to OPERATION CHRISTMAS CARD. Your response has been overwhelming. I was fortunate to distribute some of the letters in the local Burnham area and the smile on the children's faces was just great! Some of you sent photos, others described life so far from us and you all made comment on the impact of receiving these lovingly created cards from home. Sincere thanks!

Valentine's Day

Poor planning on our behalf! Valentine's Day falls just before the publication of our next issue! But it is never too late to tell those you love that they are in your thoughts - so send your messages to DSO Burnham (contact details inside front cover) by 10 February.

Tour Updates: Afghanistan, Solomon Islands and Timor-Leste

The key to successfully managing a deployment is the access to quality, timely information. As promised, our briefing team is about to embark on a tour of the country to meet with many of you associated with the deployments to Afghanistan, the Solomon Islands and Timor-Leste. Letters of invitation have been sent to the Primary Next of Kin of deployed service personnel in these locations but the invitation is also extended to other family members, friends, children and also to employers of Territorial Force soldiers. These informal briefings will give you a further insight into the day-to-day lives of your loved ones and a chance to receive valuable tips on reunions and readjusting to family life. Video Footage will be available of personnel in deployment locations so you will be sure to spot a familiar face! The dates, venues and timings of these briefings is printed in this edition of "The Bugle" for your information. Please RSVP for catering purposes by 2 February. We realize that by visiting the main centres only, many of you will miss the opportunity to attend. The DVD and resources will be made available, on request, for loan for home viewing once the briefings are complete. Please contact Carol Voyce, DSO.

These briefings do not attract New Zealand Defence Force funding for your attendance costs but are another way that we like to keep in touch!

Still Shaking

Just as I write this edition of "The Bugle", we are rattled by another earthquake of 4.1! Aftershocks continue to be a part of our lives here in the greater Christchurch area. Our responses to these,

varies from individual to individual. I know that sometimes I leap from my chair/bed and other times I play the wait and see scenario. Despite the many aftershocks, (now apparently in the 3,000 range) these are not things that one gets used to! Being home alone, can mean that every little shake (and the odd bigger one), can be somewhat scary and immediately brings back memories of the big one! If at anytime you feel frightened or unnerved by the latest shock, please feel free to call my 0800 number - day or night, (Carol DSO Burnham). We have many resources and personnel nearby who would be happy to help or provide some moral support if you need it, so please ask. It is impossible for us to know if you need help if you don't speak up!

Leave Centres Easter Ballot

The Ballot for Leave Centres for the Easter Holiday period (Thursday 21 April - Monday 25 April) closes on:

17 February 2011

For further information please contact the Leave Centre -
jeanette.brosnan@nzdf.mil.nz
or by phone:
0800111 823

DEPLOYMENTS—AN OPPORTUNITY TO LEARN FROM CHANGE



Mrs Toni Nicholson

Welfare Facilitator
RNZAF Base Ohakea

I have been watching the news items on the flooding in Australia and thinking about how the communities are coping with the crises. One of the most heartening images I saw was of the Australian Army members going house to house to aid with evacuations.

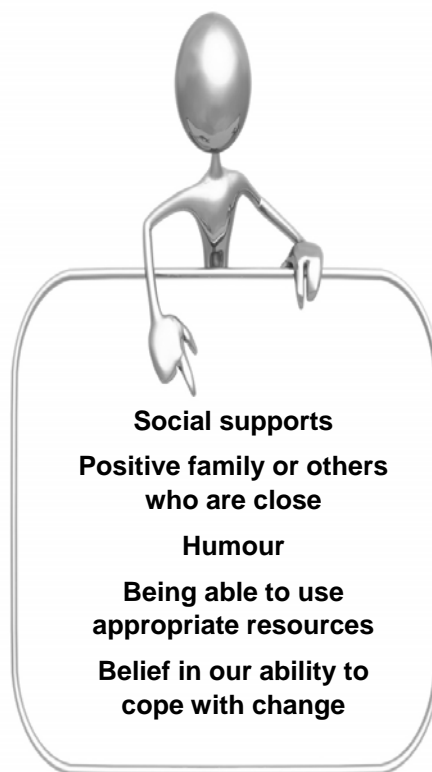
It made me realise once again what a valuable organisation I am part of. It also started me thinking about how our communities coped with a similar event in 2004 and once again the assistance of the military organisation was called on to help provide comfort and support as well as practical aid.

In terms of deployments this assistance is of equal critical importance and rather than being provided on a short term basis is for an extended period and generally for a non – urgent reason.

For family members at home during these deployments it can be a time to put into practice, tools that ensure deployment is a time of opportunity to learn from change. One of the most useful tools to cope with change is to improve resilience or learn new ways of coping well.

Resilience is all about how people adapt when they are exposed to change. It has been described as a person having the ability to bounce back when under faced with challenges. I see many of our military families doing this routinely. There may also be circumstances that occur that require connecting with others to gain support.

Some of the factors that can help improve personal resiliency are:



Have you thought about times when you have been a bit stretched and what you did to get through? Perhaps you have a partner who has done a number of deployments. Have you developed systems that work for you when they are away? Perhaps you could share some of your ideas with other partners and families who may be experiencing their first deployment.

For anyone who is interested in useful tips there are plenty supplied in this magazine or talk with your local welfare support team.

***We make a living by
what we get.***

***We make a life by
what we give.***

Winston Churchill

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

WHAT'S ON—DEPLOYMENT UPDATES

UPDATES

As promised, a tour brief and update for those associated with the current deployments to the Solomon Islands, Timor-Leste and Afghanistan. This is your chance to gain a further insight into the day-to-day lives of your loved ones and to receive valuable tips on reunions and readjusting to family life. These informal briefings are open to Primary Next of Kin (PNOK) and extended family members. Children are most welcome. Light refreshments will be served at the commencement of each briefing. Please RSVP on 0800 33 75 69 or dso.burnham@xtra.co.nz for catering purposes. Below are the dates/timings for the updates for the Solomon Islands, Timor-Leste and Afghanistan.

SOLOMON ISLANDS

CHRISTCHURCH:

Friday 4 February 2011
6pm—8pm
Conference Centre, Burnham Military Camp
Burnham

AUCKLAND:

Saturday 5 February 2011
2pm—4pm
Arch Hill, 204 Great North Road
Grey Lynn

LINTON:

Sunday 6 February 2011
10—12 midday
Community Centre
Puttick Road, Linton Military Camp
Linton

WELLINGTON:

Sunday 6 February 2011
4.30pm—6.30pm
TTS Theatre
Trentham Military Camp
Trentham

TIMOR-LESTE

CHRISTCHURCH:

Friday 3 February 2011
6pm—8pm
Conference Centre, Burnham Military Camp
Burnham

AUCKLAND:

Saturday 5 February 2011
2pm—4pm
Arch Hill, (upstairs, back entrance)
204 Great North Road
Grey Lynn

LINTON:

Sunday 6 February 2011
12 midday—2pm
Community Centre, Housing Area
Puttick Road, Linton Military Camp
Linton

WELLINGTON:

Sunday 6 February 2011
4.30pm—6.30pm
TTS Theatre
Trentham Military Camp
Trentham

AFGHANISTAN

CHRISTCHURCH

Wednesday 9 February 2011
6pm—8pm
Conference Centre Burnham Military Camp
Burnham

LINTON

Saturday 12 February 2011
10 30am—12 30pm
Venue to be advised - please ask when you RSVP
Linton Military Camp
Linton

TRENTHAM

Saturday 12 February
3.30pm—5.30pm
TTS Theatre
Trentham Military Camp
Trentham

AUCKLAND

Thursday 17 February
6pm—8pm
Arch Hill
204 Great North Road
Grey Lynn

PERSONAL MESSAGES

The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 10 February**. Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)



From In-Theatre

Hey Nesslefish

Hope everything has been going well. How are the wedding plans? Things are very busy over here, but it is all going fine. I am looking forward to leave in Darwin. Hope you enjoy the present I got you. Give the cat a pat for me. Love you. Ian.

Suuz

Xmas has been and gone, and the New Year has begun. What does 2011 bring? There is a lot to look forward to and a happy home coming. Keep up the good work, I appreciate it is not easy. You have the freedom to be whatever you want. Love S.

Natasha

This is for my special daughter who is growing up and maturing. As you head back to College, remember it is an important time of your life. Study hard and get involved in the college life. Keep up the licence work. I want you there when I get home. Love Dad XX.

Hey Pumba

Not long now, miss you like crazy & love you 2 bits xxx...Monique.

Wabbit

Missing you is an understatement and I live for our wee chats on the phone and e-mails. I hope that Ralph is not bugging Mummy too much but is lavishing you with cuddles on Daddy's behalf. It's great to hear that our wee girl is coming right and is looking after her Mummy. Half way now love and the down hill run has begun and should go quickly for you, I hope, as its whizzing by for us here. I can't wait to be home with you and the kids.

Keep well. All my love, daddy Bearz.

To my Awesome Wonderful Family

I miss you so much. I hope Taylor and Lucas have been good. I love you so much. Love Ed.

To Fran and the Kids

Missing you lots, see you soon. Love Dxxxxx.

Hi Max

You are the best. I hope that you are being looked after well while I'm away and you are getting time out for yourself. This has been a trying time for us both but rewarding at the same time. You are an amazing lady, friend and wife and a joy to many. Remember you are always in my thoughts and always close to my heart. You're the bestest. Riley.

From Home

Happy Birthday Dillo

Hope you had a great day and that your present finally arrived! We're all missing you heaps! Lots of love Dilly, Lilly Bugs and Charlie Boy xxxxxxxxxxxxxxxx.

Dear S1

Happy Birthday for the 14th - hope you have a fantastic day. Miss you and love you heaps! Sx.

King Arthur

Hope that you're keeping warm in that snow (wearing jandals won't help with that, lol). Things are good back home and everyone says hello and to keep safe. You're over the hump now and on the downhill slide, yeah! Talk to you soon, love Annabelle.

Kia ora Uncle Ra

I apologise for not getting a Xmas message to you in the December Issue of "The Bugle" but my thoughts were with you when supping on a Tui or 6 - Yeah Right. You know how busy the staff from Te Whare Awhina work so the Fat Boys lunch's, boil-ups & Mr JJ's Fish & Chips are still tasting mighty fine. I now have a 'Bug' for making the best Maori Bread so we'll all be thinking of you when we dine on that with Pork Bones at our next Fat Boys. Stay safe my olive skinned brother & The China Inn just isn't the same without you, Mr Karaoke. PTL.

To my Dear Cuddles

Happy 1st Wedding Anniversary for the 16th Jan. Sweetheart, I'll be in Beijing toasting us for our special day with Maureen. I hope you manage to celebrate in some way too. I love you my darling man. With all my love, and lots of hugs and kisses coming your way. Your Smilez xxxxxxxxxx.

Hi Rob

Happy Birthday darling!!! Have a fantastic day over there and we can have another little celebration when you get back. Hope you get your birthday package in time, it contains a variety of anti wrinkle creams, foldaway zimmer frame and some incontinence pants. Love you heaps & heaps, P.M.

Hey Nickel

Has Dad ever told you the story of the Goat Trick at Tutaki? We heard about it recently from Joe Bell, in Takaka. Stories have a way of getting round ... Did he make goat sausages that day, I wonder? Love Mum & John.

PERSONAL MESSAGES CONT'D...

Hi Lawrence

So good to get your calls - a real morale booster! On the countdown now! Know it is unsettling for you but I am sure someone is watching over you and "S", and has a master plan evolving!! Fingers crossed for the perfect outcome. Happy Birthday for January 30th. Have your cake and eat it too!! Wishing you all good things and more! Don't forget that precious bottle is still safely stored, collecting dust and waiting for that special occasion to sample the contents. Hope you have a great day and 2011 is your year! Take care over there and in your travels. Lots of love, Florence xx.

Hi Patrick

Wishing you a very Happy Birthday! Hope you have a great day and get to celebrate in the style you deserve. We will be thinking of you. Love Abbey x.

Hi Kath

New Year Greetings! Hope this finds you well. Trust the junk mags have been finding their way to you and that you are all up to speed with the latest in celeb gossip. Keep up the good work, Love Carol x.

Hello Roger

Happy New Year! Hope 2011 treats you well. New mags are on their way. Carol.

Lawrence

A big Happy Birthday for the 30th! Hope you have a great day and that all your wishes come true. Luv Jo.

DEAR DOID

Hi Daddy, L here. We had a really great Xmas and Mummy enjoyed herself too. I was so good in the car, google said that we did exactly 1500km and we know that google doesn't lie!! I am back at daycare now and patiently waiting for you to come home. E is going to Nana's

house for a wee holiday and it'll be really peaceful without her, and I like playing with her toys when she's not here to tell me off!! Love You and Miss You Lots Daddy. ALE.

DEAR DOID

Hi Daddy, E here. Mummy saw your 2 messages to us in the last Bugle so we thought that we'd write too. I'm kind of being good, Mummy hardly saw me over Xmas cos I had the other girls to play with at both the Auntie T's house's so that gave her a bit of a break and I'm really excited about going to Nana's in a couple of days. It's meant to rain lots but she helps me do baking and I get to eat it all!! Love You and Miss You Lots Daddy.. ALE.

DEAR DOID

Hi Honey. Looking forward to you coming home, will soon be able to count down the days. Hopefully the girls haven't changed too much, they are growing up really fast, I tried to stop them but couldn't!! We had a really good Xmas, the girls were spoilt rotten and pretty well behaved too, apart from the wee klingon that I seem to have now but she's doing lots better since we've been home. Love You and Miss You Lots and Lots. ALE.

Dear Patrick

Happy Happy Birthday my dear friend. Have a wonderful day. Celebrate long and with love in your heart from all of us here in NZ. Looking forward to seeing you on your return. I do hope and pray that this year will be a very blessed one for you as you journey on. Much love from us all. Kirstie, Khaliq, and of course the extended whanau of McDonalds and Allnutts.xxx.

Dearest Kath

Thank you so much for the pressies.....I laughed and laughed about the Damlas!!!! The bag is lovely and so special because of where it came from. We think of

you every day and pray for you also every day. Miss you and just can't wait until you are back here and we can gossip lots. Lots of love Kirst and Khaliq XXXXX. P.S. Give my love to Roger and tell him he's on the prayer list too and Jono as well. Thanks lass.

Kia ora e hoa Ra

Hope all is going well with you. Almas arrived safely and is now living with my sister. Thank you for your help in getting his passport to him. Do take care out there; you are on the prayer list and as always in my heart. Bless you dear friend. Kirst xxx.

Happy Birthday Cookie Monster

Hope you had a good day. Love Mum.

Dearest Dr Bearz

Fur-babies send hugs in brand-new collars. I give Miss Maus a week or less before she is au natural again. The wrinkle collective at Wacky says hi, as does Post-It Man. Wabby misses you, the Robo-can makes the more sizeable arachnids come out and party *shudder* Count stands at 3 white-butts and 4 'other' (species not spray-painted on superstructure or visible beneath saddle). You know me - taking it in my stride with frying pan set to stun!! The flowers were AMAZING and so are you!! Not long to go now Tiger, Wabby has laid out best fwuffy tail in preparation...xxx.

Hey Riley

60 days down and 120 to go!! A third of the way today. I'm missing you heaps, especially for your vacuuming skills. I must get onto that! Bob just isn't interested in developing his technique. I'm so proud of you and your work there. Thank you for going. Most don't understand, but we know that your efforts are making a difference in our world. I love you very much. See you in 120 days!! Love, Max.

CHAPLAIN'S PEN FROM HOME

NEW YEAR'S RESOLUTIONS

Chaplain Michael Baker
RNZAF Base Woodbourne

2011 is here! As the year gets started, people like to make New Year's resolutions. We take time to reflect on the past twelve months, and identify what we were not happy with and want to change. Then we plan goals for the future and try to work towards them.

There are times when we need to realise that the grass isn't greener on the other side.

Typically, our New Year's resolutions are about getting healthier or feeling happier. Often we make goals to lose weight, do more exercise, change jobs, get out of an unfulfilling relationship, save for something we want, plan a big holiday, or undertake classes or courses to improve ourselves or our job prospects. So often it's about changing things, so that life will be better in the future.

But do you find that after a couple of months our good intentions have come to nothing? New Year's resolutions can become burdens in an already stressful life. They can set us up for failure and lead to more feelings of guilt. Instead of achieving change, they become exercises of wishful thinking and little else.

Sometimes we need to find peace in the presence, rather than striving for a better future. There are times when we need to realise that the grass isn't greener on the other side. (There is a saying that we need to take a watering can wherever we go.) There is peace in acceptance, even though it takes humility to accept our limitations. Sometimes, to be healthy and happy we need to accept ourselves

just as we are - and stay focused upon the 'now'.

Sometimes acceptance comes through the forgiveness of our self and others, and the letting go of resentments. This is particularly true of relationships. (However, if people are in violent and abusive relationships – things need to change because safety is involved.) Happiness can be found by appreciating something old and familiar, and fixing something broken. Sometimes greater satisfaction can be found by paying off bills and debts, instead of buying something and creating new ones.

So, when do we need to change things, and when do we accept things as they are? There isn't a simple answer. However, there is a prayer that can help called the Serenity Prayer:

***"God grant me the serenity
to accept the things I
cannot change,
the courage to change the
things I can,
and the wisdom to know the
difference. Amen."***

As well as asking for God's help, we can make a list of the 'good things' and the 'not-so-good things' of changing, and then of accepting something. Then if it still seems that changing is the best option, make sure you get a support person to help you keep on track. (Few of us can change on our own.) Next, break the objective into smaller achievable goals. Then as you achieve each mile-stone, make sure you celebrate by rewarding yourself in some way. Finally, don't have too many New Year's resolutions. Our minds tend to focus upon one thing at a time.

Whether you need to change something or grow in acceptance, may God bless you this New Year!

HELPING YOUR CHILD COPE DURING DEPLOYMENT

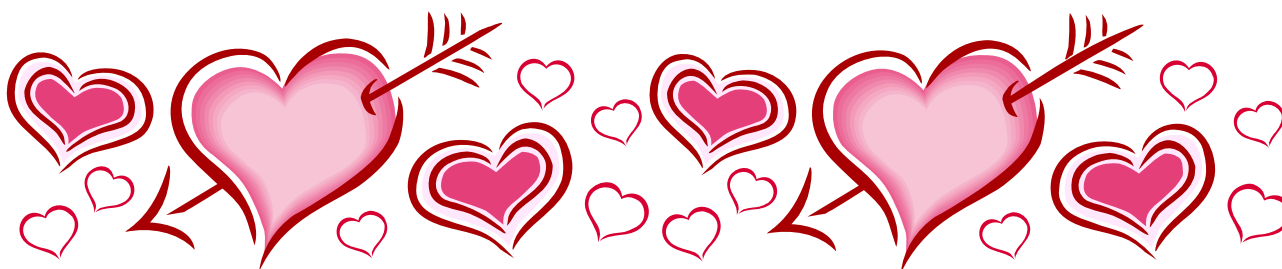
Regardless of the duration of a deployment, some children may experience difficulty adjusting to life whilst their parent is away. The following points offer a few simple tips to assist you in helping your children cope effectively during this time.

- ♦ 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 this corkboard to hang pictures, letters and other souvenirs.

Valentine's Day — Fact or Fiction?

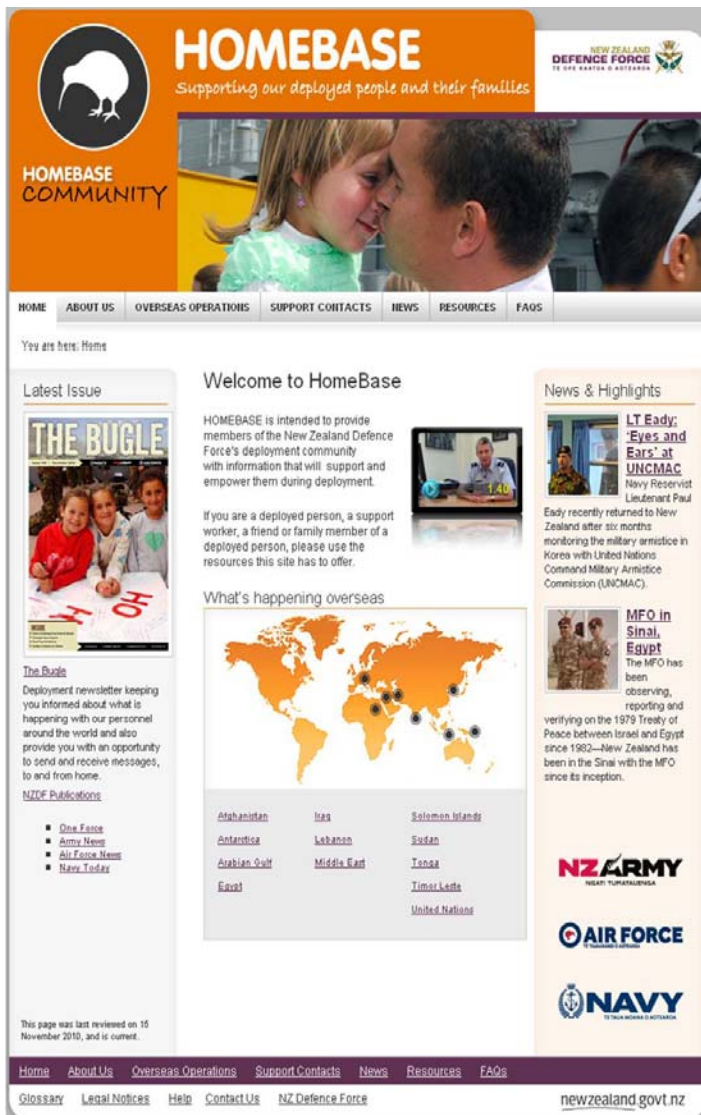


- * Legend has it that Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Emperor Claudius II decided that single men made better soldiers than those who were married. With this thought in mind he outlawed marriage for young men in the hope of building a stronger military base. Supposedly, Valentine decided this decree just wasn't fair and chose to marry young couples secretly. When Emperor Claudius II found out about Valentine's actions he had him put to death.
- * Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death he sent the first 'valentine' himself when he wrote her a letter and signed it 'Your Valentine', words still used on cards today.
- * Perhaps we will never know the true identity and story behind the man named St Valentine, but this much is for sure ... February has been the month to celebrate love for a long time, dating back to the Middle Ages. In fact, Valentine ranks second only to Christmas in the number of greeting cards sent.
- * Another Valentine gentleman you may be wondering about is Cupid (Latin cupido, "desire"). In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, God of Love. Cupid is often said to be a mischievous boy who goes about shooting people with his bow and arrows.
- * A young girl was supposed to marry, eventually, the first eligible male she met on this day. If a girl was curious and brave enough she could conjure up the appearance of her future spouse by going to the graveyard on St Valentine's Eve at midnight. She would then sing a prescribed chant and run around the church twelve times.
- * In England little children went about singing of St Valentine and collecting small gifts. It was also customary to place valentines on their friends' doorsteps.
- * It was thought that birds chose their mate for the year on February 14. Doves and pigeons mate for life and therefore were used as a symbol of 'fidelity'.



WWW.HOMEBASE.MIL.NZ

AN INTERNET WEBSITE FOR DEPLOYED PERSONNEL AND THEIR FAMILIES



specifically for the site and existing information that has been linked to **Homebase** from other NZ Defence Force websites. Each section targets what we think will be the main areas of interest for **Homebase** users.

“Working together we can offer our deployment community the best support, which in turn, will allow our people to give their best efforts while overseas.”

Air Vice Marshall Peter Stockwell
Commander Joint Forces
New Zealand

The **Contacts** section is a new section that includes information pages from all our camps and bases as well as personal contact pages for our deployment, community and welfare support people.

From the **Resources** section we have linked into information and sites from around the world to give users access to the most relevant information in one place. There are vast amounts of information available so it is hoped that users will drive the content of this section through requests and suggestions about information that are wanted to be seen.

The **Overseas Operations** section on **Homebase** gives information about all our deployments so if you don't already know much about the place that you, or your loved one is going, this is a good place to look.

In the **News** section the Defence Communications Group (DCG) publishes all its magazines and articles so for the latest stories and **Navy Today**, **The Army** or **Air Force News** have a look here. This deployment newsletter, **The Bugle** is also available here to read and or print and messages are able to be sent to the editor for inclusion via **Homebase**.

This website allows our deployment community to communicate and share information in a way that enables Defence to support you, and empower you to help yourselves.

www.homebase.mil.nz

They say information is power and, if so, many of our Defence Force families and friends have, at times, felt left out and isolated. This is especially true when loved ones are deployed and family members do not have direct access to the information they need, or do not know how to navigate the system to find it.

To help improve access and empower families and friends while our people are deployed, Headquarters Joint Forces has created an **internet** website called **Homebase** to act as a gateway to useful information.

Homebase is organised into several sections which includes both new material that has been created