

THE BUGLE

Issue 148 | February 2011



Deployment Newsletter



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COURAGE | COMMITMENT | COMRADESHIP | INTEGRITY

"THE BUGLE"

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

Deadline

The deadline for Edition 149 is
3 March 2011

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

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Disclaimer

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

Cover Photo:

CPO Steve Clarke on patrol and enjoying the amazing view of the Bande Amir Lakes, Afghanistan

QUALITY SUPPORT IS STILL A PRIORITY

Ms Lynne Smith J18-Pers Welfare

As 2011 begins some of our Defence families have spent the holiday season without loved ones and are eagerly awaiting their return home. Others have recently said goodbye to loved ones as they head off on their pre-deployment training. While they will see them again before they deploy the pressures of their absences are already being felt.

Headquarters Joint Forces New Zealand (HQ JFNZ) is keenly aware of the pressures on our deployed people and their families and new ways are always being sought to improve conditions for our deployed personnel and lessen the stress for families back home. Policies and procedures are updated to keep pace with change, services and support for families are constantly upgraded, and facilities for deployments improved in order to help keep morale high.

One thing that gives HQ JFNZ the opportunity to improve the situation for our deployment community is technology. The last couple of years have seen improvements in technology that allows many of our deployed people to communicate better with loved ones back home.

More effective and efficient systems are now available for many of our deployments and give deployed people the ability to have more frequent, higher quality and longer contact with families by either phone or internet. When loved ones can talk, or talk and see each other more frequently, for longer periods, without cut outs or delays the experience can be far more rewarding for all. This is very beneficial, especially where children are involved and helps families to stay connected.

Another tool that has been developed is the **Homebase** internet website that was launched last year and is designed to support our deployment community, that's all our deployed personnel, their families and those that work to support them. The website combines information from existing Defence sites, links to other useful internet sites and new information specifically for our deployment community in one easy to find location (**www.homebase.mil.nz**). It has been well received and is intended to be grown by contributions and suggestions from users so that what evolves is shaped by users, for users.

While the recession bites and pressure continues to grow with regard to achieving efficiencies, the quality of support is not compromised as new opportunities constantly present themselves and we work smarter not necessarily harder. Most of those who work to support our deployments have deployed themselves, often more than once, and are keenly aware of the importance of quality support. While those who are deployed are giving their best overseas, those that work to support them are doing the same back here in NZ.



FOREIGN CORRESPONDENTS

NEWS AND VIEWS

Including: The latest News from Bamyan
Hard Training and a Little Play
I am Spartacus
Postcard from Timor-Leste

THE LATEST NEWS FROM BAMYAN

LT COL Andrew Fox

Well here we are in February already. The snow while still coming occasionally, has not really settled apart from on the higher mountains. This has meant that the patrol programme has not dropped off and the team have been really earning their money as they get around the villages. This investment has really paid off especially in the towns of Nayak, Do Abe and Ghandak where our soldiers (sailors and airmen) are accepted as part of the community. The feedback from the locals has been extremely positive and this makes the lack of facilities and what we would consider poor conditions worth while.

You may have heard in the news that unfortunately a local child was killed last week when he picked up some unexploded ordnance in the north of the province. While we could not do anything to assist him, the team at FOB Romero reacted quickly and professionally to treat the second child that was injured in the explosion. Good medical care by our soldiers and a rapid evacuation to hospital by Coalition Air, saw him able to return home within a few days. I visited both the team at Romero and the village where the children lived. The locals, while obviously sad at their

loss, were very appreciative of the NZDF actions and were impressed with our concern. Unfortunately in a country like Afghanistan that has been at war for many years such occurrences are not uncommon. We will continue to work with the local elders and children to educate and advise so the chance of similar events is minimised.

On a brighter note, I hope that those of you that were able to make the mid tour presentations enjoyed the DVD (and the beards). I know the team enjoyed making them, and the good news was that only a few had to be censored! I have passed on your thanks to Kelvin McMillan who produced it in addition to an already significant workload, no doubt a career with TVNZ beckons on his return to New Zealand.

Speaking of which, in due course you will receive likely dates for our arrival. I ask you to keep in mind that, as always, dates may change slightly depending on a number of factors. Suffice to say, we will try to get everyone back to you as quickly and safely as possible while finishing the job to the same high standard that the team has achieved to date.

Again I would like to highlight what a great job has been done by your loved ones in maintaining peace here in Bamyan. We receive a fairly constant stream of visitors at Kiwi

Base and without exception all of them have been impressed with the results that have been achieved here. The most heartfelt appreciation however comes from the people on the ground, especially during winter. The conditions are harsh enough on their own without criminals and insurgents restricting movement of basic necessities like coal, food and aid. Your loved ones have made a difficult time that much more bearable. For that, I thank them and you. Take care of yourselves, we will continue to do the same.

HARD TRAINING AND A LITTLE PLAY

PTE Heilyn Kepka

2/1st B Coy 6 Platoon

2/1st Bravo Coy 6 Platoon is a well trained tight group of soldiers, 'Our mission, OP RATA Rotation 13 Solomon Islands'. Our new turf Guadalcanal Beach Resort aka GBR located in Honiara provides the grounds of some hard training and a little play.

Some say it's a trip, we say it's a deployment. With this mindset, every day is a test of soldier skills with a mission focus. All this has created hearty competition between sections whether it's stripping and assembling weapons or a game of touch, bragging rights are to the victors. In our spare time we get our pump on at the gym, compete at games or swim to cool down from the 35 degree heat with 80%+ humidity on top of it.

**Morale is high, the sun
is shining and the mail
is on time!**

FOREIGN CORRESPONDENTS

I AM SPARTACUS

LCPL Arana Hillman
Comms-Op Gyro 10

Moving into the third month of GYRO 10 and the S6 cell is still really busy. As the Comms Operator (Comms Op) I have had to plan and execute comms recce's, do various cabling jobs, go out on long range patrols as well as the normal day-to-day duties of a Comms-Ops.

We do PT three times a week, Tuesday, Thursday and Saturday. Thursday is run by the Aussie PTI, who they nickname 'SGT Slaughter', for a good reason. Most people tend to do their own PT on other days, with volleyball and soccer competitions run against various Aussie teams on Wednesdays and Fridays after work. CPL Graham introduced the S6 cell to the Spartacus workout, which contains a series of high intensity exercises with short rest

breaks. Others have trained with us on various occasions but only myself, CPL Graham and our boss FLT LT Hill have stuck to it, earning us the nick name of "The Spartans". We conduct various boxing circuits in our spare time as well, from which I have developed a David Tua like left hook. Watch out Shane Cameron. The gym over here gets smashed, and in that spirit I have taken to throwing around weights on a regular basis and am really enjoying it.

I have managed to go on a Blackhawk flight around the island, accompanied by SIG Young and CPL Graham. SIG Young particularly enjoyed the flight, bringing up his breakfast mid way through.

The country of Timor-Leste is a lot different from New Zealand, and really drives home how lucky we are to live in a country like our own. One of the highlights of the tour so far for me has been the long range

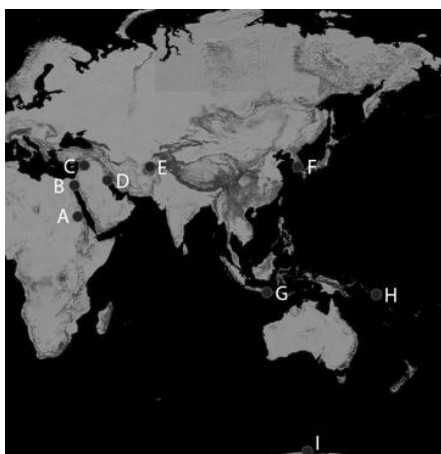
patrols with the PMV troop. The villages in the remote areas of Timor really love the Kiwi and Aussie soldiers, and no matter where we stopped, we would be surrounded by people within minutes. They would often hang back a small distance away and sit and watch, and it was always the kids who would approach first. Before long they would be asking us questions, the main one being "Mister, mister Chocolate?" closely followed by "Mister, mister Aqua?" (meaning water) with an outstretched hand and a big smile. We also managed to teach some of the kids Rugby, and had a game that lasted about half an hour. We did a lot of HF testing on these patrols and managed to pass data over HF 95% of the time, though it took a bit of ingenuity and experimenting to get the shots in.

As half the S6 cell is Air Force it has been really interesting as they have a slightly different approach to almost everything we do. I have learnt a lot from them, especially with HF as they tend to focus on this a lot in their service. It was also the first time since I've been in this country that I have felt cold. When at 3.30 in the morning my hoochie collapsed under a huge downpour, I decided that if I curled up in to a tight ball I could go back to a peaceful sleep. Instead I lay there for two and half hours being cold.

The next day I saw a snake. A big one! It was black - Water Python. We ran it over by accident with our Pinny. Good times!

We are nearly half way now and although I have enjoyed my time here, and all the challenges it involves, I can't wait to get home and see my family. So, to every one back home, heaps of love, and I'll be seeing you sooner than you think.

Overseas Deployments



Currently 479 New Zealand Defence Force personnel are deployed on 16 operations, UN missions and defence exercises in 11 countries around the world, including:

- A—Sudan (3 personnel)
- B—Sinai (28 personnel)
- C—Middle East (7 personnel)
- D—Iraq (1 person)
- E—Afghanistan (231 personnel)
- F—Korea (3 personnel)
- G—Timor-Leste (80 personnel)
- H—Solomon Islands (45 personnel)
- I—Antarctica (60 personnel)

All overseas deployments are co-ordinated and run by Joint Forces New Zealand. Once deployed, NZDF personnel come under the control of Commander Joint Forces New Zealand.

POSTCARD FROM TIMOR-LESTE

Captain Libby Reardon

Timor-Leste shocked me from day one. The heat and chaotic traffic put me in a state of emotional and physical exhaustion. Lonely Planet (and HQJFNZ) provided me with the back-brief I thought required to gain a basic understanding of the country that would be my home for the next 12 months, however, it failed to prepare me for the sensory overload I'd experience within these first few days.

By day three I began to conquer my issues with the heat by getting a buzz cut at the popular hair dressing-massage-restaurant-bar establishment called 'Thai Herb'. While the outgoing SNO claimed that I had committed 'self-vandalism', I'm happy with the simplicity provided by this new cut! It's tempting to convince others to go for the GI-Jane look, but I'm sure this could result in a few unhappy husbands, and it does result in the odd person addressing me as 'Sir'.

Aside from my hair cut, the handover with MAJ Seruvatu went smoothly and resulted in developing some good connections (official and social). These first weeks have been spent meeting people, attending some of the Australian induction training, mixing in at H-Pod, trying to get the bureaucratic clearance to begin English teaching courses again, and driving to the different teaching locations throughout the country.

Driving in this country provides a challenge of its own, and unfortunately there is a bet on that I will not last three months before having a mishap on the roads here. Well... almost one month down, and both the Toyota and me are ok! Although, I have had to dodge your usual road malingers ... plenty of dogs, cats, chickens, pigs, horses, buffalo, and people sleeping on the road edges!

Beyond the driving my position



here provides other challenges. I'm deployed with Operation Kaihanga, which is not your usual GYRO trip to Timor. There are five of us here within this operation, all working in advisory capacities within the Falintil-Forças de Defesa de Timor Leste (F-FDTL). MAJ Ackroyd is the Military Logistics Advisor, MAJ Millner is the Personnel Advisor (J1), WO1 Joyce is the Force Logistic Unit (FLU) Advisor and WO2 Moana is the Small Arms Training Team (SATT) Advisor. MAJ Millner and MAJ Ackroyd both live in Dili while WO1 Joyce, WO2 Moana and I live in Metinaro camp, 45 minutes east of Dili. It's rather pleasant living out in the countryside, complete with pet crocodiles and beautiful beaches 10 minutes away.

As we are isolated from the city, we take turns at cooking and spend our evenings chatting between ourselves, or with the couple of Aussies that stay here on occasion, or the Portuguese Advisor. We often watch a DVD or retreat to our rooms to re-connect with our New Zealand lives with the assistance of skype. Unfortunately, both the power and the internet connection can fail for extended periods – but I'm still impressed that I can make a video call to my Kiwi niece and nephew from the comfort of my own room in such a remote place as Metinaro!

Metinaro has the newly constructed English Language Training Centre

and runs the English Language Programme (ELP). My position here involves running the English Language Maintenance programme on behalf of the Australian Defence Co-operation Programme (same as our MAP). In this capacity, I teach in Baucau camp (three hours north of Dili), I tutor students in Metinaro (including Saramento, who has just returned from eight months in Burnham Camp with the band), I teach civil servants in the Palacio du Governo, classes at the Naval base and at the Tusi Tolu HQ camp. I'm currently swapping Tetum language lessons for basic maths lessons with one of the ELP teachers, so I hope to be free to converse with my F-FDTL colleagues by the middle of the year, as well as being much improved with my own mathematical ability!

Even though my tour is only beginning, I've already developed a love for Timor-Leste. There is something beautiful about the landscape and these people who have suffered so much, and yet remain so friendly and open with all of us here in Metinaro. I hope I can make a difference in the futures of those I encounter, but I also know that the first step is to forget my own motives and ideas and allow my students and colleagues to enlighten me on how best to provide a lasting impact within this community. Patience will be the key, after all this is Timor.

CHAPLAIN'S PEN — FROM ABROAD

Padre Tony Harrison

After the high points of arriving and settling in, followed by Christmas and New Year celebrations, life and work is pretty much as it is now. The troops are working at maintaining their efficiency as well as being involved in professional development. Education never stops, especially when a person wants to be on top of their game and looking to their future prospects.

The last month, however, has been punctuated by two significant celebrations – Australia Day and Waitangi Day. Respective contingents took the lead on these days and made the day peculiarly their own.

Australia Day celebrations revolved around a cricket match against the Kiwis, of course. The wicket was as hard as concrete, in fact it was concrete. One of the helicopter landing pads was used for the occasion. At least that overcame the problem of cracks in the pitch and bowlers footmarks when it came our turn to bat. The rules were basically those for indoor cricket. Well, that was the basis of the rules. There appeared to be some varying factors according to which side was batting or even bowling for that matter. There were some undefined local rules. It all helped for the entertainment and plenty of encouragement from the grandstand. The winners? Well need you ask? Australia won – after all it was their day. Later in the day, all gathered in the Two Can Hut for a BBQ.

Lest I seem to be demeaning about the rules of this particular occasion, it must be said that it was taken in good part for it was all in a good cause. There was an entrance fee to the game as well as financial “penalties” for infringements or scoring during the game. The monies raised went to assist the

people of Queensland whose lives have been devastated by the flooding that took place in that State. There have been a number of other fundraising activities in which everyone has been invited to take part. Over \$10,000 has been contributed to the appeal by people serving in Timor-Leste.

Waitangi Day was our day. The highlight of the day was the hangi in the evening. It was proposed to have a return physical encounter with the Australians in the form of a Touch Rugby match earlier in the day but this was not able to be held due to the unsuitability of the ground conditions. All is not in vain, since then the Kiwis have won the Soccer competition.

The hangi was a good occasion for all. Many thanks to all who had a part to play in the preparations that went into providing the meal. Our Acting Ambassador, Brendan Hopkinson, was present as our guest as well as Colonel Reilly of the Australian Army who is the Commander in Timor-Leste. After the meal, entertainment was

provided by different groups. Some members of the entertainment groups were called upon at short notice which called forth some skills of spontaneity. The members of QAMR and the Platoon were very well rehearsed and had put some effort into their items. As happens on these occasions some persons in command came in for some jokes at their expense. What was good to see was the way in which people who are otherwise somewhat shy were able to perform on the stage. But maybe they will always be better soldiers than actors.

The Community Engagement Patrols have become a feature over the last few weeks. We have certainly gained some friends just outside the camp. We have paid two visits to the local primary school. There are 576 children on the roll. The school caters for two groups of children each day. School days are Monday to Saturday. At least the children are getting some education but the conditions in which they learn are



Private Lagan and friends in Timor-Leste

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



Kiwis arriving for the games

very basic. The classrooms are a basic concrete shell. The children provide the colour. There is no playground attached to the school but that does not matter. The lesson we can learn is that it is not things that make us happy but what we can be for each other. Life doesn't have to be complicated.

A larger group mainly composed of members from the platoon descended upon the locals one



LCPL Matchett with children and LCPL Huia looks on

recent Saturday and played volleyball and soccer with them. The interaction was beneficial on both sides. It wasn't just the children who joined in the games and enjoyed themselves. The older woman who was able to jump up and spike the ball in the volleyball game is still being spoken of by the troops with some respect.

A bond has been well established in this neighbourhood. Whenever we go there the children come running to meet us and friendly waves are exchanged. "Little things mean a lot."

Ate Logu
Adeus. Timor-Leste.

Padre Paul Allen-Baines

Greetings and Kia Ora from the wonderful tropical Island of Guadalcanal, Solomon Islands. Christmas and New Years is over and we are now already well into our deployment. The time is passing us by at such a pace that it's hard for us to keep track of the days. The last few weeks have been very eventful with many

birthdays, Australia Day on 26 January and Waitangi Day on 6 February as you can see, many celebrations all round, what a wonderful way of boosting morale.

Australia Day was well celebrated by all of the Australians here at GBR (Guadalcanal Beach Resort), and they had plenty of support from the Kiwi's, PNG's and other Pacific Islanders. It's amazing how many pseudo Australians came out of the closet that Wednesday. The place was buzzing, people dressed in green and gold, painted green and gold, little flags flying, lots of energy and thought were put into the day. The theme carried on into the evening, with a lot of the music played by Australian artists. The GBR band was excellent as usual and did not let us down, they played their hearts out to an audience who were much appreciative of their efforts. What hidden talent is out there amongst our troops!!

Us Kiwis were encouraged by the Aus day celebrations that we too were looking forward to our day 'Waitangi Day'. SGT Mark Anderson, CPL Hemi Clendon, PTE Royce Campbell and myself were unavailable to participate in the festive celebrations of Waitangi Day, as we joined with a team from RAMSI for a four day Wokabaot Toktok (walk about and talk) with five villages on the beautiful Island of Santa Isabel. It was a seven-hour boat trip northwest of Honiara, but of course that may be a story for another time.

As I was not at the Waitangi Day celebrations I asked LT Ryan Hutson to give his take on the weekend events.

On the 6th of February 2011 those Kiwis deployed on OP RATA (II) rotation 13 celebrated Waitangi Day in the tropical Solomon Islands. This included NZ service personnel, NZ police and NZ

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

civilians, some of whom work in support of the Regional Assistance Mission to the Solomon Islands (RAMSI). In commemoration of this day there were a number of events organised, the first being a BBQ and boil up at the 'Leaf Hut' inside the camp. Unlike most camps there is a pristine view of the beach and Florida Islands afforded from northern section of GBR. The BBQ was a good get-together for the personnel both in and out of the service.

Following this there was a formal function at the NZ High Commissioners residence. Several personnel from the NZ contingent; MAJ Adam Gordon, CPL Brian Mills, PTE Jacob Baker, PTE Heilyn Kepka, PTE Callum Vigus, PTE David Rangiihu, PTE Bronson Jenkins and myself. Unsurprisingly, we army folk were the first to arrive, the civilians arriving fashionably late. A rather enjoyable function ensued where firstly the NZ High Commissioner H.E. Mark Ramsden gave a speech about the strength of relations between NZ and the Solomon Islands.

The Prime Minister of the Solomon Islands, the Hon. Danny Phillip was next to give his speech reciprocating the strength of the national relations and the best

wishes for them to continue and strengthen. He also made light of the fact that the Solomon Island football team beat the All-Whites in the recent Pacific Football Competition yet we (NZ) were the ones that appeared in the 2010 FIFA World Cup.

We then got up to lead the National Anthem in front of the crowd now about 200 strong, despite the lack of ability to hold a pitch the onlookers were appreciative (at least on the outside) of our stalwart contribution.

The event then wound up following a characteristic tropical downpour but the consolation being that the soldiers were confident enough to request and be given a photograph with the Prime Minister, a memory they will not soon forget.

As you can see, Waitangi Day/ weekend was a very memorable time for our men and women. There was much interaction with many people from many backgrounds. You can all be proud of the troops: your sons, daughters, husbands, wives, brothers, sisters and loved ones as they are all great ambassadors for our country, Aotearoa New Zealand.

In the past few months NZ troops have taken in a new culture and adapted to it well. They have held their morals, standards and values to a high degree of professionalism and even though they are all missing their family, friends and loved ones back home, they continue to shine and be seen by the local community as a country which cares for the wellbeing of others.

I hope you are as encouraged as I am.

**Blessings to you all
from the Solly's**



PTE Heilyn Kepka, PTE David Rangiihu, Solomon Island Prime Minister Danny Phillip, PTE Jacob Baker, PTE Callum Vigus, at the NZ High Commissioners House for the Waitangi celebration

Long Distance Relationships

A few quotes of comfort, support and inspiration

- ◆ "In dreams and in love there are no impossibilities."
Janus Arony
- ◆ "Without rain, there could be no rainbows. Without sorrow, joy would not be as sweet."
Anonymous
- ◆ "Love is the bridge that bonds the shores of two distant hearts."
Author unknown
- ◆ "Distance is just a test to see how far love can travel."
Anonymous
- ◆ "Absence diminishes small loves and increases great ones."
Author unknown
- ◆ "Absence is to love, as wind is to flame, it extinguishes the weak and feeds the strong."
Anonymous

Source: www.geocities.com

CHAPLAIN'S PEN FROM HOME

WHO ARE WE?

**Chaplain Wayne Toleafoa, RNZN
Principal Chaplain (Operations)**

Waitangi Day is one of those days (along with ANZAC) which helps us to define who we are as New Zealanders. Both days involve the partnership between Maori, Pakeha and all who choose to call New Zealand, 'Home'.

Waitangi Day in particular reminds us of the importance of the relationships between all peoples who live in Aotearoa/New Zealand - because we now share a common destiny. That destiny depends very much on what we do today and what kind of society we are building for future generations.

What are some of the values we want to keep in the society of the future? Along with the (NZDF) values of 'Courage, Commitment, Comradeship and Integrity', I think we would want to preserve other indigenous (Kiwi) values like: "aroha", "utu" (used in the sense of justice/fairness), generosity, industry, co-operation, accepting people as they are, appreciating the beauty and grandeur of our islands, being intolerant of crime and/or evil! These are only a small sample of the values we want to preserve for the future generations. You can probably think of more.

When we are serving overseas be it on land, sea, or in the air, what are the values we are reflecting to the societies we are working among? Are we not directly or

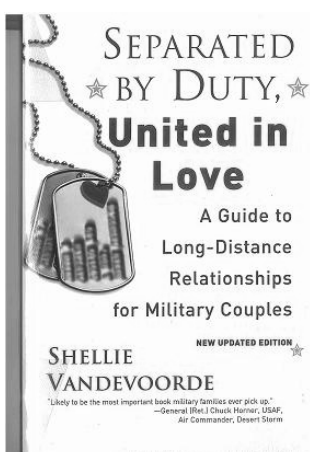
indirectly serving overseas in order to preserve the way of life we know in Aotearoa? A unique way of life that we look forward to returning to - after our deployments.

Fortunately, in most places where the NZDF are serving we are seen as, 'The friend of all and the enemy of none'. In many of the theatres you are serving in there are local people would give their right arm to live in a place like New Zealand. We are 'blessed' in the true sense of the word.

In the meantime carry on doing the good things you are doing. Our destiny lies not in some far off distant future. Our destiny lies in the things you and I do today.

Blessings & Prayers.

BOOK REVIEW



WHERE CAN YOU TURN...?

...when the bills are due, the kids are acting out, loneliness and doubt are creeping into your quiet hours—and you're handling it all alone? If your partner is in the military, these challenges may be the greatest that your relationship will ever face. Now is the time you need answers, resources, and understanding. This is the book that will give them to you.

Military wife and U.S. Army veteran Shellie Vandevoorde has penned a practical, compassionate guide to help military couples cope with the separation of active deployment. Now updated and expanded, *Separated by Duty, United in Love* is based on her years of experience, offering sound and comforting advice from someone who's been there.

Vandevoorde explores real-life issues and shares invaluable insights on the best ways to:

- ❖ Keep the lines of communication open while your partner is away
- ❖ Address your children's fears as you cope with your own
- ❖ Juggle finances and other household duties
- ❖ Find the balance you desperately need
- ❖ Cope with post-traumatic stress, injuries, and other challenges when a spouse returns from war
- ❖ Utilize military resources and support groups to help yourself through the toughest times.

You are not alone. *Separated by Duty, United in Love* gives you the tools and the encouragement you need to help your military relationship survive—and thrive.

DSO'S CORNER



Carol Voyce

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

Mid tour briefs are fun and full of emotion. As I write this Bugle article, we are about halfway through our catch ups with families associated with the deployments to Timor-Leste, Solomon Islands and Afghanistan. Those in these deployment locations have excelled in making the BEST EVER DVDs to share with their loved ones at home. As I watch the DVDs I can't help but admire the courage of deployed personnel to feel confident to share their special and personal messages through the lens of a camera and into a small public arena, where other families are watching too.

This following scenario unfolded last weekend in Linton. Little Robyn skipped in the door with her Mum and after a quick munch on the egg sandwiches (her absolute favourite); curled up on her Mum's knee excitedly anticipating a picture of her Dad to appear on the big screen. "Dad" was spotted in a number of scenes and the little tot called out loudly, to make sure we all knew, that that was her Dad smiling down upon us. "Look there is my Dad — see that Mum!! My Dad! Oh I love my Dad" she

shouted out. Of course we all smiled and there were a few teary eyes at the sheer pleasure and excitement Robyn displayed on sighting her much loved, much missed Dad! And then Dad finally appeared again, but this time with a special and personal message just for her and her Mum. The smile was wider than you can imagine; the comments just the same, but this little "stay at home and manage without your Dad heroine" was absolutely thrilled to have Dad briefly in her midst. This surely was priceless and has been repeated over and over again with similar reactions from young and old in locations countrywide!

These scenes reminded me of an article that I wrote in 2009 about a little boy Billy who had visited my Burnham office with his Mum. Sincere apologies if you are a regular Bugle reader and have read this previously, but I felt it was timely to share part of it with you all.

"Mum had called into my office for some deployment information and Billy and I got chatting. This bright four year old went to great lengths to explain to me that his Dad was working in a country on the other side of the world. "If I wanted to go and see him, but we're not allowed too, it would take me two days to get there on the fastest jet that was ever made!" He quickly reminded me that his Dad was busy everyday helping people who didn't have "nice food, nice houses, or nice toys." "They don't even have blankets and wouldn't know what a lollipop was," he said, as he took a slurp on the one I had just given him. I asked Billy what his Dad looked like — hoping that he was someone I might remember meeting previously. "Is he as tall as me?" I asked. "My Daddy" he said leaping onto the chair, gumboots and all, is this tall and more". His

eyes sparkled and a huge beaming smile was forthcoming. "He is the tallest Daddy in the whole wide world and he is covered in orange freckles!" "Fairy footprints," I replied and the smile grew bigger. "I love him this much", he keenly demonstrated, arms outstretched. This description of Billy clearly warmed my heart. Billy idolised his Dad and this vision he had clearly painted and portrayed, illustrated that little Billy was so much like many other NZDF children."

Robyn and Billy, like many others, separated from the one they love, that special missing figure, are, amongst their daily struggles, very much aware that their Dad and Mums are clearly making a difference for others. To Robyn and Billy their Dads' are heroes. They are shining examples of courage



*Gorgeous little Robyn Ruha
at the Linton Briefing*

and bravery too, often carrying a lot on those little shoulders and doing it proudly. I would call them our little heroes.

I look forward to seeing all heroes, big and small at our next Deployment updates and then again before you know it - all heroes will be reunited at homecomings and reunions.

Kind regards to you all.

DSO'S CORNER CONT'D...



Janine Burton
Deployment Services Officer
2nd Land Force Group

We are now passing another set of milestones for our deployment families with Carol having almost completed the tour updates for the current missions to the Solomon Islands, Timor-Leste and

Afghanistan (CRIB). This, of course, means that we are getting very close to the point where you can begin counting down. It was great to be able to support Carol with the Linton-based briefings and also to grab a quick five minutes to catch up with what is happening in her world, and sharing with her, what is happening in mine. Pre-deployment training is underway for replacement contingents to two of the missions so that is another indication that time is passing very quickly (for us at least). The other milestone of course, is that schools have commenced for the year and I hope that if this has a direct impact on you, that your children have settled well into their new routines for the year. There is, of course, the disruption to the school year with the reconfiguration of the school terms to allow for the Rugby World

Cup. I was looking at my planning the other day and realise that I will have to also allow for the competition finals with one of my sets of briefings, but it shouldn't be too disruptive.

Being separated from loved ones, even if the reason for the separation can be considered to be for a very worthy cause (as in the case of deployment), we all have periods of frustration when quite simply "they should be here"! By keeping home and commitments and children all running as smoothly as possible, we too are participating in the deployment so I hope that each of you takes the time to acknowledge your own valuable contribution. You are doing a great job!

Another Bugle down, another Bugle closer to homecoming! Thinking of you all.



Lonely Planet Guide

Are you familiar with the "Lonely Planet" series of books? For over 30 years these comprehensive travel guides have been published for worldwide locations and the information is updated regularly.

If you want to find out more about a deployment location, these books are filled with wonderful facts and figures which make great reading. They are available for loan from your local library or purchase at bookshops. For those associated with the NZPRT deployments, the "Lonely Planet guide for Afghanistan" is available on line.

Visit www.lonelyplanet.com

The chapter on Afghanistan forms a small part of the guide to Central Asia and well worth printing off.

Can you raed this?



I cdnuolt blveiee that I cluod
aulaclty uesdnatnrd what I
was rdanieg. The
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human mind, aoccdrnig to a
rscheearch at Cmabrigde
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stlefe, but the wrod as a
wlohe. Azanmig huh? Yaeh
and I awlyas tghuhot slpeling
was ipmorantt!

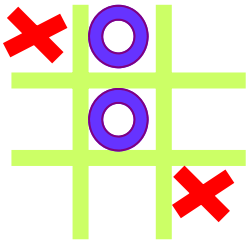
HINTS FOR THOSE DEPLOYED

Ways to keep in touch with your child



How smoothly your reunion with your child will go depends largely on how involved you stay in their lives during the deployment. Children need to know that they are important to you no matter where you happen to be. Below you will find a list of ways to help you keep a strong connection with your children.

When communicating with your children during deployment, keep in mind that it is important to send things to each child individually. They need to know you care about them, not only as "the kids, but as individuals as well.



Play games with your child through the email. Games like noughts and crosses, hangman, checkers, etc, work really well.



Share with your child WHY you must be away from them. Tell them about your job, explaining any military words that you may use. Let them know what parts of your job you like, as well as the more challenging areas.

If your schedule changes, inform your child yourself by mail or phone call. That way he learns he can depend on you for information, and the parent at home doesn't have to try to answer questions about the situation.

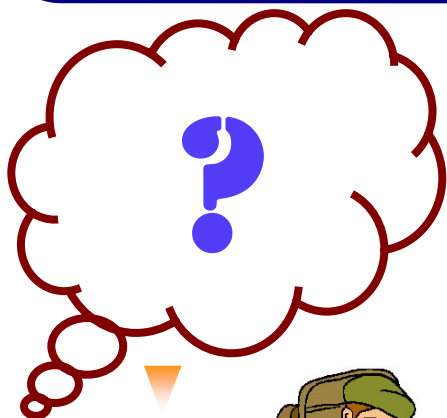


My favourite place is

I like snow. YES or NO.

My best friend is:

Create a fill-in-the-blank letter for your child to complete and send to you. Use some "Yes" and "No" questions and some that require a little thought. This is a great way to learn more about your child and keep the connection strong. Older children may want to create these letters for you to complete as well!



Have handy a list of questions or things to talk about when you phone your child from overseas. Keep notes so you don't ask the same questions with every phone call.



If you have an audio or video tape recorder, record messages to send to your child or read them a story from a favourite book or make one up. Put in a Bugle message. Ask them to record messages to you as well.

Create a crossword puzzle or word search page using a list of the things you miss about your child.



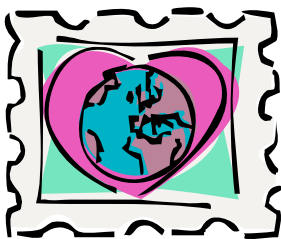
Keep up with the skills your child is working on (scout badges, musical instruments, crafts, foreign languages, spots, etc). Ask about their progress regularly and keep track so you don't always ask the same question.

Ways to keep in touch with your child cont'd.....



Ask your child to write to you reviewing new movies, videos, TV shows, video games, etc. Ask him/her to keep you up-to-date on how your favourite sports are doing by writing about them or sending newspaper clippings. Make plans to enjoy some of these things together when you return.

Correspond with your child's class. Tell them about life abroad (not just the "fun" stuff, foreign cultures, language, food sights, etc). Send them stamps, coins, newspapers, etc, especially if it relates to any places they may be studying. When you return, visit the class for "show & tell (in uniform). Share your experiences and answer their questions.



Keep a copy of your child's schedule for sports events, school programmes, field trips or other special events. That will give you things to talk or ask about in your letters, email or phone calls.



Send things to your child from different countries you visit such as gum, candy, stickers, placemats, etc. Things that kids like at home, they love when you've sent them from a foreign country! Seeing their favourite candy wrapper in Spanish is a thrill!



Older children might like to see newspapers, magazines or books from the countries you visit.



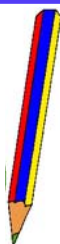
Give accolades for extra help they've given, special accomplishments, or progress made in school or other areas. Mention it in your letters and phone calls. You can also send a certificate that you've made on the computer or better yet, one that you've drawn yourself".



Send letters or cards celebrating occasions you may not usually note like St Patrick's Day, First Day of Summer, Labour Day, Waitangi Day or April Fool's Day. You can also celebrate events like the last day of school, learning to swim, passing a test, losing a tooth, learning to ride a bike, etc. Be creative!



Start making plans for home coming early. Ask your child to gather information about inexpensive things to do as a family and things that the two of you can do together.



SECRET CODE

Develop a code that you and your child can use to write letters to each other. This will make letter writing fun and different.



Tell your child often "I love you" and "I miss you".

Be sure your child knows how often to expect to receive mail, phone calls and email from you.

FOR YOUR INFO....

No Change in Human Resource (HR) Administration for Deployed Staff

The way Defence personnel manage their HR administration and pay is changing, however, there is no change for deployed staff.

When deployed staff return home they will receive information about the changes that are currently happening to the way that personnel manage their HR administration and pay.

While away, deployed personnel will continue to be supported by the Deployed Personnel Service Centre.

Throughout the first half of this year, New Zealand-based Defence personnel will transition to doing most of their basic HR administrative tasks, such as leave bookings themselves online, using the online administration system, KEA.

Staff who have a HR administration query that they can't resolve themselves will be able to get information from the Military Pay and Administration site and will be able to get help from staff in the new Defence Force HR Service Centre by email or phone.

New Zealand-based personnel are being briefed as their Service transitions to the new way of working. The dates for transition are:

Navy	28 February
Air Force	28 March
Army	A few months later

The Defence Force HR Service Centre is consolidating and centralising HR administration to reduce overheads and free up resources.

Personnel who want to know more about the changes can visit the HR

Service Centre intranet page.

Seeking Kiwiana

Looking for something to amuse the children? – At home, at preschool or at school? Why not get them to create some colourful paintings of much loved Kiwi icons.

We have been fortunate in the past to receive some wonderful artwork to send to Kiwi service personnel worldwide. Artworks displayed in deployment locations, give a wonderful reminder of some much loved and missed Kiwi treasures.

If you can encourage class projects or individuals to join in this activity, we will make sure that all artwork received finds its way to our Kiwis abroad.

Artwork may be sent to Carol Voyce, DSO Burnham or Janine Burton, DSO Linton.

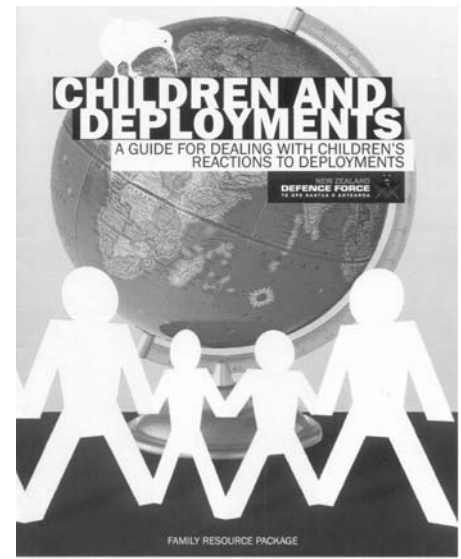
Avoid the Rumour Mill

Whatever you do — don't listen to rumours. You would be simply amazed at the "stories, scenarios and speculation" that reaches us! Our aim is to provide you with quality, up-to-date information. At times we hear of misinformation, circulating around families. - All totally unofficial, misleading and the basis for much undue stress.

We know how to navigate the system and get the right information from the right source. If in doubt or for peace of mind, be sure to give your Deployment Services Officer a call.

Children and Deployments

The New Zealand Defence Force has produced a great family resource package, "Children and Deployments". We acknowledge that deployments are hard and separations caused by deployments are hard – for adults,



for children and for families. With this in mind, this resource has been made available for you.

While we have learned much from overseas experiences, this resource has a Kiwi perspective and is of value to many of our families.

The 30 minute DVD provides information to parents on the effects of deployment on children and gives strategies for managing various stages of a deployment.

If you would like a copy of this resource, please contact Carol or Janine (Deployment Services Officers), contact details are on the inside cover). We will happily mail this resource out to you.

Taking Leave

I will be away on Annual Leave from 23rd February returning 14th March. In my absence, my phone will automatically divert to Janine Burton, DSO Linton. Janine will be able to help with any information you may need related to any deployments. Emails will be cleared daily. Please forward Bugle messages as normal (see inside front cover) for the next Bugle deadline 3 March. I look forward to catching up with you on my return. Carol.

WHAT'S ON

TOUR BRIEF AFGHANISTAN

As promised, a tour brief and update for those associated with the current deployment to Afghanistan. While most of these have now been completed, we look forward to meeting those in the Auckland area. 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 the briefing.

AUCKLAND

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

SOLOMON ISLANDS

Pre Deployment Family Briefings for the next contingent to the Solomon Islands will be held at:

AUCKLAND

Sunday 20 February
1.30pm—6.30pm
Arch Hill
204 Great North Road
Grey Lynn

CHRISTCHURCH

Monday 21 February
6pm—9pm
Conference Centre
Burnham Military Camp
Burnham

Personal invitations have been sent to the nominated Primary Next of Kin of deploying soldiers, but other family members are welcome.

For more information, please contact Carol Voyce, Deployment Services Officer, ph: 0800 33 75 69.



Your DSO is only a phone call away

The DSO cell phones on the 0800 numbers operate 7 days a week, 24 hours a day. If the phone lines go directly to message, it more than often means that we are on it!! Please leave a message or call back. Our aim is to keep you well informed, so if there is a situation causing you worry, then **please ring**. We are happy to talk with you, so please don't feel that you are being a nuisance. Peace of mind is what this is all about.

Carol Voyce, DSO Burnham: 0800 337 569 and
Janine Burton, DSO Linton: 0800 683 77 327

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

THE EMOTIONAL CYCLE OF DEPLOYMENT (ECOD)

The following outline of the Emotional Cycle of Deployment describes changes in family behaviours and emotions that can be expected during deployments. The ECOD is a model originally developed by the U.S. Military after doing some research on the effects of long deployments on the people back home.

Be aware that everyone is different and that some people experience none or only some of these stages, some people even experience them in a different order! However, it's a good idea to be aware of them so that if you do experience them you have some idea of what's going on.

Stage One- Anticipation of Loss

Usually occurs four to six weeks prior to deployment.

Stage Two – Detachment and Withdrawal

This stage occurs during the final days before departure, and in many ways it is the most difficult, as the relationship is out of the couple's control. Often there are conflicting emotions, on the one hand the couple doesn't want to be separated, but on the other they just want the deployment to start so they can get on with their lives. There may also be an emotional withdrawal or reduction in intimacy from one or both partners, this is the mind preparing for the separation. It can be upsetting for some, given that they are going to be separated for six months, but it is a normal reaction.

Stage Three – (partner deploys) – Emotional Disorganization

This occurs just after the deploying partner goes away, and may be difficult for both the person deploying, and the person remaining at home. Both have to get used to a change in lifestyle and no matter how well prepared they think they are, the actual deployment can still come as a shock. Stage Three lasts about six weeks after the deployment.

Stage Four – Recovery and Stabilization

At some stage in the deployment both partners come to the realization that they are doing really well. They have become used to their new situation or environment and have established new routines. This can be a very satisfying stage as it is filled with personal growth for both partners.

Stage Five – Anticipation of Homecoming

About four to six weeks before the deployed partner returns, partners at home feel that time is running out, and all the things that they planned to do before the return date are not going to get done. There is often a shift in focus back to the deployed partner and their return.

Stage Six – (Partner Returns) – Renegotiation of the Relationship

This stage occurs immediately after the deployed person returns and can last for several weeks. Whilst partners are together physically, it usually takes some time before they feel close emotionally. Both partners have to stop being "single" and concentrate on being a couple again.

Stage Seven – Re-integration and Stabilization

Several weeks after the deployed partner has returned, new routines have been established for the family and family members feel comfortable with each other again. There is a sense of being a couple and family again. They are back on the same track emotionally and can enjoy the warmth and closeness of being a family.

If you require more information refer to the booklet published by the Army Psychology Services "Management of Deployment Stress and Deployment Related Family Stress". If you do not have a copy of this publication, it can be mailed on request from Carol Voyce, or Janine Burton (contact details on the front cover). A great booklet with a wealth of information.

Comforts for the Troops

During the Second World War, the National Patriotic Fund Board was responsible for the supply of comforts to New Zealanders on active service. The Board issued a booklet in 1940, which included advice on the nature of items that could be sent overseas by the relatives and friends of servicemen. Parcels, which weighed less than 5 kg were generally free from Customs duties, although tobacco, cigarettes and alcohol attracted heavy duties, especially if sent to Egypt. The following list of 'suitable gift items' for parcels was accompanied by the advice that '**a small parcel sent frequently is more appreciated than a large one occasionally**'. How many of these items would be appreciated by the New Zealand soldier on active service today?

LIST FOR SELECTION OF CONTENTS FOR ADDRESSED GIFT PARCELS

Handkerchiefs (khaki if possible, but not white).
Small writing pad and envelopes.
Plain postcards (unstamped).
Ink pencil.
Black leather bootlaces.
Dental cleansing block.*
Tooth brush or Dental Plate brush.
Razor blades.

Shaving soap (stick, not tubes).
Soap, in tins.
Penguin series book, or similar.
Pipe (if pipe smoker).
Socks, hand knitted (correct size).
A small quantity of Condyl's crystals
and boracic powder.

*Tubes of toothpaste or shaving soap frequently burst in transit or in soldiers' packs.
Powdered cleansers are also liable to spill over other contents of parcels and soldiers' gear.

CANNED GOODS

(Must be packed in airtight tins, with lids soldered on or bound by adhesive tape)

Condensed milk
Honey
Coffee and milk
Chocolate (block, plain)
Fruit salts
Barley sugar (wrapped)
Blackballs (wrapped)
Minties or Throaties*
Toffee or butterscotch

Paste (fish or meat)
Tongues, Oysters
Soup
Cocoa or "Bournvita"
Ovaltine or Milo*
Malted milk
Canned fruit (about 1lb. [.45 kg])
Cake, or small cakes, biscuits (in tin)

*or similar preparation.

**NO CIGARETTES, TOBACCO OR LIQUOR SHOULD
BE INCLUDED TO EGYPT.
REMEMBER: NO GLASSWARE OR PERISHABLE GOODS.**

The booklet concluded with the message that it was '**Not Possible to do enough!** – Those who have some knowledge of the possible rigours of Active Service know that it is not possible to do enough to provide comforts for these men... as more men go overseas, the greater our task will be to provide for our men in camps, to maintain a constant flow of comforts to our men in distant countries and finally to rehabilitate them when they return to civil life. This worthy objective challenges all to bend to the task.'

Further reading: National Patriotic Fund Board, *Comforts for men in the Armed Forces*, New Plymouth, 1940.

Know where you're going in life... you may already be there!

Life in the present world is indeed a rat race. Even many who have qualifications from reputed universities too do not know where they are going in life.

Reproduced below is an old story that is still a classic example.

A boat docked in a tiny Mexican village. An American tourist complimented the Mexican fisherman on the quality of his fish and asked how long it took him to catch them.

"Not very long," answered the Mexican.

"But then, why didn't you stay out longer and catch more?" asked the American.

The Mexican explained that his small catch was sufficient to meet his needs and those of his family.

The American asked, "But what do you do with the rest of your time?"

"I sleep late, fish a little, play with my children, and take a siesta with my wife. In the evenings, I go into the village to see my friends, play the guitar, and sing a few songs... I have a full life."

The American interrupted, "I have an MBA from Harvard, and I can help you! You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat."

"And after that?" asked the Mexican.

"With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers.

Instead of selling your fish to a middle man, you can then negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City, Los Angeles, or even New York City! From there you can direct your huge new enterprise.."

"How long would that take?" asked the Mexican.

"Twenty, perhaps twenty-five years," replied the American.

"And after that?"

"Afterwards? Well my Friend, That's when it gets really interesting," answered the American, laughing.

"When your business gets really big, you can start selling stocks and make millions!"

"Millions? Really? And after that?" said the Mexican.

"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings doing what you like and enjoying your friends."

"With all due respect sir, but that's exactly what I am doing now. So what's the point wasting twenty-five years?" asked the Mexican.

And the moral is: Know where you're going in life... you may already be there.

~Author Unknown~

PERSONAL MESSAGES



The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 3 March**. Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)

From In-Theatre

Suuz

Great to see you on OTL, Happy Valentines for the 14th.xx.

Natasha

Hope school year has started well, thanks for looking after the animals, so Suuz could come to Darwin. Lots of love Dad xx.

BMC

Happy Valentines my darling, missing you heaps! Can't wait to see you! Love you lots, SMC.

To Mad Mel

Thinking of you and still in love with you! Your Little Dwarf.

To Jessica my Darling Wife

Thank you so much for the support you are providing at home, you are my rock!! Love always, Pies.

To Janine

Terrible news but the waiting is now over and you need to focus on the battle ahead, keep your spirits up - you will pull through it all, I guarantee, lots of love your twin bro.

To Mum

Miss you heaps! Its half way through now so will be back soon, stay positive and strong for Janine, she will need it, love Andrew.

Dear Kayla

Hey baby, Happy Valentine's Day! Hope you have a good one and enjoy it as you can. Love and miss you lots, Love Callum. Xoxoxo.

To Shelley-Anne (Bubby)

Happy Valentine's Day Bub! Almost home, see you when I'm looking at you. Love your Lion xoxoxo.

Hi Max

Another Valentine's Day coming up and I would love to be there with you and share it with you. But for me, I am not missing out on Valentine's Day, because every day is Valentine's Day with you. You are the very best for me, thank you for being my Valentine. Happy Valentine's Day my Darling! Love you forever. Riley xoxoxo.

To my Beautiful Princess

Happy Valentine's Day! Sorry I am not there and that I haven't got you anything. I miss you so much and I can't wait to be with you again. I love you with all my heart, forever without a doubt. Love Ed xoxoxo.

From Home

Hi there Good Looking!

Happy Valentine's Day to a wonderful guy! Looking forward to you coming home and us looking after this wonderful place together! Look after yourself, be kind to yourself and always remember how much you are loved every day. Love you lots Suuz xx.

My Giant Warrior

Well had an amazing time with you in ozzy!!! What mischief we got up to hee hee. And now we have made it to the half way mark YAY not long now baby till your're sleeping next to me at night. Things are going great here and business is really taking off, long hours thou but it will all be worth it at the end of the day. Happy Valentines too my dear, I will be thinking of you on this day, I know that next year you will make it up but knowing you, you already have something up your

sleeve, you're so amazing like that, you know how to wow me and surprise me. Make sure you keep looking after yourself. Missing you and love you lots. From your boo face xox.

Hi Allan

Half-way! Oh my goodness I have so got to get a wiggle on to finish all my projects. Bet you feel the same. Everyone here is so impressed with what you are doing. We are so proud. By the way - what is the record for donut eating and are you close? Keep smiling. Sarah and the Kelpies.

King Arthur

Not long to go now! The light is shining at the end of the tunnel. Keep safe and happy. Love, your Annabelle.

Hey Aaron

Thanks for the message. We miss you a lot. Happy Valentine's Day! Xo. Love Jessica.

Love Child

Merry Xmas and New Years! Hope all is going well. Off to Uni in 3 weeks. Talk to you soon. P.S: I'll have a beer for you on my birthday. Bunter.

<3 Happy Valentines HunE>

Was so awesome seeing you on the video, you're such a cutie. Can't wait to see you in a couple of weeks! Love you, xoxoxzzy. Jay.

Dear Mr Kitty

HAPPY BIRTHDAY!!!! I hope those puppies smother you with lots of cuddles on your birthday. Rolo and I shall be sure to have a little PARTY here for you. Your birthday package is on its way, and then you can have a party too! I love you and

PERSONAL MESSAGES CONT'D...

miss you soo much! All my love, Soph xoxoxoxo.

Hi Patrick

Congratulations on your great success in the photography competition. I think the photo was deserving of first prize though! Safe travels for a safe return, Love Abbey.

Hi Lawrence

Thanks for all the phone calls, words of advice & encouragement. Always appreciated! Well done on the photo entry and success. You must be thrilled. Looking forward to your homecoming. The list of jobs is growing. You will never be idle! Wishing you a safe journey to England and then home. On the countdown! Love to "S" too. See you next month. Lots of love, Florence xxx.

Hi Kath

Hope all is well with you and the team. Keep safe. Carol.

Hi Roger

Thanks for your valuable contributions and problem solving - great to have you there. Carol.

Hi Mona

Thanks for the message you gave to us on the DVD. We are Ok, baby. Pemita is growing well. We are very proud of the work you are doing at the Solomons. Two more months! Give it heaps. Work hard and enjoy it. All the best to you and all the soldiers there! Ring when you can. Keep up your prayers. God Bless. Love Mum, Dad, Fia, Junior and Pemita and Cullen. Xxx.

Hi Darling

Looking forward to you coming home. Missed you heaps! We managed to see a great shot of you on the DVD. Lots of love, Mum, Dad and Freya.

Hi Cory

Just been to information session, you were in the video 'working out'! Great to see you! Miss you. Looking forward to you coming home. Love, the McGinty Clan. Xx.

Ke ola son

Ko pewea Koe? Ko lelei matou I Auckland nei. Hey son, we saw you doing the haka you looked good. Love you. Can't wait to see you. God Bless. Love Mum. Xox.

Ke ola boy

Ke Taute wua mai lai te matua ya iakoe i te wii raia. Ko lelei maton takatoa, Enei te pu tila, ka yalca ai koe. Ka tuolo te vaie, ka tuolo. Ka tuolo te vaie ka tuolo. Kia koki, kia koki. Kia ngatata, ka yuayukiou Ki te muna. Koa Kava pe Yamo a kino-o-o. E wonu kake matete ona oanga. Tuki, ko tuki ki te ulupoko. Ko wakayeke atu ki te pokoiui. Mawela ki, pate,e. Patepatea na matatau mai lalo. Wakaea mai tuki lai te papa ia. Luv Auntie Kau.

Bruuuva!!

Not long to go now... I'm glad to hear it has been going fast for you at your end, as it seems to be going just as quick if not quicker from this end. I went to the Linton Sports Awards with Gee last week, awesome kai with some good company. Shot down to Wellies with Pele for the Sevens on Saturday, had the BEST time. We're heading back down again this Sunday for our one and only Wellies Mixed training. That's after our finals day on Saturday. Maraki has another Manawatu under 7's tournament the following weekend, then Pele and I are down in Christchurch for Nationals. We actually head down on Tahu Potiki's birthday, so we'll celebrate it the following weekend with the rest of the whanau. There seems to be something on every weekend, its making 2011 go too fast! I just got some fabulous news a couple

of hours ago that I've been offered a new job, will fill you in when I next talk to you. I'm really excited about it!! 2011 seems to be the year, I'm loving it! Will be even better once you're home safe and sound – can't wait. Love you to bits, Tarns, Pele and kids xox.

Dearest V.P

Happy Valentine's Day!!!!...as you have been away for Christmas, your birthday, and now Valentine's Day, we will have to have a tripletastic celebration for when you return...which is only next month ..hooray. Can't wait to have you back and I hope you have a really great last few weeks over there. Lots & lots of love P.M.

To Daddy Razor

Love and miss you heaps. Don't get too buff over there, you might squash me with all your bear hugs. Can't wait to pick you up from the airport! Lots of dribble bubble, kisses, Charlee-Jayne. Xoxox.

MHBHP

You were great in the deployment DVD. Was really good to see you and thank you for the message. Looking forward to seeing you next month. Take care and don't eat too many lollies. YHBWM.

Allo Hoista

Some great photos! It was very easy to pick you – where's your beard? Everyone else has one! Love you to infinity. Pop.

Hi Ho!

Just saw you on the big screen during our mid term briefing. Keep smiling. Love you heaps. Rose and Dad.

Hey Dillo

Hope all is well! Time is flying here, not long to go, YAY! Missing you heaps! Lots of love, Dilly, Lilly Bug and Charlie.

PERSONAL MESSAGES CONT'D...

Hey Nick

Just saw the DVD; it was fantastic to see it! Good effort! Not long now until we see you, stay safe, love you lots. Butter Chicken and Chocolate Mousse will be ready and waiting! Love Mum.

Dear Phill (Dad)

Not very long to go! Jessie's first Weetbix triathlon soon. Toni and I have netball trials soon too. Miss you, love you. Us. Xxx.

Hey Brett-star

Loved the mid-deploy DVD – you were especially great – look out for the paparazzi! Don't divert to Hollywood before NZ!

Dear Bandog Khan

Love you lots! From your Chicken;- P. xoxo.

Hey Bandog

I may have a BA, but you were fairly BA wearing that jacket in the mid-deployment vid – T. Dog.

To H.E.G.

A great half term DVD, dearest Granddaughter! Wonderful to see you in your element, particularly on the horse. God bless always my hero. Love Grandad.

Hi DG

Thanks for your message! We are on the downhill slide for your return. Can't wait to see you! Girls are good and looking forward to cuddles (and presents). Hope you have a sharp razor ready!! Love you lots and lots, DG, Big C & Little C. xxx.

Hey Mr Bearz

Looking forward to seeing you and having you home again soon. Love and miss you heaps. From Mrs Bearz. Xoxoxox.

To PanGlo (Pani)

Just watched the mid-tour DVD! Great to see you and hear you.

Looking forward to your return. Love you always, Pooskin, Dani & Jack.

Andrew

After mid tour DVD I am looking forward to your homecoming. Love you, Taua. Xx.

To Andrew (Pani)

I've broken all your cars and I'm pregnant!! Ha ha, tricked ya. I love you, Sophie.

Hey Andrew

Hope all is well. Miss you heaps. See you soon! Love, youR sister Jaleesa. Xx.

Hey Cam

Saw you a few times on the DVD at mid term briefing. Didn't say much, eh. Looking forward to having you home! Keep safe, Love Mum, Dad & Brittany.

Hey Cobber

Well done, we came to the briefing and boy was it good. The beers are cool and in the fridge. Sure are proud! See you soon. Be safe. Be Careful. Look after your mates. Love you, Mum & Dad (Robbie & Carol).

Hi Holster

Great photos at briefing! Was it a bucking horse? Hope the weather is warming up. See you soon. Love from Granal.

Dear Riley

100 days today til we see each other! Not even half way, but it'll be nice to be out of the triple digits. I miss you very very much. Can't wait to go on our holiday and enjoy ourselves! Thank you for serving our country and theirs. You're a good man. My man. I love you, Riley. See you SOON! Max.

Paris

Great to see the contingent all well. Love Nan. X.

David R

Glad you're doing ok over there. Looking forward to your return. Love Mum,Dad and Elias.

Dearest Dr Bearly

Hubba hubba para rubber! Cats are asleep in the duvet, candles are lit, bath is run.... Thinking of you Pokeman, Happy Valentine's Day! (P.S: Watch the mailbox!!).

Dear Poohbear

I love you so much and miss you like crazy. Can't wait for you to come home so you can play with the kids again. See you soon sweetie. Love u 4eva, ur princess. Xxx.

Ben H

Missing you, keep safe, looking forward to seeing you soon. Mum, Dad, Megan.

Hi Ben

How's it going? Really enjoyed the video. Counting down the days till you come home! Miss you heaps. Keep safe, lots of love, Di. Xoxo.

Hey Beauty

Love you heaps. Can't wait until you come home. Countdown has begun. Much Love Luca. Xx.

Hey Rich

We're looking forward to you coming home. Make sure you shave off your beard before you come home. See you soon. A.J. & F. xoxox.

Ben (7mm Rem Mag)

South to Hura Creek Saddle or North to Raitahi block for the ROAR? Love ya, Dad, Sam & Adam. (300 Win Mag).

Hi Mum

We saw you on the film, Nan says stop hiding from the camera. We know you love it. Can't wait to see you. Love, Emani, Allisha, Nan and Aunty Sue.

PERSONAL MESSAGES CONT'D...

To Allen, Afghanistan

Good to see you hogging the DVD. It was good, and we learnt heaps. We were told to be extra tough on you on your return, so be warned! I've got NZ Grand Prix tomorrow. Great to see your smiling face. Love Dad, Colyton. Xxx.

Hey Honeychild

Liked some of the costumes on DVD. Pleased to see the variation. Won't invite too many people but the dear old Baileys would love to catch up upon your return. I know you won't mind. Much love, Mum.

Hey Jas

Just been to the briefing and watched the DVD. It was awesome to see you and thanks for the message, we are missing you heaps too! Still don't like that beard! Ha ha. On the countdown now. Can't wait to have you home. Love you lots, Mel & Bryson. Xoxo.

To my Christopher

I love you and miss you heaps. Hope all is well and we can't wait to see you. Rusty is getting bigger!! Can't wait to get married!! Love you lots! Xoxoxo (x infinity). Kairi.

To my Brother Christopher

Hope you finish those lollies. Take care, stay safe. Love from your little sis, Michelle.

To Daddy

We love you and miss you. Can't wait to see you. Love, Ilesha, Tremaine & Caleb, Rusty & Mischief.

To MJC

Saw you with Santa and stuffing your face. Missing you. See you soon. Xoxox. L.

To Jase the Ace

Go hard, Toni. X.

Hey Jason

Miss you lots. See you soon. Love Kelly, best Sister in the world. Xxx.

Hey Jas

Not long now. Can't wait to see you. I hear pawhinina's Are everywhere over there. Would love one in Gold S/Brown. Barter heaps and get your Mum one. Hee hee. Love you heaps, Mum. Xxxxx.

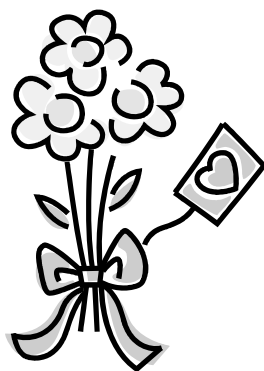
Nat

Just seen you on video. Cool. Lots of love. See you soon. God Bless. Dad & Kathryn.

Hey Hun (Mailau)

Happy Valentine's Day. I miss you so much and love you heaps. The boys say, "Hi Daddy, proud of you and love you lots". We will see you soon. Keep safe and take care. Xxxx.

Bouquets



Tony Lewis

A lifesaver yet again! Thanks so much for your help with the DVD. Always a challenge, but you excelled. Thanks so much. Carol.

Padre Hamish Kirk

Thanks you so much for giving up your time to join us on the mid tour briefs for families. Your willingness to help out and your expertise was

appreciated by all. Carol and PNOK RATA and GYRO.

Major Lattimore, Padre Tony Harrison, FLTLT Andy Hill, Padre Paul Allen- Baines, LT COL Andrew Fox, Padre Ra Koia, CAPT Kelvin McMillan and all those unknown personnel who contributed to the Mid Tour DVD's

You all absolutely excelled. Thank you so much for the great deal of work and thought, you put into creating the BEST EVER DVD for loved ones to enjoy. It has truly been a joy to share your presentations with families here. I only wish I could capture their reactions - little ones calling out to their Dad's, partners a little teary, and Mums and Dads with puffed out chests - full of pride!! Huge accolades to those individuals who contributed personal messages. It meant more than you can ever imagine. Well done everyone. We all thoroughly enjoyed and appreciated your efforts. Carol and PNOK GYRO, RATA and CRIB.

Mac

Thanks for the help and the earthquake action! Your guidance and support was much appreciated, Carol.

**TO ALL PERSONNEL
DEPLOYED
OVERSEAS**

**HAVE
A HAPPY
VALENTINE'S
DAY**

NEW ZEALAND CHILDREN'S DAY



New Zealand's Children's Day is a national, non-commercial day to celebrate how special and important our children are.

Children's Day 2011 is on Sunday 6 March

You can organise your own event! It's your aroha and commitment that provides fun, laughter and special time between adults and children on this day. Right now is a good time to start planning!

It does not matter how big or small your celebration is, as long as it emphasises the most important gift an adult can give to a child – 'giving time'.

The key theme for 2011 is 'LOVE AND AFFECTION'

Visit www.childrensday.org.nz to find information and inspiration to help you celebrate Children's Day.



HOLIDAY RESORTS

Throughout

AUSTRALIA

Via reciprocal arrangements
with the New Zealand Defence Force

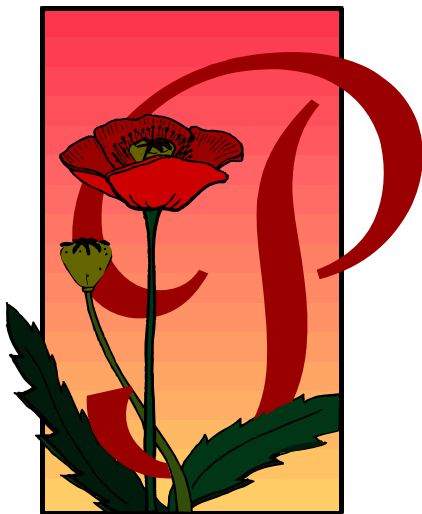
www.defence.gov.au/dpe/dpsa/holidayfacilities.htm

There are a number of service owned holiday resorts available for use by the Defence Community and their families. These resorts provide comfortable, low cost accommodation in a variety of settings.



ANZAC OF THE YEAR—CALL FOR NOMINATIONS

Dr Stephen Clarke, RNZRSA Chief Executive



Last year's launch of the Anzac of the Year Award was a great success and the RNZRSA is seeking to build on the enthusiasm the award has engendered.

The Award received excellent media coverage and established itself as a unique and iconic New Zealand award through its direct association with "the spirit of Anzac", an essence that resonates as well with New Zealanders today as it did in 1915.

LT COL John Masters ONZM MC JP was a fine recipient of the inaugural Anzac of the Year Award in 2010. The comradeship, compassion, courage, and commitment exemplified in John's courage in combat and his dedication and service to fellow Vietnam veterans was an outstanding example to all New Zealanders.

Established by the RNZRSA to recognise the spirit of Anzac evident in New Zealanders today, the Anzac of the Year Award honours the efforts and achievements of a New Zealander, or New Zealanders, who has best displayed the qualities of comradeship, compassion, courage, and commitment. It may be awarded for a single act, or for significant service to New Zealanders or the international community.

Nominations for the 2011 Anzac of the Year close on 28 February. Although nominations for this prestigious award can be made by any New Zealand citizen, we are actively seeking interest from your organisation.

Nominations:

Nominations are open for the month of February 2011. Organisations can make more than one nomination. Nominees need not be serving or have served, but only to have exhibited the four qualities of comradeship, compassion, courage, and commitment beyond the call of duty. Nomination criteria are available on our website.

How to Nominate:

The nomination form is available on the RSA website along with information about the award, including nomination and selection criteria. This information will be very helpful to those who are compiling a nomination. The nomination form is in word document format so can be completed and submitted electronically. Nominations close 28 February. The Anzac of the Year will be announced in April and invited to attend a media event to receive the award. A full brief on the Award including contact details can be found on our website www.rsa.org.nz.

