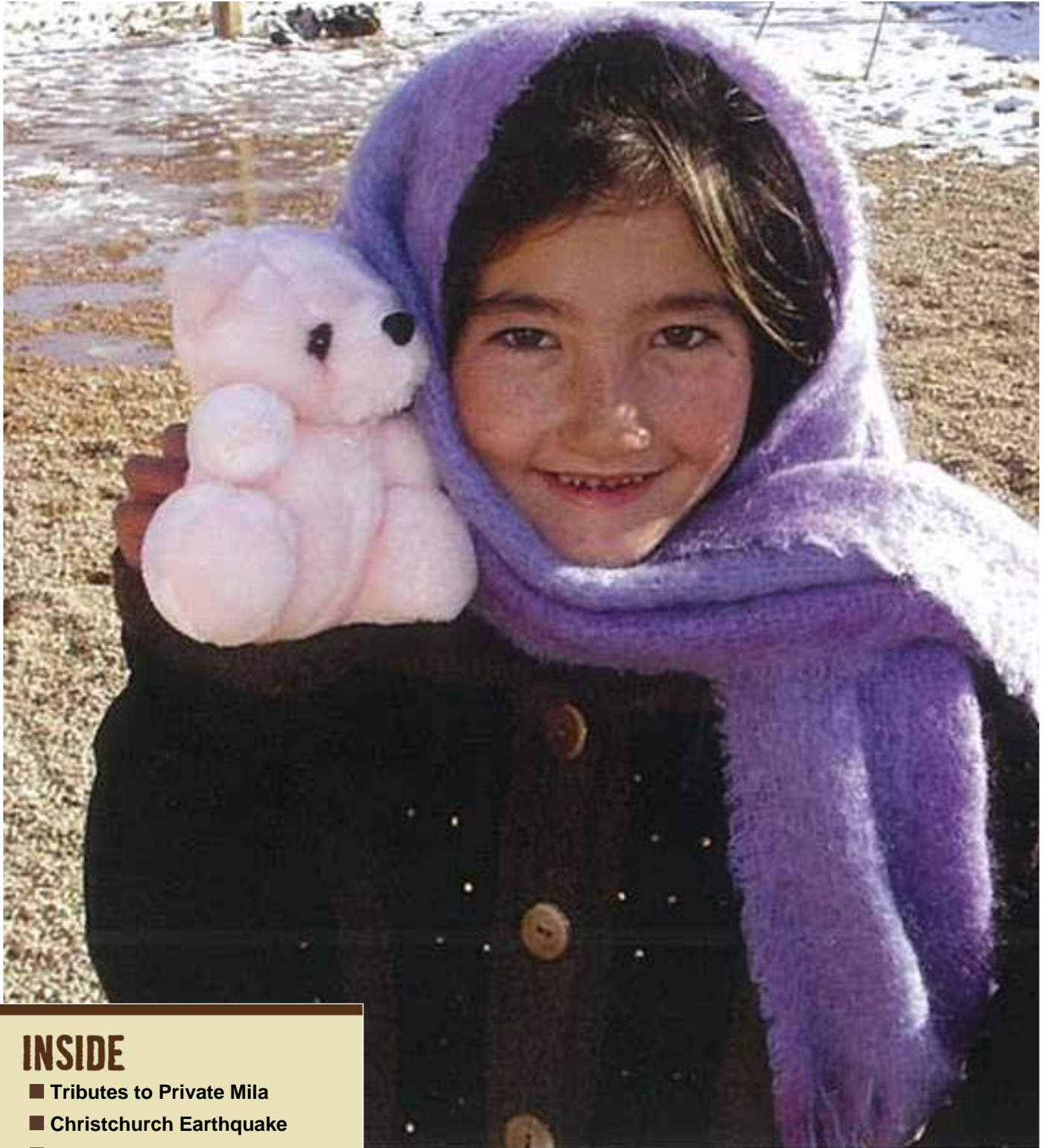


# THE BUGLE

Issue 149 | March 2011



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- Christchurch Earthquake
- Life as a Tankie
- Activity Book for Children

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 150 is  
**24 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:

A young girl in Bamyan, Afghanistan, smiles with thanks, for the security our soldiers bring to her Province.

# GUEST EDITORIAL

## *Air Vice Marshal Peter Stockwell*

While the Christchurch earthquake has understandably focused everyone's attention on that devastating event, in Joint Force Headquarters we are mindful that we still have to take care of our deployed missions and other operational activities. In this regard I am sure everyone is well aware of the tragic loss of Private Kirifi Mila and the injuries to two other soldiers in a vehicle accident in Bamyan, Afghanistan, on 15 February. Private Mila has now been returned to New Zealand and a moving funeral service was held on 25 February where he was farewelled by members of his family, the Governor General, Minister of Defence, Chief of Army, and members of 2/1 Battalion. The two injured soldiers have also returned home. They are convalescing and making good progress on the road to recovery. The fourth soldier in the vehicle at the time of the accident received only minor injuries and has remained with the mission.

This accident and an earlier one in Bamyan on 9 February, which also resulted in one injured soldier who has returned home, highlight the risks involved on the PRT mission in operating heavy vehicles in a demanding region with poor roads and difficult terrain. In dealing with these risks we are regularly evaluating the suitability of the vehicles we operate, to not only achieve the degree of mobility we require around the area of operations, but also the level of protection required against the prevailing threat. Mobility versus protection is a tricky balance, especially when you consider that the other major threat that we aim to counter is Improvised Explosive Devices, which drives increased armour and hence vehicle weight that in turn leads to decreased performance and handling ability. To mitigate this, we work hard to ensure that we are providing the best driver



*Air Vice Marshal Peter Stockwell  
Commander Joint Forces New Zealand*

training we can for the mission, some of which necessarily is conducted in-theatre where we have the appropriate equipment and operating environment. While vehicle accidents will remain one of our most significant risks on the PRT mission, it is worth noting that during the course of the 17 PRT rotations since 2003, we have only had a total of 18 accidents, many of them minor. This is a very low accident rate given the difficult operating environment and it suggests that our preparation of drivers for the mission is pretty good. Of course there is always room for improvement and our aim is to have a zero accident rate.

The loss of Private Mila on operations will be keenly felt throughout the NZDF. It reminds us that operational threats are not only based on enemy actions, but also on the operating environment. I want to reassure everyone that we are doing all we can to manage the risks on all of our missions through careful preparation and the provision of the best equipment that we can. But we cannot remove the risks entirely. Accidents and incidents will occur and this is when the NZDF is seen at its best – offering strong support to those affected, but also getting on with the mission - because that is our job.

# NEWS UPDATE



## CHRISTCHURCH EARTHQUAKE – NZ DEFENCE FORCE – UPDATE AS OF FRIDAY 4 MARCH

### Defence Communications Group

With New Zealand facing a situation in Christchurch of immense proportions, a top priority for the Defence Force has been to support emergency services, by securing quake-ravaged areas and maintaining public safety.

At the peak of our effort some 1,796 Defence Force people were directly involved in earthquake-related operations – 239 Navy, 1,379 Army and 150 Air Force Regular Force, as well as various companies of Reserves. With Defence people at Burnham, Wellington, Linton, Ohakea, Devonport and Whenuapai continuing to lend support.

In addition, 77 Unimogs transported equipment and stores, while 47 Pinzgauer Light Operational Vehicles (LOV), and 28 Light Armoured Vehicles (LAV) worked the area.

Operations in Christchurch have now moved to the Recovery phase. Army is still assisting Police maintain security at a 'Danger Cordon' around the four main avenues of Christchurch city, with permits required to enter. Many personnel have been clearing sediment from roads, pathways, and gardens; and delivering portable toilets around the suburbs.

Feeding emergency services personnel is a massive exercise. Army catering staff has been producing more than 5,000 meals per day for Police, Fire Service, Search and Rescue teams and military people.

The Disaster Victim Identification Unit (DVIU) is being supported by five Defence dental experts who are making a significant

contribution to the difficult task of identifying bodies.

Four Navy ships, HMNZ Ships CANTERBURY, PUKAKI, OTAGO and RESOLUTION have been supporting the mission, delivering people and freight in and out of Lyttelton, and surveying the harbour.

CANTERBURY returned to Lyttelton today with a second consignment of supplies, including portable showers, excavators, trucks and trailers. These were unloaded about two o'clock today. In total, CANTERBURY has transported a total of 1,707 tonnes of vehicles and equipment and 375 personnel in and out of Lyttelton.

Also so far, our Boeing 757s, C-130 Hercules, Kingair, Iroquois helicopters and the P3-K Orion – a total of 10 aircraft – have moved 4,278 passengers and enormous tonnage (674,639 lbs) during the operation to date.

While 10 buildings in the CBD have been approved for demolition, another 24 buildings are also likely to be tagged to be demolished; and though Christchurch Police Station is currently safe, it too is being continually assessed for safety by engineers.

This is the biggest-ever domestic operation for New Zealand Defence Force. It will require continuing support.

As well as trucks and excavators, the load on CANTERBURY being unloaded today includes drainage and general maintenance equipment:

- 5 x Excavators
- 1 x JCB Loader
- 1 x Works Ute and caravan
- 1 x Truck and compressor
- 1 x Large truck and transporter
- 2 x Large trucks and 3 axle trailers

filled with heavy duty drainage equip

1 x Truck and generator

1 x Truck and trailer

1 x Ute

2 x Trailers

1 x Large truck and 4 axle trailer

5 x Trenching frames

2 x 20ft containers

5 x Large Porta-showers

### SOCIAL MEDIA

Keep up-to-date with the efforts of the New Zealand Defence Force in Canterbury. See images, videos and latest information via the following sites on the internet:

Facebook

Twitter

YouTube

Flickr



## PEACE

Peace Begins with saying sorry.  
Peace Begins with not hurting others.  
Peace Begins with honesty and trust.  
Peace Begins with showing co-operation and respect.  
World Peace begins with ME.

Hayley Hall,  
D.W. Babcock Elementary School,  
Sacramento, California



# FOREIGN CORRESPONDENTS

## NEWS AND VIEWS

Including: Living Local  
Making a Positive Impression  
Diving on OP RATA II  
Life as a Tankie in Timor-Leste—Through the eyes of an  
Air Force CISTech  
Tough Month here in Bamyan & NZ  
NSE takes out Camp Cunningham Commanders Trophy  
In Bagram  
Bagram Farewells Private Mila

### LIVING LOCAL

**Team R.A.M.  
(Padre Ra Koia, Allan Kelly and  
SGT Margaret Sanders (US))**

We are now into the fifth month of our deployment and things are humming along. Since I wrote my last article I have been privileged to be invited to two of my Basic English Course students homes for meals. The first occasion was to Mehidi's home. Accompanying me was Mr Allan Kelly and SGT Margaret Sanders (US). When we arrived we were met by Mehidi and members of his family. From the outside the home looked typical of

many of the Afghan homes made of mud, brick and logs. When we stepped inside the building we took our boots off, as is the custom, and proceeded through the kitchen area into the main room which was approx 5m square. A large carpet covered the entire floor area. The walls were painted white and there were some embellishments hanging on the walls. A large window area provided light and warmth from the sun. On one side of the small room a wood/coal heater kept the room warm. Sleeping mattresses were stacked in a small alcove where another window overlooked the backyard.



*Enjoying lunch with Mehidi and his family*

There was no table or chairs so we sat on cushions spread around the outside of the room, very simple living, but also warm and cosy.

After meeting and chatting with Mehidi and his family we were served lunch. A large plastic covered table cloth was rolled out and that become the table where the food was placed. The food consisted of boiled rice, fried chicken, rissoles, chips, boiled meat, naan bread, soft drink or water.

It is customary not to point ones legs and feet at people sitting opposite. To do so is regarded as an offence. Sitting crossed legged for long periods of time though becomes uncomfortable and unbearable to the point when a numbing sensation is in one or both legs. To avoid this one can rest on one side.

Prior to leaving we took more photos of the family. It was indeed a privilege to be invited into the home of an Afghan family at a home that was certainly simple and clean. Team R.A.M. were humbled by the hospitality and open discussions we had with Mehidi and his family. We were enriched and privileged to enter into a cross cultural experience. Team R.A.M. will have many fond memories of this encounter.

Until next time, stay well and be safe.

### MAKING A POSTIVE IMPRESSION

**WO2 Patuwai**  
Task Group Sergeant Major  
GYRO 10

To partners, families, friends and comrades, we the members of OP GYRO 10, are all safe and in most cases well. There are some who

# FOREIGN CORRESPONDENTS

are sore and battered from PT and some who have been worn out by those little pests that fly around day and night.

Please excuse me but I do not plan to talk about Timor-Leste, otherwise it will end up with me going on forever about driving on Timor-Leste roads and the many friendly drivers who wave to you every day after you just about made them one of your vehicle ornaments because of the ever so careful way of how they come out of no-where, but if you want to find out more about Timor-Leste, please Google it or ask for old copies of "The Bugle" from past GYROs.

We have now been here for approx three months. When GYRO 9 departed, the GYRO 10 team were very keen to just get on with the job and have done just that. We have mingled well with our Australian counterparts and are becoming more adept at understanding them. Changes to situations happen constantly but being the rubbery type team that we are, those changes haven't really affected us.

OP GYRO 10 has made quite a positive impression on the way forward for the ISF. What has been achieved to date can only really be put down to the hard work of each and every individual on this deployment. Our Officer Commanding ensures that our leadership skills are maintained, and our teeth arm elements (such as the Rifle Platoon and our Protected Mobility Vehicle (PMV) Troop), maintain cohesiveness in a trying environment. Their top end skills are not tested to their full capability but that is a good thing as we all know what our teeth arms personnel are capable of. However, they continue to train and train well and they are ready should our situation change. It is very pleasing to see that both are quite adept at organising training for themselves,

conducting lessons, presentations and weapon training, so at the end of this tour you can be assured that personnel will come out better soldiers for it.

Discipline hasn't really been an issue because I think everyone is scared of SGT Ngapera (MP) however, there have been some communication problems mostly because individuals still think that all nations understand the Gisborne head nod which could mean, "hello", "goodbye", "what's up cuz", "thank you". What it doesn't mean is "good morning Sir", so our soldiers have had to undergo some extra training in communication skills with CAPT Libby Reardon and they now seem to be getting to a stage of saying, Kia Ora Sir/Ma'am.

Morale seems to be OK, especially when the soldiers can make their muscles bigger while looking at themselves in the mirrors or when they receive their six months supply of muscle food, or even when they are in the presence of our Combat Padre who impresses not only our soldiers but also the Australian soldiers when he runs past them at PT.

Soldiers so far have been hard pressed to find anything big to complain about so have opted for little things such as not being allowed to play their music really loud, like GYRO 9. However, what they don't realise was that most of GYRO 9 were deaf or didn't have a Company Sergeant Major (CSM) that dislikes head banging music, although some may think my music fits into the same category, it does not! Celine Dion has the voice of an angel and Elvis is still King. I think the loud music is more to upset the grumpy old CSM and an even more older grumpier Officer Commanding (OC), and it works but the grumpy old CSM always has a back up plan to instil law and

order, its called sentry, sentry and more sentry.

I have been impressed with the work our CSST does. They get on with their normal job of trying to fix things that those teeth arms personnel break and they do their fair share of sentry, and they do it with a smile. CAPT Cryer heads the crew while SSGT Ruha steers them in the right direction. The ordering of clothing seems to be constant for SGT Sifa because of the arduous tasks that are conducted by the Infantry boys or because clothing now drapes over skinny bodies thanks to the caring nature of our PTI, Nick Vairaktaris.

Miss Princess, as some have nick named her, is LCPL Allen. A bubbly natured person who seems to keep everyone smiling. I call her mother hen as she is always worried about everyone's birthday and genuinely cares enough to go out of her way to get things done (Birthday cakes).

CPL Rob Turner has invented an addition to one of the weight apparatus and it is enjoyed by our entire "Arnold" look-a-likes. LCPL Gray (Brick) has also extended the dip bars and lowered the pull up bars for the CSM.

The three amigos, SSGT Jessop, SSGT Parry and SGT Vairaktaris are a very lively trio that takes sports competition to another level and seem to be always on the move whether it is PT, sport and/or security for their bank runs. SSGT Jessop has gone out of his way to cause me bodily harm on the rowing machine and I will remember him for that and for trying to get me to buy things on the many auction sites that he has in his little black notebook.

Our S6 Cell is made up of a bunch of enthusiastic, always helpful, always on the move bunch of guys. If they are not fixing something that we broke on computers, they are

# FOREIGN CORRESPONDENTS

on patrol or trying to force the weaker members of the contingent to conduct what is called "SPARTACUS" training. If you have watched the movie Spartacus then you understand the training is hard.

Our transport cell which consists of CPL Halbert and PTE Huriwai maintains the fleet in tip top condition. Driving the roads from Dili to Suai and visiting the memorials of our fallen, would have to be one of the highlights for them. Conducting driver training is also the norm for CPL Halbert, with one of his best students, Chaplain Tony Harrison, taking top of the class; a good feat considering the others were all local drivers.

My final thoughts are towards the earthquake victims; those who have lost their lives, those who have lost loved ones and those who have been emotionally and physically drained over such a traumatic event. We held a Prayer Service which was recorded and can be seen on Youtube at: [www.youtube.com/nzdefenceforce](http://www.youtube.com/nzdefenceforce)

## **Message from Timor for the People of Christchurch:**

All of us here, especially those of us who have family and friends who are struggling to fathom what has happened, are also emotionally connected with what is happening to Christchurch. We feel sad that we cannot help but understand that our NZDF brothers and sisters are doing their very best to help in all areas of concern. We, like all our other comrades at arms around the world, monitor your efforts constantly and because of you are proud to be a part of the NZDF.

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## **DIVING ON OP RATA II**

### **LT R.C.O. Pinkerton, RNZE OP RATA II**

Being able to participate in recreational diving on an



**LT Rob Pinkerton**

operational tour is a luxury none of the contingent expected, and the already experienced divers were chomping at the bit to make the most of it. None of us have been disappointed!

The Solomon Islands are home to some of the best wreck diving in the world. During the Pacific campaign over eighty ships, from small one thousand tonne Corvettes to fifteen thousand tonne Cruisers were sunk off the coastline of Guadalcanal in what is now known as Iron Bottom Sound. At least eight hundred aircraft from both sides, many of which languish in relatively shallow water, were also shot down or crash landed throughout the archipelago during this time.

Twenty minutes takes you from our base to the Bonegi beaches, home to several massive Japanese transport ships accessible from the beach. Further up the coast brings you to a crash landed B-17 'Flying Fortress' and a little further still is a Japanese submarine which fought at Pearl Harbour and which, I may add, was sunk by being rammed three times by HMNZS Moa and HMNZS Kiwi in 1942.

Recently a number of us had the privilege to dive on HMNZS Moa, which was sunk during an air-raid in Tulaghi Harbour in the Florida Islands in 1942. A small tough Corvette, she sits upright and largely intact on a sandy bottom, her 4" bow gun and anti-aircraft

guns still pointed to the sky as if still expecting Japanese Zeros to commence another strafing run. It was a truly humbling experience to dive New Zealand's only accessible WWII wreck.

A disciplined approach to the organisation of dive trips as well as a wealth of experienced divers in the CTF dive club, has meant that we have had the opportunity to run open water dive courses. Over the last two rotations we have had over fifty soldiers qualify and enjoy what the local seas have to offer in a safe, controlled environment.

Everyone who dives Iron Bottom Sound becomes hooked on the experience and it is hard not to, when the average water temperature is 30 degrees and the visibility is 20m plus. It really has been an awesome bonus being able to dive during periods of low tempo and I hope that this continues for following rotations.

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## **LIFE AS A TANKIE IN TIMOR-LESTE — THROUGH THE EYES OF AN AIR FORCE CISTECH**

### **CPL Mitch Graham**

My Job on OP KORU is the ISOP, which means I take care of our servers and maintain our computer networks in-theatre. I also double as the AS6 which basically means I am 2IC to my boss FLT LT Andy Hill, so I manage the day-to-day running of the S6 Cell and my guys, LCPL A. Hillman and SIG Young. I know what you must be thinking - what would I know about life as a Tankie in East Timor?

It all began during EX SOUTHERN MUSKET as part of OP KORU pre deployment training. I was approached by SGT Watson and 2LT Purcell about helping them with their long range data over HF communications. Being Air Force, we train extensively in the use of

# FOREIGN CORRESPONDENTS

HF and data over HF as that is the primary means for our Aircraft. SGT Watson and I hit it off immediately once we both realised we were into boxing. I already held a GS Pinzgauer licence and was asked by SGT Watson, would I like to get my Armoured Licence and swing drive for them in-theatre? They seemed like an alright bunch and needed my help so I said, "Sure why not?" After a few days of driving, and a week later, I had my Armoured Licence.

Since being in-theatre I have been involved in many patrols with the Aussies and Infantry, but by far the best are with the Protected Mobility Vehicle (PMV). Specialising in long range reconnaissance, the PMV span very long distances over long periods all across Timor-Leste, where we get to see a lot of the countryside and visit many small villages. Visiting places and talking with locals from areas where International Stabilization Force (ISF) Forces had not been for four years was a real eye opener as they all rush from their houses and swarm us every time we stop. I distinctly remember hundreds of kids chasing TPR Williamson's wagon just because they couldn't

get enough of him. It wasn't until I started living with them that I began to appreciate them.

The PMV team live down at Tiger Lines, which is separate from Kiwi Lines, not far enough away to be out of HPOD but far enough away to have its own subculture. It's like an episode of Neighbours or Shortland Street half the time. I moved in with LCPL Edwards, who I discovered has trouble getting up on his own, as it seems to be a chore of the entire Troop to get him out of bed every morning. A standard thing to hear on your way to shave is, "Morning, Shannon up yet?" He makes my bed every day though, so he is a great room mate really. What I have observed about PMV is even though they are not alike and may, or more may not, go out together for a drink on a Saturday night, they all 'gel' together very well within an operational environment. This was evident when TPR Kennedy returned home early, there was a definite void. Although TPR Egestad is a great alternative!

One of the things that has impressed me the most is their professionalism with their equipment, notably their vehicles.

Their vehicle husbandry is of the highest standard. They say there are two things for certain in life, death and taxes. I can now add a troopers first parade to this list. It has definitely rubbed off on me, after being taught the proper way from TPR Margison.

PMV's nights are spent playing Guitar Hero, watching movies, or strategically planning world domination in the board game 'Risk' or more like trying to avoid being annihilated by PTE McCormack.

The Gym has become a major part of the guy's lives on deployment; I suppose with not much else to do at night, it becomes a social event. Weight training gloves, check, ridiculous muscle shirt, check, power cap, check, protein shake, check. CPL Tweedie and CPL Vospier showing some massive gains from weight training, will be interesting to see all the before and after photos. It's almost becoming a little competitive, but I believe CPL Hadley and LCPL Shannon have the upper hand as they are, on top of weights, doing the Spartacus workout in the mid-day sun with myself. Although CPL Hadely is fast becoming my idol, because of his witty personality, chizelled good looks and charm, he is always full of excuses. The Troop still gets its cardio on with short runs around Dili with TPR Morbey out in front.

My time with PMV will be short but memorable and I am happy to be considered honorary PMV. Where others complain and moan, the Tankies get it done, their professionalism and teamwork are commendable and they are worthy of being considered one of OP KORU's Main Efforts but with their fearless leader, 2LT Purcell, with the reins you wouldn't expect anything less.

**Thanks guys, it's been real!**



# TOUGH MONTH HERE IN BAMYAN & NZ

## LT COL Andrew Fox

As everyone is aware it has been a tough month, not only for us over here with the loss of one of our own and the injury of three others, but also for you back in New Zealand.

Kirifi Mila was a special part of our team and continues to be missed. Nothing we can say or do will bring him back to us, or make his loss easier to accept, but we remain thankful we were able to share part of his life. Kirifi was a professional and trusted soldier, but more importantly he was an example to us all with the importance he placed on family and friends.

It wasn't until we had the chance to sit down and review the incident the next day that a comment made by one of the American pilots over the radio really struck home..."We will do everything in our power to get your Hero out tonight". It was a short but poignant statement and summed up what many of us, as New Zealanders, don't say that well. Kirifi, like all of our deployed

soldiers, was without doubt a hero, not in a overt or attention seeking way but demonstrating it consistently every day through his actions and quiet achievements. His service to New Zealand, his friends and the people of Bamyan has made, and continues to make, a real difference. We don't talk about it much because of our culture but he, and the others here, have made a deliberate decision to help others less fortunate than themselves despite knowing the risks involved. That takes not only a special type of person but committed support from family, so again, I thank you as well.

On the back of our sadness quickly came the news of the Christchurch earthquake with its death and destruction. While most of us had prepared ourselves for the dangers involved in our role, it was a shock to hear of the widespread effects in what for many of us is our home. Our thoughts and prayers remain with those involved, especially the families of those dead or still

missing. Our thanks must also go out to all those that passed on their support and assisted our families in our absence during this difficult period, especially Janine and Carol. As always it is much appreciated.

Despite the events of the last few weeks, I am proud to say the team remains focused and continues to perform to the high standard they set early in the tour. I can point to specific communities and districts and note the improvements that have been achieved as a result of the efforts of your loved ones. The feedback from not only the Provincial Government but more importantly the locals on the ground remains extremely positive. Bamyan has made significant strides towards transition and is likely to be one of the early provinces named as a success story over here. There remains a lot of work to be done in the meantime however, and we will continue to apply ourselves to getting the job done, just as Kirifi would have wanted us to do. Take care.



*Padre Ra Koia conducting the farewell service for Kirifi Mila*



# NSE TAKES OUT CAMP CUNNINGHAM COMMANDERS TROPHY IN BAGRAM

**MAJ R. Hovenden**

After devastating events both here and back home in mid February, some bright news developed on Saturday 26<sup>th</sup> February with the New Zealand National Support Element based at Bagram Air Field finally having something to smile about when they beat the US Forces in the Camp Cunningham Commanders Trophy, the first time the trophy has gone to a non US unit.



***SGT Kirsty Meynell handles the tyre just as well as she bakes for the NSE team***



***CPL Emma Roche carries the load in a fast time***



***The winning NSE Team: Kirsty Meynell, Campbell MacGibbon, Stephen Hansen, Phillip Anderson, Emma Roche, and (a stranded ring-in from the PRT) Josiah Ngamo***



***Led by CPL Phil Anderson the NSE team breaks the speed limit at BAF***



***The Winning Prize***

# BAGRAM FAREWELLS PRIVATE MILA

**MAJ R. Hovenden**

**T**he New Zealand Ambassador to Afghanistan, Mr Neville O'Reilly, the Senior National Officer OP ARIKI, Colonel Phillip McKee, and members of the Minor Missions joined the New Zealand National Support Element at the Ramp Ceremony in honour of Private Mila and a US soldier at Bagram Air Field, early hours Friday 17 February.

British, Australians, and civilian New Zealand contractors based at Bagram Air Field also joined the New Zealand ranks to pay their respects to a fallen New Zealand soldier.



# CHAPLAIN'S PEN — FROM ABROAD

## Padre Tony Harrison

We have reached the half way mark of our deployment. There were no celebrations and, if any had been planned, they would certainly have been overtaken by the news of the earthquake in Christchurch and the loss of life and the turmoil that now surrounds the lives of so many people. While work continues as usual here in Timor-Leste, our thoughts are with you at home and we try to keep up with the developments as they take place.

Especially our thoughts and prayers are with Carol Voyce who has done so much for deployed service people over many years. Despite her own property having been "red stickered", Carol was happy to put the needs of others first while her home and life were in tatters.

Our prayers were placed in a more formal atmosphere on the Sunday afternoon when we gathered for a Prayer Service in the Sally Hut. Our newly arrived New Zealand Ambassador, HE Tony Fautua, and family were present along with Colonel Martin Dransfield who is in Timor working with the UN mission. A number of the New Zealand Police contingent were present and many of the Australian Defence personnel were in support.

While we are unable to give physical help from this distance we are looking at means of financial support. Collection boxes are available at various points. The big one, though, is a raffle. Captain Cryer is organising this. Instead of three raffles there is one raffle with three prizes all of which are very worthwhile and depending where your interests lie one may be more exciting than the others – but a return trip to New Zealand is not one of them.

On the day of the earthquake, most

of us were at the New Zealand Embassy. The contingent participated in the powhiri for the formal arrival of our new Ambassador at the embassy. As on most occasions here in Dili it was held in the hot sun. His Excellency is a charming man and will represent New Zealand well here in Timor-Leste. The embassy staff are all very hospitable and it is most surely a little bit of New Zealand situated in Dili.

The usual work of being in Timor-Leste carries on. When not about tasks, there is the opportunity for some professional development. Not only have there been days on the range, but also some class time to improve communication skills. Some may never be the grand speaker, but they have become more confident within themselves speaking in front of their own peers.

The usual patrols and community engagements are continuing.

Especially encouraging is the involvement with the community just outside our boundary. The volleyball and soccer events are proving to be a real winner. As soon as our vehicles roll in, people young and old come flocking to join in the fun and not just to be observers.

We have been making contact with the local primary school. We have been able to source some pencils and paper to support the children at the school. The school has a roll of 576 children. One group of children comes in the morning and a second group in the afternoon. The average age of the population is 19. You can imagine that there are many young children to be educated. Teaching spaces and teachers are at a premium.

El Jazeera, the TV News channel, paid us a visit and went on one of the community engagement patrols to be able to give a report on the



*WO2 Paul Patuwai with children at Hudilaram Primary School*

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

progress in Timor-Leste. The news clip has been broadcast on their channel since. Unfortunately the reporters did not cover the whole patrol and they missed the greetings we got from the school and the feeding of the crocodile. Such is the power of the media.

To return to my opening and reiterating what Major Lattimore had to say at our Prayer Service, we would so much wish to be at home helping people and comforting our loved ones. But we have been sent here for a particular job and we must finish it. Timor still needs us as do other nations where our Defence Force people are serving. But know that you are present in our prayers and thoughts each day.

Ate Logu.  
Adeus.



*Cisco (interpreter) with WO2 Attwell and WO2 Paul Patuwai with some of the staff of Hudilaram Primary School, delivering pencils and paper for the children*

## MESSAGE FROM BAMYAN, AFGHANISTAN

**Padre Ra Koia**

**T**he last couple of weeks have been trying for NZ'ers both home and abroad. For us here in the Ghan, there was the unexpected death of Private Kirifi Mila and more recently the earthquake in Christchurch where a good number of soldiers are from. It was pleasing to know that these personnel had an opportunity to send video clips back to loved ones in NZ.

Unexpected loss and tragedy forces us to think about who and what we value most and how fragile life is, especially when it involves friends and family. Being such a long way from home (NZ) makes it all the more frustrating as we want to be with friends and family in times of distress.

While our farewell to Kirifi was short and brief due to the nature of our deployment, we will get the chance to fully engage with our grief after we have returned to NZ. Until then we remain mission focussed. That is what I believe Kirifi would have done and wanted us to do.

Tofa soifua Kirifi.

Ia fa'amanuia le Atua ia te outou ma tou aiga faanoanoa i lenei taimi.  
(May God bless you and all your grieving (extended) family at this time).

Ia Manuia ( Blessings).

**“WE WILL REMEMBER THEM”**



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

## SPECIAL THOUGHTS, HARD WORK AND COMPETITIVE FUN

**Padre Paul Allen-Baines**

**“There is a golden rule of deployment to ponder on, and that is everyone has changed. ‘Everyone’; those who went and those who stayed behind, so when you finally reunite as a couple, a family, remember you have all changed and you will need time to knit in together again”.**

Here they are already, OP RATA II (13) nearing the end of their mission in the Solomon Islands. What an amazing place for most of our young and not so young soldiers to experience their first deployment, to hone the skills already learned and to develop new ones.

When opportunities for professional development were presented to the contingent, they were enthusiastic and involved themselves in many courses that have been available for them here in the Sollyls.

These courses attended by RATA personnel, were professionally run, delivered and supervised by experienced personnel from the Combined Task Force (CTF) which goes without saying, of course. Some of the major courses conducted were, Communications, Navigation, First Aid and Combat Lifesavers.

Each member of the contingent is a great ambassador for our country, Aotearoa New Zealand and they wear the New Zealand flag on their shoulder with pride and dignity.

You can all be proud of them for their professionalism, tenacity and

maturity shown in the good times and tough times.

There have been many challenges along the way for OP RATA personnel, but there have been two significant events that affected us as a contingent.

Firstly, there was the loss of a friend, a mate and colleague from 2/1 Battalion, Private Kirifi Mila in Afghanistan. Kirifi's death was a huge blow to many as some of these guys did their initial training with him. We held a memorial service for Kirifi, with photos of him put up for all to see in the Chapel. It was a very memorable moment, as it enabled many to say goodbye to their friend, mate and colleague. After the service and the next morning, Private Kirifi Mila's photos were put up around the platoon's living area. This has assisted the platoon in their grieving process. Their warmest regards also go out to Kirifi's family and friends for their loss.

Secondly, there was the astonishment of the Christchurch earthquake as most of this contingent are based in Burnham and have family and friends in Christchurch and the surrounding areas. All sorts of feelings were experienced, as we felt helpless being so far away. Understandably, many wanted to go back home to help. We were all able to contact family and loved ones back home which relieved many of our fears.

In all the events taking place in Christchurch and surrounding areas, there was a blessing, as the Defence Force (Army, Air Force and Navy) were all at hand ready to start an exercise and instantly turned their focus and resources to the situation at hand. What an amazing blessing!

The Regional Assistance Mission to Solomon Islands (RAMSI) personnel rallied round and

supported the Kiwi's brilliantly, physically, emotionally and financially. People put their creative thinking caps on and came up with all sorts of ideas, which brought some laughs in the midst of the Canterbury disaster. We held a RED & BLACK day where we had to wear something that was in line with the Canterbury colours; as you can imagine, people were imaginative with their dress with the resources at hand. We each paid for the pleasure of 'going mufti'. On Saturday 26 February, our own GBR band entertained us superbly with a mixture of songs for many hours. As the evening moved on, more and more people lost their shyness and let it go on the dance floor. Money was raised through many means and wonderfully donated. A significant donation from the PNG troops deeply impacted us all. Thank you to all those who have supported this tragic occurrence! I know the funds collected will be used where they are needed most.

In all this chaos we need to keep moving on, and we need to look at the positives as well, as there have been many here on this deployment. There have been advances made by the contingent for the betterment of future contingents, which have moved the mission forward, progress is happening. For example, future strengthening relationships with external support agencies such as: Aspen Medical Centre, RAMSI, (a partnership between 15 Pacific Countries and Solomon Islands), PPF (Participating Police Force), AFP (Australian Federal Police), local Church Leaders and Village Chiefs. All these advancements have made for stronger relationships which built trust. It is with trust that forward planning can be made with confidence. One of our arm patches has the words, "Helpem Fren", and I believe we

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

are doing that by achieving the goals set before us, and maintaining relationships with key contacts is an important part of that.

On a fun note, senior members of the contingent decided to have a sports event. This involved the entire contingent and from this, four teams of nine personnel were put forward. You would be amazed (no, I don't think you would be) at the competitive streak that came out in all of us.....It was all on!!

Names had to be submitted in their running order to the officials for the relay, the first event to be held at 06:15 hours, by 22:00 hours the night before and once submitted they could not be changed. Morning came and everyone assembled at the start line, a bit weary as it was only 06:10 hours, the rules were read out and each member had to run flat out around the 1.5 km hamster track which follows the outer fence line around the GBR perimeter. On completing their circuit they had to tag their team mate before they crossed the start/finish line. The atmosphere was buzzing as the competitiveness started flowing. The support given to each person by their team members was exhilarating as they egged on their runners. We were all amazed at the times people ran the hamster track. There were definitely no slouches! They all gave their best and you could tell it by the exhaustion on



**Andrew Goble finishing**



**Three pikinini spectators**

their faces. One person in particular had us all in awe at the way he left the start line, all you could see was the dust coming off his feet as they pounded the dirt road, it was just like watching a cartoon.

There were outside spectators looking on as well which added to the atmosphere. The relay was won by 2 Section, well deserved as they pushed the hardest.

Following the relay we moved over to the corner of the hamster track where the pull up bars were...Next event, you guessed it, pull ups.

The rules for this were simple, you hung with arms fully extended to start of with and then lift and lower on the command of the adjudicator.

Again, you needed to be there to see the competitive nature of people. And yet again, we were amazed at the level of their strength and sheer determination to do their best for themselves and their team. Photos speak heaps!! I hope that you'll be impressed by the ones you see here.

Wednesday 2 March 1530 hours all four teams gathered for volleyball, sudden death elimination. It was all



**Leo Griffiths**



**Leah Adams**

on again, no prisoners taken, team was out to annihilate team, and that is exactly what you saw. The two teams fighting for first place were something to watch, their skills, athletic abilities and sheer determination was not to be missed. From the sideline we were

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



*Good mates at the end of it all*

well entertained and even though the teams weren't ours, the camaraderie was still there. In all of

this competitiveness, there was a lot of fun had by all and it was definitely a massive morale booster

in the midst of all the happenings taking place.

On behalf of the contingent, I would like to thank you, the families, loved ones and friends of those deployed on RATA II (13) for your prayers, good wishes and support which has been priceless to those receiving them.

Finally, before I go there is a golden rule of deployment to ponder on and that is, everyone has changed. 'Everyone'; those who went and those who stayed behind, so when you finally reunite as a couple, a family, remember you have all changed and you will need time to knit in together again. Take time and enjoy each other!!

Bless you all, from the Solomon Islands.

## CHAPLAIN'S PEN — FROM HOME

### HEROES

**Chaplain Murray Thompson**  
**RNZAF Base Ohakea**

Before I left New Zealand I scoured the bookshops looking for something I could read on the culture of the country I was deploying to. During my search I could not help notice the titles of the new books that had arrived on the shelves. Many of them were about changing the world we live in for the better, for example, changing our environment in order that we may live safer and healthier lives, etc.

Every day your partner, girlfriend, boyfriend, son or daughter is doing this wherever they are deployed in the world. They are an inspiration and your heroes because they are making a difference to this world

and the people groups they are with. They are changing the environment from one of war, unrest, fear, betrayal and revenge to one of security, peace and trust, in order for these people to live a new life. The change they bring, means that children can grow up educated and enlightened in the schools that have been built by the aid from international partnerships like NZAid, USAid, NGOs and the United Nations.

I am sure you have discovered, like I have, that children are excited by the adventures of heroes who conquered or accomplished things in this world. These heroes can become positive role models for children. So, tell your children often that their dad or mum is a hero because they are changing the environment and the hearts and

minds of people in the lands they are deployed to.

If you and, or, your children are ever feeling negative about mum or dad being away then take a moment and remind yourself and them of what they are doing. Tell them often they have a real live hero to look up to and they can be proud of them.

When you are awake in the long hot summer nights back in NZ wondering about your loved one and where they are, pray for them that they will be looked after and that they will be successful on this mission to rewrite history.

Today, hold your head up high and be proud of these men and women of the New Zealand Defence Force, because, they are an inspiration to you, your children, to New Zealand and us all.

# Defence Force Response to Christchurch Earthquake



## Message from the Chief of Defence Force, LT GEN R.R. Jones, about our response to the Christchurch Earthquake

*Source: Korero which is produced by the Defence Communications Group*

As the people and families of Christchurch continue to be challenged in the wake of the earthquake of 22 February, I want to acknowledge the efforts of our Defence Force family in responding with agility and professionalism to this crisis.

I was in Christchurch on Tuesday during the earthquake and accompanied the Prime Minister on his first visit to review the earthquake response. I was in Christchurch again on Sunday inspecting the progress and talking with our men and women around the city who are making such a real difference on the ground. The scale of the destruction and the upheaval that has happened to people's lives there is shocking, but the work that we are doing in support of the disaster relief agencies is paying off.

I said at the outset of this national emergency that, working closely with other agencies, the Defence Force would assist the people of

Christchurch in any way we could. I have been both impressed and proud of our Navy, Army and Air contingents working tirelessly in the Christchurch and Lyttleton areas over the past six days. I also want to acknowledge the people working so hard behind the scenes to support those on the ground.

As at 28 February we had 262 Navy personnel, 1113 Army personnel, and 150 Air Force personnel dedicated to the response. In addition, more than 200 of our Reserve Forces are in situ, and 129 support personnel from the Singapore Army are also lending a hand. We have been able to provide harbour surveyors and the Navy dive team, engineers, medical and health specialists, fire fighters, an EOD element, logistics support, caterers, cordon security, water production, forensic dentists, VIP travel support, and many more specialist tasks besides.

We have also been able to offer the assistance of our

assets. The presence of HMNZS CANTERBURY, OTAGO, RESOLUTION and PUKAKI have provided reassurance to the people of Lyttleton, as well the help their crews have provided on the ground. Not only soldiers but also Army LAVs and LOVs have become commonplace sights on the streets of Christchurch, most recently distributing supplies and as a symbol of security. Meanwhile, the Air Force's Boeing 757, C-130 Hercules, Iroquois, and King Air aircraft have been providing airlift, aero-medical evacuation, and VIP transportation.

This is without doubt the largest response in people and equipment that the New Zealand Defence Force has ever made to a domestic humanitarian crisis. While the circumstances around this deployment to Christchurch are truly terrible, I believe the people of New Zealand and especially those in Christchurch are seeing their Defence Force at its very best.





## Defence Force Response to Christchurch Earthquake



**Images of Defence Force assisting in Christchurch in the wake of the devastating earthquake of 22 February 2011**

# CHAPLAIN'S PRAYER

Chaplain Kevin Brophy was with us in Auckland on 17<sup>th</sup> February when we met with families associated with the current deployment to Afghanistan for our mid tour updates.

The following prayer was offered and shared with those in attendance, following the tragic loss of Private Mila and the injuries sustained to several of our service personnel in a vehicle accident in the Bamiyan Province.

***“God our Comforter***

***You are a refuge and a strength for us,***

***A helper close at hand in times of distress.***

***We lift up before you, Kirifi Mila who has died.***

***We ask that you grant him a place of happiness, light and peace***

***In the Kingdom of your glory.***

***We pray this night for his family. Look down with mercy upon them as they carry this heavy burden of sorrow.***

***Take away any spirit of rebellion from our hearts***

***And teach us to see your good and gracious purpose working***

***In all the trials you send us.***

***Grant that we may not remain in unavailing grief***

***Nor sorrow as those who have no hope,***

***But through our tears may we look***

***Meekly to you, the God of all consolation***

***We ask you also to send your Spirit upon our loved ones still in Afghanistan.***

***Hold them close and tenderly in the palm of your hand and bring them safely home.***

***Help us to hear the words of our faith***

***That our fear is dispelled,***

***Our loneliness eased and our hope reawakened.***

***Amen”.***

# MESSAGES OF SUPPORT FROM ABROAD

## NEW ZEALAND DEFENCE FORCE PERSONNEL IN TIMOR-LESTE HOLD CHURCH SERVICE

NZ Defence Force personnel serving in Timor-Leste reflected on the earthquake tragedy in their church service yesterday, attended also by personnel from the Australian-led International Stabilization Force (ISF).

"We remember the thousands of people who are desperately trying to cope physically and emotionally with the disaster at home in Christchurch ... We too are grieving and trying to cope with the magnitude of the disaster in our own country and in many cases our own city.

"All of this when we are so far away and wishing we were able to be home to help the people of

Christchurch, and to comfort loved ones ... We still have a job here to do. It is the nature of New Zealand to help others, and of our Defence and Police Forces to put our duty before our own personal needs. Timor still requires our presence here, as do the other nations our services people are currently in.

"There are some very tough times ahead for us all. But Christchurch will eventually rebuild and New Zealand will remain a proud and good member of the international community. NZDF and Police will continue to serve our nation, both at home and abroad, and we will continue, here in Timor, to serve for the good of others and to fly our nation's flag proudly," says Major Ian Lattimore, Officer Commanding NZ National Command Element in Timor-Leste.

## MAJ A.L. GORDON SNO OP RATA II (13)

Please pass on our sincere and heart felt condolences to the people of Christchurch. Most of the NZ Contingent here in the Solomon Islands is from Christchurch, so we have an added feeling of sadness for our beloved city. Our inability to directly support gives us a feeling of helplessness, which at least is softened by knowing the NZDF are actively helping - as is the wider population. It is humbling to see many other nations coming to "our" aid in what is surely an hour of need.

Canterbury has always been a region of strong determined New Zealanders, a characteristic that I believe will continue.

# LOOKING BACK

## 15 March

### 1944 NZ Forces Capture Castle Hill at Cassino

On 15 March 1944 the 6<sup>th</sup> New Zealand Brigade attacked the Italian town of Cassino as part of the Allies' advance on Rome. The New Zealand Division played a significant part in this campaign and by the time it was withdrawn in early April, 343 New Zealanders had lost their lives.

The success of the 15 March attack on the tactically important Castle Hill depended on the effectiveness of a planned bombing campaign. Troops had been waiting three weeks in freezing rain for suitable weather for an aerial assault. Bombarded from the air and land, Cassino was reduced to a pile of rubble. But the German defenders rallied quickly and put up staunch resistance. In conditions reminiscent of the First World War, Allied armour and infantry were held up by bomb craters that flooded as heavy rain set in, turning the rubble into a morass. Communications were difficult and progress was slower than expected. One New Zealand Battalion did manage to seize Castle Hill, but by dusk the attack had lost its impetus.

Over the next eight days more New Zealand troops entered Cassino, but they were unable to make any headway. On 23 March all attacks were called to a halt and the New Zealanders went on the defensive. Cassino did not fall until 18 May 1944, when it was occupied by Polish troops with the assistance of New Zealand artillery.

# DSO'S CORNER



**Carol Voyce**

Deployment Services Officer  
3<sup>rd</sup> Land Force Group  
Editor "The Bugle"

It is with much sadness that I begin my Bugle Editorial by acknowledging the tragic loss in Afghanistan of Private Kirifi (Cliff) Mila in a motor vehicle accident on 15<sup>th</sup> February. The thoughts of our Welfare team have very much been with this fine man's family, friends, the New Zealand Provincial Reconstruction Team, his many work comrades here, and the wider NZDF 'family'.

When news of the tragedy reached us, our team spent the day calling the Primary Next of Kin of all families associated with the current deployment to Afghanistan. We wanted to acknowledge the tragedy as reported in the media, to offer our compassion and support and to answer what questions we could. Private Mila's family and the families of those injured in the accident, were supported by Army Liaison Officers, and are still being so.

We managed to make contact with most of 'our' families by using contact details from our database, which had been supplied to us by deploying service personnel, or gathered at pre-deployment briefings. I am sure you can imagine this was a huge task to reach everyone in a timely manner

and some listed numbers provided seemed to be no longer in service. So frustrating when we do desperately wanted to talk with you. (I guess I could take this opportunity to gently remind you of the need to keep us updated if you move house, or change phone numbers).

Because of the large numbers of people to contact as quickly as possible, phoning was restricted to the Primary Next of Kin only, who carry a responsibility to keep other family members informed, during the deployment. Sincere thanks to the families our team spoke with, for your special thoughts and expressions of sympathy and concern for all. We have passed these onto our Liaison Officers and to those abroad.

Our next tragedy to acknowledge is the devastating earthquake which hit Christchurch on 22<sup>nd</sup> February. Many of us are fortunate to be able to relay our personal stories of survival and "what if". Other families are sadly grieving the loss of loved ones and have many unanswered questions. The value of this community is simply amazing and Cantabrians have surely displayed their "true colours". Everyone is reaching out, helping where they can, accepting offers of support and material goods, but most of all giving a hug or smile which is priceless.

I cancelled my leave due to a number of factors, and feel grateful to be able to witness from behind the scenes in Burnham Camp, the huge commitment and comings and goings from Army to the earthquake support, rescue and recovery relief in the greater Christchurch area. I attended a special service at the All Saints Garrison Chapel yesterday and in our presence were support personnel from across the three Services and visiting personnel

from other nations and the Police. This clearly showed our care and concern for one another in this difficult time.

While I may not have a home to currently live in, I have personally experienced amazing goodwill and concern, from within my extended family, my workplace, my friends and from many people unknown. Yesterday after I had had a 10 minute "window" to retrieve some treasures from my house, I stopped for a coffee at a suburban group of shops. Maybe I looked a little jaded sitting there alone, when an unknown stranger joined me and shared her stories and a few laughs. These are special moments which to others may seem small, but are in fact lifelines to gather strength and move on! I am sure the weeks ahead will be full of many such moments for many Cantabrians.

Tragedies remind us of how precious life is, of how precious our loved ones are. Be sure, where you can, to extend a hug, write a letter, send an email or card and keep in touch. And be sure to take extra special care of yourself too.

With kind regards.



**Janine Burton**

Deployment Services Officer  
2<sup>nd</sup> Land Force Group



## DSO'S CORNER CONT'D...

What an eventful period we have had, but sadly, not in a good way. At the moment we are all consumed by the devastating affects the earthquake has had, and our thoughts and prayers are with those directly affected in the Christchurch area who have suffered loss, not only of homes, but more tragically, family members, friends and colleagues, and with those who are still suffering through the aftershocks and the challenges of putting their lives back together.

No doubt you will all have seen the media coverage and be aware that

the NZDF as an organisation, has contributed greatly to the earthquake relief and will continue to do so over the coming weeks and months. There is so much more going on behind the scenes of course, with many NZDF personnel putting in long hours, given selflessly as their way to support our fellow Kiwis in a time of great need.

The other very sad event was the tragic accident in Afghanistan which saw the loss of Private Kirifi Mila, and injuries to other members of his team. We are thinking also of these families at this time and the

contingent members who remain in Afghanistan to complete their deployment. I'm sure that this has brought thoughts of home very much to mind – it won't be long now.

We will be out and about with families of the new Afghanistan contingent just after publication of this edition and I am looking forward to taking up the reins of supporting this next deployment.

Whether you are at home or away, take care of each other. We are thinking of you all.

## FOR YOUR INFO...

### **No more Mail Please OP RATA 13**

With the imminent return of OP RATA 13, we ask that families don't send any mail after 10 March. While it may seem a long way off until the return of your loved ones, it is a huge unnecessary task to return any mail that has been unable to be distributed. Be sure to include in your last packages, cards and letters reflecting your thoughts on homecomings and plans for the future. Get children to include drawings that reflect their excitement at this much anticipated event and maybe include something to relieve the boredom for the long trip home – perhaps a book, magazine, sudoku puzzles.

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

### **Return to New Zealand OP RATA 13, NZPRT 17**

At the time of Bugle writing, the details for the safe return to New Zealand of the contingents in the

Solomon Islands and Afghanistan were unavailable. Please feel free to contact us for an update. We too share your excitement about homecomings and look forward to keeping in touch.

Times and dates, once given, remain subject to change. Our best advice is to check in regularly.

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

We do have a very tentative date for the return of the contingent from OP RATA but because this has changed twice in the past two days and is likely to change again, it is too risky to print! The best advice we can give is that Primary Next of Kin of Kin (PNOK) of deployed personnel on this mission, contact Carol Voyce (DSO Burnham) on the toll free number 0800 33 75 69 for the latest updates and then keep in touch again to be sure that

nothing has changed! As PNOK, you have a responsibility to inform other family members which limits the number of phone calls we need to make and receive. Your help is much appreciated.

And as stated before: Please remember that for safety and security purposes you should not discuss flight information on phones, skype, email, etc, with deployed personnel.

### **Welcome to New "Bugle" Readers**

A huge welcome to new "Bugle" readers! Whether your loved ones are deployed or deploying on one of the minor missions around the world, or a member of the latest contingent to the Solomon Islands, this publication is for you. I hope that in the months to come you will find some support and comfort amongst its pages. We aim to keep you informed about what is happening with our personnel around the world and also provide you with an opportunity to send and receive messages, to and from

# FOR YOUR INFO CONT'D...

home. We look forward to keeping in touch with you in the months ahead.

## Information for Partners – RATA Deployment

For the partners of personnel associated with the current RATA deployment, this mail-out contains a copy of the booklet "RTNZ Information – A Guide for Partners of NZDF Personnel on Return from Operational Deployments".

This booklet is packed with valuable information about reunions and is a must read. The information is not intended to tell you how you should be feeling or reacting at this stage of the deployment or to take the fun and excitement out of planning reunions. It is, however, a collection of thoughts, ideas and general information based on previous experiences of service personnel, their partners and families. The booklet is designed to get you thinking and to be prepared for the changes you are all about to face. Everyone is different; their reactions to homecomings will be too. If you are feeling anxious, be sure to talk to us.

If for any reason a booklet is not included in your mail-out or if you require an extra copy, please request one using the contact details on the inside cover. Deployed service personnel will receive the same information prior to their return to New Zealand.

## Goodwill Banner – Solomon Islands Deployment

During the pre-deployment briefings for families associated with the next deployment to the Solomon Islands, we had with us a colourful farewell banner to enable loved ones to record messages of goodwill. The banner will travel to the deployment location and will remind loved ones they are constantly in our thoughts.

If you have not had the opportunity to record your personal messages on the banner, and will not be at the farewells, please phone Carol (DSO Burnham), 363 0421 or 0800 33 75 69 and we will happily ensure your good wishes are recorded.

## Deployment Guides

This mail-out contains a copy of the "OP RATA (Solomon Islands) Deployment Guide for Families", for those associated with this pending deployment. Those who were able to attend the briefings in Auckland and Burnham will already have received their copy, however, if you do need another, please call Carol (DSO Burnham 0800 33 75 69). During pre-deployment training for service personnel in Burnham Camp, back issues of this resource were shared with deploying personnel to enable them to become familiar with this resource being given to their families. Unfortunately, some of these old/out of date copies were not returned and may have found their way home. Please note, that if you have one of these, they do contain information that is now out of date. In particular, the mailing address has changed completely, so please destroy these and request another if necessary.

## Departure OP RATA

Information on the departure of the contingent deploying to the Solomon Islands is available on request. Please contact Carol Voyce, DSO Burnham 0800 33 75 69 for further information on farewells, speeches and aircraft departure details.

## Sorry No Photos (Yet!)

Thanks to all the wonderful families/individuals who agreed to have their photos taken at the recent mid tour updates for Afghanistan, Solomon Islands and Timor-Leste. Unfortunately, these photos are still on my work camera

which has been "buried" in my "red stickered" house since the earthquake on 22<sup>nd</sup> February. I know my promise to you, was to have them developed, and sent to the appropriate deployment location for your loved ones, however, I must now admit that this may not be possible! - or possible before their return. At this stage, access to my upstairs study is by ladder only and I can't even imagine where in the rubble is the camera, or in what state it will be when I get in there safely.

Please accept my sincere apologies for the disappointment this may cause to you and the planned lucky recipient, but I am sure you will understand my dilemma. (Carol, DSO Burnham).

## DVD's available for loan

Copies of the DVD's supplied for the recent tour updates of Solomon Islands, Afghanistan and Timor-Leste are available on loan to those who were unable to attend the briefings. These are strictly for home viewing and are available on request from Carol, DSO Burnham.

### Pre deployment briefing for families CRIB 18, Friday 11 March, 6.30pm - 9.30pm

- The venue for the above briefing
- has been changed from the
- Burnham Camp Conference
- Centre to the Rolleston
- Community Centre, 94 Rolleston
- Drive, Rolleston. Timings remain
- the same.
- As Service Personnel associated
- with this deployment are currently
- away on pre deployment training,
- assistance to get this message to
- local families who we may not
- have been able to reach, is much
- appreciated.
- Any enquiries, please contact
- Carol Voyce or Janine Burton
- (contact details on inside cover).

**Informal Get together - Deployment Families - All Missions****Thursday 17 March 6-8pm****Hall 3 Community Centre****Housing Area, Fryberg Road****Burnham**

(NB - You do not need to enter Burnham Camp for this gathering - Head to the "4 Square" - the Hall is just across the road and down next to the Thrift Shop).

It would be great for us all in Burnham and in the greater Christchurch area to take the chance to get together informally next week. As you can imagine there are huge demands on our Catering team currently so I thought we might have pot luck! I will set up the BBQ with a few sausages and maybe you could compliment that offering with something extra to nibble on to share - a packet of biscuits, crackers and cheese, etc. Nothing major and taxing as your presence is more important than any fancy finger food!

As the current situation permits, we will invite representatives from Chaplaincy, Psychs, Camp Units and our local community to share their thoughts, their support and a smile! Childcare and supervision available so a chance to put your feet up will be encouraged.

No need to RSVP but for enquiries or further information call Carol on 0800 33 75 69. Looking forward to seeing you all!!

**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: .....

Phone Number: ..... Email address: .....

# TRAUMATIC INCIDENT

## What is a “Traumatic Incident”?

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

## What is “Traumatic Incident Stress”?

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

## What are the Possible Reactions to Traumatic Incidents?

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

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

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

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

## What Can YOU Do About “Traumatic Incident Stress”?

### Self Help After a Traumatic Incident

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

### How You Can Help Others After a Traumatic Incident

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



# ADVICE FOLLOWING CANTERBURY EARTHQUAKE

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

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

## Caring for Your Children

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

- ❖ **Don't assume** that you know what the child understands about the trauma, talk to them and listen to find out.
- ❖ **Reassure** them that their reactions are normal – "being scared is normal!"
- ❖ Provide **opportunities** to keep routines going as much as possible.
- ❖ **Communicate** with your children your plans and involve them by asking what they think.
- ❖ **Point out the positives** – show the kindness, caring, and support of those in the community.
- ❖ Have a **positive outlook** for the future....eventually things will return to normal.

## Future Action

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

### HELPFUL CONTACT NUMBERS and WEB LINKS

Chief of Staff Burnham Military Camp, Mike Duncan	027 925 380
Deployment Services Officer, Carol Voyce	03 363 0421 / 0800 337 569
Community Services Officer, Cherie Mansell	03 363 0322 / 021 245 5099
Chaplain (Army) Tavake Manu	03 363 0316 / 027 249 8967
Psychologist (Capt Bojilova)	021 982 999
Field Psychologist (Capt Jay McLean)	03 363 0318
Burnham Principal – Rob Clarke	03 347 6851 / 021 590 572
Life Line Christchurch – telephone counseling service	03 366 6743
Healthline	0800 611116
Civil Defence	0800 779997
Animal Welfare	03 366 3886
Earthquake Govt Helpline	0800 779997
Earthquake Commission	0800 DAMAGE (0800 326 243)

[www.kidsline.org](http://www.kidsline.org) – information to help with your children

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

[www.elifeline.co.nz](http://www.elifeline.co.nz) – NZ email and telephone counseling services

[www.econg.govt.nz](http://www.econg.govt.nz) – Environmental Canterbury website

[www.civildefence.govt.nz](http://www.civildefence.govt.nz) – Civil Defence

[www.ccc.govt.nz](http://www.ccc.govt.nz) – Christchurch City Council Homepage

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

Alia Bojilova, Psychologist



**Mrs Claudia Baker**  
RNZAF Base Woodbourne



**H**ave you ever noticed how refreshingly fun it is to be around positive thinking people who seem to naturally maintain a positive attitude? No matter how bad the circumstances, negativity never even enters their minds, let alone crosses their lips to form negative, faithless words! But let's be honest, encountering a positive person is a rare occurrence these days. Whoops, that sounds a bit negative! But, having lived through deployments myself, I do know that we often feed off one another, and being separated from loved ones most likely doesn't spark positive thoughts naturally. And let's be honest, it's hard enough to face the separation – for all involved – so, today a bit of “Negative versus Positive Thinking” and a few positive thinking tips. You never know, you won't only improve your own time, but will likely have positive effects on others around you as well.



## Negative Versus Positive Thinking



Why is it so much easier to have a negative attitude than a positive one? What's inside of us that just naturally pulls us toward the negative side of things? We read the books. We attend the seminars. We buy the tapes, and things seem to go well for a while. We feel better. Our outlook is improved, and we're hopeful. That is ... until something happens that sends us reeling all over again.

It doesn't even have to be a major, catastrophic event to send us back to the land of negative thinking. It can be something as simple as a mate making a snarky comment at us, or, back home, someone cutting us off in traffic or pushing ahead of us in the grocery checkout line. What gives those seemingly simple occurrences of every day life so much power to literally throw us into a tizzy all over again?

This never ending cycle continues because its source is never addressed. We “try hard” to be positive, attempting to over-ride how we truly feel. It's a lot of work pretending to be positive when inside we know all too well that it won't take long before one of those annoying life issues creeps up and dumps all over our positive attitude.

### Negative Thinking

Negative attitudes come from negative thoughts that come from reactions to negative behaviour. So how do we put a stop to all this nonsense? How do we get to a place where our positive attitude is what's natural for us and not the other way around?

There is not really a magic formula that, when applied correctly, would erase your negative attitude in three days. There is no over the counter product that will fix a negative attitude. Truth is, we will have to put in a bit of work, but the good news is that there are a few fairly simple things we can do to help the transition from the land of negativity to a much more positive place.

### Positive Thinking Tips for a Positive Attitude

#### **First, focus on what you're thinking about**

Remember what I said about being stuck because we never addressed the source? Our negative actions and words are coming from our negative thoughts. Our body, including the mouth, has no choice but to follow wherever our mind goes.

It is possible to control our thoughts, regardless of what we've been led to believe. As soon as a negative thought comes into your mind, purposefully make it a point to replace it with a positive one. At first, this may take some work,

## FROM THE INSIGHT OUT CONT'D..

because chances are, we will probably have a lot more negative thoughts in our head than positive ones. But eventually, the ratio will reverse itself.

### **Second, stop letting other people's negative attitudes influence yours.**

This may mean we need to stop hanging around with people who do nothing but spout negative stuff. We can't afford to do this when our goal is to become more positive. The negative people in our life aren't going to like it when we stop participating in negativity. Just remember that birds of a feather really do flock together.

### **Third, make a list of all the areas in your life that you want to change.**

List all your negative attitudes, too. If you can't think of things to put on your list, just ask your family. I'll bet they'll help you make it a really long list!

### **Fourth, take some time to write strong, life-giving, positive affirmation statements.**

Make a commitment to read those statements out loud every day. Enjoy how much they will lift you up. Know in your heart that you're making progress, even if you can't see it just yet. Just keep affirming the positive.

This process will change how we think and that's the real key to changing how we act. Remember, the body will follow wherever the mind goes. There is no way to separate the two, so we might as well "programme in" what we want, instead of randomly leaving it to chance.



### **Quotes on Attitude:**



*'The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.'*

*'Attitudes are contagious. Are yours worth catching?'*

*'Attitude is a little thing that makes a big difference.'*

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

### **Deployment Support Services**

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

### **Deployment Support Services are here for you**

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

#### **Army:**

#### **Deployment Services Officers:**

**Linton**—Janine Burton

Ph: 0800 683 77 327

**Burnham**—Carol Voyce

Ph: 0800 337 569

#### **Community Services Officers:**

**Waiouru**—Carolyn Hyland

Ph 06 387 5531

**Trentham**—Marie Lotz

Ph 04 527 5029

**Linton**—Lesley Clutterbuck

Ph: 06 351 9970

**Burnham**—Cherie Mansell

Ph 03 363 0322

#### **Air Force:**

#### **Welfare Facilitators**

Air Staff Wellington:

Mrs Judy Byers,

Ph: 04 498 6773

Base Auckland,

Mrs Deana Lye,

Ph: 09 417 7035

Base Woodbourne:

Mrs Claudia Baker,

Ph: 03 577 1177

Base Ohakea:

Mrs Toni Nicholson,

Ph: 06 351 5640

#### **Naval Community Organization**

Ph: 09 445 5534,

0800 NAVYHELP

nib@nzdf.mil.nz

#### **Local Chaplaincy Services**

#### **Unit Point of Contact**

# PERSONAL MESSAGES



The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 24 March**. Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)

## From In-Theatre

*Apologies first two messages omitted from last issue:*

### 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.

### PM

Only a few short weeks till ST with VP IACP! I cannot wait to see you and get away for a few days. Love you heaps and heaps x x x RP.

### Freya and Finlay

Back home soon and will be straight down to Nelson to see my gorgeous kids. Cannot wait to see you! Love you, Dad.

### All the family back home in Northern Ireland

I'll be back in NZ soon and will be in touch after I've had a wheen oh jars! Rob.

### Brooke Player

You are now a big school girl. You make me so proud. I'm really glad you are enjoying going to school. Love Daddy.

### Suuz

I imagine as the days grow shorter, and the farm chores decrease, there will be far more time to sit and sip wine after your hard days work. Yes I'm kidding, keep up the great work and the sun tanned labourer will be home sooner. When I get home you will know all the tricks from your new job. Miss you. Me XX.

### Natasha

Hope things are getting better and easier to cope with. Keep up the homework and soon I will be home to lend a hand, not that my Art is much chop. Missing you Dad xx.

### Kia Kaha Christchurch

From 2 2 B in the Solomon Islands.

### Hi Max

Another month has gone, many things going on over here, challenging and uplifting. I miss you and think you are the best. Forever yours, Riley.

### Almost home Babe!

C U Soon Kids. Love Dad xxx.

## From Home

### Dearest Son, Paul C

Another Birthday in the sandy place! Half way through now! I miss you sooo much. Can't wait to see your smiling face and enjoy your company just hanging around home (might even put up with your lack of ATD (well for a little while at least))! The big red bike beckons, HAPPY BIRTHDAY and stay safe my son, Mum xoxo J.

### Happy Birthday PRLC

Hope you have a great day in a far away place. LOL, Dad.

### Hi Kath

We love and miss you. Can't wait to see you, Jayden, Chrissie and Johnny.

### Hey Manu

Saw you on the DVD in the kitchen and in a photo. Great photos, we both yelled out, "There's Manu".

Great to get an overview of what it's like in the big A and life in base camp! In both shots Manu you were having Kai. Good to see as I know Kai makes you happy! Love you always, Dad & Mum. xxx.

### Hi Steve

Now we have a picture of where you are and the conditions. Great to see you looking so good. Much love, lots of hugs darling Grandma and Granddad. Xx. See you soon!

### Stevo (AKA Weetbix Kid)

Great to see you smiling! Love the DVD and to see where you all get to hang out. Miss you! Love you! OMG can't wait to see you (and get my hug!). Ma. X.

### Hey Bro

Not long to go. See you soon. Paulo.

### S

Just want you to know how very proud we are of you. You have had an amazing experience, which will stay with you forever. You should be so very proud of yourself. We are so excited to see you. We are counting down the sleeps. Love you to space and back. B, C, C, & J. xxx.

### Kia ora Bro (Padre Ra Koia)

We just watched the DVD of you all and it was wonderful to see the hard work plus the fun you have. Your whanau are very proud of you and we look forward to the sharing of laughter and the stories. Arohanui. Nin & Whanau. P.S: Tanz was with me too and looks forward to seeing you when you get back.

### Hi Joe

I rate the beard. Geoff.

# PERSONAL MESSAGES CONT'D...

## **Bula Momo Mana**

Great seeing you on the DVD! We love you and miss you. Loloma from Tatalevu, Petero, Balawa family, Seniloli family but the most from Alena and Nanalevu Ruci, Josh & Keli. Hope you enjoy your Tim-Tams.

## **Malo Lolani Polo**

Motou te misia lava oe le uso. Toana e tatalo I le atua e puipui oe. Mum is well and looking forward to seeing you, cheeky thing.. Jeremiah, Peta, Aaron and Danira send their love and are looking forward to seeing their favourite uncle. Stay strong and stay focussed, so looking forward to seeing my little bro. P.S: I am already bigger than you. Hit da gym bro. Love, David (Big Polo).

## **To PRPR**

Belated 3<sup>rd</sup> Wedding Anniversary! Looking forward to you coming home! Lots of love, Steph & Ella. Xox.

## **Hey PRPR**

Apparently NZDF says there is peak in births post homecoming..... Might want to watch that one! LOL. Looking forward to seeing you in Auckland. Loving the STI, goes fast from Westgate to city on motorway. The front's a bit low..... sh.. Greg.

## **To Daddy**

I love you. Ella.

## **Hi Mike**

We saw the DVD, but didn't see you. I am sure you were there somewhere love! Anyway it was great to see all your comrades. We are looking forward to seeing you soon. Miss you son. Lots of love, Mum, Tim and Dad.

## **Hello Michael**

See you soon. Mery.

## **Hi James**

Lovely to see you on the DVD! Thanks for the message! I will pass it on to everybody. Luv u heaps. Nana.

## **Hi Jonty**

Thanks for the message and greetings. I was surprised you haven't grown a beard. Dad.

## **Josiah Ngain**

We love you. Xox.

## **Dear S1**

You have a good heart and that will win out in the end. Love you always. S xx.

## **Dearest PRL**

Happy Birthday for 9th March. We will have a big partay when you get back. Stay safe. Have a wonderful day. LOADS of Love, Mum, Dad, Grandpa, Shelley and Bug.

## **Dear DOID**

Hi Honey, thank you so much for the Valentine's Day roses, they were beautiful! We are all looking forward to your return next month, you wouldn't believe how excited L gets when she hears Skype calling noises on the computer, I can't imagine what she's going to be like when she sees you in person, be prepared to have a wee klingon for a bit I think!!!!!! E is behaving at Nana's apparently; we'll see what happens when she gets home tonight. I am all good, a little jumpy but given recent events, I think that's quite normal!! Stay safe and we'll see you before you know it. Love you lots and lots and miss you heaps and heaps. XOXOXO. ALE.

## **Hey Hun**

Time is sure flying by now. Hopefully next month will be when I get to see your lovely (and now skinny?) face again. It's been an exciting roller-coaster but time to get off that ride now. Miss you,

much love, Your 'flower'.

## **King Arthur**

Yeah can't wait until you get home, not long now at all! Family doing well after earthquake. Take care and I'll see you soon as. Love Annabelle xoxoxox.

## **Libby**

Hope your trip is going well so far... all is well back in NZ. I read your previous article and you should send a pic of your haircut. Well better go, work to do. Keep safe. Shelly.

## **To my darling Bebe**

I hope that all is well over there. I miss you so much. Be safe and take care. All my love from the Solomons. Xx.

## **Hi Daddy**

We hope your trip back was good and that you had a good birthday. We can't wait for you to be home again and look forward to your hugs and kisses. Love you to the moon and back, Brayden and Declan.

## **Hello my Giant Warrior**

Well all settled in on island, the morning trips in the city is great for getting organised for the day ahead of me. Not long now for the trip down to Nelson so, so, so excited its going to be such a magical time. It's going to be great to see old friends from Uni. Everyone is well here and keeping busy. Good to see you're still looking after yaself and looking GREAT!!! Love you lots and miss you. From your little boo xox.

## **Dear Riley**

I read the Emotional Cycle of Deployment and it's true. Although maybe it should be called the Emotional Rollercoaster of Deployment! Generally, I'm messed up without you. We were meant to



## PERSONAL MESSAGES CONT'D...

be together, not apart. That is such a good sign of a healthy marriage. Some say, 'Max, you're so stupid.....your guy's away, you should be happy.' I say, "You don't know what it is to love a wonderful man who loves you right back!" Of course, I know this deployment is a good thing with a good purpose and both of us are well and healthy and we will be together soooooon!! Last month I wrote we had 100 days to go and today, we have 100 days down and only 82 days to go! ONLY!!! Ha! I miss you Riley. It's like a big part of me is on hold. I love you very much. Bob is furrier than you and that's nice on a cold night, but honestly, its just not the same, mate!! Love you to bits! Max.

### Hey Papa Ants!

Hope you have been keeping well. We are all well back here.

Absolutely heart wrenching about the Christchurch earthquake aye! It's just devastating. Obviously the Touch Nationals were cancelled, we were fortunate not to have been down there at the time. There was debate as whether they should move Nats to Palmy at a later date, but it has since been decided that they will cancel it altogether. We were supposed to be flying down with Tahu on his birthday, so with our flights cancelled, poor Tahu's 1<sup>st</sup> birthday came and went – we didn't actually have anything planned for him. So we'll have a little whanau gathering around home this weekend for him. Touch season has come to an end for us and Maraki. His club and rep team did so well. He's quite the little star. I've got another week of work before I start my new job the following week – onwards and

upwards. But till then I'm crazy busy! And it will probably continue that way for a while after too. Not long to go now for you, I can't wait till you're home. Miss you, Tarns, Pels and the kids xox.

### BOUQUETS

#### Major Syd Dewes

It was great to have you join our briefing team in Auckland. Your calm, reassuring manner did much to bring peace of mind to so many families. With sincere thanks. Carol.

#### Padre Kevin Brophy

Many thanks for joining with us for the tour updates for CRIB 17. Your friendly relaxed manner, experience and wisdom was appreciated by us all. Carol & PNOK CRIB 17.

## RECOMMENDED READING



### "When Mum went Away" - (Author: Janice Marriott )

**R**obbie's Mum has to go away for three months because of her job and like most kids, Robbie's far from happy about the prospect. But he has a few weeks to get used to the idea and when he tells his friends at Kindy that Mum's a soldier and the reason she's going far away is to rebuild houses destroyed by war, he feels proud.

This up-to-the-minute homegrown account of one of the unique challenges of daily life for many military families raises some interesting issues. What is it like for children of military parents when an

overseas deployment means that Mum or Dad must go away for months at a time?

We learn, from the child's perspective, how his life is affected and how he and his Mum's partner, Nick, a former soldier, cope during Mum's absence. It introduces some of the feelings and reactions a child is likely to experience in this situation, from denial, sadness and anger through to acceptance, coping with daily routines and the excitement of the home-coming.

The author, Janice Marriott, is one of New Zealand's most respected and acclaimed writers of children's

fiction and she has researched her topic thoroughly. The text and accompanying colourful illustrations place the story in a recognizably New Zealand Defence Force context, complete with C-130, DPMs and the Army Band.

This gently, child-centered story will be a real asset for military Mums and Dads wanting to help their children deal with the issue of parental absence on deployment or duty. (Available for loan from all NZDF libraries).

Source: NZ Army News

# DEPLOYMENT MAILING ADDRESSES



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

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

## Afghanistan:

*Regimental Number, Rank, Initials and Surname*

*Mission Name* (e.g. NZPRT)

NZ NSE

Bagram Airbase

Afghanistan

C/- International Mail Centre

Auckland 2022



## Israel (Op SCORIA):

*Regimental Number, Rank, Initials and Surname*

Observer Group Golan - Tiberias

C/- UNTSO HQ

Government House

PO Box 490 Jerusalem 91949

Israel

C/- International Mail Centre

Auckland 2022

## Timor-Leste:

*Regimental Number, Rank, Initials and Surname*

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

NZ NSE

Timor-Leste

C/- International Mail Centre

Auckland 2022

## Solomon Islands:

*Regimental Number, Rank, Initials and Surname*

Op RATA 14

P O Box R131, Randi Office of Exchange

Honiara

Solomon Islands

C/- International Mail Centre

Auckland 2022

## Antarctica (Op ANTARCTICA):

(No requirement for "Forces Concession Rate")

*Regimental Number, Rank, Initials and Surname*

Op Antarctica

Antarctica New Zealand

Private Bag 4745

Christchurch Mail Centre

Christchurch 8140

## Sinai (Op FARAD):

*Regimental Number, Rank, Initials and Surname*

NZ Contingent

Multinational Force and Observers

El Gorah, Sinai

PO Box 99000, Tel Aviv

Israel

C/- International Mail Centre

Auckland 2022

## Other Deployment Locations:

(No requirement for "Forces Concession Rate")

*Regimental Number, Rank, Initials and Surname*

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

C/- DPSC

HQ JFNZ

Private Bag 900

Upper Hutt 5140

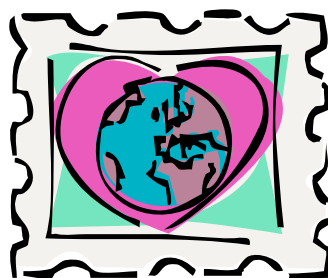
or 2 Seddul Bahr Road

Trentham

Upper Hutt 5018

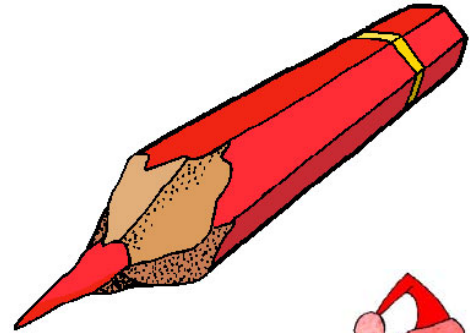
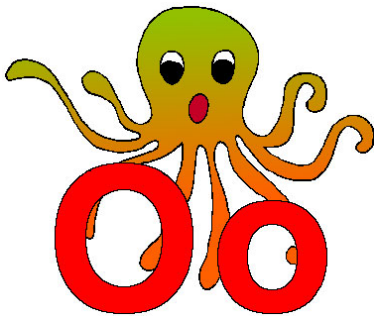
A Postal Users Guide and Prohibited Items Brochure are available on the NZ Post website by going to their website at [www.nzpost.co.nz](http://www.nzpost.co.nz) and typing *Postal Users Guide* and *Prohibited Items Brochure* into the search box. These brochures give valuable information, such as what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

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



# Deployment Activity Book for Children

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



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

Name: .....

Address: .....

.....

.....

..... Postcode: .....

No of copies: .....