

THE BUGLE

Issue 151 | April 2011



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"THE BUGLE"

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

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

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ANZAC Day —25 April

GUEST EDITORIAL

WO1 Graham Sweetman

Assistant S1 Personnel
Headquarters
3rd Land Force Group

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

First up, just a bit about myself. I enlisted into the Territorial Force in March 1977 and into the Regular Force in 1987 as an Administrator. During this period I completed a deployment to Cambodia in 1992 and in the last ten years I have completed three deployments to Timor-Leste. While I have been posted to a number of different locations and jobs around the NZDF, one of the most satisfying posts would have to be my three years as the Warrant Officer within the Deployed Personnel Administration Cell.

This organisation was responsible for the administration of all deployed personnel and was also a point of contact for the families of these personnel. The support was there because there is a need for it, it works and the NZDF have learnt the lesson that if you need strong service personnel they need strong families supporting them.

The one area that I have seen the biggest advance in, is the area of communications from the mission area back to NZ. This is a direct result of improvements in technology that allows many of our deployed people to communicate better with loved ones back home. Today's operations are fantastic, with direct

phone contact, the internet systems, which in some cases are capable of Skype linkages, and instantaneous news with Sky TV.

"No matter what is happening in the mission area, mail day will always be a highlight and is looked forward to by all."



The most under-rated means of communication between NZ and the mission area is the mail system. On all the missions I have undertaken, a part of my responsibility has related to mail. While to get a phone call or an email is great, the best and most lasting means of communication is a letter. Given that most of our communication these days is via email, the pen on paper method of communication is almost a lost art. A letter these days may take the form of a small note tucked inside a parcel, but is always well appreciated. No matter what is happening in the mission area, mail day will always be a highlight and is looked forward to by all.

If there is one important message I would like deployed personnel and their families to take from this article, is that the methods of communication between the mission areas and NZ have never been better, so make good use of them all. You could even put a letter in with the Easter Eggs.



NEWS UPDATE



New Faces at the Top for Air and Joint Forces

Minister of Defence Dr Wayne Mapp has announced that Air Vice Marshal Peter Stockwell will be the next Chief of Air Force, and Brigadier David Gawn will succeed AVM Stockwell as Commander of Joint Forces New Zealand (in the rank of Major General).

AVM Stockwell has commanded Joint Forces New Zealand since May 2009, having served

as Deputy Chief of Air Force, Air Component Commander, and Assistant Chief Strategic Commitments and Intelligence in the five years previous.

AVM Stockwell enlisted into the Royal New Zealand Air Force in 1973 as a Navigator under training and was promoted to the rank of pilot officer in March 1974. In 1995, he was awarded the Air Force Cross for his outstanding leadership as commanding officer of 40 Squadron at a high-tempo period for the squadron.

In announcing the appointment and congratulating AVM Stockwell, the Minister of Defence Dr Wayne Mapp noted: "Air Vice Marshal Stockwell is a proven strategic thinker and has the leadership skills and experience to carry out the changes throughout the Air Force required by the ongoing implementation of the Defence White Paper. He will make a valuable contribution at a crucial period for the Air Force, especially

in the next two years as important new capability comes into service."

Brigadier Gawn enlisted into the New Zealand Army in 1978. He has extensive experience commanding operations overseas, and has served as Land Component Commander and Deputy Chief of Army.

BRIG Gawn was awarded a Member of the Most Excellent Order of the British Empire (MBE) in the 1996 New Year's Honours List, and in 2001 received a Force Commander's Commendation for his role in Timor-Leste.

In congratulating BRIG Gawn, Dr Wayne Mapp said "He has demonstrated exceptional leadership strengths, especially on operations. His proven command skills are fundamental to this appointment. BRIG Gawn has the skills and experience required to lead the headquarters at a critical point in our evolving Defence framework." The appointment is effective from 1 May 2011.

First of New Defence Medals to be Presented this Week

The inaugural presentation of the New Zealand Defence Service Medal (NZDSM) will take place at Parliament on Thursday when about 30 recipients will receive their medals from Minister of Veterans' Affairs Judith Collins and Defence Minister Wayne Mapp.



The new medal is awarded for non-operational military service in the Defence Force by New Zealanders. Those who have served in the military for more than three years since World War Two, and those who did compulsory

military training or national military service, qualify.

"This medal recognises our Service personnel for their contribution to the peace, freedom and security that all New Zealanders enjoy today," Ms Collins said.

"Our service veterans hold a special status in our society. This Government is committed to honouring those veterans who served their country operationally and in a wide range of vital support roles."

Dr Mapp said the medal closes a gap in medallic recognition of military service.

"Many thousands of New Zealanders have met the demanding requirements of military service. They have served their

country and community loyally and well, including responding to disasters such as the Christchurch earthquakes, but not on operations.

"Up to now there has been no recognition of this service, on which the Government places high value. This medal remedies that. It delivers on the National Party's campaign commitment to recognise those people.

"It also honours those Reserve personnel whose service comes on top of full-time commitments in civilian life," he said.

Please note: The NZDF is not currently accepting applications for the New Zealand Defence Service Medal. It is anticipated that a call for applications will happen in mid April 2011 for the oldest ex-Service persons.

NEWS UPDATE



New Plymouth Old Boy to attend Gallipoli Commemorations



Corporal Chris Watts, off to Gallipoli as part of the NZ Defence Force Contingent

www.nzdf.mil.nz

When Air Force Corporal Chris Watts arrives in Gallipoli later this month he will be able to trace the footsteps of his Great Great Grandfathers and his Great Great Uncle.

CPL Watts, who grew up in New Plymouth and attended New Plymouth Boys High School, now lives in Blenheim with his wife Krystel and three children. He will be the flag orderly, part of a tri-Service New Zealand Defence Force catafalque guard, which will parade at the Anzac Day services on 25 April in Turkey.

Corporal Watts says he feels extremely honoured to be part of the Gallipoli contingent taking part in their year's Anzac Day services in Turkey. While in Gallipoli CPL Watts will be wearing a cross his Great Grandfather Victor Watts was given while recovering in hospital from wounds received in the battle of the Somme.

"I had three relatives that took part in the Gallipoli campaign; my Great Great Grandfather Archibald McLaren, Great Great Grandfather

Frank Griffith and Great Great Uncle George Soffe.

"My Great Great Grandfather Archibald McLaren left his wife and children behind when he went to WW1 and that was something I never really understood until I went on deployment myself in 2007 and in 2009. I was lucky enough to be able to make phone calls to talk to loved ones. I can't imagine what it would have been like writing a letter and waiting three months for a response, if one was received at all!

"My Great Great Uncle George Soffe, who was of Maori descent, was 'captured' by the British after he wandered into the wrong area and mistaken for a Turkish spy. Despite his pleadings otherwise they were about to shoot him when his commanding officer walked past and managed to save him from the firing squad."

CPL Watts joined the Air Force in 2000 and works at Command & Recruit Training Squadron in the Tactical Support Section in Woodbourne.

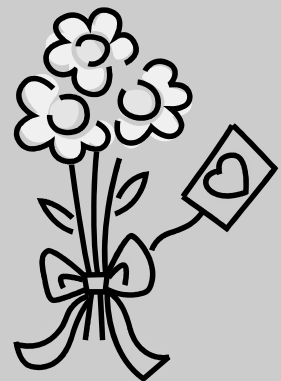
His career highlights include being deployed to Afghanistan in 2007 and an Anzac Day when he was on the Dawn to Dusk catafalque guard for the Tomb of the Unknown Warrior in Wellington.

"Hearing some of the comments from civilians who came to the National War Memorial that day helped me to know that the New Zealand public appreciate what we do and the sacrifices that I and others have had to make are worth it!"

The official New Zealand contingent travelling to Gallipoli includes the Chief of Defence Force, Lieutenant General Rhys Jones, and a small group of New Zealand Defence Force (NZDF) personnel including an Army chaplain, catafalque guard, and

members of the Central Band of the RNZAF.

The Anzac Day ceremonies in Gallipoli begin on Saturday 24 April with the Turkish International Service and conclude with the New Zealand Service at Chunuk Bair on 25 April. The services will be attended by dignitaries from New Zealand, Australia and Turkey.



Mother's Day 8 May

Don't forget Mums
at home and
Mums abroad!

Get your personal
messages in for
the next edition of
"The Bugle".

Deadline
Thursday 5 May

FOREIGN CORRESPONDENTS

NEWS AND VIEWS

Including: A Personal Thank You from Afghanistan
New RNZAF Memorial Plaque in Solomons
New Challenges and Experiences enjoyed by all — Solomons
Medics settling into a Routine — Solomons
Ole the Two Amigos Strike on the Third
NSE 17 about to Leave

A PERSONAL THANK YOU FROM AFGHANISTAN

LT COL Andrew Fox

Well, here we are, the end is in sight. Looking back, as I said this morning on the medals parade, a lot has passed during our time away together. We face a wide range of emotions as new faces are becoming more common around Kiwi Base. The beards are gone and the prospect of returning home is finally becoming more tangible. Despite the excitement, everyone here is also well aware we are returning to New Zealand less one of our own. Private Mila remains a special part of the Contingent, both he and his contribution will not be forgotten. A number of personnel have also returned early for a variety of reasons including injury. Looking around this morning, I saw a different bunch of individuals than those I first observed close to nine months ago. I saw faces that reflected sadness, satisfaction, thankfulness, pride, excitement and maturity. I saw individuals that have worked hard looking after their mates over the last six months in difficult conditions.

As always it has been an honour and source of pride to work with some of the best, young (and not so young, in some cases) Kiwis that our country has! We come home knowing that we have made a significant difference here in

Bamyan, transition to local control has formally started during our time, and we have been lucky enough to be here as the hard work of 17 New Zealand contingents starts to be formally recognised.

In closing though, I need to once again pass on my personal thanks for your support. As I said earlier in the tour, while we have been preoccupied with the job at hand here, you have been busy running the important things in life. Looking after family members, sorting out the children, and keeping the daily routine going in our homes is a significant and meaningful contribution in itself. Without you and your support we could not have had the success we experienced over here, again I thank you for it.

I wish you a happy reunion with your loved ones and a safe Easter.

NEW RNZAF MEMORIAL PLAQUE IN SOLOMONS

**Padre Paul Allen-Baines,
CAPT Jimmy Russell and
LCPL Trembath-Harris**

Op RATA II (14) contingent have settled in well, they are operating as if they've been here for some time, their professionalism and training are a credit to the NZDF.

On the morning of the 29th March the Op RATA II (14) NSE visited

the Vilu War Museum, to dedicate a new RNZAF memorial plaque. Most of us had only been in the Solomon Islands for just over a week, so the chance to get out and see some of the heartland countryside was very welcome. Padre Paul Allen-Baines had been organising over the past few months a new plaque to be installed at the Vilu War Museum, where there are memorials to the RNZAF and the fallen soldiers of Australia, Japan and the United States.

The museum is a fascinating place, run by the very friendly Anderson and his wife Sylvester. There are numerous pieces, including a Japanese Chi Ha tank, US Navy carrier fighters, several old gun pieces and other plane wrecks. The museum has been a labour of love for several years now, but it appears that it will be an attractive feature of the tourism landscape for years to come. Any servicemen visiting the Solomon Islands in the future will do well to pay the small fee for entry and see a very well maintained and much loved collection of war pieces.

Our specific task at the museum involved installing a new Plaque, which had been donated by the Royal New Zealand Air Force Association (RNZAFA). The original NZ memorial is from 1943 and was in a small state of disrepair with cracks and faded writing.

Many of the other memorials in this location have been stripped of their plaques during the tension period and still stand as plain blank blocks of concrete, so we felt good to be adding something to this place.

A big 'THANK YOU' goes to PTE Deon Tucker, from Op RATA II (13) for his craftsmanship in making and pouring the mould for the plaque to be placed in. Unfortunately, he was unable to see the project to the end as time did not allow.

FOREIGN CORRESPONDENTS CONT'D...



PTE Deon Tucker (mound maker/pourer)

We also took the chance to conduct some communications testing between the museum and Honiara, under the watchful eye of Sylvester and Anderson's young son (Thomas).

Once we had erected the new plaque, and tidied up the old memorial, Padre Allen-Baines provided a blessing, before a time for group photos. We had time for a quick rest in the shade before getting taken around the museum by Anderson who was full of



The finished product:

**CAPT Jimmy Russell,
LCPL Justine Trenbath-Harris,
LCPL Nathan Kerr,
LCPL Barend Crowe,
SGT Christina Wilson, Anderson,
CPL Carrington Brown,
Padre Paul Allen-Baines**

information on each piece. This was a very rewarding trip, not only seeing the marvellous museum, but also adding to the memory of our forefathers-in-arms.

We felt privileged to have helped preserve the memory of those that have gone before us.



Padre Paul Allen-Baines blesses the new plaque

NEW CHALLENGES AND EXPERIENCES ENJOYED BY ALL

**LT Zane Beeson,
Royal New Zealand Infantry
Regiment (RNZIR)**

For the soldiers of 6 Platoon, B Coy, 2/1 RNZIR the last month has been a diverse one. Their job has taken them from working street corners at night in Christchurch City (on Cordon duty) to Operations in the Solomon Islands. Now known as 2 Platoon A Coy, the Platoon has settled in well. We spent a few days handing over from RATA 13. They used this time to show us the ropes, so to speak, as well as passing on little pearls of wisdom to the boys, like how to get "Tu Meke" guns at the gym.

The Platoon is now relatively well acclimatised to the tropical heat and most are able to stay out for more than an hour without looking like they've been practising river crossings. Operationally things have gone smoothly to date. Honiara is now our backyard and the boys are becoming relatively familiar with the different sights, smells and sounds.

Interoperability has been a key focus of this first month as we work alongside the Australian Defence Force (ADF) and the Tongan Defence Service (TDS) as well as various Police Forces from around the Pacific. A fair amount of training has been conducted and to their credit, the soldiers have made some good progress. One of the sections has even completed specialist training on amphibious infiltration using dolphins, however, it is hard to foresee how these skills could be put to use.

On the personnel front, morale is high in general throughout. The soldiers have made the most of the Guadalcanal Beach Resort facilities (don't let the name give you a false

FOREIGN CORRESPONDENTS CONT'D...

impression), they have been quick to start using the flash new gym and the Australian's 60 inch TV, which by now probably has "PROPERTY OF 2/1 RNZIR" on it somewhere. The Section Commanders have been instrumental in the development of the soldiers, CPL Lytton Volante (V) has been running boxing circuits, which PTE Koliniusi Veetutu thought would be a prime opportunity to spar with the Platoon Commander and give him a concussion.... Almost. CPL Michael Bradcock has been teaching the young hopefuls the fine art of darts which will no doubt improve their marksmanship. But the biggest achievement of all would have to go to CPL Matthew Goldsworthy who has by some miracle taught PTE Hone Hughes to turn up to places on time. SGT Rob McGee (the Platoon Sergeant) has provided a steady hand to ensure the Platoon stays on the straight and narrow and his experience in terms of working with Australians, (having lived amongst them in their natural habitat for the past two years) has also proven very valuable.

All in all, it has been an enjoyable period which has provided new challenges and experiences for all. We are looking forward to more opportunities to provide support to the Police and the people of the Solomon Islands where possible. It is easy to see the positive effects that RAMSI has on the Solomon Islands and how well it is received by the community.

We are looking forward to the ANZAC day commemorations, which due to being on Guadalcanal will be particularly special. No doubt one of the Lads will look forward to writing about it next month.

ONWARD.

MEDICS SETTLING INTO A ROUTINE

LCPL Rae McDonald

It is now week four, and it is amazing to think that almost a month has passed since our arrival here in Honiara. We have settled quickly into routines and finally adjusted to the sweltering heat that the Solomon Islands has on offer. Already some belts have become looser, thanks to all the physical training being conducted (even with all the ice-cream on offer) and some muscles are definitely getting bigger due to some serious overtime at the gym (isn't that right PTE Schoeman).

Upon reflection on the weeks that have now passed, it is evident to see the strong friendships that have already formed amongst not only the contingent, but all of those who live within the GBR compound. Of course, a healthy competitive spirit is always a good thing, and remaining true to the spirit of 2/1st Battalion, the gloves do come off when we are required to take that step onto the field or court.

For those of you who do not believe netball to be a real sport, you should have witnessed the battle that occurred between the NZ Police and the NZ NSE (National Support Element). Most Valuable player would have to be awarded to Staff Sergeant Guise, who despite having been taught the rules of netball only moments before the game started, amazed us all with his agility and speed.....while others seemed to spend more time horizontal to the court than actually upright (you know who you are).

It is not all fun and games however, with a typical working day being between the hours of 0800-1630, and lots of regular training being conducted for both the NSE and Platoon most days. For example, today, the contingent got to

experience the use of OC spray (pepper spray) first hand, thanks to the helping hand of the Police Operational Readiness Group.

From a medical perspective, the contingent is healthy and doing well overall. Please know that your loved ones and friends are being taken good care of by a great team of medical professionals. The Aspen medical team (ranging from nurses to Medical Officers and other specialists) are always willing to offer our medics a helping hand.

Not only is my role that of a medic, but also as one of the co-ordinators and instructors in the physical training programme. Regular sessions are run three times a week. I have enjoyed the challenge of organising sessions, that have to date, included circuit training, minor games, and battle training. It is always good to take the opportunity to improve those leadership skills that are necessary to be an effective Junior Non-Commissioned Officer (JNCO).

In the weekends there is opportunity for some well earned rest and time out for everyone from their busy schedules and an escape from the office. For example: On Sundays, a visit to the local beach is a popular choice and Padre Allen-Baines offers a church service at 0900 each Sunday....a beautiful view for those of us who enjoy this time for some spiritual reflection.

Thanks to the miracles of Skype and the welfare phones, we are only a computer screen or voice away from our loved ones. The parcels and letters from home truly do bring a smile to our faces, so please keep them coming.

Before I sign off, I would like to make a special mention to PTE Gilbertson, who is recovering back home after a motorcycle accident left him injured and unable to

FOREIGN CORRESPONDENTS CONT'D...

complete the pre-deployment training with us. Wishing you were here, and hoping your recovery is a fast one. Get better soon mate.

To all of my friends and colleagues back home in Christchurch, I miss you and can't wait to have a drink at the Corporals Bar with you all on my return.

OLE THE TWO AMIGOS STRIKE ON THE THIRD

**{SNCO Brawn (PTI), Brains (S1),
& Boyish Looks (Medic) of
GYRO 10}**

As we, the 3 amigos, were paying our dues in the gym the OC approached us cautiously and suggested that we would like to compile the next "Bugle" article on behalf of GYRO.

We decided that there had been two significant events this reporting period. The first was a Section Skill at Arms and the second a Boxing Fight night.

***"These two events
alone show what a
great NZDF team we
have here in Timor, and
the pride, guts and
comradeship that make
any good team."***

SSGT Jessop set us all up (I mean set this all up) and then left the country, leaving the rest of us to carry out his wishes. This consisted of 6 stands and 6 teams of which 2 were Australian. NZ teams were from PMV, CSST and 2 Inf Sects. So under the lazy guidance of the GYRO PTI, the day took place in blistering conditions! The

competition tested the teams mental and physical attributes, aimed at testing them under stressful conditions. The events were, A LOV Pull, Jerry Can Carry, Med Stand, Strip and Assemble of Theatre Weapons, FCO, and a Stores Carry. Undoubtedly the highlight was the CSM's stand which involved a 'very clean' and long drain. The eventual winners being admirably led by CPL Salmon, known as C/S 41C.

Next came the highly anticipated Boxing Fight Night organised by CPL Seamus O'Grady and the CSST. As the potential boxers threw their names into the hat, CPL O'Grady had the dubious honour to pair them off into their boxing matches. As the boxers were given a minimum of two weeks notice before their fight, many trained as "Spartans" and "David the Terminator Tua" in order to prepare them for their impending battle.

When the names of the opponents were given to the "warriors" the inevitable "sledging" began, and what a game of "cat and mouse" it turned out to be. As the day grew closer and the boxing medicals completed, all boxers became highly attuned in anticipation of the night.

The night started with the MC of the hour, LCPL Aaron, "Hit-Man" Tuhi as he revved up the crowd in eagerness but only after pulling a hamstring to get out of his bout. A good and enthusiastic crowd was in attendance with great support from our Aussie comrades who wished their rules allowed them to also box. The event was also very well supported by the NZ Police contingent and some of their UN Police mates.

Next the referee of the night stepped up and into the ring, now in saying this there were calls as to whether the ring could hold that much weight.... However, SGT

Vairaktaris stepped in touting a white long sleeved shirt and black bow tie looking very much the part of an official referee.

As the first fighters approached the ring, the lovely SGT Laura Brown RNZAF dressed in her size 4 East Timorese dress stepped up to be the "ring girl" and gave us all a twirl. The night was a flurry of fists and heavy panting as the fighters took to each other with vigour and pride.

One by one the bouts were completed with many of the eventual winners only winning by the narrowest of margins.

The half time entertainment was a "gumboot" catwalk parade with those in the crowd who were wearing them. As the MC took over the entertainment, SGT B Sifa started it all of with her rendition of "Elle McPhearson" strutting her "stuff" in the ring, next a shy but eager NZ Padre took to the ring showing everyone his prowess at the "catwalk" in his Otago, Papally approved Red Bands. As the contestants continued to show their wares, the eventual winners by "crowd" voting were SSGT Ru "I can still break dance" Ruha and SGT B "I am Elle McPhearson" Sifa.

The night ended with the major draw card of the evening, the fight between Air Force and Army, PTE Leon "Willy Mayes" Hayes and CPL Richard "I am Spartan" Graham. As the rounds progressed it was evident that there would not be much, if any at all, in the score tally at the end. The winner by 3 points was PTE Leon "Willy Mayes" Hayes. As the night concluded, it was well appreciated by the crowd with a standing ovation to the boxers who participated and to CPL Seamus O'Grady and those that made this night what it was, fantastic.

These two events alone show what

FOREIGN CORRESPONDENTS CONT'D...

a great NZDF team we have here in Timor, and the pride, guts and comradeship that make any good team.

As ANZAC day approaches it was a timely reminder of fallen comrades when Base Operations in BAF erected the plaque on O'Donnell Hall at Camp WARRIOR, BAGRAM AIR FIELD.

NSE 17 ABOUT TO LEAVE

MAJ R. Hovenden

The New Zealand National Support Element (NSE 17) were more than pleased that their replacements NSE 18 arrived at BAGRAM AIR FIELD (BAF) AFGHANISTAN. After nearly seven months away, the team were all smiles, even though this meant living in cramped conditions for the next few days. NSE 17 has achieved a lot and as the Officer Commanding, I am certainly proud of each and every one of them for their dedication and commitment to their job and the mission in general. Therefore, it was a proud moment when the Senior National Officer (SNO) Colonel P. McKee presented the ISAF medal to NSE members for their contribution to the mission.



**Plaque on O'Donnell Hall at Camp WARRIOR, BAGRAM AIR FIELD
In Memory and Honour of
LT Timothy O'Donnell**



**O'Donnell Hall — 240 bed
barrack block**

As NSE 17 mission concludes and a new team moves in and takes over, we all would like to thank those at home that helped us through, family, friends, colleagues and a special thanks must go to the DSO's who kept us up with the news, current affairs, special treats and the action on the rugby fields back home. For CPL MacGibbon, who worked hard throughout the tour but failed in his major objective, the rest of the team all forgive you. However, the report still stands.



**Top: SGT K.A. Meynell receiving her medal from SNO
COL P. McKee**



**CPL S.F.M. Hansen receiving his medal from SNO
COL P. McKee**

CHAPLAIN'S PEN — FROM ABROAD

GYRO 10 KEEPS MOVING ALONG

Padre Tony Harrison
GYRO 10

The end of the tour horizon can now be seen but work continues in Timor-Leste. The workshop hangar is busy about their tasks and keeping equipment and vehicles in good working order. CPL Halbert and PTE Huriwai ensure that everyone gets a vehicle as and when required – always with a smile. Skill levels are being kept up and enhanced. “Halbie” has conducted driving courses and has discovered some very interesting roads on which to test driving skills and applications. That having been said, most roads around Timor are “interesting”. The river crossing is well supported by the local people, who on the one hand are able to give advice about which direction to take, and on the other to cheer the drivers on – a short entertaining interlude for them. Cross training has been the name of the game with many members being trained and employed outside their primary role here.

The usual PT sessions in the morning, which everyone love so much, are being held under the watchful eye and less than “sultry” voice of our resident PTI, SGT Vairaktaris, and when he is otherwise engaged SSGT Jessop gives all the encouragement we need. Both of them are an integral part of the volleyball team, Team Arthritis, along with SSGT Steve Parry. Major Latts Lattimore contributes to the strength of this team. His preferred place in the side is on the front row. He is very good at blocking as he, unlike others, doesn't have to jump (and says he does not wish to anyhow, as it is undignified). Some attention is now being directed to the ANZAC Day rugby league match with the

Australians. National pride will no doubt be at stake on the day – it is only a game and winning isn't everything, it is the only thing.

Professional Development is ongoing and has been a key initiative by the Kiwis. Members of the Australian Contingent at HPOD have been part of these on most occasions also.

Professional development is not always easy as it can sometimes push individuals out of their comfort zone (try the Padre doing combat quick decision exercises!). The good side of it is, that individuals are able to gain confidence and realize skills within themselves that they had not been aware of.

Communication skills has been one of the areas that the platoon members have also focused on. They have been given topics on which to talk on, one occasion, and then on another occasion, they gave Power Point presentations. In doing so, they have found also that their computers have other applications other than games and watching DVD's. As well, their important skills as an infantryman have been kept up to speed with time on the range. And when all else fails, SGT MAJ Patuwai has a great facility in finding something to keep them occupied. Officers and NCOs are also included in professional development with tasks and opportunities being offered at their level of command and above, as part of weekly training!

The Community Engagement Patrols are continuing. These are conducted under the watchful gaze of the Patrol Master, SGT MAJ Patuwai. The area has been named by him AO TAIHA. GYRO 10 has taken a lead on this type of community engagement. What is being carried out now by us is now being used as the model for all local Community Engagement

Patrols which will take place in the future by the force, again the Kiwis lead the way! As I have reported in earlier articles, the people in the area give us a great welcome and enjoy the opportunity for volleyball and soccer. The patrol members are warned that if you start handing out lollies, make sure you have enough for the next 500 children that turn up.

Recently, a sections competition was held. In this we involved our Australian partners as well. In fact, there was a couple of Australians in our teams who are embedded with our sections.

Various activities were set up:

- * Two armoured LOV's had to be pulled some 200 metres. To make it that just little bit more difficult some air was released from the tyres.
- * A machine gun had to be disassembled and reassembled but the person had to run to and from the gun.
- * An “injured” soldier had to be attended to and then carried.
- * The stores carry was next. You may think that tyres are made to go on vehicles to enable them to move gracefully along the road? No, they are to be carried along with other equipment.
- * PTI's have a great love of jerry cans filled with water. These had to be carried for as many laps as possible over a set course. Why would anyone think that jerry cans are actually for bringing drinking water, especially on a hot day?
- * The final task was to bring stores to re-supply. This entailed a crawl along a drain trying to keep your head down so as not to be observed. Then moving or dragging two “bangalores” out of the drain across ground to be placed against an “obstacle”,

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

dragging a “wounded” person back and then moving further along the drain to take out an enemy position.



LCPL Vosper and TPR Williamson push through the swamp

I am sure you feel tired just reading about it. The contest was a test of fitness and endurance in the hot conditions. It also gave an opportunity for soldiers to show their skills and ability in leadership by the way in which they led and motivated their section. We were delighted that one of our sections, commanded by CPL Salmon 2/1 RNZIR, won the competition and so we hold the trophy. The challenge is laid down for GYRO 11 now.

So GYRO 10 keeps moving along. Our task is not finished yet.

***Easter is looming
and then ANZAC
Day which I believe
will be significant
for us being on
deployment
ourselves, serving
our country away
from home.***

Adeus. God bless you all.



The Australian Section under the watchful care of SSGT Ruha



CPL Salmon on behalf of the winning section receives the trophy from SNO Wing Commander Leske



PTE Hayes, CPL O'Grady, LCPL Gray, CPL Hillman, PTE Huriwai, CPL Turner, CPL Graham pull the LOV

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

IT'S TIME TO GO HOME FOR CRIB 17

Padre Ra Koia
CRIB 17

"It's time to go home!" Just writing those words, say and mean a lot for members of CRIB 17, whom I believe have done a great job throughout the province of Bamyan. There have been many highlights and of course some real hard hitting reality points. All in all, we leave with a vast range of experiences and knowledge of both Afghanistan and of ourselves.

We have done our time and leave our mark here in Bamyan, confident that CRIB 18 will do just as good a job, if not better. We leave I think, with mixed feelings of excitement and sadness. It will be exciting to reunite with our friends and loved ones. We will also return to those things that we take for granted like water, power, health, education, modern luxuries, good roads....

There will also be a sense of sadness that one of our Team members will not be returning with us, but his spirit will. There will be a sense of sadness of leaving the people we have worked closely with during our deployment. Many of whom will remain friends for a life time.

Our thanks and gratitude must also take into account our family and friends who supported us and affirmed us in our various roles. Not enough can be said of this very fact. Having you back home makes the reunion all the more special.

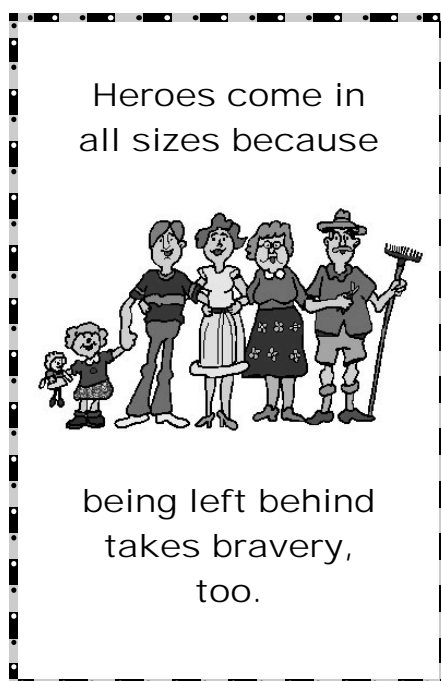
I wish to thank all those who sent clothing, school items, letters, emails and video clips in support of the local people of Bamyan. Some of these have also come from Kiwi's living in other parts of the world and who like to keep an eye

on NZDF personnel.

The smiles and delight of the local people when receiving these items is priceless. In particular the needy, like the women, babies and children who benefited from the warm winter clothing.

Words in this article cannot cover all that we have done and experienced other than saying it was challenging and by the most part rewarding. I personally have gained much and would close by saying; I could not have done this deployment without the support of my family and you all back home. Thank you, thank you, thank you!!!

So may our reunions be a time to celebrate, a time to accept new beginnings, a time to take account of and appreciate each other, a time to value what we have and a time to support our comrades who are and will be on deployments and missions around the globe. "It's time to go home." This is Padre Ra (The 'Dre) signing off.... Over and Out!!



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

CHAPLAINS PEN — FROM HOME

Chaplain Janie McPhee
RNZAF Base Ohakea

THE PLACE WE CALL HOME — NEW ZEALAND

The Christchurch earthquake has been huge news not only for our country but throughout the world. Support flooding in from so many from near and far, rescue teams from all around the world coming to do all they can for our nation – pretty incredible!

Showing that the heart of man is to support one another, something still so very real and important to us all in our time of need, though sometimes not so well reflected in our everyday living.

Multiple aftershocks across Canterbury continue, not only in earth-shaking form, but the impact aftershock rippling throughout the community, businesses and many family lives, causing so many to review their futures within Canterbury.

In such tragic and frightening times it's so simple to lose focus of the

goodness and amazing character of God, He had undoubtedly made a way for so much help and support to be available on hand, the NDZF was and still is, without doubt.

Providentially, the HMNZS CANTURBURY (what an apt name) was in port at Lyttelton at the time and HMNZS OTAGO and HMNZS PUKAKI at anchor in approaches. Air assets were also amassing in the wider Canterbury region at the time for Military Exercises all trained and equipped for such a time as this.

Within six days, the Air Force had moved over 600,000 kg of freight and evacuated hundreds of passengers. Over 1,000 Army personnel had assisted - including the setting up of a protective cordon around the dangerous red-zone in the city centre. Navy personnel served thousands of meals in Lyttelton. By 8th March, 1,339 Defence Force personnel were deployed in the region assisting in what was by then a recovery operation. The Defence Force ventured into the social

media using Facebook, YouTube, Flickr and Twitter to keep people up to date with developments.

Thousands of students volunteered to help wherever needed and the 'Farmy Army' of rural people added their skills, expertise and machinery to the effort. Hundreds of volunteers, doctors, nurses, rescue workers and many more flooded into the greater Canterbury area to offer and give what support they could, the camaraderie reaching out from all over the country and afar.

I see New Zealand as a country over whelming with human kindness, not only through the Canterbury tragedy, but the tragic loss of the miners of Pike River, the service personnel who have lost their lives and many other tragic events suffered throughout our Nation.

We are a Nation who pulls together to support one another regardless of race, creed, gender or ethnicity, how could you not feel proud to be connected to a place as great as New Zealand – Home.

More beanies on their way to Afghanistan



A huge thank you to Bryan Micallef and the team he has assembled from St Vincent De Paul Society and other organisations to keep up the supply of beanies to Afghanistan. This project was started with CRIB 15 and we still receive contributions from time to time which we package up and send off. Here we see Janine (DSO Linton) and Major Kate Hill (Legal Officer) admiring and modelling the latest selection before sending them off.

Great job Bryan – please pass on our thanks to your team.

DSO'S CORNER



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

By the time you receive this copy of "The Bugle", the first flight of service personnel returning from six months in Afghanistan, will have arrived safely back in New Zealand and the second will almost be on its way! Families will have also farewelled loved ones to take their place and will be adjusting to their absence for the next six months. Exciting and challenging times ahead for all those associated with all deployments.

Homecomings and reunions are a much anticipated event for our Deployment Support team. It marks the end of a service person's job well done, the chance for families to be reunited and for life to return to some normality for many. We feel the excitement at the airport, the lively chatter of children, flag waving, banners and balloons, tears and laughter and what seems like an endless wait, to see that much loved familiar face appear through the sliding doors. Sometimes, there is an air of calm, other times, shouting, clapping and even a haka. The media usually takes an intense interest in the "goings on" which can at times feel a little intrusive to families. It is however important that others are made aware of your personal

sacrifices.

These sacrifices, and the sacrifices of so many who have gone before us, will be remembered and honoured on ANZAC Day. We all have a personal connection with this day – be it family members who have served abroad in previous wars or to those today involved in peacekeeping operations worldwide.

There is much formal and informal documentation available recording the lives of our Kiwi service personnel abroad in service for their country. Many diaries of ex servicemen and women, have enabled priceless information to be recorded for history, valuable lessons to be learned and sacrifices truly acknowledged. I have in my safekeeping, the personal diaries of my late father, written during his four years in the Middle East during World War II. I often decipher the spidery pencil writing, gaining a little insight into the times and conditions he faced, the value of true comrades and the courage displayed by so many. His writings tell of some lighter moments and of some of the colourful characters who became his most treasured and valued mates and then of the heartache when some were lost.



My Dad (centreback) and his valued mates. Maadi 1941



Commonwealth War Memorial Cemetery

In 2007, I had the chance to visit the Battle Fields of the Somme in France and then to travel to Cassino in Italy where my father had been during the battle of Monte-Cassino in February 1944. Both these places filled me with much emotion. To gain an insight into the terrain and conditions our soldiers faced, was truly a humbling experience. I also felt the overwhelming loss of so many of our Kiwi soldiers when I visited various Commonwealth War Memorial Cemeteries and couldn't help but feel that my Dad's safe return was a blessing so many other families didn't get.

ANZAC Day does hold special memories and thoughts for me, and like you, I will be taking my place at a service nearby. We have learned so much from our Kiwi soldiers, their experiences, their sacrifices and their pain, all in the pursuit of peace. To my Dad, I say rest peacefully with your beloved comrades; 61647 Gunner Henry Robert Pierson. Your legacies, like so many others, are priceless. We will remember.

Kind Regards.

DSO'S CORNER CONT'D...



Janine Burton
Deployment Services Officer
2nd Land Force Group

“Saying goodbye to your partner, child, mum or dad, knowing that it will be months before you see them again is really tough..”

Today (at the time of writing) is the most stunning day in the Manawatu. It is mid-afternoon and when I look out my window there isn't a cloud in the sky and just the faintest of breezes. A wonderful Autumn day and far too nice to be working – should be

in the garden or doing something nice outside!

This morning we were at Ohakea to farewell the second group (main body) of the CRIB 18 contingent. The climate at 7.00 am was best described as crisp, a great day to be travelling somewhere nice overseas.

We had a really great family presence at Ohakea this morning. I am appreciative of the fact that many families live just too far away or have other commitments which mean they are not able to attend the farewell and had already said their goodbyes the day before, perhaps in Christchurch, perhaps in Auckland, or some other location within the country. Some families were able to travel however, and we had families from afar as Kaitaia in the north and Christchurch in the south (that I'm aware of) and many locations in between. For all those who travelled, I trust that you had a safe and uneventful journey home.

Farewells are not easy. There are always tears, both from contingent members and from families. Saying goodbye to your partner, child, mum or dad, knowing that it will be months before you see them again is really tough. We all believe and acknowledge what Air Vice Marshal Peter Stockwell said to you

all, that the support of families from home is such a vital part of the success of any of the overseas deployments we undertake. You are definitely part of the deployment. It doesn't seem that long ago that we were saying goodbye to CRIB 17, and now we are about to welcome them home again. The time does pass, even though for some it may not seem that way, it really does and soon we will be meeting again in Ohakea to welcome them back.

The CRIB 18 banner was so full that I made an additional strip, so that families had an opportunity to add their messages at the time of departure of this morning's group and the final group going out next week. If you still haven't had an opportunity to write a message and want one added, this can still be done so give me a call or send an email.

Thank you also to everyone who has responded to my request for checking contact information and returning the forms I had sent to those who we hadn't had the opportunity to meet at the CRIB 18 pre-deployment family brief. These are appreciated.

At any time over the coming months, if there is anything we can do to support you, or answer any questions, please give me a call – anytime.



OPSEC — (OPERATIONS SECURITY)

A Guide for Family and Friends

By Brett Manning,
S2 Branch, Headquarters,
3rd Land Force Group, Burnham

What is OpSec?

Operations Security, or OpSec, is keeping potential adversaries from discovering our critical information. As the name suggests it protects our operations—planned, in progress and those completed. Success depends on secrecy and surprise, so the military can accomplish the mission faster and with less risk. Our adversaries want our information, and they don't just concentrate on our soldiers to get it. They also want it from you, the family member.

You are a Vital Player in our Success!

As a family member of our military community, you are a vital player in our success, and we couldn't do our job without your support. You can protect your family and friends by protecting what you know about the military's day-to-day operations. That's OpSec.

Protecting Critical Information

Even though information may not be secret, it can be what we call 'critical information'. Critical information deals with specific facts about military intentions, capabilities, operations or activities. If adversaries know this detailed information, our mission accomplishment and personnel safety could be jeopardized. It must be protected to ensure an adversary doesn't gain a significant advantage. By being a member of the military family you may know some bits of critical information. Do not discuss them outside of your immediate family and especially not over the telephone or on the internet.



Examples of Critical Information

- * Detailed information about the mission of units.
- * Details on locations and times of unit deployments.
- * Details of unit leadership.
- * Details concerning security procedures.

The old saying 'Loose Lips Sink Ships' still holds true today. Keep your soldier and your family safe by keeping information to yourself.

Puzzle Pieces

These bits of information may seem insignificant. However, to a trained adversary, they are small pieces of a puzzle that highlight what we're doing and planning. Remember the elements of security and surprise are vital to the accomplishment of our goals and our collective personnel protection.

Where and how you discuss this information is just as important as with whom you discuss it. Discussing sensitive topics in a public place can result in it being overheard and made public.

Determined people can easily collect data from cordless and cellular phones or internet connections.

If anyone, especially a foreign national, persistently seeks information, notify your military



OPSEC — (OPERATIONS SECURITY)

point of contact or Military Police immediately. Those offices are to notify this office.

OPSEC

OPERATIONS SECURITY

S2 Branch

Headquarters

3rd Land Force Group

Powles Road

Burnham Military Camp

Phone: (03) 363 0009

Fax: (03) 363 0022

Email:

brett.manning@nzdf.mil.nz

What can you do?

There are many organisations and even countries that would like to harm or dilute New Zealand's ability to contribute to peacekeeping or military activity worldwide. To this end they will try to obtain as much information as possible about these deployments from any source they can. **What can you do?**

Be Alert

People from various organisations can try to befriend you and obtain sensitive information either in person or online. Watch your internet activity, a number of social sites now exist that facilitate rapid information sharing. Use these wisely.

Be Careful

There may be times when your spouse cannot talk about the



specifics of his/her job. It's very important to conceal and protect certain information such as flight schedules, duty locations, and camp activities. For example, a simple phone discussion about where your spouse is deploying or when, can be very useful to our enemies.

Just because you may see information on the news or internet, does not mean that you can talk about the issue. By talking about it you may be verifying the information.

Many partners like to use deployment tickers to count down their soldiers deployment. Never have a ticker, in a public arena, that shows xx days until his/her return. If you must, then have one that indicates numbers of days away.

Remember that what you say may be interpreted differently by other people. Your internet posting saying your partner is deployed can translate to, "I'm alone home with a child."

The old saying 'Loose Lips Sinks Ships' still holds true today. Keep your soldier and your family safe by

keeping information to yourself.

Remember to apply OPSEC on internet websites, like Bebo, Facebook, Youtube, Twitter and Myspace.

Thank you

Our goal is to provide you with a greater understanding of the Army's security's concerns. The information is not intended to frighten you or make you suspicious that everyone you meet is a secret agent, terrorist or about to use your spouses absence to do you harm. But stay alert—if a stranger shows excessive interest in the affairs of your family members, military or not, notify the authorities. Military Police, Civil Police or your military points of contact.

If in doubt, contact the DSO Carol Voyce, Burnham Military Camp on 0800 337 569 or Janine Burton Linton Military Camp on 0800 683 77 327 for more information.

Be Alert

Be Careful

FOR YOUR INFO...

The Rewards

The homecoming experience can be difficult as well as joyful. It provides an opportunity few civilian families have – a chance to evaluate the changes that have occurred in the family, to determine the future direction of this growth, and to experience renewed and refreshed family relationships. Reunion creates an opportunity for family members to see one another in a new light. We've all heard the phrase "absence makes the heart grow fonder." After a separation, military family members tend to appreciate each other more and view their family as "special" for successfully completing yet another deployment.

Reunion requires children to learn about making adjustments, renegotiating roles, accepting change, and developing new skills. These skills support an increased ability to adapt to new circumstances, new environments, and new ideas. As adults, many of these military children will cope more effectively with change than their civilian counterparts."

Source: www.nmfo.org

Seeking Kiwiana

Looking for something to amuse the children? – At home, at preschool or at school? Why not get them to create some colourful paintings of much loved Kiwi icons. We have been fortunate in the past to receive some wonderful artwork to send to Kiwi service personnel worldwide. Artworks displayed in deployment locations, give a wonderful reminder of some much loved and missed Kiwi treasures.

If you can encourage class projects or individuals to join in this activity, we will make sure that all artwork received finds its way to our Kiwis abroad. Artwork may be sent to Carol Voyce, DSO Burnham or Janine Burton, DSO Linton (contact details on inside front cover).

Going on Holiday/Moving House

Please remember to keep us in the loop! If you are going away on holiday, either within New Zealand or overseas be sure to let us know. In the rare event of an emergency, precious time can be lost trying to contact Primary Next of Kin (PNOK) away from the usual work or home base. We need to make sure that our database details are always current and would very much appreciate notification of any changes that may occur. Please contact the DSO.

Long Distance Relationships

Relationships are much like plants, they need constant nourishment. When at home this is easier to achieve, but for those separated by distance and for long periods is much harder to accomplish.

The National Long Distance Relationship Building Institute (USA) has established the Long Distance Couples website —

www.longdistancecouples.com

Well worth a visit. There is information aimed at maintaining and strengthening relationships while loved ones are away. The website also contains information for "Dads at a distance" and "Mums at a distance".

While all ideas and activities may not be your style, there may be some handy hints worth considering.

Services and Support

We all need some support, guidance and a listening post, no matter where we are in life. Most of us are fortunate to have valuable resources, right on our own doorstep. While long distance relationships require extra energy and effort, the rewards are still great.

During deployments we need to

'speak up' and 'reach out'. Often support and friendship can come from the most unexpected source. Some of you may have been surprised and already found this. Accept as many invitations as you can. Take advantage of any briefings or updates on deployments that come your way; make use of the resources and supports offered.

While there are many sacrifices to make during a deployment, one of the advantages many people talk about is the opportunity to increase the balance in the savings account. Great – but not at the expense of your sanity. So spend some of the allowances. We all need time out and if you are parenting alone, please remember that allowances are paid to help meet expenses of childcare, babysitters, gardeners and window cleaners. Don't feel guilty, look after yourself.

DEPLOYMENT Time to Celebrate Family

Creating family rituals

Family rituals create a sense of family and bonding. These routines give family members:

**A sense of
Connection**
We belong together

**A sense of
the familiar**
We serve Mum Breakfast in
bed on Mother's Day

A sense of identity
We're a Fishing Family

**A way to
instil values**
We say a Nightly Prayer

FOR YOUR INFO CONT'D...

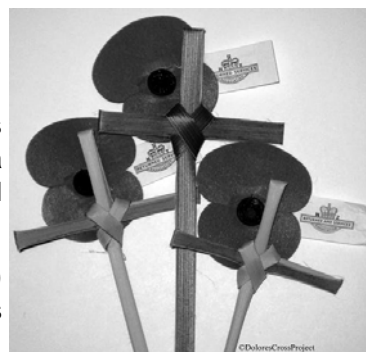
The Dolores Cross Project Needs Poppies

Several thousand of the 30,000 New Zealand military personnel graves overseas now carry a personal and uniquely New Zealand tribute of a 'Dolores Cross' thanks to the inspiration and hard work of Waiouru lady, and National Army Museum Archivist, Dolores Ho.

The Dolores Cross is a simple, hand-made, weaved Harakeke (New Zealand flax) cross designed through trial and error and a bit of creativity. So far Dolores has personally made over 7,000 crosses.

The Dolores Cross Project is a not-for-profit memorial initiative started by Dolores which aims to place a cross, 'a piece of home', on all New Zealand soldier graves overseas, a small tribute to the sacrifices made by so many ordinary New Zealanders who gave their lives in times of war. When a Dolores Cross is placed, a photograph of each grave will be taken and these will be available as a keepsake for the families often unable to travel to their loved ones resting place.

The Project desperately needs poppies which are attached to each handmade cross. If you have any poppies please help us by setting up a collection point within your work environment and then send them to: National Army Museum, PO Box 45, Waiouru 4861, Attention Dolores Ho. If you would like to know more about the project, please go to www.dolorescrossproject.org



The Dolores Cross Project



Deployment Calendar 2012

Can you help?

Sounds too early to think so far ahead! No never! Throughout the year our Deployment Services Officers create a file of photos from all deployment locations, to be considered for our annual calendar. Rather than having to find photos as we approach the deadline we would love to receive them as soon as you do.

Photos need to be preferably landscape in size, three megabytes or larger and ideally portray the work and relationship of our Kiwi service personnel within local communities.

We look forward to receiving your contributions (contact details on inside front cover).

This calendar is in its sixth year of production and is kindly sponsored by:

Weft Knitting Co., Christchurch.

NZ ARMY BAND and WOOLSTON BRASS present

ANZAC Remembered

**FREE
Admission**



**WOOLSTON
BRASS**

CBS Canterbury Arena
55 Jack Hinton Drive, Addington
2.30 PM Monday 25th April 2011

Book at Ticketek 377 8899
*Booking Fee May Apply



NZ ARMY
NOA TUMATAUENGA

POSTCARD FROM PACIFIC PARTNERSHIP



Pictured: New Zealand Defence Force personnel arrive at Niuatoputapu island to prepare for humanitarian and disaster relief which will be carried out with partner nations throughout the Pacific. MAJ Tiff Logan stands with the local dental practitioner

Defence Communications Group

We have arrived at Niuatoputapu (NTT) a small island in the island nation of Tonga to a warm 29 degrees and a stunning welcome by the local people. The island itself is beautiful and the locals are very friendly, the children are curious about us and their teachers have taken to making sure our soldiers based on the island are very well fed! You'd never know from the strength of the people here that the island was devastated by the tsunami following the 2009 Samoan earthquake and suffered significant damage. A lucky handful (including myself) of Defence personnel based on HMNZS CANTERBURY have been flown over on the FANC (Forces Armées de la Nouvelle Calédonie) PUMA helicopter, which is operating from CANTERBURY throughout the mission.

Embarked personnel and the ships company are all in NTT for Pacific Partnership 2011. Pacific Partnership is a United States led humanitarian and disaster relief (HADR) exercise carried out with partner nations throughout

the Pacific. The exercise aims to increase interoperability and this year HMNZS CANTERBURY will serve as a primary platform delivering medical, dental, veterinary and engineering services. Niuatoputapu is the first location personnel will be providing aid and assistance, the second is Espiritu Santo, Vanuatu.

Some personnel will be based on the island for the week and others will make return trips to CANTERBURY. Work on the island will focus on the local clinic, primary school and high school as well as the channel and wharf area of Niuatoputapu. Defence pers will assist in the on-going clearance of tsunami debris, rebuilding and refurbishing the schools on the island and surveying wharf damage to prevent further damage and erosion. Defence doctors and dentists will provide health and dental clinics such as preventative dental presentations for school pupils and first aid training.

It is a lively and focused environment on-board with Royal Australian Navy Officers, FANC pilots and Officers, two Swedish Marine Reps, three Royal Australian Navy Hydrographers, a UK Marine specialist, a Canadian Marine Technician and MFAT representatives all working with the ships company and embarked forces to help with aid responsibilities in Niuatoputapu, and later Vanuatu.

Everybody here is preparing for a busy day ahead when the FANC PUMA helicopter, will transfer personnel to USS CLEVELAND. Simultaneously a US Navy MH60 Seahawk helicopter conducted flight deck training operations on CANTERBURY's flight deck. The week ahead will be demanding on all involved due to the challenging taskings on the island being fully underway.

Surviving Deployment

Set a goal. Start that little project that you've been putting off. Start a course. Do something that will make you feel good.

Take a break. Take time away from your normal routine. Go to dinner with friends and arrange a babysitter. Plan an outing – ring friends to join you.

Pamper yourself. Treat yourself to a special occasion. Take a long bath, have a massage or read a book.

Don't feel guilty. Separation can be a stressful time, so "time out" from your daily routine is important.

Treat yourself to some retail therapy, but don't break the bank!!

Exercise and keep fit. Find fun activities and allow yourself to have a good time. Make a list of things that you like to do and then plan time to do them. Say "No" when you have to and be kind to yourself.



MILITARY WIVES SHARE THEIR HOT TIPS

How do military wives shoulder the enormous responsibility and inevitable sacrifices that come with being a military wife? Here they share their 21 best tips:

(Abridged) Love.ivillage.html

1. **Hang tough.** "I'm stronger now when he's gone, and I don't focus as much on being left here, though I do have bouts of loneliness and frustration. I try to keep myself busy. Writing him emails helps. It's all about communication."

2. **Keep busy.** "The very first night he's gone, I'm out of my mind with sadness. I just cry all night and hug something that smells like him. After the first week or so, I start getting busy with my own thing. A typical day with my husband gone: Go to work, go to school, go to the gym and work on my Website until bedtime. I also set goals for finishing things, saving money and getting in shape."

3. **Call on your friends.** "Initially it's a little taste of freedom since we don't have any kids. It was nice having the house all to myself without having him flip through the channels on the TV or other silly stuff. I had some really terrific friends and they were always there for the rough patches."

4. **Remember your promise.** "The most common emotion is one of being overwhelmed. With the kids and the house and no help and no relief in sight, it's often really hard to keep from being completely overwhelmed. But I'm a military wife. I know where to turn to for help along the way – I'll keep that promise."

5. **Throw a pity party.** "I always experience loneliness. I deal with my feelings by giving myself permission to be 'depressed.' I take off from work the first day he is gone. I stay in my pyjamas all day, eat microwavable food or order in, watch daytime TV and stay up as late as I want. The next morning I get up and get back to my normal routine."

6. **Be prepared.** "Get as much stuff taken care of ahead of time, so you

are as prepared as you can be. Learn to ask for help (I really have trouble with this one). Line up some visits to family and friends to help pass time and give you something to look forward to."

7. **Face your feelings.** "Take things one day at a time, and let all your emotions run their course. You are going to have good days, and you are going to have horrible days. When you feel like crying, cry. When you feel like you are on top of the world, you are. When the going gets tough, look for something humorous about what is making life hard at the time. Laughter is a wonderful medicine."

8. **Be realistic.** "Don't set impossible goals. Remember that nothing is set in stone. Six months can turn to seven, and he misses you as much as you miss him."

9. **Accept a helping hand.** "I learned to accept and, yes, sometimes even ask for help from others. Find a support group or use the support services offered in your location."

10. **Do not drown your sorrows.** "I would go out with friends on Friday nights and have a few beers, and then on Sundays I'd try to figure out why I couldn't stop crying! I then remembered that alcohol is a depressant, and it wasn't conducive to me being a 'happy girl.' So, I became more careful about the amount of alcohol I consumed."

11. **Stay healthy.** "Eat right. It's tempting, while your husband is gone, to snack and not eat well, but you need the best nutrition to help keep your mental state on an even keel."

12. **Keep up the communication.** "Write letters, emails, use skype, all help bridge a gap."

13. **Find yourself.** "This is a great

opportunity to do something just for you! Take up a craft, hobby or sport. Meet new friends and seek out new opportunities."

14. **Keep your routine.** "I have learned not to get upset over the pending deployments. There is really nothing I can do to stop them. I try to keep home life as normal as I can for my children."

15. **Stay strong.** "I'm a pretty independent woman, so that's what has helped me - I believe - get through deployments. I still send my man off with lots of love and smiles and reassurances that I can handle the affairs at home, so he need not worry about us."

16. **Keep your husband posted.** "I write letters to my husband frequently detailing what our daughter has been doing, so he will feel like he's part of her day-to-day life. I take lots of photos of our daughter to send to him."

17. **Become a boardie.** "I keep in contact with other women through message boards, and that helps me remember I'm not doing this alone."

18. **Work out.** "It goes faster when I'm thinking, 'I only have three more months to get a body like Britney Spears (ha, ha)!'"

19. **Stay active.** "I have found it vital to have at least one regularly scheduled activity while my husband is gone. It becomes something to look forward to each week, which gives me little milestones along the way."

20. **Be proud.** "I remember that he is gone not because he wants to be away from me, but because he is a terrific person and is dedicating part of his life to serving his country."

21. **Focus on other things.** "Keep your chin up. Find things to keep your mind off your loneliness. But avoid sappy movies."

BLESSED ARE THE PARENTS WHO...



Chaplain Lance Lukin

Being a Parent in the NZDF and particularly on deployment can be really hard. Long-distance parenting isn't as easy as being with your children face-to-face.

In the Bible there is a passage entitled the Beatitudes, which is a list of blessings. Here are a few simple blessings (as well as a few suggestions) for parents...about how to be a parent while on deployment – although these suggestions aren't just for while you are away...they are called the Parentitudes...

➤ **Blessed are the Parents who...** listen to their children, for they in turn will be heard. (Try and have a regular telephone conversation with your children, if they are old enough...asking them how things are for them, and what they are up to...if they are too young to talk...let them hear your voice).

➤ **Blessed are the Parents who...** do not expect more of their children than is appropriate for their level of maturity, for they shall not be disappointed. (Remember that children find separation hard too...so be patient with them).

➤ **Blessed are the Parents who...** can laugh at themselves, for their children will laugh with them and not at them. (Try and tell your children some of the funny things that are happening...or tell them about things that they might find funny...children love parents who can laugh).

➤ **Blessed are the Parents who...** teach their children to understand and love one another, for they shall not get caught in the crossfire of a sibling war. (When you have more than one child at home, encourage them to support each other...and to support the caregiver at home...if you give children responsibility they generally will rise to the occasion...then you can praise them for what they are doing...always look for positives).

➤ **Blessed are the Parents who...** let their children do for themselves what they are capable of doing, for they shall see their children grow in self-confidence. (Ask them what is happening at home, day-care, school, kohanga reo, listen and praise...celebrate their achievements).

➤ **Blessed are the Parents who...** do not pretend to be perfect, for their children will not be disillusioned. (Children love to receive letters addressed to them personally...if you aren't a writer...start...writing them individual letters...decorate them...fill them with stories...tell them that you are proud of them and that you love them).

➤ **Blessed are the Parents who...** show their children how much they love each other, for when children see that their parents are in love, then they will learn how to love others. (The greatest gift any parent can give their child is the knowledge that you love your partner...it provides children with stability and security...try not to have arguments over the phone while you are away...deployments are hard enough without all of that...try to remain calm when discussing things with your partner, be forgiving of yourself and of them...and remind them that you love them often).

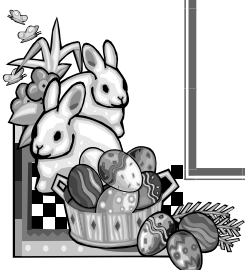
➤ **Blessed are the Parents who...** play with their children often, for that nurtures memories that will last a life-time,...and builds family relationships that endure forever. (On deployment this is hard...but try to be creative and have games that you can play via email, or over the phone...look for riddles that you can ask them and let them try and find an answer...then praise them for being so clever).

➤ **Blessed are the Parents who...** love their children, for there is no greater gift that they can receive. (Tell your children every time that you speak to them, email them, or write to them that you love them...there is nothing greater than any child – or any person – likes to hear).

➤ **Blessed are the Parents who...** recognise that their children are special gifts from God...whose lives need love and encouragement, guidelines to live by, discipline that is just and fair, boundaries to their ensure safety,...and who need time to be spent with them...for they won't be children forever. (Deployments are hard, but they are growing times for all of us...your children too...praise them for the steps that they are making while you are away...and when you do get home...take time to reconnect with your children...have special time just with them...even set up weekly or fortnightly dates with each of your children...so that you and they get to do something special together).

Being a parent is an incredible responsibility, but it is also an incredible privilege. When God created Adam and Eve - He created "family". May your family bring you love and joy, and may your family grow together through the time of separation.. Every rich blessing to you and to those you love.

THE STORY OF Easter & Easter Eggs



Easter Egg Tradition

Eggs have been associated with the Christian festival of Easter, which celebrates the death and resurrection of Christ, since the early days of the church. However, Christian customs connected with Easter eggs are to some extent adaptations of ancient pagan practices related to spring rites.

The egg has long been a symbol of 'fertility', 'rebirth' and 'the beginning'. In Egyptian mythology, the phoenix burns its nest to be reborn later from the egg that is left; Hindu scriptures relate that the world developed from an egg.

With the rise of Christianity in Western Europe, the church adapted many pagan customs and the egg, as a symbol of new life, came to represent the Resurrection. Some Christians regarded the egg as a symbol for the stone being rolled from the sepulchre.

Eggs as an Easter Gift

The earliest Easter eggs were hen or duck eggs decorated at home in bright colours with vegetable dye and charcoal. Orthodox Christians and many cultures continue to dye Easter eggs, often decorating them with flowers.

The 17th and 18th centuries saw the manufacture of egg-shaped toys, which were given to children at Easter. The Victorians had cardboard, 'plush' and satin covered eggs filled with Easter gifts and chocolates. The ultimate egg-shaped Easter gifts must have been the fabulous jewelled creations of Carl Fabergé made during the 19th century for the Russian Czar and Czarina, now precious museum pieces.

Chocolate Easter eggs were first made in Europe in the early 19th century, with France and Germany taking the lead in this new artistic confectionery. Some early eggs were solid, as the technique for mass-producing moulded chocolate had not been devised. The production of the first hollow chocolate eggs must have been painstaking, as the moulds were lined with paste chocolate one at a time.

Cadbury Easter Eggs

John Cadbury made his first 'French eating Chocolate' in 1842 but it was not until 1875 that the first Cadbury Easter Eggs were made. Progress in the chocolate Easter egg market was slow until a method was found for making the chocolate flow into the moulds.

The modern chocolate Easter egg owes its progression to the two greatest developments in the history of chocolate - the Dutch invention of a press for separating cocoa butter from the cocoa bean in 1828 and the introduction of a pure cocoa by Cadbury Brothers in 1866. The Cadbury process made large quantities of cocoa butter available and this was the secret of making moulded chocolate or indeed, any fine eating chocolate.

The earliest Cadbury chocolate eggs were made of 'dark' chocolate with a plain smooth surface and were filled with sugared almonds. The earliest 'decorated eggs' were plain shells enhanced by chocolate piping and marzipan flowers.

Decorative skill and variety bloomed and by 1893 there were 19 different lines on the Cadbury Brothers Easter list in the UK. Richard Cadbury's artistic skill undoubtedly played an important part in the development of the Easter range. Many of his designs were based on French, Dutch and German originals adapted to Victorian tastes. Germany came up with the 'crocodile' finish, which by breaking up the smooth surface, disguised minor imperfections. This was the forerunner to the many distinctive finishes now available.

The launch in 1905 of Cadbury's Dairy Milk® Chocolate made a tremendous contribution to the Easter egg market. The popularity of this new chocolate vastly increased sales of Easter eggs and establish them as seasonal best sellers. Today the Easter egg market is predominantly milk chocolate.

The Easter egg market is one of the most exciting confectionery markets, with new ranges and presentations attracting more consumers every year. The Easter Egg gift market reaches all ages of the population - young and old alike.



25 April is the day of remembrance for the fallen of all wars, but specifically it commemorates the day Australian and New Zealand Army Corps (ANZACs) landed at Gallipoli in 1915. Annual services remembering those killed in that campaign began as early as 1916 and continue today.

Next week many of us at home and abroad will be involved with commemoration services and activities associated with ANZAC Day. All of us, have in some way, a connection with this significant Remembrance Day – Be it family members who served abroad in previous wars or those today involved with peacekeeping operations or as part of the Provincial Reconstruction Team.

We all carry with us our personal memories, thoughts and feelings of pride on the unique commitment of those who have gone before and to those who have and still do, follow in their large footsteps. How pleasing it is to see more New Zealand citizens and the younger generation, joining in services to remember on this significant date.

Did you know? ANZAC Acronym

ANZAC is the acronym for Australian and New Zealand Army Corps, the formation created in December 1914 by grouping the Australian Imperial Force and New Zealand Expeditionary Force stationed in Egypt under the command of Lt-Gen William Birdwood.

It was originally proposed the division be called the 'Australasian Corps'. However, both Australians and New Zealanders felt it would lose their separate identities and this title was not chosen.

The acronym itself is said to have been devised at Birdwood's headquarters by the New Zealand clerk, Sergeant K.M. Little, for use on a rubber stamp and later was taken on as the telegraph code word for the Corps.

The ANZAC Division made its operational debut at Gallipoli on 25 April 1915 and the small cove where Australian and New Zealand troops landed, was designated 'ANZAC'. Before long, the word was used to describe all Australian and New Zealand soldiers who fought on the peninsula, and eventually any Australian or New Zealand soldier.

As an adjective the word was soon being used to describe items ranging from biscuits to buttons. Shrewd entrepreneurs saw the commercial advantages of the term, but there was strong popular opposition to such exploitation. On 31 August 1916 the word ANZAC was protected by law and prevented from exploitation for business or trade purposes.

Source: www.army.mil.nz, 'AT A GLANCE'

The ANZAC Dedication: For the Fallen

By Laurence Binyon

**They shall not grow old,
As we that are left grow old.
Age shall not weary them,
Nor the years condemn.**

**At the going down of the sun,
And in the morning,
We will remember them.
We will remember them.**



Poppy Day

This tradition began in New Zealand in 1922. Prior to ANZAC Day each year, poppies are sold and the proceeds used for the welfare of veterans and their families. One of the most asked questions is: Why poppies? The answer is simple: Poppies

only flower in rooted up soil. Their seeds can lie on the ground for years and years, and it's only when someone roots up the ground that they will sprout. There was enough rooted up soil on the battlefield of the Western Front; in fact the whole front consisted of churned up soil. So in May 1915, when Dr McCrae wrote his famous poem about Flanders Field in Belgium, around him poppies blossomed like no one had ever seen before. Since then poppies have become a worldwide symbol of remembrance.

IN FLANDERS FIELD

The red of Flanders poppy has been linked with battlefield deaths since the time of the Great War (1914-18).

The plant was one of the first to grow and bloom in the mud and soil of Flanders. The connection was made, most famously, by Lieutenant Colonel John McCrae in his poem "In Flanders fields".

Significance of the Poppy



Red poppies made of light cloth or paper are popularly worn on and around ANZAC Day as a mark of respect to those who died in the course of service to their country. The poppy has its origins in the early twentieth century, when red Flanders poppies bloomed over the graves of soldiers in France and Belgium. The poppy is now the undisputed symbol of remembrance, although its design has undergone several changes over the decades.



IN FLANDERS FIELDS

In Flanders fields the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae



WO2 Tumau Hoggart shares a moment with his wife Stacy and children, Erin, Thomas and Charles before departing from Ohakea for deployment on OP CRIB 18 to the Bamyar Province in Afghanistan.

Tumau, like many other service personnel will be abroad on ANZAC Day 2011.

ANZAC DAY COMMEMORATIONS

The day begins with a live dawn karakia, mihi and raising of the flag from the Devonport Naval Base, then moves to the Auckland War Memorial Dawn Service. Also on the programme are three must-see new documentaries. *Nga Toa O Te Moana-Nui-A-Kiwa The Warriors of the Pacific: Papua New Guinea* and *Nga Toa O Te Moana-Nui-A-Kiwa The Warriors of the Pacific: Solomon Islands* reveal the untold stories of what happened in both countries as the Allies fought Japanese forces in World War Two. *Dancing in the Sky* (by Julian Arahanga, who played Nig in *Once Were Warriors*) follows the extraordinary life of William Rhodes-Moorhouse, the first airman to earn a Victoria Cross.



Dispersed throughout the day are fascinating vignettes in which New Zealanders recount their tales of passion, bravery, humour and sacrifice. The evening is dedicated to entertainment and comedy as entertainer Chris Powley and friends present an evening of classic Māori showband nostalgia. As in previous years, Māori Television airs the ANZAC Address, this year delivered by Sir Wira Gardiner, who had a 20-year Army career before becoming founding director of the Waitangi Tribunal.

Schedule highlights are confirmed as follows:

6.00 am — Dawn Service live from the Auckland War Memorial Museum

7.00 am — *Nga Toa O Te Moana-Nui-A-Kiwa The Warriors of the Pacific: Solomon Islands*

This documentary examines the crucial role of the Solomon Islands in defending the Pacific from Japanese invaders.

8.00 am — Grandad's Medals

This delightful story centres on a nine-year-old boy's fond memories of his grandfather – and how he won his medals in the war.

9.35 am — Sky Soldiers

Nikolaos, a young man from Crete, remembers the day "sky soldiers" – thousands of German paratroopers – came to his village. From the book by Glyn Harper.

10.30 am — *Nga Toa O Te Moana-Nui-A-Kiwa The Warriors of the Pacific Papua New Guinea*

The township of Rabaul in East New Britain province, Papua New Guinea, played a critical role during the Japanese invasion of the Pacific. Hear the stories from those who witnessed the Japanese invasion – and have lived with the memories ever since.

12.00 am — Feature Film: *Above Us the Waves* (1955)

The greatest threat to the British navy is the German battleship Tirpitz, but its anchorage in a Norwegian fjord makes it impossible to attack successfully. The navy comes up with a plan to use midget submarines to plant underwater explosives. This gripping, action-packed film stars Sir John Mills and Donald Sinden.

2.00 pm — Live from Atatürk Memorial, Wellington

New Zealanders and Turks come together to lay wreaths and remember those who died at Gallipoli. Turkish and Māori artists perform.

3.30 pm — ANZAC Cove Commemorations

Edited highlights of the 2011 Gallipoli commemorations.

7.00 pm — *Toku ANZAC: An interview with Ray Avery*

Judy Bailey interviews the 2010 New Zealander of the year, Ray Avery, who invented inexpensive lenses for cataract sufferers in war-torn countries.

8.00 pm — ANZAC Address

Sir Wira Gardiner delivers the 2011 ANZAC address.

8.30 pm — Documentary: *Victor 3 – Birth by Fire*

In 1968 in Vietnam, a patrol of nine New Zealand soldiers found themselves ambushed and under fire from around 80 Viet Cong; against all odds, all but one of the Kiwis survived. This moving documentary captures the moment these brave and heroic men reunite after 40 years to share their memories of an historic moment in our Vietnam War history.

10.15 pm — Documentary: *Dancing in the Sky*

Dancing in the Sky, by Julian Arahanga, traces the extraordinary life of William Rhodes-Moorhouse, the first airman to be awarded the Victoria Cross.

ANZAC DAY COMMEMORATIONS

5:45 am — Dawn Service of Remembrance

The Dawn Ceremony of Remembrance from The Cenotaph, Wellington.

10:00 am — Anzac Day Remembrance

A pause to honour those who served have and fallen in war.

Sunday Morning with Chris Laidlaw

8:40 am — Dr Peter Pedersen - ANZAC stories

Senior historian at the Australian War Memorial, Dr Pedersen talks to Chris about the ANZAC relationship.

9:45 am — Matthew Wright - In Occupied Territory

Historian Matthew Wright has edited a collection of stories told by Kiwi soldiers fighting behind enemy lines during the Second World War.

11:05 am — Ideas

Ideas reflects on the ethics of war in the 21st Century.

3:04 pm — The Sunday Drama: Kikia Te Poa, by Matthew Saville

A drama of rugby and war - following the journey of two young men during the Boer war at the start of the 20th Century.

4:06 pm — 4 'til 8 with Katrina Batten

The winning speech by Meaghan Li in the National Bank Cyril Bassett VC Speech competition themed 'New Zealanders at War'.

6:06 pm — Te Ahi Kaa

Maraea Rakuraku takes a look at the role of war through generations of a Taihape whanau.

8:06 pm — Sounds Historical with Jim Sullivan

Wartime music and memories and Trevor Morely talks about unsung heroes.

TV ONE takes New Zealanders to Anzac Day commemorations around the country and the world as the nation remembers.

Coverage begins at 6am with LIVE broadcast of the dawn service at Waikumete Cemetery in Auckland, New Zealand's largest war cemetery. An Anzac Day edition of Breakfast features highlights of services held around the country; including the Cenotaph, at Auckland War Memorial Museum; the Tomb of the Unknown Warrior at the National War Memorial in Wellington; and the Christchurch Bridge of Remembrance War Memorial.

11 am — TV ONE will take viewers LIVE to the Tomb of the Unknown Warrior for the Wreath Laying Ceremony.

2.30 pm

We go to Turkey for LIVE coverage of the Dawn Service at Gallipoli.

3.30 pm

Highlights of the major Anzac Day services.

3.45 pm

Anzac Day edition of Te Karere screens.

The events of Anzac Day, in New Zealand, Australia and around the world, will be comprehensively covered by ONE News bulletins throughout the day; with special editions of ONE News at 6 pm and Close Up; and on-line at onenews.co.nz.

PERSONAL MESSAGES



The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 5 May**. Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)

From In-Theatre

Hi Max

Not long now, and then we will have some much needed time out together. I know that it's been difficult at times for the both of us, but rewarding at the same time. It's amazing how we both grow through this experience and the better and stronger we are because of it. You are my best friend, my girlfriend and lover for eva. I love you to pieces my Darling. Take care, all is good. Your Riley xoxoxo.

Dear Poppet

Hope things find you well. I'm having a fine time here, miss you though. Looking forward to snugglen. "MEH MEH MEH". Monkey boy.

Hi T – Lady and Family

Love you all and missing you like crazy. Having a good time! Skype is awesome. Time is going really quickly. Happy Easter and good luck with the sports! Work hard at school and be good. I hear everything. Love Dad.

To my Beautiful Family

It is great to see you are doing so well at home, all smiling and happy. I love our Skype dates, even if the reception is somewhat to be desired. Time has gone fast already so hope the rest does too. Enjoy the school holidays Jordan, don't eat too much chocolate at Easter!! Love you all.
Mum

HIEV HEVPMRK

M XLSYKLX MX AEW EFSYX
XMQI M XUMITH XS AVMXI CSY
E PIXXIV YWMRK SYV PMXXPI
GSHI! MX MW 1630 M'Z1 NYWX
JMRMWL1H ASVO ERH MX MW

EFWOPYXPC TMWWMRK HSAR!
EW CSY ORSA JSSQ SYV
V1KYPEV GSRZ1VWEX MSRW
SR XL1 TLSRI MQ LEZMRK E
ASRHI VJYP XMQ1 L1V1 MQ
QEOMRK PSXW, SJ JVMIRHW
ERH MQ QMWWMRK CSY
X1VVMFPC! M PSZ1 CSY QSV1
XL1R PMJ1 MXW1PJ ERH F1JS
V1 CSY ORSA MX CSYPP F1 MR
QC EVQW EKEMR. P SXW SJ
PSY1 CSYV HEVPMRK QER TW
KMZ1 LSPPC E GYHHPI JSU Q1!
ERH XIPP L1V M PSZ1 L1V Z1VC
QYGL!

Dear Ma and Pa

Hope your weekend in Queenstown went well and you enjoy Easter in Wanaka. Enjoy the hot cross buns and have one for me. Hope it's not too cold and there have not been anymore big shakes! Look forward to seeing you in 3 months! Love Emmie.

Hey Munchy

1st month down, easy time eh! I've just sent my 1st package away, hopefully you'll get it soon. Did you like my episode of dumbass? Love receiving your letters and that great key ring rden. Talk to you soon. Wuvvles. Xoxoxox.

Kia Ora ma Beautiful Hunibunz

A month down bub and three to go ma baby! Each day brings us closer and closer, it's home time now bub..lol. Say kia ora to the whanau for me 2 babe. Love you with all my heart xoxo. Your Pumpkin.

Mel

I miss you lots. Can't wait to get home. I still don't know where the RWC tickets are supposed to get posted to. Hopefully I will sort that out soon. Hope your exams went well? J.

Ryder & Ethan

It was great to see you both on Skype the other day, perhaps next time Ethan Rye won't spend half the time trying to crawl all over you J.

Sarah

I hope you are well and are enjoying your new flat. Looking forward to moving into ours when I get home! Please give Robbie and Caesar a hug. Miss you and love you lots. Xoxo.

From Home

Hey Leon - Juju

How are things going? Good I hope. You are doing so well and I am extremely proud of you. Kia kaha my babe. I can't wait to see you during my course leave. Love you always and forever. Yours truly, Nadia. Xxx.

Kath

Safe travels - I will always remember the excitement when you and Kirstie "hit" the tarmac last time! I am sure this time will be no different - will be looking out for you! Thanks so much for everything! Carol.

Tony

Hope the golfing was a huge success and you hadn't lost your skill. On the countdown now! Thanks for your continued support, Carol.

To My Daddy

Me and Mummy miss you lots and lots.. I'm being a good girl..eating all my dinner and sleeping in my own big girls bed now. I love looking at photos of you and carry them around everywhere with me. We are doing good and can't wait

PERSONAL MESSAGES CONT'D...

for you to be home again so we can build clip it and blocks together. Me and Mummy love you so much and are proud of you. Love Ruby xx.

Kia Ora Boy

Tino Ngakaunui matou ki a koe nga manaakitanga I nga wa katoa. The time will pass quickly just focus on your task, Shony will be fine. Arohanui.

Paul

As always, but never taking things for granted - appreciate your support. Hope the Easter eggs go down well. Carol.

Dear Gaz

We're all well. It's been great catching up with you; it's so good to hear your voice. Everyone sends their love & is always asking about you. Nanni & Poppi send special greetings & love. I have to keep reminding Shayds where you are cos he always asks but then forgets. Haz misses you big time but is happy you are doing what you are. She fully supports you & sends her love. I've put her name in to get a copy of "The Bugle" so she can read what you write. We all send Easter & Anzac wishes. Weather is cooling down now & we've started using the heater... Poop! Take care. Love you & miss you. Gaz, Fam & Haz. Xoxoxo.

Studebaker Hoch - Fantastic new SUPER HERO of the CURRENT ECONOMIC SLUMP. Ethel seems fine, and the Zappa references are getting old. Know you're in your element over there. Be the best mountain you can be boy! Can't wait for a week on a beach in Tonga. Faja.

Dear Tony

HAPPY EASTER - I hope you get the Easter eggs I sent you as I didn't think that you would get Cadbury's all the way over there. Keep up with the e-mails & on-line chat as it's great talking to you. We saw the rest of the Crib 18 leaving

NZ on the news on 12/04/2011 so you will eventually get to see what the banner is all about. We'll be at the Razza on Anzac Day at dawn & will raise a glass for ya & all our thoughts will be with you. Lots of Love Mum XXXXXX .

Toooony!

You DON EVEEEEEN KNUW. Hay bro, how are you!? Very proud of you, missing you, love you heaps. Love Ben and Kimmy xxx.

Sprinkle

We miss you already. We thought of sending Easter Eggs but we're sure you appreciate the thought and are relieved not to be receiving a soggy mess. Let us know if there is anything you want. It's still a rainy and not so sunny Queensland. We are proud of you and support you 100%. The Salvos here are praying for you as is Bear 2. We love you. Bless you heaps. Hang on to Psalm 91. Bear 1 and Bear 2.

To Rob

Missing you heaps, Mum's even more ROAR without you. Love from Jayden.

To Rob

We are all missing you at home. It is different without you. School is good, it is really fun. I reckon you should grow the moustache. Mum said you shaved it off. GROW IT BACK! We really really really miss you. Not long until you come back. Lots of love from Bradley.

Liam to Dad

I love you.

To Babe

One month down, 3 to go. Still the same stars in the night sky. Love you to the moon and back. Your long lost muppet.

Kia Ora my Prettiful Pumpkin

I love you so muchidy much much boy with all my heart. I can't wait for you to be home with me. It's been a month now, feels like a life time lol.

Well we're doing real well boy and hearing your voice, talking to you keeps me strong. You're my everything boy and I can't wait to love and cherish you for the rest of my life. TINO AROHANUI AU KIA KOE TOKU PUMPKIN!!! Love Hunibunz xoxo <3.

Bouquets

LT COL Andrew Fox and Contingent CRIB 17

Sincere thanks to you all for the most amazing "Bugle" contributions over the past six months or so. Each edition of "The Bugle" has been filled with the most amazing stories of your travels, experiences and work, and brought us all a little closer to your lives so far away from us all. We have gained a greater understanding of the difference you have made to the people and local communities in the Bamiyan Province. You can now all come home knowing that you have done an incredible job and lessened the burden of so many so less fortunate than ourselves. Safe travels and happy reunions. Look forward to seeing you all, *Carol and PNOK and families CRIB 17.*

Padre Ra Koia

You can let the ink dry on "The Chaplain's Pen". We have appreciated your valuable contributions to "The Bugle" and your thoughtful insight into the lives of those in the Bamiyan Province. Safe travels and until next time, Kindest regards, *Carol.*

Major Roger Hovenden and the team at Bagram

A special mention! Thank you so much to you all for your regular and valuable contributions to "The Bugle". You have excelled. It has always been great to hear from you all there and to put your articles to print. Really looking forward to seeing you all again. Safe travels to you all. *Carol.*

ANZAC BISCUITS

Originally called “soldier’s biscuits”, the biscuit that has come to be referred to as ANZAC was popular to send to soldiers during the first World War because it was a hard, durable food that travelled well by sea. Still popular, there are several ANZAC biscuit recipes around, including this one:



Ingredients:

- 1 cup rolled oats
- 1 cup wholemeal flour
- ½ cup sugar
- ¾ cup coconut
- 125 grams butter
- 2 tablespoons golden syrup
- ½ tsp baking soda
- 2 tablespoons boiling water

Method:

Combine rolled oats, flour, coconut and sugar. Combine butter and golden syrup and microwave until melted. Mix soda with boiling water and add to melted butter mixture, stir into dry ingredients. Place teaspoon lots on a greased tray, roll into ball shapes and press to flatten (about 12 per tray). Bake at 170 Celsius for 20 minutes. Cool on trays. Makes about 35 biscuits.

HOT CROSS BUNS

Easter is the perfect time to enjoy special foods – following the traditional prayer, fasting and repentance of Lent, the Easter feast includes seasonal and symbolic Easter foods. One of the favourites in New Zealand Easter baking is tasty hot cross bun. Follow this easy and delicious recipe for hot cross buns:

Ingredients for Buns:

- 4 cups flour
- 1 tsp salt
- 2 tsp spices – combine your choice of mixed spice, cinnamon and nutmeg
- ¼ cup brown sugar
- 1½ tsp yeast
- 1 cup milk, warmed
- 100g butter, softened
- 2 eggs
- 1 cup mixed dried fruit

For Crosses:

- ½ cup flour
- 1 Tbsp butter
- ¼ tsp baking powder
- Milk

Method:

Blend flour, salt, spices and brown sugar. Stir yeast and milk together, and leave to stand for 15 minutes in a warm place (mixture should be frothy). Beat eggs and softened butter into the yeast mix, then add to blender with dry ingredients. Add dried fruit and blend until mixture is a dough consistency. Place dough into a greased bowl and cover, leaving in a warm area for 1 hour (dough should have doubled in size). Turn onto a floured board and divide into 16 portions, rolling into balls and placing on a greased oven tray. Allow about 1cm between each bun. Cover with a tea towel and leave in a warm place for 30 minutes until risen. Brush each bun with milk and add crosses to each bun. Bake at 190 degrees Celsius for 20 – 25 minutes. Brush with sugar glaze before taking the tray out and cooling. For variation, make chocolate hot cross buns by adding ½ cup cocoa and ½ cup chocolate chips to the classic hot cross bun recipe. Alternatively, give your hot cross buns an orangey twist by adding the grated rind of one orange and glazing the buns with a mix of freshly squeezed orange juice and sugar.

The ANZAC Commemorative Medallion

About this Award



Obverse View



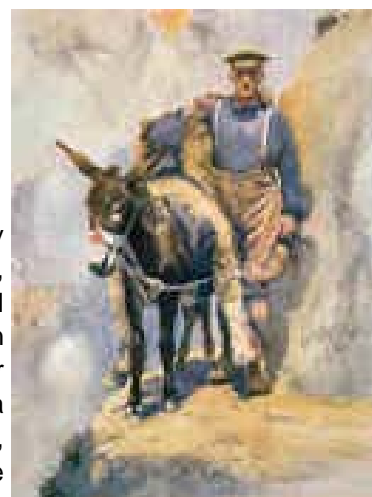
Reverse View

The bronze medallion was instituted in 1967 for award to Australian and New Zealand personnel who participated in the Gallipoli campaign in 1915. The obverse design is circular, surmounted by St Edward's Crown. The main design on the obverse of the medallion depicts Simpson and his donkey carrying a wounded soldier, an iconic image of the ANZAC experience at Gallipoli. The main design is a wreath of gum leaves (Australian Eucalyptus), below which is a scroll bearing the word "ANZAC". The circular portion of the reverse has a map of Australia and New Zealand with the Southern Cross, beneath which is a wreath of fern leaves (representing New Zealand) and a blank scroll allowing for the inclusion of the recipient's name. The medallion measures 76 mm x 50 mm, and is engraved on the reverse with the recipient's initials and surname only. Because of insufficient space on the scroll, the rank and number had to be omitted.

The medallion itself is not designed to be worn, however, those personnel who were still alive when the medallion was issued also received a lapel badge sized version of the full medallion, numbered on the reverse with the individual's First World War service number. Those who claimed the award on behalf of a deceased relative received only the medallion. The medallion was accompanied by a certificate. The medallion is sometimes referred to as the Gallipoli Medallion.

Simpson and his Donkey

Private John Simpson Kirkpatrick (born 6 July 1892, died 19 May 1915), better known as 'Simpson' or 'the man with the donkey', was assigned to the 3rd Field Ambulance, Australian Army Medical Corps. He was among the covering force which landed on Gallipoli at dawn on 25 April 1915. At Gallipoli he used a donkey (named 'Abdul', 'Murphy' or 'Duffy') to carry wounded soldiers to the dressing station and gained a reputation for being undaunted by enemy fire. On 19 May 1915 he was killed, and though he was mentioned in orders of the day and dispatches, he received no bravery award. The myth-making began almost immediately after his death, and he soon became one of the best-known images of the ANZAC experience. The task of evacuating wounded by donkey was then continued by a New Zealander, Private R.A. Henderson. For more information on Simpson and his donkey the following books are recommended: Peter Cochrane, *Simpson and the Donkey: The Making of a Legend* (Melbourne University Press, Melbourne, 1992); and Peter Dennis, Jeffrey Grey, Ewan Morris and Robin Prior (eds), *The Oxford Companion to Australian Military History* (Oxford University Press, Melbourne, 1995), p.548.



WHY WEAR A POPPY?



*"Please wear a Poppy", the lady said
And held one forth, but I shook my head
Then I stopped and watched to see how
she'd fare.*

*Her face was old and lined with care
But beneath the scars the years had made
There remained a smile that refused to fade.*

*A boy came whistling down the street
bouncing along on carefree feet
His smile was full of joy and fun
"Lady" he said "may I have one?"
As she pinned it on I heard him say
"Why do we wear a Poppy today?"*

*The lady smiled in her wistful way
and answered "This is ANZAC Day
The Poppy there is a symbol for
The gallant men who died in war
And because they did, you and I are free
That's why we wear a Poppy you see.*

*I had a boy about your size
With golden hair and big blue eyes
He loved to play, and jump and shout
Free as a bird he would race about
As years went on he learned and grew
And became a man as you will too.*

*He was fine and strong with a boyish smile
But he seemed with us such a little while
When war broke out he went away
I still remember his face that day
When he smiled at me and said "Goodbye
I'll be back soon so please don't cry."*

*But the war went on and he had to stay
All I could do was wait and pray.*

*His letters told of the awful fight
I can see it still in my dreams at night
With tanks and guns and cruel barbed wire
And mines and bullets, and bombs and fire.*

*Til at last the war was won
and that's why we wear a Poppy son."
The small boy turned as if to go.*

*Then said "Thanks lady, I'm glad I know
That did sound like an awful fight
But your son, did he come home all right?*

*A tear rolled down each faded cheek
She shook her head and didn't speak
I slunk away, head bowed in shame
And if you were with me, you'd have
done the same
For our thanks in giving, is oft delayed
Though the freedom was bought, and thou-
sands paid.*

*And so you see when a Poppy is worn
Let us reflect on the burden borne
By those who gave their very all
When asked to answer their country's call
That we at home in peace may live
Then wear a Poppy, remember, and give.*



POPPY DAY:
THURSDAY
21 APRIL