

THE BUGLE

Issue 154 | June 2011



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"THE BUGLE"

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

Deadline

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

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Disclaimer

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

Cover Photo:

A young boy in Timor-Leste sweeping the streets and collecting the rubbish.

GUEST EDITORIAL

W/O "P.J." Smith
WOJFNZ

Let's change the story from, "it was OK" to "it was bloody awesome."

Recently I have been fortunate enough to spend time with Army Units across the NZDF, firstly with a three day visit with 3 LFG units on Exercise Southern Avenger exercising out of Tekapo and Ahuriri Valley, and then with 2 LFG units on Exercise Viper operating out of the Waiouru training area. These visits reinforced three things for me; what awesome people we have, the continuous improvement of our personal equipment and the enthusiasm of individuals and units to conduct training to meet our operational commitments.

I don't know how much your partners or friends tell stories about the training exercises they have just completed. For some it may include great detail about how hard or easy it was, or as is usually the case, "It was OK" is muttered as they throw their bag in the laundry and make their way to the fridge, with nothing else said. This was commonly my response in the years gone by, after all it was just another day/week/month at work. I'm hoping that in the future the story will change.



Chief of Defence Force, Commander Joint Forces New Zealand and the individual Component Commanders are all clearly articulating the NZDF vision for the future, this includes an 'operationalised' force that is deployable and ready for many and varied contingencies. At ground level we are taking a 'back to basics' approach to achieve this vision. What this means for your partners is that they will be challenged even more than they have been in the past, particularly with regard to personal fitness, core skills and enhanced unit training. For many, as I have recently witnessed, these challenges will be welcomed as a return to what we should be doing; for others it will mean a quick 'readjust' of lifestyle or work ethic to get back into the swing of things.

The challenge is actually for us all, the servicemen and their partners. What we now need to do as servicemen is build on the current levels of enthusiasm that I have witnessed so that it touches all of our people throughout the whole organisation; we can do this by supporting each other and bring everyone 'up' together to meet the standards that are now expected of us all. For some it's going to hurt, but with our help they'll get there. For the partners the challenge will be to continue to support your partner through the coming challenges, particularly if they are going through their own personal 'readjustment' phase.

The vision is clear, the future is exciting and we all need to be a part of it. Getting us all there together will mean a back to basics approach that may 'hurt' but is absolutely achievable if we all work together. I am hoping that in the not too distant future the story will change from, "it was OK" to "it was bloody awesome."



NEWS UPDATE

DEFENCE FORCE PERSONNEL SERVING OVERSEAS COMMEMORATE UNITED NATIONS PEACEKEEPERS DAY

www.nzdf.mil.nz
26 May 2011

May 29 is International Day of UN Peacekeepers and NZ Defence Force personnel serving with the UN will today honour the men and women who have served and continue to serve in UN peacekeeping missions.

New Zealand makes a small but significant contribution to the United Nations work towards a more stable and secure world and there are currently 18 Defence Force personnel serving with the UN.

This Sunday also marks the

anniversary of the creation of the United Nations Truce Supervision Organisation (UNTSO) in 1948 to monitor the cease-fire after the 1948 Arab-Israeli War. The UNTSO mission is the Defence Force's longest overseas deployment. New Zealand's Lieutenant Colonel Helen Cooper, Chief of Observer Group Lebanon, UNTSO, says marking International Peacekeepers Day in one of the oldest peacekeeping missions will be a proud occasion.

"While we are a small nation with a small military, we should be very proud of the reputation our service personnel have within the UN and the importance of the work they undertake. Our thoughts will be with all New Zealanders serving with the UN on this day."

Defence Force personnel are currently serving in Sudan, Korea, Iraq, Afghanistan, Timor-Leste, and the Middle East.

Lieutenant Colonel Rob Krushka, New Zealand's sole Military Advisor to the United Nations Assistance

Mission in Iraq (UNAMI), says the UN continues to help rebuild Iraq.

"One of the best things about being part of the UN mission in Iraq is interacting with the Iraqi people, and realising you're making a difference to their lives and the rebuilding of their nation."



Lieutenant Colonel Rob Krushka (left) with Iraqi Federal Police Liaison Officer to UNAMI, COL Kalhid, outside the UNAMI HQ

NZ ARMY CONTINUES TO SUPPORT CHRISTCHURCH

www.nzdf.mil.nz

NZ Army personnel continue to work around the clock in support of Christchurch earthquake recovery efforts.

"Christchurch residents and business owners can be assured that we're here for as long as we are needed," said Burnham Military Camp's Chief of Staff, Lieutenant Colonel Mike Duncan.

"Currently 22 personnel are dedicated to manning the five cordon points set up around the CBD Red Zone 24 hours a day," he said.

The manning of the cordon is now being conducted by men and women from the Territorial Force

who have taken time out from their regular day jobs to do their part. Currently soldiers from the 4th Otago Southland Regiment and the 2nd Canterbury, Nelson, Marlborough, West Coast Regiment are performing these duties.

It is expected that the Territorial Forces throughout the country will share the manning of the cordon for the next six months.

"It's a long 12 hour shift, particularly in the middle of winter, but I am heartened by the stories that are coming back of the overwhelming support for the work our people are doing on the cordon each and every day," said Lieutenant Colonel Duncan.

"It's not uncommon to see soldiers chatting with locals and visitors explaining to them the work that's

going on inside the Red Zone," he said.

New Zealand Police have been conducting ongoing reassurance patrols in the suburbs since the February quake. An additional 30 personnel from NZ Army joined the Monday night patrol following the large aftershock.

"Our reputation as a trusted, disciplined and well organised group makes us ideal to work side-by-side with the Police in times like this. "Local residents have told us that our physical presence provided them with much needed comfort, particularly when they were without power.

"We'll continue to offer our support until Christchurch is well and truly back on its feet," said Lieutenant Colonel Duncan.

FOREIGN CORRESPONDENTS

NEWS AND VIEWS

Including:

- Life in the Sinai
- 02/11 Touch down in the Sinai
- When Irony Visits
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- Life in Bamyan
- Life for a Patrol in Afghanistan
- NSE 18 Continuing Forward
- Chaplain's Pen from Abroad

NEWS FROM OP FARAD, SINAI

LIFE IN THE SINAI

LAC Matt Kearton

28th April 2011 marked our departure day from NZ, and after a 26 hour stopover in Singapore we arrived in Egypt, where for the next six months we will be living and working. North Camp (our new home) is around a 5½ hour bus ride from Cairo, crossing the Suez Canal and is located in the Sinai Peninsula.

My first impressions of Egypt/Sinai before arriving, was that it was all sand, sand, and more sand.

Surprisingly there is a lot of plant life and trees around.

“Seeing this part of the world is a once in a lifetime opportunity and I’m thankful I got the opportunity to be on this deployment.”

North Camp, where we generally spend most of our time, has many things to keep you occupied; there

is a cinema, library, gym, pool, and even a vet where you can sign out dogs to take for a walk.

My job in Sinai is as a driver and we mostly do truck jobs and bus driving. This means most days is a 5:00am rise out of bed to ensure we are ready to leave at 6:30am, and returning to camp anytime after 3:00pm. Our truck jobs mostly consist of freight runs and water drop-offs to the remote sites around the Sinai and picking up supplies, etc, for the Mess and the Force Exchange which is like a mini supermarket on camp. The bus route goes to Tel Aviv in Israel to drop off people at the medical centre and pick-ups/drop-offs at the airport.

One of the things you have to get used to very quickly is the drivers in the Sinai and Israel. It seems there are no rules of the road, also the roads in the Sinai are full of holes and narrow due to sand forming up, and parts where the roads have actually collapsed and no longer exist; whereas roads in Israel are like the roads we have in NZ.

Another thing is the working week. In New Zealand, weekends are Saturday and Sunday, whereas Egypt/Israel's weekends are Friday and Saturday, with Sunday being the first day of the week. At first it takes a while to get used to when you are trying to contact home, especially being 10 hours behind NZ; the families at home are either working or at school.

Sinai is my first deployment with the NZDF, and working with the Army has been different from working in the Air Force, but it has been a blast so far and meeting new people from around the world and working with them has been a great learning and networking tool. Also seeing this part of the world is a once in a lifetime opportunity and I'm thankful I got the opportunity to be on this deployment.



OP FARAD Contingent

FOREIGN CORRESPONDENTS CONT'D...

02/11 TOUCH DOWN IN THE SINAI

Corporal Cara Small

NZ CON Section Commander

"Buenos Dias", "Hello", "Kia Ora", "Bula", "Szia", "Salleem"... these are the many ways to say hello when deployed in Sinai, Egypt.

The 2/11 rotation arrived in early May and were greeted not by scorching sun (as we expected), but with the last of the rain for the next few months. Arrival in Cairo was welcomed after two days of travel through Singapore and Dubai. We departed Cairo early in the morning to North Camp via a bus ride which took six long hours. Awaiting us were the members of the NZ Contingent who were ready to leave after having been deployed since November.

On arrival I anticipated extreme heat as we are now touching on the edge of summer and was disappointed to find rain and wind for the first week, (I was given previous advice that, no, a jacket would not be necessary because of the temperature). However, now it is heating up and mosquitos are in force at night and flies during the day!

I am currently deployed to the MFO (Multi National Force and Observers) as the Section Commander for the NZ Con driving team. The NZ Contingent is made up of 26 Soldiers, NCO's and Officers who vary in roles from Transport, Training, Engineering, Planning and Administration. The NZ Con driving team is made up of eight personnel including myself, a 2IC and six drivers. Our main roles are to support the MFO in transporting freight from Tel Aviv (in Israel), water and fuel to remote sites around the Sinai and bus tasks through Israel.

The day-to-day routine here is also different; we work a Sunday to Thursday week, instead of a Monday to Friday. This is sometimes a hindrance when trying to ring home, as NZ are 10 hours behind and have a different weekend! The average day for the drivers is to start at 5:00am in the morning and finish around 5:00pm at night.

The road conditions that the drivers encounter is nothing that you would see in NZ. Some are so narrow you need to take a deep breath to hope and squeeze your vehicle through, others are covered by sand drifts which can sometimes take up a big portion of the good side of the road. In general they are not well maintained and are full of holes, but they certainly make for interesting driving!

North Camp is well equipped with all the amenities a small town would have, including a pool, sports fields (which are not made with grass, in general they are coarse sand, stones and biddy bids with prickles that draw blood), a cinema, mess facilities, a gym and many more. There is always something to do to pass the time.

We have plenty of activities to keep us busy during the week including kapa haka, sports (our current being volleyball, which the Fijians are dominating, the next being softball), social events and the opportunity to travel to Cairo, South Camp, and Tel Aviv for the weekends.

We have renovated parts of the Woolshed (the accommodation for the junior ranks of NZ Con) numerous times, and when you feel yourself getting bored, it's easy enough to grab a hammer and some paint and do it all again!

We have rostered PT three days a week at 6:00am. At the start of the

tour this seemed like a good idea. I thought it might be cooler and a good way to start the day, but when the sun comes up at 4:30am, it is no different to doing PT at home during the heat of the afternoon!

The cultural aspect over here is absolutely amazing; there are currently 12 different countries supporting the MFO in Sinai, these include Australia, Canada, USA, Fiji, Hungary, Uruguay and Colombia, just to name a few. For the most part people speak English, I have tried to learn as many ways to say hello as I can, although sometimes this leads to disappointment when they try to continue the conversation in their own language, and I have no idea what they are telling me! It can be frustrating and funny at the same time. Being a New Zealander I have no problems in saying, "Hello" with a handshake, and found out very quickly this is not a widely accepted practice in Europe or in the Middle Eastern countries!

One of the biggest anticipations building over here, within the NZ Contingent, is the Rugby World Cup. I have had more Fijians come up to me than I can count to tell me that they are going to win.... our best of luck goes out to the All Blacks when the games finally kick off. They will have our 100% support from over here.

We are currently into our sixth week of working in the Sinai and so far it has been brilliant. The contingent supports each other in all aspects of the job over here and are quick to resolve issues, and the support from our families at home is overwhelming. I am looking forward to the next 4½ months and the new challenges that are brought with it!

Viszlát, Ni sa moce, Haere ra, Adiós, Ma'a as-salaama.

FOREIGN CORRESPONDENTS CONT'D...

WHEN IRONY VISITS

Major Mike Rendall

On most mornings in the Sinai, it's the sun glaring through that wakes you, but this morning it was the quiet.

At 5:00am a thick fog blanketed North Camp in an eerie silence, muffling the mutterings of the start to the day.

But one thing was not starting up: the helicopters.

They were not going anywhere just yet, which was problematic. The Minister of Defence was waiting at an airport in Israel.

It is, of course, these visit days when things inevitably commence with something the weeks of planning could not account for. The fog was doubly thick too, as our guest list that day was not limited to the Honourable Doctor Wayne Mapp, but also included New Zealand's Ambassador to Cairo, His Excellency David Strachan. How typical!

With the sun eventually burning the fog away, it was a bright and sunny airfield as the orange and white



Captain Tommy Glubb (TAD) explains to the Minister of Defence Dr Wayne Mapp how the Wero will take place. To the Minister's right is the Force Commander Major General Warren Whiting and to his right is the NZ Ambassador to Egypt Mr David Strachan

helicopter returned. Whare (Sgt Jason Wharewera) led the wero and haka for those of us who were available that morning (those not out driving, instructing, or building things around the Sinai). Even the traditional master of ceremonies, the RSM (WO1 Jim Dawson) had been called away to investigate a potential violation of the Peace Treaty. But that's how it is here;

Kiwis spread all over the place that come together when we get the chance.

The visitors then took the opportunity to discuss how the Egyptian Revolution has affected the Multinational Force and Observers with the Force Commander (MAJGEN Warren Whiting). It seems that 29 years of keeping the peace here has seen a number of changes, but the last six months has certainly been one period of notable and continual flux. Our jobs here remain similar to what they've been for a number of years, but the changes around us continue as the Mubarak trial and Egyptian elections approach.

Before concluding their brief visit, the official party joined the New Zealand Contingent for lunch. Here conversation varied down the table, from the strategic environment of the Middle East, to stories from home, to plans to upgrade the patio.

Some things never change — like the fog.



Sergeant Jason Wharewera commences the Wero

NEWS FROM GYRO 11, TIMOR-LESTE

GYRO 11 — ONE MONTH ON...

LAC David Burrows

When I first found out about my opportunity to deploy with the Army over to Timor-Leste on TG GYRO 11, my first thought was, 'a new adventure'. However, as pre-deployment training (PDT) loomed and the idea of showing my Military capacity to those who spend half their lives in the field, it changed rapidly to, "how do I rate myself against my Army counter-parts?"

Those differences became apparent instantly as I found myself conducting PT at 0600 rather than the more traditional 0900 and access to the world outside of Linton became limited. The physical demands in comparison were a big difference; however, with a great support crew back in Ohakea, I was able to mentally and physically prepare myself beforehand.

PDT focused on us learning the area, culture and potential health-hazards of Timor-Leste along with the Laws of what we can and cannot do in theatre. This was then assessed with a week long exercise to ensure that when we arrived we would be ready for anything that was thrown at us. The majority of this was new for me and I particularly found Riot Training an exciting training session.

One month on from our date of deployment, my exposure into Army lifestyle has been spontaneous; sure, there are seven Air Force personnel over here but in the overall scheme of things we are a small percentage.

Adaptability is a word thrown around often in RNZAF reporting and in a deployed operation where you are that small percentage it matters more than ever.



LAC David Burrows (directly facing the camera) in a Blackhawk Helicopter during training with the Australian Army

So far we have been blessed with choice weather, awesome food and a great crew to deploy with. In the last month the CSST team have truly proven they are a world class support team. From Day 1 we have been hard at work ensuring that our equipment and vehicles are fully functional, items required are ordered and purchased in a timely manner and vehicle allocation via our Transport Section.

However, when we have completed our jobs for the day we follow the 'work hard, play hard' motto, whether it be a game of volleyball, basketball or ensuring we stay fit at the gym (a second home for some of us...).

The morale of the CSST team is at a great level with banter and jokes keeping spirits high and a general sense of family all round.

A personal highlight so far has been the football game against the local village one Sunday afternoon which took place just outside our Base. Now I thought going into this game that they would be pushovers, I mean look at the size

of them... However, I was soon to eat those words as we ended up losing 3-2 on the last kick of the game. This made it harder to deal with as being a Football Nut, I was unable to 'voice my opinion' to the referee of the game, OC GYRO 11.

Our deployment may still be in its infancy but one month on we have shown that GYRO 11 is a professional team that will work together, regardless of Service, to get whatever task that is required completed for the betterment of the Timor-Leste community. So, in summary, to answer my initial question of, "How do I rate myself against my Army counter-parts?"

"Equal..."

NEWS FROM CRIB 18, AFGHANISTAN

LIFE IN BAMYAN

Major Michael van Welie
2IC TU CRIB

It has now been almost three months in theatre for TU CRIB (a little longer for some) and we are well and truly into the swing of things. We have been busy in our respective jobs here in Afghanistan and it is clear that the contingent is relishing in the challenge of adapting to the new environment, culture and weather. It is hot, but it is no significant hardship lining up three summers in a row and our thoughts are with our families at home making the most of the NZ winter.

Some of our families will be aware that we have had some significant issues with our internet connection at the patrol bases lately. Hopefully by the time this is published it will be remedied but if not, I can assure you that we are trying our best to work out a solution. It is an unfortunate side effect of establishing a network in a place with no phone company and limited cell network. At least you know why the flowers didn't arrive on your birthday. It will be a good excuse to fill the mail bags as most will say, it is always better to get a letter. The post takes a little longer, but it is reliable and there is always a crowd around the 'Smart Post Office' on mail day, so I can assure you that your 'snail mail' is well received. There is plenty of friendly competition when counting up how much mail you got compared to your mate!

Despite this, morale in the contingent is good and we are going about our work at a feverish

pace. We are, of course, thinking of home but it will come soon enough and there are plenty of things to keep us occupied. We have had a number of high profile visitors lately that all come to see the NZPRT and NZ Soldiers in action. There are already so many positive steps that this contingent has taken towards preparing the Province for eventual transition to Afghan-lead security, and we are definitely on track. We can all be proud of our efforts so far but it is a long tour, a long time away from home and we remain focused on doing our job to the best of our ability and getting home safe for some summer fishing, BBQs, RWC, summer sports or whatever gets you going. I have had the benefit of getting alongside most people in the contingent and am pleased to see the professional attitude that our Soldiers, Sailors, Airmen and civilians display, day in and day out, without a break.

This is my second tour here in Afghanistan and in Bamyan Province. It is encouraging to see the subtle changes that have occurred over the years because of the dedication and sacrifice of the NZDF and its families. There are the usual improvements that you read about in the paper, and that PRTs like ours and Aid Organisations hang our hats on, such as improvements to roading infrastructure, electrical projects, schools, irrigation, bridges, etc, the list goes on. What I have enjoyed most are the subtle changes like, more people in the markets, more locals trying their hand at English, better commerce and a greater range of products. There has been a significant push to encourage

tourist operators to set up in the Province as it has so many natural wonders and would be an extreme sports paradise in summer and winter. There are more trees, more cars (it's good to see the donkeys get a break), kids playing sport and lots more locally reported success stories. There is still some way to go, but there is progress and tangible results, which is great to see.

Our thoughts go out to those families in Christchurch who have continued to be shaken by aftershocks. To everyone at home, all the best for the remainder of the winter months and we'll see you when it warms up a little.

LIFE FOR A PATROL IN AFGHANISTAN

Lieutenant Dale Pyle

We have been in Afghanistan for nearly three months now and are all well settled into the routine and life of patrolling. My patrol is currently operating out of Romero Forward Patrol Base in the North of Bamyan Province, and looking back, the last three months or so have actually flown by rather fast; we are kept busy out on patrol and rarely return to the luxury of Kiwi Base. However, you won't hear a complaint from any of us - we are more than happy operating on our own up here and have all the necessary conveniences required to make our lives comfortable. The patrol is one of the first to be permanently operating out of NZLAV in this area and the vehicles have so far proven themselves well, providing us with good mobility, firepower and protection.

My current position is the Patrol Commander and the responsibility and freedom allowed me is pretty awesome. There are 20 odd guys in my Kiwi Team and a few million

FOREIGN CORRESPONDENTS CONT'D...

dollars worth of equipment under our care, we are trusted to make decisions and carry out daily patrols with minimal supervision and guidance. Fortunately for me, my guys are a well oiled machine, they are professional and I can fully rely on them to back me up in any situation. This is my first deployment and I feel lucky to have deployed as a Patrol Commander in Afghanistan in NZLAV. I am also lucky to have deployed with the majority of my platoon as we have worked together over the last three years, and share some tight bonds and good relationships which have served us well this far. As I am sure you can appreciate the guys work and live in each others pockets 24/7 and even the smallest of upsets can grow into something much larger; however, so far so good on our end.

Our pattern of life up in the North sees us conducting patrols throughout the AO (Area of Operation) to meet and work with key players right down to random passers by, walking up some serious hills now and again, collecting weapon and ammunition caches, checking on development projects and maintaining the security in some of the less stable regions. Of course every now and then when we manage to steal some down-time, we try to ensure our vehicles, weapons and kit are all in working order and conduct some training to ensure our drills and skills are up to spec. The environment and job varies from day-to-day and as no day is ever the same, this presents all kinds of challenges for the commanders and men and makes life fairly interesting. We are also lucky to have good support from Kiwi Base; they work hard without complaint to ensure we have the fuel, water, food, ammunition and parts that are required to keep a patrol out for up to two months at a time.

There was some initial doubt as to whether or not the NZLAV would fit down some of the roads and be able to operate in this area. However, I am glad to report that they are more than capable and so have proven to be a valuable asset to the guys on the ground, providing us with some crucial extra firepower, protection and peace of mind. The New Zealand Army strives to have forces that are well trained, well equipped and well led, I can proudly say that my guys here in Afghanistan are both well trained and equipped, and as for the leadership part – I promise I will try my hardest.

All in all, things are going well for us so far and everyone seems to have settled into their roles and life on operations well. We are all also grateful to our families, partners and friends who support us over here and ensure that everything is cared for back in New Zealand, allowing us to focus on the task at hand; that is to aid the people of Afghanistan to the best of our abilities.

NSE 18 CONTINUING FORWARD

Lance Corporal Sulia Wright

With NSE 18 having been in country for nine weeks now, everything is starting to roll a lot more smoothly. It has been a very busy last few weeks but we've kept on it and will continue on.

We had the mid-tour re-supply flight come through, which kept everyone busy for a couple of days. It was a combined effort to get everything sorted and all the stores off the plane. The whole team got involved when the plane arrived in BAF. The majority were at the flight line assisting "the unload", a few transporting pallets to the other side of the camp and one unloading pallets. It was a long night but

morale was high with the combined effort.



CPOET Watt unloading a LAV

The work load has been consistent but made easier with everyone lending a helping hand when needed. With such a small team you get an insight to different positions and what they do, from assisting when required, which is good.

Despite the workload, we have still found some time to participate in some outside work activity.



POWTR Taurua performing NZDF Haka

A couple weeks ago was the Asia-Pacific festival in BAF and NSE got asked a week prior to get involved and represent New

FOREIGN CORRESPONDENTS CONT'D...

Zealand. POWTR Hone Taurua, being very involved in the cultural side of things, took charge. He taught NSE 18 the Defence Force Haka and he also taught a Haka Powhiri. We found some time each day to get together for an hour and practice. The night went well with Hone firstly opening the stage with a Whaikorero and a Wero. This led on to the Haka Powhiri, then the NZ NSE doing the NZ Defence Force Haka. NZ NSE was awarded a Certificate of Appreciation from the BAF US CSM for all our efforts. The night went well and the audience was very impressed overall.



NSE 18 performing the NZDF Haka



Performing Pacific Island items



Ladies joined in

Hone and I also assisted the Pacific Island group and performed some of their items with them.

The fitness regime continues, with a good majority of the team fitting in daily cross-fit sessions. Since the last post from the NSE 2IC, there has been another 10km run, and a more recent 20km/5km Dam to Dam run. The 20km was a good one, with those of us that completed it running the back perimeter of the camp twice at 5am. Our 2IC and OC like to do things a bit different however, with our OC and 2IC doing the 10km with FSMO and our OC again



After the 10 km run

running the 5km with FSMO. We also have a different physical challenge every month. For June our challenge is 20,000 press-ups. It evens out to about 80 each a

day. We have nearly reached that number and are only half-way through June! There is talk flying around about next months challenge and I hear its pushing a vehicle around the 16km perimeter of the camp, something to look forward to!

The past nine weeks has flown by and I'm sure the next however many months will also. It has been a great experience so far, and I'm sure I'll learn a lot more in the coming months.

CHAPLAIN'S PEN — FROM ABROAD

'OLA!' FROM DILI, TIMOR-LESTE

Chaplain Katene Eruera

GYRO 11 is doing well, and after a month 'In Theatre' has settled into its mission. We have been training and we have been spending time with the local community. Lieutenants' Ross Bidlake and Luke Greenaway, and members of their teams trained with the Australian Army this past month. A few days later, some of their men were playing soccer with members of the local community. It is a nice balance - one day practising the profession of arms, the next day kicking a soccer ball around with local children. In the workshop, Captain Carey Talauta and his team look to our logistics and supply, anything from making sure we can have a cup of coffee available, to finding the part

required to repair a vehicle. Flight Lieutenant Jen Ross and her team, among other things, keep the welfare side of things ticking over, ensuring we maintain good communications home through telephone or internet. It is a morale booster having these available because maintaining regular contact with family and friends is important to us all. The 'care packages' too, those letters and parcels from home, have taken on special meaning, sometimes I think more for the fact that we have been sent one than for its actual contents! In other words, 'the mail is here' is a happy time for GYRO members. But I shouldn't downplay the importance of the contents of the care packages though. It is not easy to buy things we would normally buy without a second thought. Lolly anyone? For

everyone at home supporting us with care packages, please keep up the good work. It is greatly appreciated.

Friday night is the night to get a haircut or buy some DVD's at Kiwi Lines. This weekend we also have a movie night, with popcorn and fizzy drinks. They are small but important things that we can enjoy. One unit gets to choose the movie, so we are all standing by to see whether or not we approve of the choice.

Teamwork and co-operation are key elements to a successful mission, and it is pleasing to see how professional GYRO 11 is.

***"Peace, stability – these
are meaningful
words with real
consequences."***



Staff Sergeant Peter Dee who is talking with children during a local soccer game - and their bike needed repairing.

The Officers are able to rely on excellent NCO's, and the men and women in their teams. When a task is given it is quite common to hear an 'easy as' in reply. It is not only a testament to their training but also their character and commitment to the mission and the task in hand. When I think of the 'easy as' teamwork we have here, I am reminded of the reason we are here too. For instance, at Kiwi Lines we employ locals to help us. One of them always says hello to me in the morning, and we sometimes pause to talk and pass the time. I do not yet know his life 'story', perhaps it is not yet the time for him to tell me, but like so many local people whom we have met these past few weeks, I wonder at the things he has had to live through in the past decade or so, before a settled peace was able to establish itself in Timor-Leste. It is a timely reminder that the work for peace that we are contributing to here has a tangible impact on the lives of people like my new friend.

Peace, stability — these are meaningful words with real consequences. In time, when our Tour is over, it will be nice to think that the work we have done has made things a bit more 'easy as' for him and the local community we live amongst.

Boatarde from Dili and God Bless you all.

DEALING WITH 'GROUND HOG DAY'

Chaplain Wayne Toleafoa, RNZN
Chaplain to OP RATA II (14)

Despite the attraction and challenge of serving in exotic places like Honiara, every deployment soon reaches that invisible marker where even the most exciting of days become

Heroes come in all sizes because being left behind takes bravery, too.



'Ground Hog Days'. This happens because we quickly establish routines which give our daily lives shape and an operational focus.

Within these routines, the days are full of planned and unplanned activities. Some days are so full that even rest times have to be planned and managed. A guilt-free power nap or chilling out session may have to be factored into daily activities or else the days simply blur into one another, making for a very long week!

This also applies to you at home. You may have a job to hold down while you run a household in the absence of your partner or spouse. You mow the lawns, pay the bills, take care of needy children, service the car, and deal with a hundred other things. 'Ground Hog Day' at home!

The obvious counter to 'Ground Hog Day' is to do something different! But often it's not that simple. 'Doing something different' takes time, imagination and energy and thinking outside the square. It also means taking responsibility for our own happiness and finding new ways to avert the inevitable sameness of 'Ground Hog Day'.

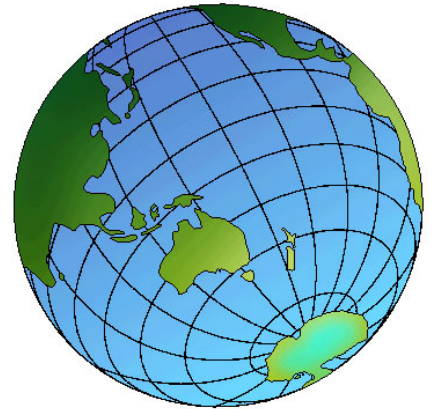
If you make that decision to do something different - it's important to choose activities that you are passionate about. That way you will

be doing activities that will refresh and renew you. For some people that is sport, or simply taking a walk. For others it may be reading around a particular subject that interests them. Some people love to watch movies. I am not recommending 'retail therapy' (I'd be shot for that), but even a visit to a shopping mall, or a drive to the beach (even in winter) can be a renewing experience which will help some people get through another 'Ground Hog Day'. You can also scan the local papers or look on the internet to find out about events happening near you. You may be surprised to discover that the list of things to do is endless. Two things we can't do in the Solomon's are snow-boarding and snow-skiing. It's also important to know what we can't do!

When the days become 'Ground Hog Days' on any deployment — or for you at home - it's even more important to establish regular times when we can make contact with our loved ones and friends.

What gives meaning to those 'Ground Hog Days' - I believe - is not the extra money that will be earned, or the medals awarded—but the knowledge that what you do at home and what we do here on deployment is appreciated.

Every Blessing.



Military people are deployed all around the world.

Go to the library or look on the internet and find out answers to some of these questions. Read stories about the location where your Mum/Dad is deployed, or where other military people are deployed.

If you were living in this part of the world find out:

What clothes would you wear?

What food would you eat?

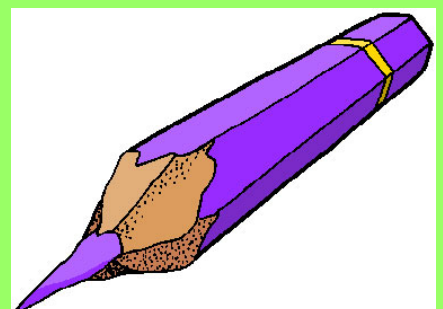
What types of animals would play with you?

Would you go to school?

What is the climate like?

Do they live in a house like yours?

Why do you think it is different?



Military Alphabet Code

Learn the military alphabet code while searching for each word



Try to find all 26 words on this board

ALPHA
BRAVO
CHARLIE
DELTA
ECHO
FOXTROT
GOLF
HOTEL
INDIA
JULIET
KILO
LIMA
MIKE
NOVEMBER
OSCAR
PAPA
QUEBEC
ROMEO
SIERRA
TANGO
UNIFORM
VICTOR
WHISKEY
X-RAY
YANKEE
ZULU

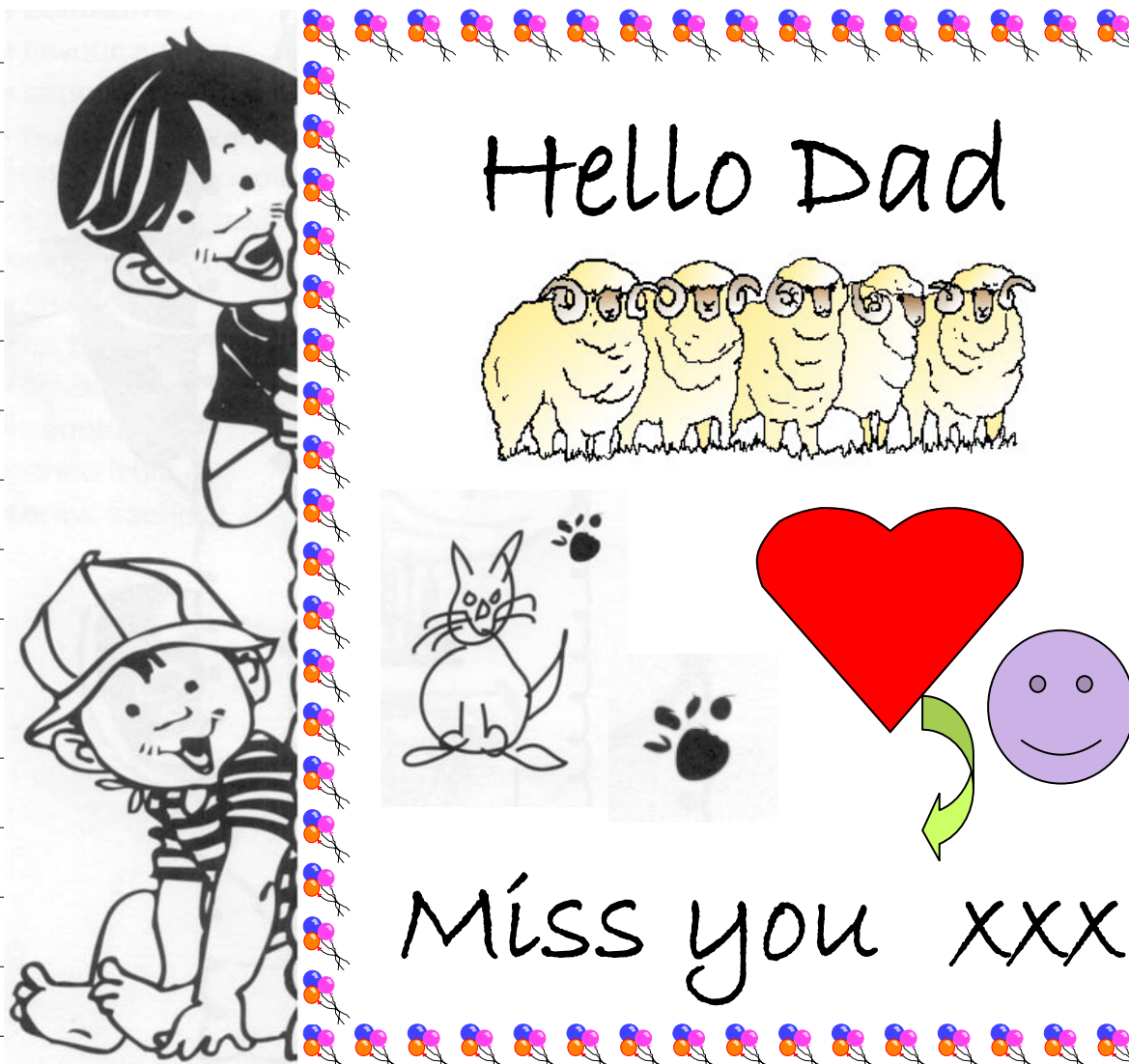
P	U	S	T	D	Q	Y	R	H	A	U	F	A	Q	T
G	H	I	E	X	X	Q	E	V	M	Q	P	Y	H	Y
U	O	Y	I	A	I	D	N	I	I	Y	A	E	C	D
M	T	Q	L	A	F	A	R	A	L	N	J	K	F	X
X	E	J	U	D	R	N	L	T	K	R	L	S	Y	-
W	L	B	J	T	O	A	D	E	E	O	A	I	C	R
Q	X	M	M	O	T	T	E	B	T	M	L	H	J	A
T	Q	I	R	R	C	L	M	P	E	E	P	W	C	Y
W	K	V	O	T	I	E	C	H	O	O	H	A	V	W
E	P	W	F	X	V	D	T	P	K	Q	A	S	P	L
S	U	J	I	O	C	T	O	B	E	R	P	T	R	A
R	J	L	N	F	C	O	A	S	I	E	R	R	A	K
O	D	Q	U	E	B	E	C	N	A	M	J	P	A	I
X	T	S	O	Z	L	F	L	O	G	V	F	N	A	L
S	K	Q	G	U	U	A	A	R	Q	O	X	B	P	O
T	V	P	T	B	R	A	V	O	T	B	V	I	S	N
B	S	O	F	M	N	O	P	Q	R	A	P	C	E	K
B	E	A	G	I	K	U	H	L	V	U	A	I	E	L
C	R	E	H	O	T	S	A	L	M	R	S	D	G	M



Sometimes we make big pictures for our parents. When Dad is away, Mum covers the table with big paper bags. We get to draw all over the paper. It's a lot of fun. We use crayons, big markers, stickers and stamps. Sometimes we put Sam's paw print in the picture. Mum writes a letter to Dad on the back of our pictures. Mum sends the picture letter to Dad. We tell Mum to say

Big Pictures

that we love him and miss him. He likes to get these letter pictures. We do the same for Mum when she's away.



Make a large colourful picture to send overseas.
Write a letter on the back.

SEND A LETTER

Send a letter to your Mum or Dad. Write your letter, then have them help you mail it. Your parent will love to read a letter from you while they are gone.



Dear _____

Today we _____

We miss you when _____

When you come home we will _____

I love you very, very, much _____

RECOMMENDED READING

“Willie Apiata—VC— The Reluctant Hero”



BY PAUL LITTLE
(COURTESY: PENGUIN NZ)

DUE TO OVERWHELMING PUBLIC INTEREST IN NEW ZEALAND'S NEWEST HERO, THE LIFE STORY OF WILLIE APIATA WILL NOW BE TOLD, INCLUDING THE INCREDIBLE HEROICS WHICH LED TO HIM BEING AWARDED THE HIGHEST MILITARY HONOUR.

On 10 November, Penguin Group (NZ) released the much anticipated biography of New Zealand's newest hero, William Apiata, VC.

“I knew we had to move. With the wagon being on fire it could only protect us for so long. There were

that many RPG rounds rocking it, hitting it one after the other...sooner or later one of us was going to take a round if we stayed there.”

Lance Corporal William Apiata, a New Zealand Special Air Service trooper, was trapped at the front of a major fire-fight with suspected Taliban insurgents on a dark and desolate Afghan hilltop. One of his mates was bleeding to death and they were pinned down under intense enemy fire.

For Apiata there was no choice. He fell back on the values instilled in him by his mother, the skills learnt during a tough pig-hunting life in the bush on the East Coast of New Zealand, and the knowledge won

from years of training with the NZSAS. With the lives and safety of his mates his only priority, Apiata performed an act of courage that has now become part of New Zealand history—an act that saw him become the first recipient of the Victoria Cross for New Zealand and just the 14th holder of the Commonwealth's highest honour for bravery since the end of the Second World War.

From his early life in small town Te Kaha, to his actions in the deserts of Afghanistan, this is his story in his words. This is the story of Willie Apiata, VC—an ordinary kiwi bloke, a very reluctant hero, just doing his job.

QUEENS BIRTHDAY HONOURS 2011

Her Majesty the Queen has approved the following awards to New Zealand Defence Force personnel in the Queens Birthday Honours 2011:

New Zealand Distinguished Service
Decoration (DSD)

Lieutenant Colonel C.J. Parsons,
MNZM, NZSAS

Warrant Officer Class One
I.R. Ponse, RNZALR

Acting Warrant Officer
D. Smith, RNZAF

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**

DSO'S CORNER



Carol Voyce

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

I am writing this editorial some days before the deadline; as I am about to head off on Annual leave. My last attempt to take leave was interrupted by the Christchurch Earthquake, so I am hoping that my newly made plans are going to come to fruition this time around!

In between other work commitments, I am working on our 2012 Deployment Services Calendar. A complimentary calendar will be given to all those who have deployed over the current year and extra copies will also be available for purchase at low cost and advertised in "The Bugle" when they are available.

Money collected from the sales we make, goes into one of our deployment locations, to help with an identified welfare project. The contingents are actively canvassed and asked to identify a project or activity which would enhance the lives of those in the communities in which they work, and we here, choose from the submissions received.

2012 seems sometime off, but with a deadline to have the project



completed by the end of August there are photos to sift through and find! You would think that gathering the images for a calendar would be a fairly simple task with so many New Zealand Defence personnel deployed to so many locations worldwide, but it is never easy. Of course, their focus does not include our calendar, but they are the ones 'on the spot', sometimes with cameras to hand and have taken over the years some truly amazing images, like the two shown above.

The calendar is much sought after and we have been fortunate for a number of years to have it fully sponsored by Weft Knitting Co. in Christchurch. The Managing Director, Mr Hugh Douglas, is one of those 'rare breeds' whose philanthropic commitments to many causes, needs to be admired and acknowledged. We remain ever grateful to Hugh for his ongoing support to our Defence community and this year will be no exception.

After much discussion, we are going to slightly change the focus of this year's calendar to include service personnel at home and abroad.

Everyone has made some amazing commitments and sacrifices, which we would like acknowledged through images captured in a variety of settings.



So I am asking you all, to please send in any images you have, that you think would be great to feature in our calendar. Hugh has kindly offered a merino possum sweater of your choice, from his vast and amazing range of knitwear, (see www.weft.co.nz for products and local suppliers), to the photo which best captures the work of our Defence personnel in communities near and far.

Please remember too, that images of farewells and homecomings form part of the deployment journey and will also be considered for publication.

Your contributions can be emailed to:

carol.voyce@nzdf.mil.nz or
janine.burton@nzdf.mil.nz

I look forward to returning from leave to find my "in box" full of your contributions. A great job to do on a cool winters evening!

To those in deployment locations, we need your help too – so don't leave it to someone else!

I look forward to catching up with you all on my return.

Be sure to look out for, and after, each other.

DSO'S CORNER CONT'D



Janine Burton
Deployment Services Officer
2nd Land Force Group

Let's face it, deployment may be an adventure for our military folk, but it has the ability to just turn family life upside-down. Routine and consistency to keep life running along as 'normal' as possible is obviously the ideal, both for adults and for children.

For this edition, I am going to focus a little on our wee ones. I know that sometimes our kids have a hard time dealing with the change of having a parent 'disappear' from their lives for a period of time, and this can be especially distressing for our younger ones who just can't understand why.

It can be equally challenging for parents who are going it solo for a period of time and on top of everything else are trying to comfort and explain the 'why'. The frustrating thing is that sometimes a child will take deployment in their stride and cope really well, but then in a subsequent deployment not cope at all – each deployment is different for everyone.

I am going to borrow from an article written a couple of years ago by one of our Welfare Facilitators,

Judy Byers – thanks Judy.

Some kids feel angry with the changes that have been imposed on them and may deliberately push the limits; getting into trouble, not doing as they are told, answering back – it is a bit like a personal protest.

So what do we do? Some ideas:

- ❖ *Make a particular effort to pay attention to them when things are going really well – reinforcing positive behaviour.*
- ❖ *Listen to their anger and accusations without trying to defend yourself – it is more about listening to what they are saying to you.*
- ❖ *Be as flexible as you can be without compromising basic rules and/or practicality.*
- ❖ *Be firm and clear about unacceptable behaviour and consequences.*
- ❖ *Respond to the hurt that may lie beneath the behaviour.*

Every parent-child relationship is different as is every family and each of you will find your own strategies. Be as open and honest as possible.

Counting down on a calendar each night before bedtime may help, or in the Children's Activity Book available from your DSOs, there is a paper snake which has been divided up into segments that can be coloured each day until homecoming; to give a better understanding of when mum/day will be home – remember to add on a few additional segments, just in case.

Deployments do end and each day done is a day closer to having loved ones return home.

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:

Waiohuru—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:

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

FOR YOUR INFO...

Seeking Foreign Correspondents

Regular "Bugle" readers will note that in each edition we are fortunate to receive 'Foreign Correspondence' from those associated with current deployments to Timor-Leste, the Solomon Islands, Sinai and Afghanistan. What a huge difference it makes to us all to hear first hand of their lives so far away from us. We certainly appreciate their commitment to keeping us informed and, at times, entertained.

We are however, conscious that there are many service personnel deployed, in smaller numbers, on various other missions worldwide. "The Bugle" reaches the PNOK and families associated with these missions too and our greatest wish is that we could recruit correspondents from these locations. With our increased tri-service readership and our goal to keep everyone informed, any contributions from service personnel or families would be much appreciated.

Kiwi Bird Stamps

Looking for something different to include in your parcel abroad? Why not consider some Kiwi Bird Stamps? Many of our deployed personnel have experienced first hand the simple joy of 'stamping' the hands of many children they have met while out on patrol in local communities – and the smiles of appreciation are priceless.

On a visit to Timor-Leste, I too had the chance to give a stamp to children I met within Dili. It was heart-warming to think that this small gesture could bring such a huge ray of sunshine to little faces!

These Dixon, (Blue or Black 068) self-inking stamps are available from leading bookshops like Whitcoulls and Paper Plus and depending on where you shop, the

price ranges from \$9.99 - \$13.99. The stamps come in a small ink cylinder, don't dry out in humid conditions and slip easily into a pocket.

Personal Messages

This section of "The Bugle" is very popular and a great way to keep in touch with your loved ones. With each new rotation, this section takes a little time to get up and running, but is a great extra way to keep in touch. "The Bugle" is emailed to deployment locations and messages can be fun. Messages can be serious or light-hearted and can be written in code or with non-de-plumes. A great way to say, "Hi", "Thinking of you!!" or "Missing you!". Children especially love to see messages for them or from them in print.

Send your messages by email, phone or snail mail to your DSO to meet edition deadlines – see inside front cover for deadline dates and contact details.

Mission Libraries

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

Seeking Kiwiana

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

We have been fortunate in the past to receive some wonderful artwork to send to Kiwi service personnel worldwide. Artworks displayed in deployment locations, give a

wonderful reminder of some much loved and missed Kiwi treasures.

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

Avoid the Rumour Mill

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

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

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".

Carol has one copy of the "Long Distance Couples" Handbook and I am happy to offer this on loan. (Use the contact details on the inside cover if you are interested).

FOR YOUR INFO CONT'D...

ARMY LEAVE CENTRES

Labour Weekend Ballot 2011

Applications for the Labour weekend Ballot are now being accepted. (In Friday 21 and depart Monday 24 October) - Closing date: 18 August 2011

Christmas Holiday Ballot 2011

Applications for the Christmas Holiday Ballots are now being accepted.

Week 1: In Friday 16 and depart Friday 23 December 2011

Week 2: In Friday 23 and depart Friday 30 December 2011

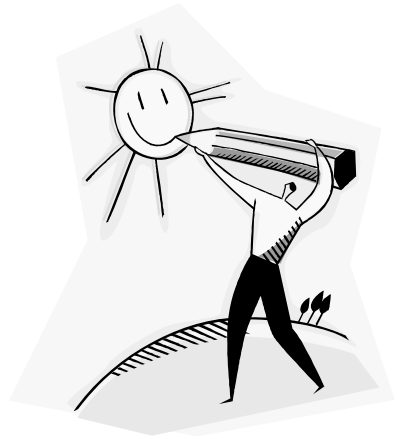
Week 3: In Friday 30 and depart Friday 6 January 2011

Week 4: In Friday 06 and depart Friday 13 January 2012

Closing date September 15

Army Leave Centres are located in Mt Maunganui, Rotorua, Taupo, Turangi, Napier, Whanganui, Waikanae, Nelson, Hanmer Springs, Akaroa and Wanaka.

For further information please contact Jeanette Brosnan on 04 5275 823 or email army.leavecentre@nzdf.mil.nz



TIPS TO PROTECT YOUR PRIVACY ONLINE SOCIAL NETWORKING WEBSITES

HOW MUCH IS TOO MUCH INFORMATION?

The following are 10 top ways to protect your privacy on Facebook according to www.allfacebook.com;

1. Remove yourself from Facebook searches. Go to 'Privacy Settings', click on 'View Settings', then edit, 'Search for you on Facebook'.
2. To make yourself less visible to search engines see 'Privacy Settings' page on your Facebook account.
3. To avoid having embarrassing photos tagged with your name, go to your 'Profile Privacy' page, modify the setting next to 'Photos Tagged of You' and select the option which says "Customize" to change.
4. Protect your albums. Go to your 'Photos Privacy' page to manually configure the visibility of each of your albums.
5. Use Friends Lists to create private groupings of friends based on your personal preferences.
6. Control who see your 'Basic Information', which includes things like your relationship status. Go to 'Basic Information' on the 'Profile Privacy' page.
7. Protect against published application stories. Once you install an application on Facebook, you should check your profile to ensure no embarrassing notifications has been posted to your profile.
8. Make your 'Contact Information' private. If you've chosen to enter this information on your profile, you should see a 'Contact Information' area under the 'Info' tab - click 'Edit' to modify the privacy setting.
9. Avoid embarrassing wall posts. Within your profile page, you can control who can view wall postings made by your friends. Click on the 'Settings' icon on the wall in your profile page.
10. Keep your friendships private. To make your friends less visible to others, go to the 'Profile Privacy' page.

Linton Ladies Day**Saturday 9 July, 1:00pm – 5:00pm****Linton Community Centre, Puttick Road, Linton Camp**

A special invitation to our ladies who are holding the fort at home alone.

Hosted by the Community Services team (Lesley and Marina), come along for champagne, fancy nibbles, give-aways and prizes.

Tickets and further information is available from Marina on 351 9619 or 021 243 1707.

Babysitters can be available at a price of \$5 per child which will include afternoon tea. Please discuss your requirements with Marina when you call.

Primary Next of Kin Deployment Information Evening**Wednesday 20 July, 6:00pm — 8:00pm**

Hall 3 Community Centre
Housing Area, Fryberg Road
Burnham

An open invitation is extended to all those associated with current deployments to join us for a social time and opportunity to meet with 'like people in a like situation'. Light refreshments will be served and childcare is available. No need to RSVP, but for enquiries, please phone Carol on (03) 363 0421.

Look forward to seeing you all.

Tour Update Briefs

As discussed at the pre-deployment brief, an update family brief for those associated with the current CRIB deployment to Afghanistan is planned. This is an opportunity for family members to gain a further insight into the day-to-day lives of deployed loved ones and to receive valuable tips on reunions and readjusting to family life post-deployment. We also hope to have a DVD from the contingent to share with you.

These informal briefings are open to Primary Next of Kin (PNOK), extended family members and friends. Children are most welcome.

Light refreshments will be served at the commencement of the evening briefings and at the conclusion of the afternoon briefings.

BURNHAM

Burnham Conference Centre, Friday 5 August, 6:30pm

AUCKLAND

204 Great North Road, Grey Lynn, Saturday 6 August, 1:00pm

LINTON

Linton Conference Centre, Sunday 7 August, 1:00pm

TRENTHAM

Messines Conference Centre, Monday 8 August, 6.30pm

Invitations will be included with the mailout of "The Bugle", Edition 155.

For more information, please contact Janine (DSO Linton), ph: 0800 683 77 327.

ABSENCE MAKES THE HEART GROW FONDER — IF YOU WANT IT TO!



Claudia Baker, Welfare Facilitator,
RNZAF Base Woodbourne



During our last move, I rediscovered an old picture that my son painted. It looked pretty tattered and I wasn't sure if it was worth keeping. But then I imagined it in a new frame, so I went out and found one that really brought out the beautiful colours he has used in the picture. It was a piece of art – probably better than any picture I ever bought. Amazing how things can look when you're framing them right!

Now, what would that have to do with deployments you may wonder? Well, deployments bring along a range of mixed feelings, emotions and thoughts – before, during and after the deployment – most of the time I don't hear people being very positive about it, but framing these thoughts, feelings and emotions in a positive way can make things look very different.

Having been through several deployments as a “wife of”, left at home with three children, I truly have experienced the rollercoaster everyone is on during such time – and I am saying EVERYONE, because I have observed far too often, that each person involved often thinks they are the only one affected by the separation, often forgetting that others have their own feelings and thoughts on the way. The one left at home feels left alone with all the work, nobody cares and he/she who has gone is thought to probably be having a jolly good time wherever they go. The one who has been deployed often returns expecting things to be just as when they left and cannot understand when they are not quite as heartily welcomed as they would have thought.

Here are a few ideas that may help the “reframing”:

For the one staying at home:

- * **Acknowledge** that your partner is going away because that is **their duty** - they're not out for a joyride!
- * Make sure you **talk** about what needs to be put in place that will help you whilst your partner is away.
- * Whilst your partner is away, do **ask for help**. It is not a sign of weakness, and there are people everywhere keen to help – you are not alone, don't push them away!
- * Keep up positive correspondence; treat your loved one overseas regularly. It makes you feel good, too!
- * Treat **yourself** regularly – your partner cannot do it whilst he is away, you can't blame him/her!
- * When your partner comes home, **give him/her time** to adjust back into family life. He/she most likely won't be up to all the “old chores” immediately.

For the one going away:

- * Take care when filling in the Support Plan – your loved ones at home will need support of some kind, even a phone call from someone asking how things are can make all the difference.
- * Keep up positive correspondence if you can – and keep encouraging them, it does wonders to tell them how proud you are that they keep things ticking over – it's not all that easy!
- * When you come home, don't expect to find everything the way it was. Children change within a few months, and the parent left at home was the main one to turn to and probably will be for a while. **Give them and your partner time** to adjust to you being around again.
- * **Acknowledge** that your partner will have developed some independence and life at home was most likely not half as exciting as all the things you may have seen whilst overseas and they may not be up to hearing all the glorious stories that have a lot of meaning to you, but not to them – at least not straight away. **Give each other time** and space to “get used to each other” again.

Communication is the key to everything. Don't assume you know what the other wants, needs, feels etc., or expect them to be in a certain way that suits you best. Uphold, encourage and talk to each other. The more you talk to each other about your feelings and needs (and acknowledge what you hear), the better you will all cope before, after and during deployments. After all, the old phrase “absence makes the heart grow fonder” can indeed be very true if you frame the deployment experience with positive thoughts and actions!

PERSONAL MESSAGES



The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 7 July at 4.00pm**. Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)

From In-Theatre

Dear Taff, Jordan & Tamara

Yeah, half way now, we can count down until I come home. So proud of how you are all going. Hope you get some fishing practise in Jordan. Love and miss you all. Mum xxxx.

Dear Jen, Jasmine (and Kimmy-Meow)

Miss you both (and Kimmy). Looking forward to coming home to No 6! Give my love to your Mum and Al, The family at No.8, Linda and Ups and the Roty and Welly families. Thinking of you all! Lots of Love. Me xoxoxox.

TK Whanau

MULU you all very much. Joshua I hope you like your school visit. Nui and Caleb, it sounds like you had a great youth event. Josie, it's great to talk most days and it sounds like you are keeping our boys in line. I love you all heaps!

Kirky

The biscuits were awesome. Thanks for the letters. Hope that work is going well. Miss you and Gaiamon. Rahn.

Juanie

Hi from Afghanistan. Still haven't received the letter you sent! Might be something coming for you though. Your sister.

Neef & TeKohu

Mummy misses you heaps! Hope you are getting heaps of tries & rips in rugby. Be a good boy for daddy & mummy. I will see you soon! Neef - you're doing real well! Miss you heaps. Xoxo. Teeps.

To Nana & Dan-dan

Everything is good over here. Can't wait to hoe into Nan's corn-beef

stew & fry-bread, mum's kinas & oysters, Nita's ambrosia, Aunt Agg's caramel sauce and some feijoa on ice cream!! Love you all heaps & will keep in touch. K. xoxo kaykay.

Hello Baby Babe

Hope all is well at home with you and T. I miss you heaps and looking forward to coming home. Lots of love, and strawberries.

Sanj

Thanks for the letters and biscuits. Hope it's not too cold at home, especially on the tiles. Love Roo.

Oh hi Beebs!

What's happening? Hope winter is going okay, I'm staying sun smart here - and smoke free! You would be proud. Renie.

Climby

Was your trip down south fun? I am enjoying the letters you send over! Almost halfway now, so home soon enough! Diggie.

To Bismach and Miss P

I miss you two so very much and can't wait to be home in your arms. Bismach you're doing a great job and the gardens sound great. Miss you heaps, but love you even more. Tellybells.

Dear Marcie

Thanks for all the yummys, love you lots, love Angus.

Hi T-Lady

Nearly there! Glad we got Skype back on. Love you to the stars and back. Missing you! Wish I was there to help through the earthquakes. Love Me.

Hi Boys

Missing you all! Hope school is going alright and you're keeping

active. It's great to see you on Skype, even if all I get are the whinges and moans. Good luck with skating, League and soccer. Talk soon. Love Rob.

Kia ora ma Beautiful Baby Girl

Not long at all bub, it's choice you're back after your painful ass course, LOL, and it's awesome you've got Shell and our lil nephew Awa to keep you company...just waiting on me now, not long bub...I LOVE YOU so much with all ma heart ma prettiful HUNIBUNZ, and I can't wait to hold you ass FOREVER..LOVE, PUMPKIN xoox.

To my Spunky Monkey

Huge congrats babe! By the time you get this message you should have finished your training and will be looking forward to more flying adventures! Four weeks down - a few more to go! Thanks for all the wonderful care packages - they truly make my day! I know you are doing an awesome job back home and I can't wait to reap the benefits from the big projects! Love and miss you so much, thinking of you always! Hugs to the boys!! Genevieve xox.

Hey Mum and Dad

Having a great time over here in the stinking hot heat. Hope it's not too cold back there and I hope Bolt is behaving, even if he did have an ugly haircut (thanks mum) ha ha. Love you and miss ya lots, xxx Ness.

Hey Logie Bear

How are you little man? Mummy tells me you can now point to your nose, mouth, and ears. Well done. She also tells me you are a little rat bag and get up to mischief all the time. My man!! It was neat seeing you on the computer on the

PERSONAL MESSAGES CONT'D...

weekend; you look like you have grown already. I miss and love you. Behave, Dad.

Hello Rabbit

Well done on learning all your words, I'm very proud of you. Soon you will be reading big books like Mummy and I. I'm glad to hear you are enjoying school; it must be neat to have Kahlen in your class now. I miss you a lot and look at your pictures on my wall all the time. Look after Logie and Mummy for me. Love you, Dad.

Hey Babe

1 month down, it's going quite fast I guess. Thanks for the packages you've sent over, I destroyed the chocolates in about half an hour. Give the kiddiwinks a hug and kiss for me. I love and miss you heaps. Chino.

To my Darling Husband Shane, and my Wonderful Daughters Mariah and Kobi

I am always thinking of you. Love Mum (Theresa) xxx. P.S: I forgive you if the housework isn't being done, ha ha ha.

Hello Maddison and Alesha Ross

I miss you very much, Love Uncle Michael...and a big arohanui to Nanny Rogers.

Gong

If you boys want to fight, go get the Playstation and play Tekken!

Hey my Hunni Bunni

I love you and miss you like a fat kid misses cake. Always thinking about you! Look after my son for me. Can't wait till I see you! TYFMFTY. Huktimus.10. Dear Sgt Haaka Marsh. You are the best PI Sgt ever. Thanks for everything. The Boyz.

Hey Zman

Love you and miss you so much, can't wait to see you. Hope you're

doing well at school. Stay safe and I love you. Dad.

Douglas Hemara

Boiii, ur just a boiii. From Lewy, Tuhi, Kels & Haaka.

Hey there Grapes, and Mitchell

Lol! Hope all is going well back home. Just a BIG Happy Birthday to B.B., have a great day. Hope you get lots of prezzies. Lots of love, Elliot.

To my Smexi Bebz xox

Well bebz it's been a month and a bit and I miss you heapz. Hope everything is Ok at home. Let's just say the hard bit is over and the rest should fly by. I love you heaps and miss you even more xx. Can't wait to come home to my sons and partner! Love from your bebz xox.

Sooky Bubba

Thinking of you always darling! Love you baby. Can't w8 2 c you. Xxoxx.

Tuhi (CPL)

Gimme back my DVD Bey.

Dear GAZ

Hope everyone is doing well! I'm having a good time over here and am looking forward to coming home. Not long now!!! I miss you all. Take care and hope the quakes stop soon. Love Tony (ha ha).

To my Beautiful Girl

I am having a good time over here but wish I could be back there with you during these tough times. I miss you so much. I can't wait to see you again and I know when I do I will be the happiest man ever. I love you and always will. Dig Baby Dig!!! LOVE YOU.

Hey Grommy

One more month to go. You'd better prepare for one hell of a quota when I get back. Can't wait to see you soon. Wuvvles.

From Home

Hi Boyfriend

Me and pearly gates are missing you everyday. Looking forward to your return and a well deserved holiday! Love you my babe xx.

Kia Ora My Prettifowl Precious Pumpkin

You see this is new for me! I get excited when you're here, my dear. Make no mistake you are all I see, sugar. My visions' never been so clear! We both know that I've been running so long, this time I won't let you leave. Please be patient, Hesitation aside. We're almost where we need to be. But in the meantime let me say what's on my mind, baby I...I think we've got SOMETHING SPECIAL... Boy you and me. Together we'll take over the world... You know I love you, I need you so...Baby, I just wana let every body know!!! Times starting to move faster now that we're counting down. It's definitely been an experience for us having to be apart like this, but we both know it's only made us stronger and realise what we truly have. As much as I don't like you being away from me, I think its real choice cause now I know how precious our time together is, every day, hour, minute and second together. I love that that you treat me with the up most respect, I love that you're so caring and thoughtful. I love that you always make me laugh and keep my spirit (thumbs up)...lol. I love that you always keep me excited with cute little things you do, I love that you make me feel so special. I love that you love me... And yes baby, I still love you even though you have vinegar toes...YOU KNOW!!! Lol. TINO AROHANUI AU KIA KOE TOKU PUMI YUMI PUMPKIN XOXO...(Hone, you a beast) Mwaaahhh..hhhwwwoo... Pumpkin haft mere mm mmmmm!!! (Because you're worth it).

PERSONAL MESSAGES CONT'D...

Hi UA

Happy Birthday for the 30th! Just know that we are thinking of you everyday and miss you heaps. We hope you get all your parcels. Kerry not happy with all the smokes!! We appreciate them though, lol. Look after yourself and keep safe. We are all so proud of you. Love you heaps. Luv Mum and Kel, xxx.

Happy Birthday my Love

I hope you have a great day. Miss you heaps. Lots of love, your Poppet.

To my Darling Unhairy Monkey

Roses are red, Violets are blue, Shura says, "Hi Dad", and I love you!!!! Happy Birthday for the 19th!! Hope you have a great day...I'll be thinking of you even more xx. Can't wait to see you but not too long to go now. Hope you are still enjoying each day. All my love always....from your darling, wonderful, amazing Kumara xo.

Hello Aunty Roo

Thanks for all your letters and presents. We thought you were working but we always knew you were better at shopping! We're all missing you especially because we had no hot crossies at Easter. Come home soon so you can bake for us. Love from the Bellinis. Xxx.

Hi ya Grayballs

Was good to have a wee chat to you recently and hear that you are settling in Ok. Hope it's not too hot there for you and all is going well. Cooling down here a bit now as winter starts arriving so enjoy the warmth there! All good here though there have been a few bugs floating around already that don't want to go away too quickly! Hope you are keeping busy and the weeks fly by. Happy Happy Birthday for the 4th! Have as good a day as you are able. Thinking of you always, Cazza & Kev xo.

Hi Dad

I wish I could do pinch and a punch for the first of the month, anyway have a good day! LOVE FROM DIONE.

Hi Dad

My other tooth is getting wiggly. You look cool in the army suit. I miss you and love you. Love from Kaea.

Dear Keiran

Have a Very Happy 21st for the 7th July KB! We are looking forward to celebrating with you in our new house when you get back home. All well here. Dad and Dylan getting lots of shakes down in Christchurch, so looks like they will be there a bit longer... Grandma on the mend. Miss you heaps! Keep safe! Lots of love from Mum, Dad and The D. xxxxx.

MULU

Life is busy at the moment and like you, I think it helps the days/weeks/months - go faster. At this stage, we have settled into a routine and ticking the boxes for places we need to go to, and things we need/want to do. Plans for Joshua's birthday are humming along. The boys are coping well, but every now and then I see glimpses of them missing you. It helps to know that they trust you and your decisions, and also that you are serving both God and country. They are all being a great help to me. But I miss you. I miss you and love you. I'm so thankful for the goals we put in place before you left. They keep us focused and make us realise just how much we are achieving as we tick them off and wait for you to return to us. Kei te tatari au, mau ki te hoki mai ki au, ki o taua tama, ki to whanau, ki Aotearoa. Tae noa ki tena... nga mihi aroha ki a koe, Jos. Xx.

Dear Dad

I have joined a homework group which allows me to complete homework at school, after school,

and it's on a Wednesday. We get a free feed which solves the 3:00 pm hunger problem, J, that means I have three days in a row that mum picks me up. Rugby is going good and sometimes the coach compliments me. Mum bought me new head gear as Secondary school rugby is a bit rougher, plus I don't want cauliflower ears! Ok, take care. Love Caleb.

Dear Dad

I'm having a birthday party and I invited all my friends from Kindy, plus Mannie & Jireh Tautau and also some of my rugby people, like Gian, Tutarangi & Harrison and Te Iharaia, Ohine & Acaccia Hape-Maui. I love you. I miss you. Can you send me a present for my birthday (mum told me to say that... Bubby, Joshua said, "Can you send me more games with my name on it" - he likes the maths cards!). I went for a school visit. It was fun! I think Miss Knight is good. I've got to go to bed now. Love from Joshua.

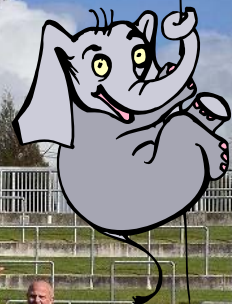
Dear Dad

We are missing you very much and it would be cool if you came back soon. At youth we've either got tenpin or mini-golf, depending on the weather. School is going good. I passed my science and maths test. I'm doing well in my music and I'm practising heaps. Love, Nui.

Dearest Tolly

Great to hear from you, poor Jasmine looks behind the phone expecting to see you! Jasmine likes moving to music and has discovered how to turn switches on and off, even when the TV is on LOL. I've starting marking her height on the wall, so you will see how much she has grown by the time you get home. A shame that you will miss Bob's dining out on the 25th, I'm sure I will enjoy the night without you being there. Hugs to you from us.. Lots of Love Jen, Jasmine & Kimmy, xoxoxo.

HAPPY BIRTHDAY ANT



The Chiefs wish Private Anthony Mangino a

HAPPY 21st BIRTHDAY!

BUGLE SUPPLEMENT

Bugle Supplement

Deployment Activity Book
for Children

A couple of years ago we tried to be a little creative, and with some begging and borrowing and a few bright ideas, we produced a brightly coloured activity book for young children. The book covers activities from pre-deployment until homecomings.

If you would like a copy/copies of this book, please contact your DSO. (Contact details inside front cover).

A sample of what is contained in this activity book are included in the centre pages for your children.

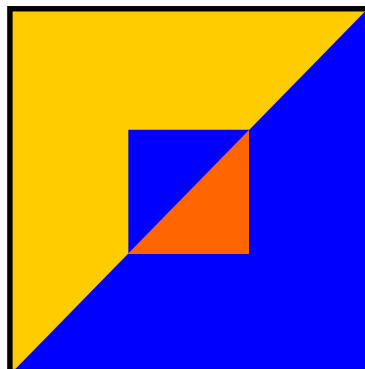


BOOKMARKS

You may like to cut these bookmarks out, glue them to some card and even laminate them.

Remember to:

- * Take time to listen to each other
- * Understand feelings
- * Spend time with people
- * Join a group or take up a hobby
- * Keep up routines
- * Take time out for fun
- * Help others
- * Look after yourself
- * Use NZDF supports and services
- * Reassure and praise children
- * Continue family rituals
- * Talk about change
- * Discuss the deployment with teachers and childcare providers
- * Keep the deployed person part of every day events



DEPLOYMENT

Time
to
grow

*Preparing for
separation*

**REMEMBER
THAT SEPARATION
CAN BE AN
OPPORTUNITY FOR
EVERYONE IN THE
FAMILY TO GROW**



DEPLOYMENT

Time to
celebrate
family

*Creating
family rituals*

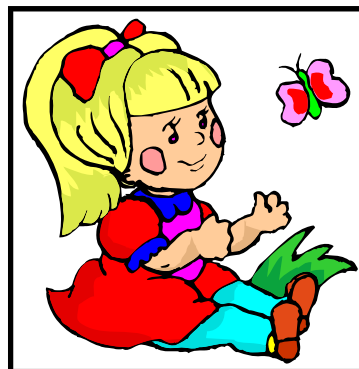
**FAMILY RITUALS CREATE
A SENSE OF FAMILY AND
BONDING. THESE
ROUTINES GIVE FAMILY
MEMBERS:**

**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 INSTILL
VALUES
*WE SAY A NIGHTLY
PRAYER***



DEPLOYMENT

Time to talk
—and listen

*Talking about
deployment*
**YOUR CHILDREN NEED
TO BE TOLD WHAT IS
HAPPENING**

**ALLOW TALKING ABOUT
DEPLOYMENT TO BE A
REGULAR PART OF
CONVERSATION:**

DURING DINNER

AT BEDTIME

WHILE PLAYING