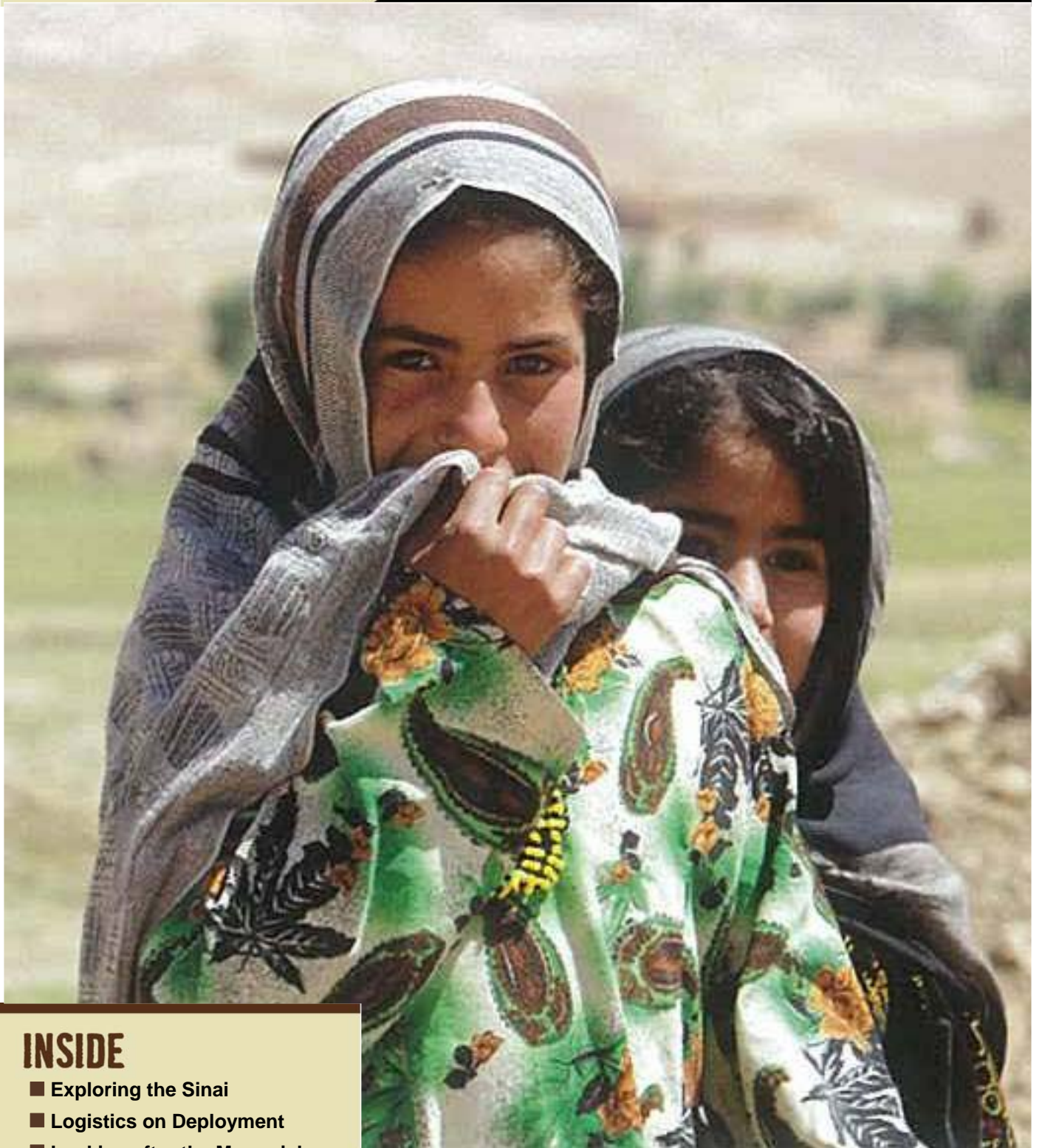


THE BUGLE

Issue 155 | July 2011



INSIDE

- Exploring the Sinai
- Logistics on Deployment
- Looking after the Memorials
- What's on

COURAGE | COMMITMENT | COMRADESHIP | INTEGRITY

"THE BUGLE"

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

Deadline

The deadline for Edition 156 is
28 July 2011 at 4.00pm

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:

Young girls in Afghanistan now face a brighter future

GUEST EDITORIAL

Danny Broughton Sergeant Major of the Army

It's been 90 days since I took up the post of Sergeant Major of the Army. Despite being the 13th Warrior (SMA) an unlucky number for some, it is truly an honour and a privilege to now serve as the senior soldier within the New Zealand Army. I know only too well that with such an appointment comes a great deal of responsibility and I am now charged with ensuring that the voice of the soldier continues to be heard at the highest leadership table in our organisation.



For those deployed, I know that you will all be concerned with the major changes taking place in our Army and the impact of civilianisation. My words to you are simply, focus on your mission and your responsibilities are to those on your left and right. Stay in contact with your loved ones back home and continue doing our Army and our country proud. By the time you read this, those affected the most by civilianisation will know. Our plan to ensure our mates transition to a new career will be underway. Whilst this is indeed a hard time for us, the future looks bright and the opportunities to change some of the tired ways we do things, will be more possible. This is an exciting time.

To the families and friends back home, I can not thank you enough for your continued support. I state the obvious but it must be said, without your sacrifice and support to those deployed, our mission would be a whole lot harder. I know that every community has a contact system and support mechanisms in place if you should need it. We, as a people, are sometimes too proud to ask for assistance. If it makes life easier for you, then I encourage you to use it.

In July, the Chief of Army, Major General Keating and I will visit OP RATA in the Solomon Islands. It will be our first Op visit together. We are both looking forward to seeing our team and engaging with them. I'm not sure they will feel the same, but that's the beauty of rank I guess? Our visit enables us to see, feel and taste the environment that our soldiers have to contend with. It is also an opportunity to gather any concerns that they may have from an operational and welfare perspective. It keeps us relevant and current to a level that no email or phone call could.

Finally, I acknowledge the passion and enthusiasm in which our Deployment Services Officers carry out their duties. The work they do does not go unnoticed and together, along with our families and friends add to our overall capability.

FOREIGN CORRESPONDENTS

NEWS AND VIEWS

Including:

➤ MFO Operations Conference, ➤ Exploring the Sinai, ➤ The Team, Technology and Interpreters, ➤ NSE 18 Continuing Forward, ➤ Greetings from the Senior National Officer OP RATA II, ➤ Visit to OP RATA from the Minister for Foreign Affairs, ➤ Logistics on Deployment OP RATA II, ➤ Logistics on Deployment, ➤ Dili Fun - Yeah Right, ➤ Putting Skills to good use, ➤ PMV, A Glimpse

NEWS FROM OP FARAD, SINAI

NEW ZEALAND AND THE MULTINATIONAL FORCE AND OBSERVERS OPERATIONS CONFERENCE Captain Grant McCarroll

It's June 2011 and I, CAPT Grant McCarroll, NZ Contingent Adjutant and MFO Plans Officer, have been tasked with organising an S3 level Operations Conference for the Force. I am fortunate enough to be in my second month, so as per the advice of my predecessor (CAPT Chris Sutton) I worked hard early in my tour to get to know the movers and shakers in the MFO who can make things happen for you, it is important in my plans role.

The conference was set at the Battalion S3 level with the key players from the Ops Branch also invited; all up eleven people took part. The aim of the conference was to promote a common understanding and best practices to enhance the operational focus and strengthen working relationships amongst the group. The conference kicked off with an address by the 'Chief of Operations,' COL Bade, the Norwegian Colonel, and then a dinner. It was all a bit awkward for a while, no one really knew each

other and there was not a lot of conversing going on. Time for me to tell a couple of jokes and introduce the good old Kiwi Icebreaker, that is one at a time, stand up and tell us a bit about yourselves. From there they were hosted at the Kiwi Patio and by the end of the evening the barriers were starting to come down and the relationships starting to be built.

Day one proper of the conference, was a tour of the Fijian Area of Operations (AO), visiting their remote sites. The Fijians were well drilled and gave us a good insight into how they do business, very polite and respectful people. At the end of the day's work, it was down to Vunula house for a traditional Kava Ceremony. After a couple of bowls, the American Battalion S3 sitting beside me said, "I can't feel my lips they are all numb", classic.

The second and third day of the conference were always going to be the highlight. It was an early start, we were down to the Airfield, onto the Blackhawk chopper and commenced our tour of the Colombian and US Battalion AO's. Once again a great experience and all staff at each remote site we visited went out of their way to impress and host us with wonderful hospitality. Day three was a visit to the Italian Contingent and a tour of the Coastal Patrol Unit. The Italians operate in the Southern part of the Sinai in the Gulf of Aqaba to ensure the peace treaty between Egypt and Israel is adhered to in that specific area of sea. We were fortunate enough to be hosted for the day on the ITS Stafetta and what a great experience that was. Myself and the Captain of the ship got on well, he was a keen Rugby follower and is, in fact, travelling to NZ for the Rugby World Cup.

All in all, it has been a wonderful start to my tour in the Sinai. I have met many wonderful people and made lots of friends. The Kiwi Contingent are awesome and continue to work hard making a significant contribution across the Force in their respective areas to the overall achievement of the MFO mission.

In closing, I would like to say hi to everyone back home, in particular my wonderful wife Dawn who is working full time and keeping the family going and of course my two superstar boys, Joshua and George. Cheers.



Conference attendees at one of the Colombian Battalion remote sites

FOREIGN CORRESPONDENTS CONT'D...

EXPLORING THE SINAI

Flight Lieutenant Derek Miller

I am the Aide de Camp to the Force Commander of the MFO, Major General Warren Whiting. Recently I went on a four day trip with him visiting MFO sites spread across the Sinai. The MFO operations take place over an area of 60000km² – about quarter the size of NZ – so we had lots of traveling to do! I'll tell you about some of the things we saw along the way.

The first day we spent traveling along the Israeli/Egyptian border. The border is about 240km long and runs NW-SE. We travelled nearly all of it, stopping at observation posts along the way.

For most of the way along the border there is a road on either side. We were on the Egyptian one, and apart from the border guards were the only people on the road. It is in pretty good condition, the only vehicles we saw the whole time were two border guard buses and two of our trucks. The first bit was uncomfortable as we had to wear body armour, etc., which weighed quite a lot and pushed you right into the seat so it was a little uncomfortable.

As usual we weren't allowed to take photos, but I'll paint you a bit of a picture. The border is a high fence with three rolls of barbed wire in front of it, then as the landscape becomes more rugged it eventually turns into a barbed wired fence like you would find on a NZ farm. Next you hit the new fence which the Israelis have pledged \$3 billion to build (at \$2mil a km) by the middle of next year. Along the fence are watch towers on both sides every 10km or so. On the Egyptian side are little hovels, too low to stand up in, sometimes 50m apart, sometimes kilometres apart with two Egyptian border guards sitting in each looking back into Egypt. Their job is to stop people sneaking across the border – the Sinai is a major pathway for people smuggling – mainly for east African countries like Somalia, Eritrea and Sudan. At night when the people tend to make a run for it there are a whole lot of rock piles that are filled by more border police to stop the smuggling.

The landscape moves from flat with some agriculture like goats, peaches, watermelons (surprisingly), to barren with nothing on it. Large hills which show their folds, stick up above

penneplains made of the detritus of these hills. The carrying capacity here must be one goat for as far as the eye can see. I have no idea how people can eke out a living here.

Along the way we visited some of our observation posts, some of which are really remote and the smallest have only nine people in them. They have Colombians, Fijians or Americans in them, and people stay for 3-4 weeks before spending time at either North Camp (where I am), or South Camp which is right next to the resort town of Sharm el Sheikh. The observation posts look for violations of the Peace Treaty and are along the border, or in places through which tanks or ships must pass to attack the Sinai. Whenever there is a suspected violation there is a great deal of work reporting and verifying what they did before we decide if there is a violation of the Peace Treaty.

The final part of the first day was on public roads. We got off the border road to pass an aircraft graveyard (with L1011s - for you, that's plane spotters) and down through the Taba Canyon which is a truck killing zone. Hulks of smashed trucks litter both sides of the road as you drop down for 20km (I'm guessing but seemed at least that far) to the coast. It was really spectacular and we even saw a truck that had just overturned with the driver sitting on the side of the road on his cell phone!

That night we stayed in Taba, not far from the Israeli port city of Eilat. The following day we took the inland route south to Sharm el Sheikh, visiting three sites on the way. One was on an escarpment overlooking the Red Sea, Saudi Arabia, Jordan, Israel and, of course, Egypt – and was quite spectacular. Another had the most flies I have ever seen. I asked one



*Visiting our Colombian friends at one of the Remote Sites:
Left to Right: WGCDCR Guy Bendall, PTE Elmer Zorro (aka "The Fox"), me,
PTE Andres Velez*

FOREIGN CORRESPONDENTS CONT'D...

of the guys, "Why so many?" He told me to look around the corner. About 3km away across the beiges and browns of the desert in the valley below grew dark green cannabis plants! The guy reckoned the water and fertilizer attracted them. After visiting this outpost we noticed close to the road for miles and miles, rectangular piles of gravel which had plantations of cannabis inside them. Often there were water tanker trucks with guys watering them. On our map I noticed that all the places were marked as mine fields, which may or may not explain why the crops seemed to be left alone. Driving further down the Wadi we were following, we came upon an oasis and there the water trucks were refilling before heading back to water their crops. We saw plenty more signs of people today – overloaded vehicles with suspensions bottomed out, boxes, baggage, you name it, towering above car or truck and hanging out the side. Freshly crashed trucks and cars, camels, police, military, kids ... lots of rocks which in the beginning were interesting began to become a bit boring. Originally I was working out how they were formed, noting at one of the sites the shell fossils and seeing where the best climbing routes would be, looking at the folds and strata until I HAD HAD ENOUGH JUST GET ME TO SHARM EL SHEIKH. And do you know what? We nearly were. Sharm el Sheikh is where the MFO has its second camp.

Sharm is pretty flash actually, with lots of flash hotels: Marriotts, Hiltons etc, shops, casinos, green grass. But, boy is it HOT! Not a little bit hot - even at 11pm stinking hot! I had my air conditioner rattling away trying to keep me cool all night. We visited more sites over the next two days before returning to North Camp, just in time to participate in a US parade.

NEWS FROM CRIB 18, AFGHANISTAN

THE TEAM, TECHNOLOGY AND INTERPRETERS

WO2 T Hoggart

Company Sergeant Major (CSM)
NZ PRT

The Team

The men and women of CRIB 18 are well into the rotation now, working hard alongside the other Coalition Forces here in Kiwi Base and in the province of BAMYAN. Regularly patrols head out, often not to be seen for days as they drive or walk the rugged landscape of Afghanistan; but don't worry, we have good communication systems here. Occasionally we get to see the patrols from up north, whether or not they come to see us or we travel to see them. This allows timely visits to catch up on, you know, haircuts, moments with the CSM and the Chief of Staff and the likes. It's always a great relief to hear the engines of their vehicles as they approach in the darkness after the sometimes epic five to six hour drives, mostly using night vision equipment. I can guarantee they enjoy it more when they are leaving the gates of Kiwi Base and or when I am leaving the gates of the Northern Forward Patrol Bases, poor buggers, never mind. I suppose they don't have to live with me like the men and women of Kiwi Base, scarred for ever. One day some of them will understand why we maintain standards – it's not only about today's standards, it's about tomorrow's discipline matters.

Technology and Entertainment

Morale here can be measured by the internet, telephone and mail system – when these are working it is good. We have a great team here who work hard to keep the

systems up and running, sometimes we have to remember they aren't miracle makers. There are a few other time fillers, quiz nights, movie nights run by members of the contingent and occasionally the odd BBQ, most of the time cooked by the American contingent. Food here is great, our cooks work around the clock putting in some long hours to produce some very fine meals, they are definitely partly to blame for the large amount of visitors we have at Kiwi Base. Fortunately for us that enjoy the food, perhaps a portion too much, there are plenty of physical activities and the altitude to keep the love handles at bay.

The Interpreters

One other aspect of life here in Afghanistan that often gets overlooked is the men who translate for us. Some of these guys have worked with the Provincial Reconstruction Team for up to seven years. They are the people that make things a little easier, especially when it comes to the great language barrier and sometimes better routes to meeting venues or towns. They manage to keep the CSM busy as I'm sure my predecessors would agree. Here's what they have to say.....

We have thoroughly enjoyed working with all NZ PRTs, especially CRIB 18. They have been friendly and respectful towards us (interpreters); we work as one team to help Bamyan Province. When we first began to work with Kiwis we had some difficulties especially with their Kiwi accent, but in course of time, through their help, our language skills have improved considerably. We have learned a lot about New

FOREIGN CORRESPONDENTS CONT'D...

Zealand's culture and customs and life style, in turn the Kiwis have learnt a lot about ours.

The Kiwis always respect our people, culture, religion and customs: they even don't eat, drink and smoke in public during the month of Ramadan, which makes us feel happy. We and Bamyan people consider Kiwis as Bamyan citizens. Bamyan people host Kiwis in their homes; they eat local food and drink Chai (Tea) like locals. CSMs usually drink Chai at the Provincial Quick Reaction Force barracks; he has made a lot of friends among them.

We and the Bamyan people think that NZ PRT is one of the best security forces in Afghanistan; we will never forget their support and assistance to our country. We hope they continue their presence in Afghanistan especially in the Bamyan Province. We appreciate the NZ government and its people for supporting our country.

*We wish CRIB 18 all the best and a safe trip. **NZPRT Interpreters.***

In Closing

On behalf of the men and woman of CRIB 18, thanks for the support and hard work that is going on back in our homeland. Our thoughts are with those who have been affected by the Civilianisation Process too.



The CSM and his team of Terps

KIWI TEAM 3

Private O Rapiti, K3

No more than two months has come to pass and this foreign land feels like home, although nothing will beat what we have waiting for us back in New Zealand. This is as good as it gets in the circumstances that are upon us.

Although our friends and family await our return from this unique country, and are sorely missed, we are here to do a job and that's what we do.

The lifestyle we live here in Afghanistan is vastly different to what we have been used to, yet my eyes have seen the entire patrol adapt with every challenge.

Kiwi Team 3 spends most of the time 'outside the wire', carrying out patrols on a regular basis, conducting meetings with various community leaders and working towards progress within Bamyan Province.

As time has passed, it is easy to notice the dramatic increase in heat in this country. I would like to say whilst in the vehicles our air conditioning keeps the patrol cool, however, as a driver of the Humvee wagons, I feel I should mention the fact that we have not all had this luxury since we arrived! However, we laugh in jealousy as we crack on with our task. Sweat drips down our sunglasses lenses and our bodies where it pools on our seats beneath us.

The sun pelts down on us as we push through massive valleys. Cliff faces, mountain tops and rock slides dominate us on our left and right. My eyes are fixed on the long gravel road ahead of us and our top gunners constantly scan the steep gradients that surround us. They search for any sign of enemy threat which lurks within the folds and creases of the hills like wrinkles of

frowns on angry foreheads.

Being on patrol for weeks on end is always a good thing. Being an infantry patrol, it's what we were conceived to do. The Humvees we ride in provide the extra mobility we need but at the end of the day it's always the skill of the person behind the machine; whether a vehicle or a weapon system that gets the job done.

May it be known to all, that the drills on the ground are a completely different set of skills to that whilst mounted. With that I am glad to say that the soldiers in our patrol have had to master both. Our boys create space from potential danger by dismounted clearances of the ground where likely danger awaits.

The culture we have come across since entering this country is vastly different to that of our own. To take a step back and look at things from the point of view of the locals is the best way of reaching an understanding. The way they live day-to-day in such a harsh environment, to me, is quite amazing. Yes, this country has been ravaged by war for many years (from the time of Alexander the Great to much later invasions) but considering the circumstances, they're doing okay. I have also noticed the huge impact it has had on our patrol as a whole. To us, it helps everyone appreciate all the little things we take for granted back in New Zealand, from our food, infrastructure, families and everything in between.

Extra caution is always practiced throughout the entire contingent, ensuring we are ready, as danger never sleeps. The day comes to an end as the sun drops behind the rocky outcrops of these mountainous ranges and the night sets in. Our much loved sleep is broken each night while our patrol is out and about, sentry fills the gaps. Staring into the darkness of

FOREIGN CORRESPONDENTS CONT'D...

the countryside during the night is as peaceful as things get. The moon hovers above us casting a natural light across the country; silence reigns with the exception of wildish dogs howling across their dominated territory. And as the night ticks over another day arrives, with many more still to come.

Only a portion of this tour has passed, I know so much more is on the horizon, yet we all keep our heads up and our eyes open awaiting the near future. To our loved ones back home, we shall see you shortly.

NSE 18 CONTINUING FORWARD

Corporal Brent Albert (*ALBIE*)

With NSE 18 hitting week 11, routines are well in place. Everyone's had a busy month. From a Movement prospective 8000lbs of personal mail, 4500lbs of general freight and 120 people have been sent to/from the PRTs in Bamyán via aircraft (DASH 8) last month.

As we are entering their summer period, sunrise is 4am with sunset 7.30pm. The weather here has risen from a cool 37deg during the day, hitting a scorching 43deg at 3pm yesterday and predicted to rise as the weeks progress. Our thoughts go back to all in NZ.

Brief History of Bagram Air Force Base (BAF) where NZ NSE (National Support Element) personnel have operated since NZDF committed our forces in the global fight against terrorism. Bagram was originally built by the Soviet military during its invasion of Afghanistan in the 80s. BAF is now the main base for US led coalition forces.

Situated on the Shomali plains, it's served by a main runway of more

than 3kms, facilitating large transport aircraft (C5 Galaxy's, C17s, C130 Hercs), and all kinds of helicopters ranging from Apache gunships, Chinook transport helicopters to the famous Blackhawks.



WO Hebbard & CPL Albert (Movers)

There are numerous types of fighter aircraft based here also. BAF runs 24hrs a day 7 days a week. With such an influx of military hardware, you require a sufficient workforce. There are approximately 37,000 people working or travelling through BAF at any one time. Majority are US military personnel, civilian contractors and coalition forces (including us nine Kiwis). We out-number our Aussie counterparts nine to five. RWC final score?

Due to BAFs population (similar to that of Kaitia, Levin or Hokitika), the US military has setup some essential facilities available for personnel based here or transiting through. There are numerous gift shops selling their wares, a main supermarket, beauty hair salon and massage, barber, green bean (Starbucks), two Pizza Huts and a vehicle/motorbike dealership.

There are social activities arranged throughout the week including: salsa dancing, line dancing, pool clubs, volleyball, indoor soccer, basketball, Karaoke, poker challenge to name a few.

There are five messing facilities (food halls) situated around camp, catering up to 800 personnel every

30 minutes. Lunch for example is open 11.30am-2pm and the seats are always full. Rather than wait, some people get take out.



A local shop

We were fortunate to experience Americas 4th of July (Independence Day) celebrations. There were Derby cart races, Air Force Band flown in from the States to perform, BBQs galore, and — the car dealership shipped the new 2012 Harley Sportster over. (See photo below).



NSE 18's fitness routine has kept its full tempo completing last month's challenge of 20,000 press-ups within the month. Challenge for July is a 440mile/704km combined run. Movements section will pick up the 4km slack.

Well back to work!

See all on our return to New Zealand.

NEWS FROM OP RATA, SOLOMON ISLANDS

GREETINGS FROM THE SENIOR NATIONAL OFFICER OP RATA II

Major Al Mitchell

Dear Families and Friends of the
OP RATA II (14) Contingent,

We are nearing the end of the rotation, for those that are on four month tours and looking back it seems like I only just arrived and was writing an article for "The Bugle" to introduce myself. By time you read this hopefully your partners, relatives, mum or dad, son or daughter or friends won't be far away from returning. I'm sure many of you will have heard the saying that goes around this base of 'long days but short weeks'. It certainly feels a few short weeks since the early days of the deployment.

As I wrote last time, this deployment has come with its challenges. Despite some perceptions about this mission compared with others, there are certainly tough times to go with the easy for all involved. While we are fortunate not to have some of the risks that other locations face, that still presents its own set of challenges, some of which Padre Wayne Toleafoa detailed last month in his article 'Groundhog Day'.

Overall, everyone has stood up, and as required, 'done the right thing' in the variety of situations that have been faced. The team have represented their corps, the Army (the Navy for our Padre), and our country well.

Our presence contributes significantly to helping this country move forward from the position it

was in before RAMSI arrived. In the early days of RAMSI the military had a significant presence out in communities throughout the country, restoring law and order. Nowadays the Police have the far greater presence than the military, which is a significantly positive sign for the country. Despite the reducing presence of the military in the communities, that we are still here has significant meaning for the Solomon Islands Government, investors, donors and the local population upon which the future of this country lies.

Your support for our team in helping us maintain this presence is greatly appreciated by us as well as these groups that benefit from us remaining in the Solomon Islands. On behalf of us all, thank you.

EXPLORING THE HISTORY OF GUADALCANAL

Sig Nathan Kerr

During Queen's Birthday weekend we were lucky to have a visit from the Australian WW2 historian John Innes, who as part of his visit to the Solomon's, took a battlefield tour

around Honiara for all the locals, ex-pats, aid workers, RAMSI participants and anyone else who was interested.

John Innes is an expert on the Guadalcanal Campaign of WW2, the massive campaign that took place in the Solomon's, so we were treated to a wealth of stories and insights not only about the battles themselves but to the personal accounts of individual survivors; as John has worked closely with and helped many veterans of all the nations involved in the conflict.

Places we stopped at along the tour were the impressive American War Memorial, where an unknown US marine was buried (but who was later identified by John and whose remains were repatriated back to his family in the states) and Bloody Ridge, where the most famous battle of the Guadalcanal theatre took place and where you can still see American fighting pits and the remains of their barbed wire defences.

Other places of interest we saw were Alligator Creek, the site of another of famous battle (which is depicted in the first episode of The Pacific mini-series), and the Gifu, a heavily fortified Japanese position which now has a local village built on top of it. The villagers continue to find ammunition, weapons, equipment and remains to this day,



Looking out from Bloody Ridge

FOREIGN CORRESPONDENTS CONT'D...

and had rusted weaponry, helmets and other artefacts on display for us visitors to look at.

Overall, the tour was a worthwhile experience and I would recommend it to anyone that is visiting Guadalcanal.

VISIT OF MINISTER FOR FOREIGN AFFAIRS TO OP RATA II

Captain Jimmy Russell
OC NSE / S35, OP RATA II

“The guests relished the chance to hear of the small but important role NZ plays in supporting the Participating Police Force and RAMSI.”

On Thursday 16th June, Hon. Murray McCully, the NZ Minister for Foreign Affairs, paid a visit to OP RATA II. The Minister was conducting a wider Melanesia tour to Vanuatu and the Solomon Islands, and as part of his programme in Honiara he spent half a day at Guadalcanal Beach Resort.

The Minister took the chance to discuss RAMSI with key people in the Solomons, this included briefings and discussions with the CO of CTF 635 and the NZ Senior National Officer, MAJ Al Mitchell. While these high-level discussions were ongoing, the Minister's entourage of approximately 50 NGO representatives, businessmen and senior public servants were treated to a speech by Lieutenant Zane Beeson regarding his individual role and day-to-day life as part of OP RATA II. As this mission understandably has a lower profile in the NZ media, the



Private Waake Tua with Hon Murray McCully during his visit



Hon. Murray McCully meets with the team

guests relished the chance to hear of the small but important role NZ plays in supporting the Participating Police Force and RAMSI.

Following the discussions, which were focussed around RAMSI's current and future roles and transition, a BBQ lunch was put on for the Minister with the entire NZ Police and Army contingents, during which the Minister took the chance to individually chat to as

many people as time would permit. Mr McCully was not able to stay for long as his schedule was tight, so after some pictures were taken, he and his entourage returned to New Zealand. Although it was a small visit, it was appreciated by all involved; Lieutenant Beeson in particular was singled out as having provided one of the more informative and interesting speeches in a programme of long talks and speeches.

FOREIGN CORRESPONDENTS CONT'D...

LOGISTICS ON DEPLOYMENT

WO2 Dave Williams
S4/CSM, OP RATA II



WO2 Dave Williams at work

What do you do when you come to a sunny paradise for eight months and the assumption that your true place of work is the beach? Putting uniform on, there must be something major happening!

For myself, coming over to look after the Log side of a deployment was going to be a challenge in every sense of the word. Starting from day one of the PDT in Burnham, meeting up with the rest of R13 and being asked what I was doing here and what can I "hook the boys up with" for the deployment.

The following 10 months of involvement with this deployment have continued a passion for supporting those on both sides of the desk. Both the soldiers on the ground, to ensure progress is being made towards getting the right gear to enable them to complete the tasks being asked, and also making sure that those in the supporting role don't lose sight of what we are here to do.

Changes over my time involved with OP RATA have included; an increase in capability for soldier equipment (a work in progress), changes to Public Order

Management (POM) techniques, increased soldier protection in vehicles and a change in attitude towards enhancing our abilities.

As always the work behind the scenes goes unseen. The NSE carry on doing the same jobs, day-to-day, as they would at home, just with a few different ways of getting the job done. Just going into downtown Honiara to purchase a couple of items can end up taking up the whole afternoon finding what we need.

The infrastructure has been improving the whole time - you actually see road works around the place and the amount of new build going on reminds me of NZ; it just

takes a bit longer for the buildings to get finished.

As I come to the end of my eight months as the S4 for the NZ contingent, thinking back to those people back at home who have supported us. Those families that have given us this opportunity to spend time away experiencing a different culture and doing what we signed up for. We thank you!

The light is at the end of the tunnel for many of us and after seeing R13 head home some three months ago, it's now R14's time to head home and enjoy time with family and friends. And getting used to temperatures that struggle to get into the teens, instead of staying in the 30's.

Photos showing the kind of activity/training happening in the Solomons. The exercise took place on the Birthday of the RNZIR following a 15 kilometre pack-march to Bloody Ridge, a famous WW2 Battleground where thousands of Japanese and Allied troops died in the Battle for Guadalcanal.



Platoon members prepare for a live-firing exercise



Staff Sergeant Mike Guise giving a safety brief prior to a Platoon exercise

FOREIGN CORRESPONDENTS CONT'D...

NEWS FROM GYRO 11, TIMOR-LESTE

DILI FUN RUN – YEAH RIGHT!

Flight Lieutenant Jen Ross
S6, TU GYRO 11

When we first rolled into theatre, our friendly PTI made us all aware that there was a 7km fun run coming up on the 18th of June, unfortunately for us (or in great hindsight now) we were not allowed to compete in either the half or full marathon due to our limited time in country to acclimatise.

The weeks rolled by and the date came round in no time. Along with this came the earlier and earlier departure times from within KIWI LINES. The reason being that we had to leave camp in order to beat the proposed road closures and make it to our ISF Headquarters, which was a 10-15min drive away, so at 0430 hours in the morning, kitted out in our contingent T-shirts, ten of us from GYRO 11, saddled up into the trusty Pinzgauer to head over to a sister camp at Phoenix. We mingled around in the mess there for a bit and had some breakfast while we waited - this would prove to be our savour on the day! More to come...

We walked in a mob from Phoenix towards the starting area just in front of the Palacio de Governo (Place of Government). There was lots of fanfare to be had and huge applause was heard within the gathered crowd of participants and spectators when the President and Prime Minister both made their appearances within the start area.

Finally, 0715 hours rolled around and we were off!! It was a crazy sensation as there were thousands of participants and spectators lining the streets. Children as young as

five were flying past us as we made our way around each other in order to get into a good groove of pace. We ran along the waterfront with the media helicopter swooping over us taking pictures. We followed the route back past the turn off to the HPOD and then back along towards where we initially started. Everyone felt good and we were all caught up in the adrenalin of atmosphere of this fine event.

We continued running around the streets of Dili. and at one point I can recall looking along a road (that seemed to go on forever) and you could see all the participants streamed out along the length of it. Slowly, the course started to meander up a hill and it was about this time that I looked at my watch and was thinking, we should be near the finish line!! I saw a sign that said 36km – I was starting to

worry that somehow I had missed the turn off and was now participating in the full marathon!! I looked around and saw plenty of our pink bibs that indicated that there were plenty of the 7km participants around me so my mind was put at ease for a bit.

The hill kept on giving and we continued our merry way along the streets. I looked at my watch again and it was 55min gone! At this stage I was thinking to myself, "Surely I have got fitter whilst I have been over here?" "Where are all my buddies?" "Man I wished I had worn a light T-shirt!" "I hope that I haven't missed the turn off and the rest of my buddies are all waiting at the finishing line thinking "where is she?"

I kept on running. It was at this stage that the old body needed fluids and thanks to the few and far between aid stations; I managed to refuel with water. I could feel the old body changing down in gears and then the signs marking the course 38km, 39km, etc, kept on



A re-enactment of a significant historical event! - FLTLT Jen Ross, GYRO 11 presents WGCdr Sam Leske, the NZ Senior National Officer in Timor Leste, with his medal for successfully completing the Dili Half Marathon

FOREIGN CORRESPONDENTS CONT'D...

coming. I now had to brace the body to keep going in the heat of the morning and finish this darn FUN run!! The things that kept me going were the children that would run along and smile at you and they would keep you going at a steady pace for a bit before stepping it up a notch and scooting on by!! Finally the end came and it was such a relief to finish and to find that the rest of our team were in the same boat! We will measure the course over the next few days but it would appear that our 7km course changed into 12–14 km's somewhere along the way. We are putting this down to a marshalling error!

We are all extremely proud of our achievement that's for sure, but will look at the fine print and course route more closely next time!

At the conclusion of this event there was an official presentation of a medal to the SNO, WGCdr Sam Leske in recognition for his achievement in completing the half marathon event.

PUTTING SKILLS TO GOOD USE

Private Elliot Brown, GYRO 11

Two soldiers from GYRO 11, Private Elliot Brown and Private Samuel Paparoa were attached for two weeks to an Australian Platoon as Combat Lifesavers, primarily so they could utilise their skills as first aiders in the community. Private Brown reflects on their time with the Australians and the local community as they patrolled in a rural area of Timor-Leste, offering assistance and meeting other humanitarian workers in the area.

Private Paparoa ("Papz") and I were chosen as Combat Lifesavers to be attached to an Australian REP (Regional Engagement Patrol).



PTE's Brown(left) and Paparoa(right) during their REP, spend time with local Timorese children, who were more than keen for a photo opportunity with Kiwi soldiers

"Overall it was good experience getting out of the wire, helping the locals and working alongside our brothers across the ditch."

This was conducted in Bobonaro District, on the border of East Timor and Indonesia. The patrol was based out of Maliana, and from there sections went out to local villages and conducted their patrols.

As Combat Lifesavers we were usually always out on patrol, with different sections going to new villages, meeting people and facing the challenges that brings. In a 10 day period we met some awesome people including UN workers from the Philippines, an elderly lady from England, who is known by the locals as 'Maggie', who moved to Timor-Leste to start a clinic in Aidabalaten.

We would also play volleyball, soccer and cricket with the Pakistan UN forces, as well as the local Timorese.

As Combat Lifesavers we also

gave first aid to the more remote villages up in the mountains, ranging from deep cuts from machetes, to a foot that was near amputation, and everything in-between, cut-off fingers etc. Papz also encountered similar injuries while out with the other sections. Once, on the move to Maliana we also encountered a local lying on the side of the road, so we pulled over, "assessed the situation", to find him unconscious and over intoxicated. After applying first aid, he was stable enough for us to be on our way. Wherever you went, the Timorese locals would give you a warm welcome: 'Mr, Mr, Chocolate' or "Kiwi good. Now chocolate".

The patrol ended up staying its last night in Balibo, at an old Fort, on a hilltop, overlooking the village below and the mountains and beach further out. That night we ended up with a great sunset to a dinner of Migoren noodles in our cups canteen, with a can of coke from a local shop!

Overall, it was a good experience getting out of the wire, helping the locals and working alongside our brothers across the ditch.

FOREIGN CORRESPONDENTS CONT'D...

Lance Corporal Logan Whitford and the members of his Troop are on permanent standby to move at short notice should they be required for a task. They spend a lot of time in their 'lines' training, finding ways to relax and waiting for the word to go They are a happy and patient lot!

PMV, A GLIMPSE

Lance Corporal L Whitford
GYRO 11

The PMV or Protected Mobility Vehicle Troop is a small task force of Armoured and Infantry soldiers on a constant state of high readiness. We're able to mobilise at a moment's notice, so we're never able to completely relax, but we have the ability to react to any threat imposed upon us. To counter this stress-inducing environment, the PMV lines has become a

picture of Kiwiana, with a multitude of 'shops', including Repco, Mitre 10 and a Four Square and more than adequate dining and recreational areas. (Check out the photos below). The Troop can always be assured that their welfare needs are met. New additions are set to include a deck outside the living areas, some new local businesses and, in time, a central water feature complete with turtles. Rumour has it; there may also be a crocodile in the works, but its early days yet...



Lieutenant Greenaway



Left: 4 Square / Mitre 10

Below: The Recreational Room

Below: Repco / "Liquor King"



CHAPLAIN'S PEN — FROM ABROAD

LOOKING AFTER THE MEMORIALS

Padre Katene Eruera
GYRO 11

One of the tasks that GYRO has during their time in Timor-Leste is to look to and consider the several memorials of NZDF personnel, and those of soldiers from other countries who were attached to the NZDF at the time. It is a solemn and sacred duty. Because their passing is within living memory, little more than a decade at most, there are soldiers on this deployment who knew them, who remember how they passed, and perhaps, just as importantly, how they lived. You may know of them, and Leonard Manning is of course probably the most well known. His anniversary falls soon, and GYRO will pause on that day, to pay respects to him, indeed to all those who died here. These are their names and the deployments they were on:

Private L.W. Manning NZBATT2.

Private D.R. Johnston NZBATT5.

Shepai D.R. Jaisi, Nepalese Coy, NZBATT2.

Staff Sergeant M. Rakabu, Fiji Coy, NZBATT4.

Private B.R.H. Atkins, NZBATT3.

Private P. O'Flaherty, Irish Platoon, NZBATT5.

Staff Sergeant W.E. White, NZBATT1.

Warrant Officer Class 2
T. M. Walser, NZBATT1.

I've spent the past week as part of a small team tasked with locating and checking on the condition of the memorials in preparation to remember them. Our team - patrol commander was SSGT Josh Hill, with PTE Clinton Gibson, AC Mark Cooper, SGT Carl Gray, our Interpreter Francisco M. Da Silva,

MAJ Andrew Mackenzie-Everitt and myself. Besides the Kiwis, there are memorials to an Irish Soldier, a Nepalese soldier and a Fijian soldier. Prior to departing, I had spoken with an Australian Staff Officer, formerly of the Fijian Army, to ask if he knew anything about his former countryman. He did, and mentioned that for a time he had been the Officer Commanding the Fijian Company attached to the NZDF in Timor-Leste. We talked about SSGT Rakabu, his family, what he was like as a soldier, and the vehicle accident that claimed his life, along with those in the vehicle who survived the accident. When I caught up with him after the patrol, I reported that where we found SSGT Rakabu's memorial, the road was quite treacherous in places. He was silent for a bit, remembering I think, then nodded to me in agreement. He said he would like to come along to the memorial service.

We have a chapel service every Sunday in Kiwi Lines, and



Staff Sergeant Hill at the Manning Memorial

afterwards, with some Australians, I attend the English Mass at a local Catholic Church. The English is so heavily accented at times that I don't know what's going on – but lucky for me, I have an idea from the liturgy what should be going on. The sermons are similarly at times incomprehensible to my ear, but it doesn't matter because the spirit overall is lovely and peaceful. There is a joyous choir, and their hymns have a lot of words about justice in them. There is obviously still a strong social justice legacy in the church that speaks to the issues, they as a community, have had to face over the past few decades. On that note, we stopped at more than one place on patrol that reminded us of the struggles the Timorese people have had to endure; a cliff where people were thrown to their deaths, many abandoned and burnt out buildings, memorials to massacres - all very sobering. I think hymns about justice makes sense in this context.

Why do we remember our soldiers? Isaiah comes to mind... *The Lord is displeased that there is no justice. He is astonished to see that there is no one to help the oppressed. So he will use his own power to rescue them and win them victory.*

At one level, we remember them because they died here, and it is appropriate to pray for their souls, their loved ones too, and to pay our respects to them as individuals, and as fellow soldiers, whom some of us knew. At another level, we remember them because they were part of a bigger thing, a nobler thing, helping stabilize a country seeking to emerge fully into independence. Perhaps in time the hymns will change – and justice will no longer be a theme – because there is no longer any need for people to sing in hope of such things. Bon Dia from Dili and God Bless you all.

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

MUCKING IN — JUST BECAUSE WE CAN!

Chaplain Wayne Toleafoa, RNZN
OP RATA II (14)

“It will be sad to leave them behind, but they will be home a few weeks after us”.

One of the most likeable traits about New Zealanders is their willingness to help out a needy neighbour by ‘mucking in’. This is very much the case here in the Solomon Islands, where we (and other Pacific nations), have come to the aid of a small group of diverse Islands struggling with nationhood.

Even within our NZ Contingent –

OP RATA II (Rotation 14) that ‘mucking in’ attitude can be seen in the small deeds done by individuals – or by groups - for the good of all. Usually those deeds are voluntary and done, ‘just because I/we can’!

Running the ‘NAAFI’ (Canteen); organising outings to places of interest/fun; Arranging a birthday cake for someone; listening to others tell their stories; making furniture in the workshop to make life more comfortable for others; encouraging someone who is struggling at PT or nursing an injury; working extra hours on urgent business; giving a free haircut; arranging a game, a quiz night, or a movie. These are just some examples of the ‘mucking in’ spirit which makes me glad to be part of this contingent.

With only four weeks to go, there

will be a whole lot more ‘mucking in’ to do as we prepare for our extraction and the return home.

A small part of our contingent will remain behind to see in the new rotations. It will be sad to leave them behind, but they will be home a few weeks after us.

What will remain in my mind will be the people in this contingent – their spirit. I wish I could mention all their names, but to do that I might exclude those quiet souls whose deeds have gone unnoticed.

As we skype and email and text and ring home, we are aware of the individual friends and families who are supporting us from home. A huge “Thank you” to you.

Blessings & Prayers.

RECOMMENDED READING

“When Mum went Away”

Author: Janice Marriott



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

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

children of military parents when an overseas deployment means that Mum or Dad must go away for months at a time?

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

The author, Janice Marriott, is one of New Zealand's most respected and acclaimed writers of children's fiction and she has researched her topic thoroughly.

The text and accompanying colourful illustrations place the story in a recognizably New Zealand Defence Force context, complete with C-130, DPMs and the Army Band.

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

Source: NZ Army News

CHAPLAINS PEN — FROM HOME

SOMETHING TO PONDER ON

Chaplain Stuart Hight
RNZAF Base Auckland

Recently some airlines banned flying around the country for a few days due to the volcanic ash cloud. Many people felt anxious, sad, angry or frustrated about their situation at not being able to fly.

In that situation, what is within our control? The air safety organisations have to put safety first, and order no-flying. A volcanic ash cloud from Chile is totally beyond our control.

If it's out of our control, then what can we do about it? In this situation, there are things we can do – contacting others and making arrangements for accommodation or alternative travel.

In the NZDF there have been service personnel who have received letters informing them that

they have been discharged from the Regular Force.

What can we do about it?

Like a lot of issues in life, we could fight and struggle; we can get mad and upset, and perhaps blame others. But in struggling, we're just adding to an already difficult situation. Many times, even though we'd like to change the situation we're in, or change other people, all we can change is ourselves – what we think, our attitude towards it, what we do.

If some situations are beyond our control - we can struggle and fight, or we can accept that's just the way it is. "It is as it is". Acceptance is not about judging it to be good or agreeing with it, and not giving up on our options.

We are faced with many similar situations all the time. Situations that we find ourselves in, that we

can have little control over – bereavements, losing a job, illness, being bullied by others, debt, relationship break-ups or difficulties. Perhaps some can be situations that we have been partly responsible for bringing about, but have little control over now. There are situations we have a little control over, some we have a lot. We can only influence those areas where we have some control.

- * **How much control do I have? What is outside my control?**
- * **"It is as it is". I'm not agreeing with or giving up on it, but I can let it go for now.**
- * **If I can't change the situation, can I change the way I think or do about it?**
- * **What can I do that is within my control?**



STOP

Take a breath

Observe – What am I reacting to? What am I thinking and feeling?

Pull back & put in some perspective – What's the bigger picture? What would someone else make of this situation? What advice would I give a friend?

Practise what works – What can I do about this? What's within my control? What would help? What's the best thing to do – for the situation, for others, for me?

DSO'S CORNER



Carol Voyce

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

Greetings to you all,

I have just returned from a great holiday in the USA, and managed in my absence, to avoid the latest in yet more devastating earthquakes to hit Christchurch. As the news reached us in San Francisco, I couldn't help but think of you all as more damage and frayed nerves were revealed. I felt fortunate to miss the latest in shakes, but was grateful to know that family and friends were all safe. It's a strange feeling to be so far away when disaster hits and to be able to fully comprehend what has exactly happened, and how loved ones must be feeling. This must be so true for you all when the unexpected happens and you are separated by deployments. While I returned home yesterday, and despite the odd small rumble, I am pleased to be back in your midst. My home has suffered considerable further damage and is set to be demolished. While I have struggled with this a little and the loss of a happy home filled with memories, I feel grateful that my loved ones are well.

Past events have certainly changed my outlook on the value of chattels,

as opposed to the value of my nearest and dearest.

Our travels took us from one coast of the States to the other and were filled with many wonderful sights and sounds and new experiences. Of particular interest to those associated with Defence would be the opportunity to view many War Memorials in major centres we visited and to read of the sacrifices of so many in past wars.

Recently one of my "Bugle" editorials focussed on the value of letter writing - an art which we seem to have lost with the advent of emails and the cheaper rates we now have for long distance phone calls.

The main reason for our travel to the States was the result of a simple letter some 19 years ago! Our daughter (at age 6 years - but now almost 26!), had placed an advertisement in a child's magazine for a penpal and so began a lifelong friendship with a girl from Buffalo. Julie and Abbey have had the chance to meet up a number of times over the years, but this trip was special.

Abbey was to be a bridesmaid at her wedding. It was a topic of much conversation while we were away and a great way to further cement a relationship begun so many years ago, and which will last many more. I tell this tale not to encourage you to start looking for pen friends, but rather to emphasize the value and rewards that a simple letter can bring to you and to those you love. I have just finished catching up on my many work emails and what better way to illustrate the value in a letter than a comment I read which came from a post deployment debrief:

"One group wanted to acknowledge the value in receipt of packages from home. Regardless of

the availability of technical communications, they felt that nothing replaced the goodness gained from receiving a physical package of items from home."

So while it is sometimes hard to think about what to send in your parcels and to think outside the square, everything that is received has a huge impact on morale and is valued more than you can imagine. I hear so often about the excitement mail day brings in a deployment location and of the simple joy to find something - a letter, some children's drawings, some photos or a parcel of goodies! I hear too of the sadness when someone doesn't receive anything, and of the kind heartedness of those who share the contents of their packages with others. A letter can be so personalised - sealed with a lipstick kiss, sprayed with favourite perfume, (if this is your style) read, reread and carried in one's pocket and reread again. A simple gesture that brings much joy! I have in my safekeeping all the letters my late father sent and received during his four years in the Middle East in the 1940's. While these are precious, they are also filled with much history and are valuable keepsakes. I am sure at the time, his family didn't appreciate the value that they were to come, in the years that have since passed. Yours no doubt, will be viewed in the same light in future times.

So on a cold winters evening can I encourage you to put pen to paper and send a letter abroad! The cost is small, but the joy is immeasurable.

Safe travels to those soon to return from the Solomon Islands. Happy reunions to you all and many thanks for a job well done, both at home and abroad.

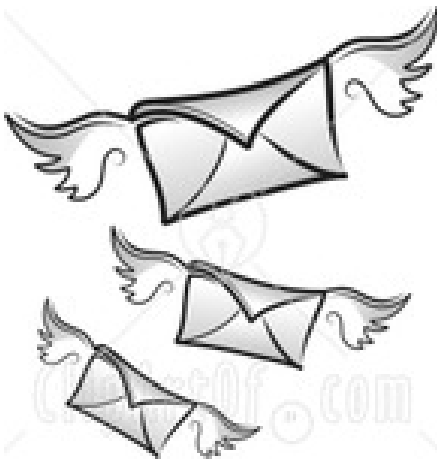
Kind regards.

DSO'S CORNER CONT'D



Janine Burton
Deployment Services Officer
2nd Land Force Group

One of the things that we promote to families, both at the pre-deployment briefings and continuously throughout "The Bugle" issues you have been receiving, is the value of mail received by loved ones on deployment.



I would hope that families at home are receiving letters (at least) in return but I would suspect that this is probably not a regular occurrence, if at all. The value of letters and parcels from home has been reinforced to us from a recent mission debrief activity where one group wanted to acknowledge the value of receiving packages while they were deployed. Regardless of

the technical communications we are now able to offer – email, Skype, and even the phone calls (a small consolation for the texts we seem to rely on today), they felt that nothing replaced the feeling of receiving a parcel from home.

So we would encourage you to keep the parcels and letters going. Your parcel doesn't even need to contain something they "need", but what about a small bag of sweets, a card, photograph, even a favourite magazine or newspaper? The value is in the support and love you have for your family member just by taking the time to send something. So keep them going.

Planning is well underway for the CRIB 18 tour update briefs and while we haven't received the DVD from the deployment yet, I'm confident it will be with us in time to share at the briefings. Venues and timings are listed under the "What's On" section of this edition and you will also find an invitation with this mailout or attached to the email, depending on how you receive your "Bugle".

Can I please ask that you let me know if you are attending one of the briefings so that I can plan for the catering and seating required in each location. Captain Kelvin McMillan, who was on the last CRIB rotation, will be accompanying me at the briefings and will be able to share first-hand knowledge of this deployment. We are looking forward to meeting up with many of you. Again, if you could let me know if you are planning to attend, it makes my planning much more effective.

Take care everyone, and remember that we are here to support you throughout the deployment so call any time if we can help.

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:

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...

Last Bugle for some

This is the last Bugle mail out for loved ones of those who have recently returned from overseas deployment and for those associated with the current deployment to the Solomon Islands. We have enjoyed keeping you informed along the way and look forward to catching up with you all again in the future.

With the last copy of "The Bugle" goes your opportunity to receive the "Army News". If you would like to continue to receive this great publication you can request to be added to the mailing list by contacting the editor, Judith Martin, by email: armynews@nzdf.mil.nz or you can read copies posted on line by visiting www.army.mil.nz

No More Mail Please

Rather late notice by the time you receive this edition of "The Bugle", but please no more mail is to be sent to those on OP RATA in the Solomon Island as their homecoming nears. Your support and communication with those abroad has been much appreciated and has had a huge impact on their wellbeing. Your efforts have been much appreciated and a huge thanks to you all.

T-shirt Campaign

Many thanks to all those who took advantage of our recent Kiwi Peacekeeper T-shirt Campaign. You should now have all received your personal orders and we hope that you are enjoying wearing your T-shirts with much pride. The quality is great! Many thanks too, to Mark Roughan and the team at Xtremewear for their assistance once more in meeting our many requests.

Deployment Calendar 2012

Just a friendly reminder that photos for our Deployment calendar need to be submitted for consideration by

1 August. We have already been meeting with our sponsor, Hugh Douglas of Weft Knitting Co to preview some already submitted and will be getting together again next week. Contributions have been slow, so we ask again, if you are home or abroad, to take time to look through your many great photos from deployment locations and to send them in to meet the deadline. The calendar is very popular but needs your input to meet the standard we expect and to illustrate the commitment of New Zealand Defence Force personnel worldwide. Look forward to receiving your contributions - and you could be in to win a merino possum sweater kindly donated by the sponsor. Please email all images for consideration to: carol.voyce@nzdf.mil.nz Your help is much appreciated.

Return to New Zealand - Solomon Islands Contingent

The contingent currently deployed to the Solomon Islands with OP RATA is scheduled to return to New Zealand on

At the time of Bugle writing, no further information was available on timings, where the incoming aircraft is to land or of any onward travel to home locations. We ask you, the Primary Next of Kin of these deployed service personnel, to make contact with Carol Voyce (DSO Burnham) toll free on 0800 33 75 69 for further information and to keep updated on detail and plans as they unfold. As always, we need to remind you that once dates and timings are released, that these are always subject to late change due to circumstances beyond our control so it is important that you keep in touch to avoid any disappointment. We too share the excitement of homecomings and reunions and are happy to talk with you all.

Be sure to keep in touch!

Kids Art Fest



The Burnham Kids Art Fest is run over the July school holiday period. It gives primary school aged children a varied programme of arts, crafts and creative movement.

It operates Tuesday and Thursdays with the morning session from 9am to 12 noon or the afternoon session from 1pm to 4pm.

Thanks to funding from Creative Communities and the Burnham UPF the enrolment charge is only \$12 for one child for two sessions in one week or \$22 for one child for four sessions over the two weeks. All children attending are invited to a performance session on Friday 29 July at 11am. All sessions are held in the Burnham Community Centre.

Contact the Community Services Officer, Cherie Mansell for further information or to register.

Phone Cherie on 363 0322 or 021 245 5099 or email cherie.mansell@nzdf.mil.nz

BALANCING YOUR LIFE...????



Toni Nicholson,
Welfare Facilitator, RNZAF Base Ohakea



With all the recent changes for personnel across the New Zealand Defence Force, it is an opportune time for people to review their situation in a number of ways. I would like to talk about deployment time for families and those who are not yet in permanent relationships.

This experience could be a good time to look at what your goals and expectations are. Have you ever sat down and thought about the different areas of your life and reviewed what you would like to achieve, and how you will go about it? For instance, with the allowances that are received from deployment, have you identified what your future goal is, e.g. to have no debts in 10 years time, and then include the steps you will take to reach these goals.

- ✱ To use the 75% of allowances to repay debt.
- ✱ To make repayments for debt higher than the minimum amount until repaid.
- ✱ To start a savings scheme and contribute something each pay (even \$5).
- ✱ To give yourself a reward when a milestone has been reached.

By taking measures like these we are able to control the way we balance our life.

Another way to contribute to our wellbeing is to consider how we deal with stress. When we get stretched we can feel stress. This may show up in a number of ways for example are you having trouble sleeping, trouble with remembering things, getting frustrated or angry, becoming very emotional, relying on alcohol, missing important deadlines? If this sounds familiar, then talk with someone about what is going on for you, either with family, friends, support people, or anyone else you feel comfortable with.

Some good ways of reducing stress include:

Humour — it's quick, costs nothing and has both an effect on your body that's good and lifts your mood.

Walking and self talking — get out and about for a quick walk and while you're doing it tell yourself that you are out of your environment, going for a walk and that you have left your house/work/car. This works by distracting you from your stressful environment.

Try drinking water — to re-hydrate, as this also helps to make your body work well including your brain.

Take a power nap — if you can. This is a great way of re-energising; even just 10 minutes will make a big difference.

Make a cuppa — this will also work to distract you but tea is good for relaxing you, particularly green tea.

Crying — while this doesn't sound like much fun, it is known that crying changes stress levels. Shedding a few tears can be a good thing so long as it is not all day, every day!

What are you eating? — a good balanced diet including fresh fruit and vegetables helps to reduce the susceptibility to ill health and to avoid direct physical stress causes.

Sleep and rest — try to get good sleep patterns which in turn impact on the way our body is able to work.

Exercise — this is a great tool to both prevent stress and to manage stress. It works by releasing helpful chemicals in our body. It also builds a feeling of wellbeing and can distract us from the causes of stress.

Anger Management — anger and managing negative emotions can only happen if we recognise that we need to change. One way to recognise that we need to do something is to look at what the consequences of our emotions are on those around us. Then we can work towards identifying the cause of our anger (or stress) and take action to change the way we react.

WHAT'S ON

Update OP RATA Solomon Islands

Wednesday 20 July, 5:00pm – 6:00pm

Camp Conference Centre, Burnham Camp

We have been fortunate to just receive some DVD footage and photographs of the contingent currently deployed to the Solomon Islands, so why not join us on Wednesday 20 July 5-6pm (prior to the monthly Deployment Information Evening in Burnham) to receive the latest news from the deployment location, to view the DVD and to get the latest on reunions and homecomings. After that we can join with our families associated with other deployments for a light meal, and for some, an opportunity to get together with others on the deployment journey. Apologies for the late notice about this extra brief. We look forward to seeing you all, so hope you can alter your social calendar to join with us. For those unable to attend - copies of the DVD and photos will be made available on request for home-viewing. Please ask. (Carol, DSO Burnham 0800 33 75 69).

Primary Next of Kin Deployment Information Evening

Wednesday 20 July, 6:00pm — 8:00pm

N.B. Change of venue (to that previously advertised)

Now: Camp Conference Centre, Burnham Camp

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 this edition of "The Bugle" or attached to the email, depending on how you receive your "Bugle". For more information, please contact Janine (DSO Linton), ph: 0800 683 77 327.

PERSONAL MESSAGES



The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 28 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

Hey my Baby

It's not long now till I get home and give you a rest from Mr Poopy. Can't wait to see you both! Love you lots, XXX. Bear.

To my 3 Donkeys (Q, D n K)

Well we are over half way now and it's not long until Dad is home with you. Babe, keep being the bestest Mummy to our babies. Dee, "Whaia te iti kahurangi, nau ano tetahi o aku nei toki". Kaea, "keep playing hard my son and you make sure you be good for mummy". Love yous heaps. Your CF Daddy.

He mihi tumaro hoehoe tenei ki a koutou o Te Kahui o Rauru, me kii, toku nei whanau o Ngati Maika. Tena koutou mo ou koutou mihi maioha ki ahau nei. Ahakoa nga piki me nga heke ki tenei taha o te ao, kei te piki te ora, I te mea, kaore roa ka hoki au ki te wa kainga na. Mauri ora JB.

Hey my Beautiful Miss P

Happy birthday for the 28th and Happy Anniversary for the 31st! Did I get that right? Not long now, keep smiling. Love always TK xx.

To Jade

Love you heap's, can't wait to hug you tight again. Love from Jack, xoxo.

To Sophia

I'm so proud of you and I look forward to playing at the park with you. Love Dad, xoxo.

Jackson Lewis

How's it going spaghetti arms! Hope all is well with you and your twin Haka. See you pukeko legs

later. Bart said 10 bux for yours and Haka's ute, 5 bux each??? Keen.

Kia ora Jakie/Pearl

Not long till you see my bulging tri's, bis and chest at the airport, TEHE! Jonny B.

TK Boys

Joshua, it was great to hear that you had an awesome birthday party and that you had a lot of friends there too. Nui and Caleb, thanks heaps for helping mum out, you both have made me very proud. Have a great school holidays up north.

BoBo

It was great talking with you the other day. You sound like you are keeping very busy with all that is going on back home. Not long to go now and we will be back with each other to help each other reach our personal and family goals as well as the rest of our dreams we have. Love you heaps, your Baba boy!

Hi T-Lady

Missing you! Not long to go. Can't wait! Love you long time.

GO THE CRUSADERS!!!

Hi Boys

Hope all is well? Home soon! Missing you! Don't drive mum up the wall during the holidays and you two older ones have a great time in Auckland. Love you. Home soon!

To My Beautiful Girl

Hope you are having fun and are keeping busy. I'm missing you a lot over here and can't wait to get back and spend quality time with you. I

love you so much. You mean the world to me. Stay safe baby!!! From your One and Only! xxxooo.

Dearest Jen and Jasmine

Not long now and I'll be home. Looking forward to seeing Jaz running around and using that big voice of hers! Miss you both and can't wait to be home. Lots of love. Me.

Dear Taff, Jordan and Tamara

Hope you all enjoyed Tamara & Elise's birthday party, bet they had a good time. Can't believe Tamara is a big 2-year old now! Hope you enjoy your school holidays Jordan and are a good boy for Nana & Granddad. I am sure you will be looking forward to our holiday Taff, will be awesome!!! Love, Mum xoxox.

HUNIBUNZ!!!

Last bugle msg ma baby.. Last One till I c0me h0me. Chaahuuuu!!!!..!0l=P. Ooh I really can't wait t0 have y0u back in ma armz again baby and I aint neva letn y0 g0 eva agn, ma HANDSOME HUNIBUNZ!!!! I LOVE YOU WIF ALL MA HEART MA PRECIOUS DARLIN ANGEL HEARTBEAT. LOVE y0ur pumi yumi PUMPKIN. X0X0.

Already home.
Grommy xoxox.

To Harry and Te Maori's

Hey you fullas, not long left now. Can't wait to get home and have a chin wag over a cuppa and a smoke. Sweet as! See you's soon. Take care, Love you's. From George.

PERSONAL MESSAGES CONT'D...

To Gary and Hinei

Hey Mum and Dad. I know you always try to look for photos of me in the Bugle, but that's not happening ha ha ha. But at least I wrote something. Miss you's. Miss the whanau. From Monkey.

Hey Hun

Not long now. Can't wait to get home and spend time with you. Thinking of you every day and proud of the way that you've brought Ruby up all by yourself. Love you and miss you. Forever and ever! xxx.

Hey Ruby

Dad is so proud of the way you've developed and how far you've come. Can't wait to get home and spend time with you. We'll build a big block tower when I get home. Love you and miss you. Dadda xxx.

Tena koutou e te whanau Huihi

E tuhi ana au taku reta whakamutunga m0 tat0u kat0a ki r0t0 t0 tat0u nei re0 tin0 reka na te mea.. K0 tenei te wiki 0 te re0 ma0ri engari e m0hi0 ai tat0u e hapai tat0u enei tikanga ia ra ia ra Ehara te wiki k0tahi ana ke. Ka0re e r0a inaianei ka h0ki atu au ki te kainga ki te taha 0 t0ku h0a rangatira a sh0ny..Tena k0ut0u m0 ta k0ut0u awhina mai kia maua k0 sh0ny.. Ka0re nga kupu e taia ki te k0rer0.. Engari tenei te mihi atu kia k0ut0u. Ma ih0a tat0u kat0a hei manaaki hei tiaki I nga wa kat0a..Ar0hanui b0y.

To my Sunshine

I miss you very much and wish I was there to keep you warm over winter. But I will be able to do that when I come home and we go on our little adventure, I can't wait. I love you and am thinking about you all the time. My memories of you keep me happy and content. Love AGL xoxo.

Dear Alistair Todd

Everything is good on the home front. The kids are good and miss you heaps. I miss you heaps and can't wait to have you in my arms again. Much love, Nick.

To Conrad

HAPPY BIRTHDAY! Missing you and thinking of you heaps. P.S. Get a damn tan as your children want a photo of their dad. Xxx.

To my wife Tracey and family Back Home in Linton (The MacRae Clan)

Lots of love and best wishes to you all. Watch the ice back there!

To Natalie MacRae and Big Jason and Little Jason in Hastings

All the best from your Dad Kenneth!

To Joe Bulgers and Liz and Family in the Hastings

Hope all is well over there and you are keeping safe. Best wishes from your Pa.

From Home

Daddy (Tuhi)

Hello... tehehehe. I've been good for Mummy. We are sending you a present this weekend. I hope you like the bubble gum, Lizzin got some like yours and it got stuck in his hair when he was asleep, he looked really funny. Mummy had to cut his hair off. Mummy said you met a pet monkey, does it look like Lizzin? Can you send me a photo? I Love you Daddy, Bailey xxx.

Dear Scotty

Hope things are going well for you. We all miss you and look forward to you coming home. Chance has been a good dog but still jumps the gate and goes walkabout and other things! Consequently I do the

shovel round each morning! Take care, stay safe. Love Mum & Dad.

Kia Ora My Prettiful Pumi Yumi Pumpkin

44 days to go today my baby boy... woo hoo... not long now at all aye my baby till I can squeeze yo'll FOREVER! Every day I look forward to hearing your beautiful angel voice...you make me so happy my baby, the happiest I've ever been before... I think it's only because you're a little s*#@ and keep me on my toes... Havin' ta keep an eye on you 24/7, lol muahahaha... I can't wait for you ta come home so we can rock to "Turn your lights down low", ae... that's the waiata my baby...xoxo... It's home time now my baby boy, Tino arohanui au kia koe toku Pumpkin... xoxo.

Hi Scube

We hope things are going well for you and that you are keeping busy. Life here in the Real Far up North is not quite the same without you although, as you can imagine, it is still beautiful. Looking forward to seeing you real soon. Love Mother and Dad.

Hello Cricket

Doing okay here but miss you heaps! Happy Birthday for the 28th! Thinking of you, love Mum.

Muny

Hey Hun how are you? Well, not a lot to update you on. Elmos been awesome but we both miss you like crazy. We are all fine and dandy back home. We are all thinking of you often and missing you heaps. Thank you for the phone calls they're the best pick me ups ever. Love you millionz, Munii xoxoxoxox. P.S: Thanks Haka for passing on all my msgs.

Kia ora Uncle Rewai

How's your flock ova there? Just a quick panui, checking up on you &

PERSONAL MESSAGES CONT'D...

letting you know that our fat boys' lunches just aren't the same without you. Weather over here is awful so the best place to be is inside having a Tui or 6. I hope you aren't getting toooo fit & toooo boolack..... I'm not. From Trevor.

Happy 50th Uncle Truck

We pray for you every night. Love from Pounamu and Kaahu-rere.

SGT HAAKA Marsh!! Huktamu is fine!!! Happy (late) 30th Birthday you old creep!! Lol. Calm down hun, or u mite break a hip or lose your false teeth or something...I've sent over ur walking frame. So hopefully url get it in time old fella...anyways my darling me and the J5 miss u heaps. (Cuz there's No.1 to do my washing...just putting it out there, lol. Love from Pania. P.S. and 4 sum reason ur mates keep hanging around the gate with lawn movers...lol. Xxx.

Dear Daz (Tony, haha)

I know it's not all fun & games but what an experience you're having. Hmmm...mosquitoes, heat & humidity!!! Something that most people can only dream about! LOL. Missing you so much but it's not long now & you'll be home. We're all looking forward to your return... counting down the days. We'll have F&C's & bebies when you get back. Put on your winter woollies sweetie...its chilly here!! Love you. Gaz (Carmella).

Hi Kurt

Missing you here at home hun, wishing you were here, especially on the cold nights. The girls are good, missing you too. Morgan is doing well at school and got player of the day for soccer last weekend. Erin is being my little helper and getting cheekier by the day. Yeah half way now! Love you. Karla.

Hi Dad

We miss you here at home but we are pleased it's halfway now. I'm playing good at soccer now, and got player of the day last week, and Erin is a great supporter on the sidelines, with her chair, umbrella and gumboots. School is good and Erin having fun at day care. Look forward to when you come home so we can spend lots of time with you. Love Morgan and Erin Brighous.

Kia ora koro, (Rika)

Kei te pehea. Tino pai tatau te whanau. Ahua makariri i te kainga. Pai o teina. Kua hoki a Tere ki tana papa. He pai te kura a Te Ao me Rangī. Ka kite koe ano, Papa. Kia ora tama, ko mama tenei. Nui te mihi kia koe mo tou huritau, rua tekau ma rua. kei te huri au ki te reo pakeha. Miss you heaps son. Hope you's are all doing well. and we look forward to seeing you when you come home. Arohanui from mum, dad and the rest of the whanau from the hills!

Hi Tarn

Just a quick hullo son, everything good at home! Summer has just got home from weeks sports exchange in Auckland. She wanted to come home the first 2 days but settled in and enjoyed the rest of the week. The Tezza is going good, getting used to it, you will be wanting a flasher car when you get home, might have to make you an offer.....Take care son, really proud of you, miss you heaps. Mum, Dad, Fatty & moko's.

Dearest Tolly

We are now starting to count the days, till you return home for some leave. You will notice a lot of changes with Jasmine and boy is she getting heavy to hold. Her personality is certainly developing well. Let's see if she will also have the shopping bug too! Mum can't wait to have a rest from cutting the

lawns and enjoy having breakfast in bed again, before you head south back to work. Can't wait to see you! Hugs to you from us! Lots of Love Jen, Jasmine & Kimmy. Xxxxx.

Hay Hun

Not long now...counting down we can't wait until you are home again. Placement is going well...well some days lol..you'll know what I mean. Our Baby Girl is growing more and more each day and talks about you all the time. Absence makes the heart grow fonder and having you away from us has made me realise how much I love you and how lucky we are to both have you. Looking forwards to our holiday together! I can't wait xx Forever and Ever Hun. I love you. Xxxxx. See you at the airport xox.

Hi Daddy

I can't wait until you are back home. I am being good for Mummy most of the time. I Love Day Care and have made lots of friends there. I kiss you good night every night cause mummy has put a photo of me and you next to my big girls bed. Love you my Dadda. Ruby xoxo.

Hey my Cute Handsome Man

Nearly home, not long now! I have missed you heaps and can't wait to hug and hold you again. Don't think you will be let out of site for a while, well until the first big shopping sale is on anyway lol. Time has flown sometimes and other weeks it has felt like forever. So much has happened in the last few months, but I am so happy I get to share it with you each day on skype. Now if you were a speck of dust on the coffee table my love for you is everything beyond that. Yours forever T Lady xoxoxoxoxoxoxo.

To my dearest Wood Turtle

Just want to let you know that things are coming to an end. During

PERSONAL MESSAGES CONT'D...

our time together over the last few months, we have cried together, laughed together, danced together and even got hot and sweaty together. It's been a great pleasure to have shared these moments with you. I hope we have both grown and learnt from each other. Thanks for being there and I will see you during the next deployment. Love always, your big Sister xoxox.

Hey JJ, BJ, and LJ

Thanks for being great boys for me, there have been times when we have fought and mum has been roarrrrrrrr, but over all you have been pretty good. Thank you for trying hard and looking after me. Love MUM xoxoxoxoxox. See you soon Dad, love JJ, BJ, and LJ.

Hay Babe

Well, 2 months down! Going pretty fast at this end! So many winter bugs around at the mo - very jealous of you in that warm sunshine! Looking forward to summertime with you tho and a relaxing break away! Kids are great, still making me laugh and smile and of course driving me crazy. Miss you so much babe. Glad you're having a good time tho. LOVE YOU xx.

To Daddy

I miss you heaps daddy and hope you come home soon. Thank you for the DVDs you sent me. I love them. Can you send me more? I am nearly on level 8 reading at school. I can't wait to read you a book. Bye daddy. I hope I talk to you soon. Xo.

To Dada

I am still a big trouble maker! I have started trying to do tricks on my little bike - like stand on it with one leg out. Every time I see a motorbike I think it's you Dada. I can't wait to have a ride on your bike when you get home. I love you and miss you! Xo.

To Bebz

We all miss you sooo much and we can't wait till you get home. The Three of us are anxiously waiting and always thinking of you. We love you lots n lots xoxox. From your mum and family. We miss and love you heaps, look after yourself and keep out of trouble and we can't wait to hear from you or see you. Xox. Love us all.

HAPPY 21st DAN

We'll be celebrating back home, practicing for the 'real one' on your return home. Have a great day. With love Mum, Dad & Bryce.

Dear Teeps

We hope you're really enjoying your experience and staying squared away and frosty. Son misses you heaps and cant wait to you come home so we can spend some time. Love you heaps mummy. See you soon xoxox Katiana, Kohu & 2/1.

Hey Te Whang

About half way through and sure looking forward to your return! Always with you and your mates in thought. So proud of you guys. Forget Hollywood...you are the real heroes. Kia Kaha. Love you,miss you. Marcia.

To Dad

What did you do today? I miss you very much! Did you have a very good day? Thank you Dad for sending packages to our house I can't wait till you come home dad. Can we go to golf when you get home daddy? Love from Kaea xoxoxoxoxoxoxoxoxoxoxoxox.

Dear Dad

I miss you so much, and I hope you miss us as well, well you probably do anyway. I went to Chariss's birthday last night and had a sleep over. I had a great time with Ray. God Bless you be safe. LOVE YOU. Dione.

MULU

Joshua's party went really well, but we missed you. It's just not the same if you're not there doing the mihi and making people feel at home. Your boys did you proud... all 3 of them! Your photos of you in the Ghan, were on the wall behind Joshua! Some of the ladies had tears in their eyes. Joshua's first week at school is going well - incredibly well - Praise the Lord! Next event is your birthday, then Caleb's, and then it's nearly time for you to come home J Yay! Am sending over the DVD and a copy of all the boys' reports so you know where they are at! Take care and keep well till you return to us. Ma te Atua koe e manaaki.

Dear Dad

Rugby is going well even tho I haven't been going the last few weeks. My reports in and its looking fairly well! Love you. Caleb.

Dear Dad

I'm going to Wellington tomorrow with Te Pikinga from my school, for a lecture about Cyberspace to success!

Dear Dad

I love you and I want you to come back now. I still miss you. (Then Joshua said to say "Fullstop"- he's learning that from school).

Kia ora The Most Beautiful Man in the World "PUMPKIN"

If you need me baby, I'm for real... the rest of your life I'll take you to paradise! The rest of your life ill take you to paradise! I'm gonna give you all my love yeah!!! Hey girl, ahh girl, hey girl...I wana rock ya world!!!... Lol. Aeee my baby boy, Pretti much, very much, but never too much. Nearly a month to go my beautifowl darling angel baby boy! Not long at all aye! My goodness I can't wait baby, till your back in my arms for ever and ever!!! I really can't wait my

PERSONAL MESSAGES CONT'D...

babyboy! You're my Hunibunz sugah plum, Pumi Yumi PUMPKIN! You're my Sweetie Pie! And I love you soo... and I want you ta know, that ill always be right here! Because, you are so dear!!! 'You're my everythang everythang boy, and our long talks on tha phone is my favourite part of the day! Well, I better leave some page for the other whanau... lol. Ka takoto koe ki roto toku whatumanawa mo ake tonu atu... Tino arohanui au kia koe toku PUMPKIN! Love alwayz Hunibunz.

Hi Dad (Tuhi)

Mum showed me a photo of the monkey already; it was on your friends' Facebook' page. I don't think it looks like me aye? We've been good for Mum but I miss playing with you on the game, so she lets me play with Uncle Boiboi and Auntie, and sometimes I ring him up to help me with my Air drops. I miss you, Liam xxx.

Lou-Lou

Love you, miss you. On the countdown. Looking forward to our holidays and happy times again. Love always, Bennie.

Mr Great

Thinking of you often and the good job you and the team are doing. Make sure you look after each other. Safe travels in all you do. I feel proud of your efforts. Granny Great. Xxx.

Mickey

Thanks for the parcel and letter. So unexpected but a great morale booster for me. Just sent off another package for you full of your favourite goodies, and a little extra to share about. Love you, Minnie. Xxxxx.

Photo Below:

Left- Liam Tuhi (6) Right- Bailey Tuhi (4) watching their Dad (Gabriel Lee Tuhi) deploy for Timor.



BOUQUETS

* * * * * The RATA Contingent, Solomon Islands * * * * *

* How can we thank you all enough for your many and varied *
* contributions to The Bugle over the months you have been away from *
* us all. You have absolutely excelled in the number of article received, *
* for sharing the load, for responding to our many requests and for *
* keeping us all up to date with a glimpse into your lives on deployment. *
* Safe travels, happy reunions and look forward to seeing you all at the *
* airport. Kind regards, *Carol and Janine.* *

* * * * * Janine Burton, DSO Linton * * * * *

* Many thanks for once again covering "my patch" while I was on leave! *
* You make a huge difference to the lives of those on deployment and *
* to their families, and we value and appreciate all that you do for us all *
* everyday. You work tirelessly behind the scenes and often this is *
* unseen and unheard, but is vital for the success in all that this service *
* offers. Thank you so much. *Carol.* *

* * * * * Lorraine Aitken * * * * *

* Thanks again Mac for providing the back up needed in my absence *
* and for offering peace of mind to those who needed it. Your input and *
* willingness to always go that extra mile is appreciated more than you *
* can imagine. Sincere thanks. *Carol.* *

POSTCARD FROM KOREA



LT Chris Mills, RNZN
with a Korean Guard

Lieutenant Chris Mills, RNZN

I deployed to Korea in April 2011 to the Assistant Joint Duty Officer position at the United Nations Command Military Armistice Commission (UNCMAC). The Joint Duty Office (JD Office) in Panmunjom, 20 metres away from the Main Demarcation Line (MDL) in the Demilitarized Zone, is where I'm based.

My daily routine changes depending on what's happening. On 'no tour and event' days, I work from the JD Office and maintain a presence on the MDL. Events that can add to my schedule include any communication with the KPA; meetings or phone messages. Within two weeks of being here, we had Staff Officer Level talks to discuss the repatriation of a UK Airman's remains from North Korea and I got the opportunity to meet and shake hands with senior KPA Colonels. This visit ended in the successful repatriation of the remains.

Days that take me out of the office on a regular basis are planned tours for distinguished or special guests which involve briefing guests and a tour of the Panmunjom area and nearby locations of interest (such as Transport Corridor West, Observation Post DORA and Tunnel 3). I recently met the Australian Prime Minister on her visit during the Commonwealth Veterans' tour; however, I was not sure if she recognized the New Zealand accent!

The job certainly comes with a few perks and utilizing US Military's assets is one of them. I have had two

chances to fly in a US UH-60 Black Hawk; once while conducting our Right to Flight missions within the DMZ and the next when returning the Australian PM to Seoul. It was a great opportunity to see the DMZ and Seoul from the air.

The biggest challenge has been learning the procedures, units and personnel that make up UNCMAC. There was a lot of information to absorb in a short amount of time from my predecessor, Lieutenant Andrew Kuhn, RNZN, and on the completion of the handover I had a limited amount of time to digest the details. Not only was there information regarding UNCMAC, but as part of the job I must also be an "expert" on Korean history, specifically the history of the UNC and recent incidents involving the KPA.

This has been a great challenge and will continue to be an ongoing one as I learn more about the job and the Korean situation.

As for the culture here, I have only been in Korea just over a month however from what I can see Koreans are a very industrious, hard working and respectful people. They give everything their best efforts and it is easy to see how they have exponentially increased their economy from 1953 to become the 12th largest economy in the world. This work ethic extends not only to business but also to sports; particularly hiking and baseball.

The Korean social structure is very different to ours and is highly respectful of inter-personal relationships, especially concerning the elderly. When NZ Veterans from the Korean War visited they were showed heartfelt devotion and gratitude for their efforts.

One experience to watch out for is Korean food. The food is quite different from New Zealand; it is very spicy and tastes good. However, you need to be careful about the 'heat' of the spices. If something is listed as spicy, it is "Korean" spicy and can do some serious damage!

FACTS & FIGURES KOREA

Total population
48,289,037 (estimate)

Area:
98,480 km²

Main export partner
USA 20.4%

Principal cities & population

Seoul: 10,800,000
Busan: 3,900,000
Daegu: 2,500,000
Incheon: 2,200,000
Gwangju: 1,200,000
Daejeon: 1,100,000

Currency
Won (KRW)

Driving
on the right

Government
Republic

Highest Mountain:
Mount Halla (on Jeju)

**On line
(monthly average)**
16 hrs 17 mins

Pro soccer teams
13

Quakes
No

Ruling party
The Uri Party

Time
GMT+9

Wettest month
July

POSTCARD FROM SUDAN



Captain Aldis Malskaitis
(pictured, far right)

Captain Aldis Malskaitis

I arrived in Sudan in March. My role with the United Nations Mission in Sudan (UNMIS) is UN Military Observer (UNMO) at Team Site Bor in Jonglei State. An UNMO's role is defined in the UN peacekeepers manual as being an "expert on mission".

In the case of UNMIS, this boils down to conducting a patrol program as part of an UNMO Team Site. The patrols are tailored to monitor and verify that the provisions of the CPA (Comprehensive Peace Agreement – or ceasefire agreement) are being adhered to by both the SPLA (South Sudanese Peoples Liberation Army – the South) and SAF (Sudanese Armed Forces – the North).

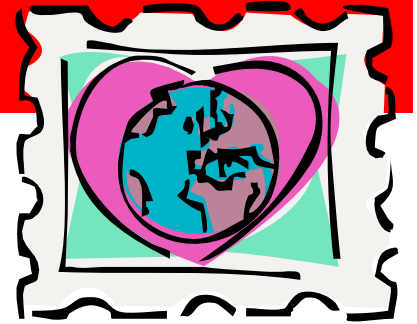
In addition to monitoring and verification tasks, the UNMOs are also involved in monitoring and

verifying other situations that may develop, such as clashes of SPLA with rebel groups, for example, or tribal clashes. These situations are too dangerous for the UN Civil Authorities to investigate on their own. The UNMOs work closely with the UN Civil Authorities who also live at the Team Site in order to complement each other.

The Team Site can conduct its patrol programme in a number of ways. The options open to Team Site Bor are: Short and Long Duration Patrols by vehicle, Dynamic Air Patrols (helicopter) and Special Flight Requests (helicopter). We have found that the UNMO patrols that have the greatest positive effect on our work are the Long Duration Patrols, as we can stay on task for a considerable amount of time, and can be more flexible in responding to developing events, such as the Murle and Nuer clashes in Jonglei which have been occurring recently.

This deployment has allowed me to really apply what I learned on my previous missions as well as the courses I have undertaken with the NZ Army. Seeing it all come together has been one of the big highlights of the trip so far.

In terms of events, the biggest highlight was a Long Distance Patrol to an area called Pibor County to monitor the tribal clashes between the Murle and Nuer. This allowed us to get quite involved with the situation and develop a deeper understanding of the complex issues involved in such disputes. Being able to plan and conduct a reconnaissance screen to support an agreed troop withdrawal was also interesting and challenging, as this is something that we practise in training, but rarely get the chance to actually conduct.



The biggest challenge so far is the language barrier. As the only native English speaker at the team site, and possibly the state, for more than a month I have not been able to hold a conversation other than a very basic one, or over a poor phone connection.

But people are people wherever you go. It can be quite humbling to be given something as important as a sheep to welcome you by people who literally own nothing.

Overseas Deployments

There are currently 688 New Zealand Defence Force personnel deployed on 19 peacekeeping operations, UN missions and defence exercises across 10 countries, including:

- Sudan (3 personnel)
- Sinai (28 personnel)
- Middle East (7 personnel)
- Iraq (1 person)
- Afghanistan (196 personnel)
- Korea (3 personnel)
- Timor-Leste (80 personnel)
- Solomon Islands — (44 personnel)
- Antarctica (0 personnel)

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