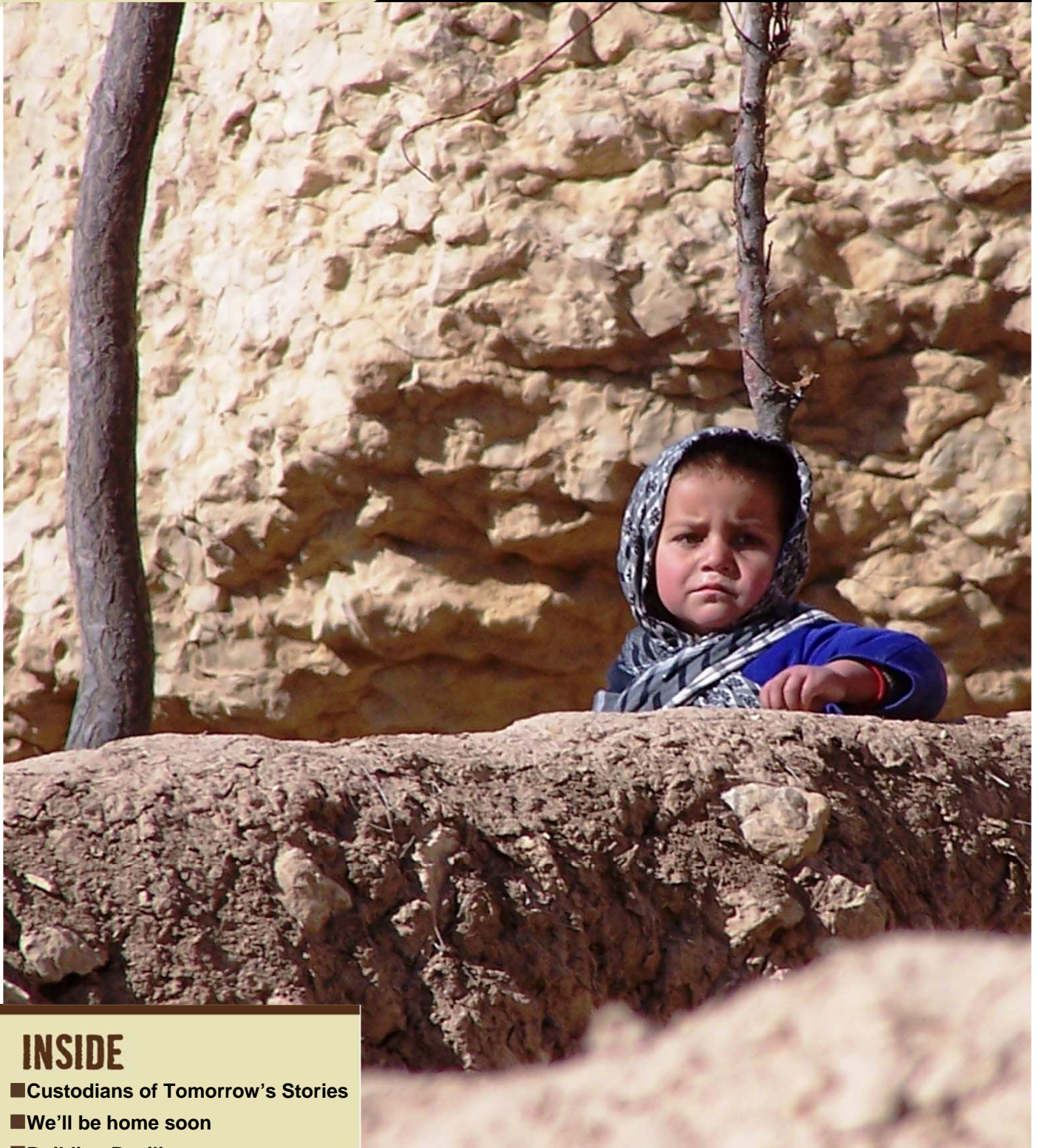


# THE BUGLE

Issue 158 | September 2011



## INSIDE

- Custodians of Tomorrow's Stories
- We'll be home soon
- Building Resilience
- Bouquets of Thanks

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 159 is  
**29 September at 4.00pm**

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

Editor: Carol Voyce  
Layout: Christine Muir  
Printing: Sharyn Cameron  
Mere Garton

Contributions co-ordinated by:  
Janine Burton and Carol Voyce

### Contact Information

Janine Burton  
Deployment Services Officer  
Headquarters  
2<sup>nd</sup> Land Force Group  
Linton Military Camp  
Linton  
Ph: (06) 351 9399  
Cell phone: 021 649 903  
Toll free line: 0800 OVERSEAS or  
0800 683 77 327  
Fax: (06) 351 9019  
E-mail: dso.linton@xtra.co.nz

Carol Voyce  
Deployment Services Officer  
Burnham Regional Support Centre  
Powles Road  
Burnham Military Camp  
Burnham 7600  
Christchurch  
Ph: (03) 363 0421  
Cell phone: 0274 497 565  
Toll free line: 0800 DEPLOY or  
0800 337 569  
Fax: (03) 363 0127  
E-mail: dso.burnham@xtra.co.nz

### Disclaimer

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

### Cover Photo:

A young girl observes a Kiwi patrol team in the Bamyar Province, Afghanistan.

# GUEST EDITORIAL

## Custodians of Tomorrow's Stories



**Colonel (Ret'd) Raymond Seymour**

Some time ago my Archivist asked me if I would assist her with some of her research. She had located a document in our Archives that was written in German and her sharp eye suggested that this original document may have been signed by Adolph Hitler. To cut to the chase, we can now comfortably report that we have an original document signed by Hitler in our collection. Priceless!

A few months ago we received a touring exhibition related to the life of Anne Frank. This exhibition was touring the world and the National Army Museum was fortunate to be invited to exhibit it for a couple of months. We decided to embellish this exhibition with a few objects from our own collection. (Did you know we have about 5,000,000 objects in our collection? Come and visit one day). One object we had, turned out to be an ankle bracelet, worn by prisoners in concentration camps. The bracelet we had was numbered "4144" and through the power of the internet and the support of world-wide agencies, we ascertained that this bracelet was worn by a Polish policeman named Jan Klukowski; that he had been born on 2 September 1899 and that he had been sent to Dachau Concentration Camp on the 19<sup>th</sup> of April 1940. Sadly, we had no information as to his fate. Another priceless object!

As I write these few lines today, I am delighted to report that the Museum has two small exhibitions relating to the various missions that the NZDF have participated in over the last twenty plus years. Our Afghanistan exhibition includes nine photographs, a couple of Soviet weapons, an Afghan tea-set, a pair of issue boots and some webbing. The other exhibition entitled "In the Pursuit of Peace" has a few more items gained from our missions from Bosnia through to East Timor. And that's the sum total of the objects in our collection. On the other side of the ledger, the Museum has hundreds of diaries, photographs and other objects from both World Wars. But today's soldiers tend to communicate using all options available to them on their mobile phones. As a consequence, the Museum, and therefore, future generations, will have very little to identify their military forebear with their activities in these contemporary missions.

So what can be done to rectify the situation? Any object – diaries, photographs (with captions), maps, clothing, etc, would be greatly appreciated so that at some stage, in the future, the Museum can accurately tell the entire story of a particular mission. If you are willing to donate these items, or any other related items, to the Museum, they will be greatly appreciated. Remember, you are the custodians of tomorrow's stories.

# FOREIGN CORRESPONDENTS

## NEWS AND VIEWS

### Including:

➤ NSE 18 says goodbye ➤ Final weeks in Bamyān ➤ We'll be home soon ➤ Remaining Focused ➤ AC on Ops ➤ Chief of the Military Liaison Group reflects on the Community's response to violence ➤ Just a special touch of paradise ➤ Life in Sinai ➤ OP RATA National Support Element due to rotate in the Sololoms

## NEWS FROM CRIB 18 AFGHANISTAN

### NSE 18 SAYS GOODBYE

**Major Martin Hawthorne**  
Officer Commanding

Well this is it, only a few days left and NSE 18 will be on their way home. "It's been emotional!"....as some would say. There have been the highs, and of course, the lows during our time in Afghanistan. The highs for me have been the privilege to have served with, and commanded, such a great bunch of people during the deployment. In the last issue of "The Bugle". POWTR Hone Taurua explained to you all a brief description of all the members of the NSE but left out one important person.....himself!



Hone has been a key member of the NSE and without his sense of



humour and personal drive we would have been a lot less entertained, and probably a lot less fitter – due to Hone's determination and drive when it comes to the art of Crossfit.....TOOT TOOT!!

We were privileged enough to have our Commanding Officer, CDR Murry Tuffin, come across and visit, albeit for one day, but he did manage to meet all of the NSE personnel and have a guided tour of Bagram. Whilst he was here, he managed to present the ISAF medal to each individual.

We recently had a visit to the F15/ F16 fighter Squadrons as an informational aspect to our time spent in Bagram. This was courtesy of the Army Liaison Officer to the USAF. Funnily enough he joins us

on most days at the Crossfit gym!! Of course there was the chance to get some photos, and the best I feel, must go to POWTR Hone Taurua for his handstand against the F16. This is something the Crossfit people will understand!! The other, and the winner, must go to LSA Dom Ngawaka for her 'Planking' pose, again on the F16 (see below).



There is still much to do in the short time that we have left in Afghanistan and everyone is trying to stay focused on the handover to NSE 19. This involves a lot of time going through documents, procedures, and meetings, (so many of the Coalition Forces we have to deal with), but mostly the Americans, without whom we would not be able to maintain the support for those NZDF personnel deployed in Afghanistan.

Not only have we got to get through the handover/takeover, but there is the beginning of the Rugby World Cup 2011 to get involved with here in Bagram. There are a few Expat Kiwis, Brits and Aussies who are keen to join in and watch the games with us at the NSE. I'm sure it will be a noisy affair when it comes to that all important game against the French!! There is also more early morning runs to get through, 9/11 10 year memorial run of 9.11km and for two of the NSE members, Captain Jamie Calder and Lance Corporal Sulia Wright, there is the Bagram Marathon, all 26.2 miles (42.195 km)!

I'd like to finish off this last "Bugle"

# FOREIGN CORRESPONDENTS CONT'D...

article by saying thank you to all the personnel back in New Zealand who have supported us throughout our tour, and of course, the members of HQJFNZ. It goes without saying, a big thank you to the US Forces for all their support, and of course, the British, Australian and Canadian Forces that have also come to the party on occasions to help.

It also goes without saying, a huge thank you to all the friends and families that have supported the members of NSE.

Finally, there is one last and very special thank you that I would like to say to those of the NSE and TROY - It has been an honour and privilege to work with personnel of the three NZDF services as part of the New Zealand National Support Element.

Thank you, and have a great future and enjoy your families and especially being home for Christmas.

All the very best to NSE 19!

---

## FINAL WEEKS IN BAMYAN

**Lt Col Hugh McAslan**  
**Senior Military Advisor NZPRT**

This will be the final series of "Bugle" articles from the 18<sup>th</sup> NZDF CRIB contingent. We have now commenced the handover with our relief, and as the edition of "The Bugle" goes to print, the first half of our contingent will have almost arrived home.

We have been fortunate to be deployed during a pretty significant chapter in Bamyán's history with the commencement of the Transition Process. The fact Bamyán was selected to be the first province in Afghanistan to hold the ceremony signifying the commencement of Transition, is in

itself, testimony to the combined efforts of the people of Bamyán and the NZDF's efforts in the province over the past nine years. All previous CRIB rotations can all be satisfied, that in some way, they have contributed to Bamyán getting to this stage in its journey to self determination. It was certainly a privilege for CRIB 18 to be a part of an important stage in Bamyán's history, and tops off what has been a challenging but enjoyable deployment.

The past fortnight has also been tinged with the tragedy of the NZ Army losing its third soldier in Afghanistan, with the passing of Corporal Dougie Grant. Dougie was well known to many of the contingent, given his previous service in 1 RNZIR and 2 Engineer Regiment in Linton. The PRT held a memorial service for Dougie on 29 August. Our thoughts are with Tina and the children at this difficult time.

The final few weeks here will see a continuation of the busy tempo that is a feature of the summer rotations as we ensure all the vehicles and equipment is refurbished and ready to go for CRIB 19, while our patrol schedule out in the districts continues as normal.

As we think of home, our thoughts also turn to our families. While anticipation of being back together again is growing, we continue to focus on our job over these last few weeks. The support from home over the past eight months has been superb and for that, we thank you.

## Go the All Blacks!

## WE'LL BE HOME SOON

**Mike van Welie**

Second in Command TU CRIB 18

***"They have done  
a great job and will  
be working right up  
until just prior to  
getting on the  
plane".***

As it draws near to the end of our tour, we have the security patrols starting the rigorous cleaning regime and commencing their post tour administration, whilst the first of our replacements have landed safely via RNZAF C-130 a day or so ago, and there is a buzz of excitement in the FOB.

For those that have just landed, they look forward to cracking on with it, and those on their way out are looking forward to catching up with friends and family on return to NZ, and some well deserved leave.

I am one of those who have home not too far around the corner but we have a couple of important duties to take care of before we set course for NZ, so that TU CRIB 19 will be well set to take up the reins and carry on what has been some good work by our soldiers, sailors and airmen. What is typical of military handover operations is that it is a period of high workload for our tradesmen who are now stretching themselves to meet the deadlines and prepare all the equipment for the new contingent. They have done a great job and will be working right up until just prior to getting on the plane.

The 'plane' as it were, has been mostly just something that is whispered about in conversations in barrack rooms where people talk



# FOREIGN CORRESPONDENTS CONT'D...

quietly about what they will do when they get home. It is a milestone that symbolises the beginning of the end of the tour and the long awaited journey home to families and loved ones. As I write this, the first of these planes is now a reality and there is a real sense of anticipation in the air.

For many of us here, the six months has passed fairly rapidly. It has gone by in a real flash but I know that there will have been many missed moments and changes in the home for lots of our families that we will have to catch up on. For many others, it will be a

return to those familiar and comforting things that they are most looking forward to; the spot on the beach, seat on the couch or standing behind the BBQ. I know that there have been big changes in my own house and I'm looking forward to catching up and sharing some quality summer time.

I have personally found this to be a very rewarding experience and I have received heaps of feedback about the positive work that our contingent has done in the Province. We can be very proud of what we have achieved in such a short period of time and we spare a

thought for our other PRT partners with whom we have shared this experience and who remain behind to continue on the work. It is also appropriate that we acknowledge our families at home who in many ways have been on their own "tour of duty" and have made the tour bearable. You are a significant part of our service and are much appreciated.

We will keep our eye on the ball but it really isn't all that long to go now — so crank up the BBQ, we'll be home soon!

## NEWS FROM GYRO 11 & OP KORU TIMOR-LESTE

### REMAINING FOCUSED

#### Major Andrew Mackenzie Everitt Officer Commanding GYRO 11

Well, it's been four months now and it's still hot in Dili! No surprises there...

But it has been a full and rewarding few months. Despite a quiet operational period, GYRO remains focused on doing what it does: That is to provide the armed NZDF component to the International Stabilisation Force in Timor-Leste. The infantry component has led the way, rotating through several tasks including Community Engagement Patrols and the valuable, if slightly more mundane, base security duties. In between, they found themselves literally all at sea involved in a unique Joint and Combined amphibious landing exercise with Aussie and Timorese forces. They now look forward to their next task in the mountainous interior...

Meanwhile the PMV element continues to stag on valiantly in their role. With far less opportunity to venture forth, they are to be specially commended for sticking to their task. Not that they are resting on their laurels. An imaginative professional development programme sees all ranks progressing their generic skills to the extent that one of the troopers will shortly be tasked with planning and commanding a patrol to Covalima District.

The Loggies are also doing a great job. Often unsung, they just keep churning out the work with a minimum of fuss. Supporting the force is what they do. And we remain grateful for it. Same deal with some of our other NCE pers: our medic has already conducted one NZDF First Aid course-and is planning a second, and perhaps a third. Our PTI works seemingly non-stop to not only provide first-rate group PT but also keeps up

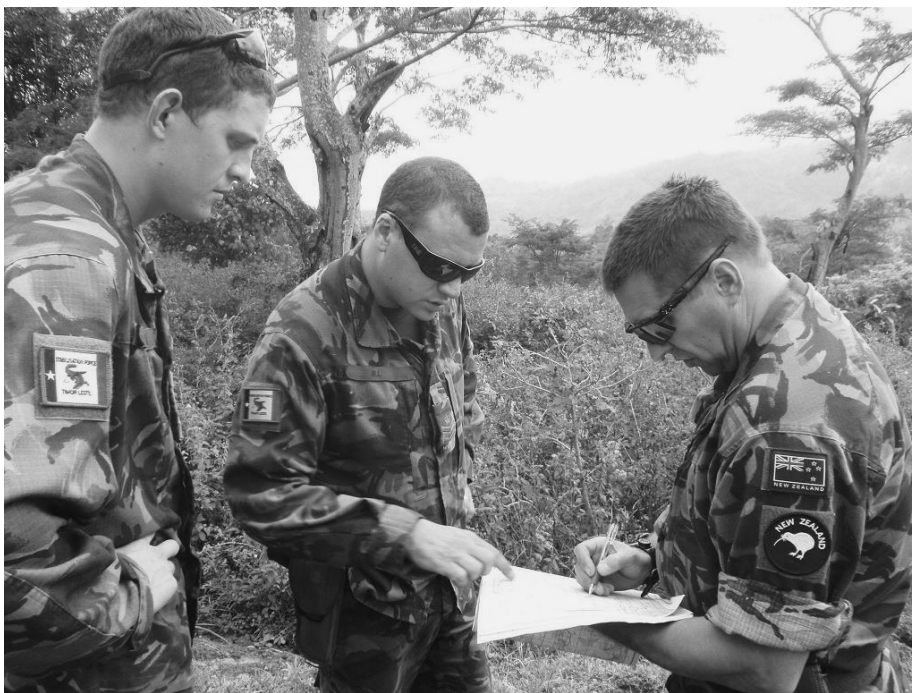
morale by offering tailored fitness advice and massages. And if that's not enough, she keeps the welfare committee going! Similarly, the Padre is always out and about, 'ministering to his flock' as he tells me. Whatever that means, I know we have a top welfare programme and that our spiritual and counselling needs are being met.

Of course, it's not always right to single out such individuals. It is fair to say that *everyone* here is pulling his or her weight. The Sigs keep our comms going (we only notice when it goes wrong); and we know that our staff officers, MP and MOVOP are out-performing their Aussie colleagues in the force HQ. Same detail with our unsung Fireys who remain stuck out at the APOD. (We hear the Aussies want to keep them). And what would we do without our S1 who pays us and keeps the parcels coming. Final word is for the Task Unit Sergeant Major who provides first-rate

# FOREIGN CORRESPONDENTS CONT'D...



**MAJ Andrew Everitt takes a lunch break on patrol in the Cova Lima District**



**PTE Sebastian Gibson, SSGT Josh Hill & MAJ Andrew MacKenzie Everitt on patrol**

guidance and leadership to the entire contingent.

As we approach the final part of our tour, we not only reflect upon our achievements to date, but look forward to a couple of remaining challenges: we've been asked by the Irish Defence Force to retrieve a couple of their memorial plaques for subsequent repatriation to Galway; and we still intend to trek

up Mount Ramelau, Timor's sacred mountain and highest point. And of course, we will see the job out to end-state.

So thanks to all the support we have received from everyone at home. Be seeing you soon. Just as it starts to get even hotter at the start of the wet season...

Ate logo.

## AC ON OPS

**AC Mark Cooper  
CS OP, GYRO 11**

By the time this gets printed, I'll have almost finished my first tour on Ops. It started back in April when I got a call asking if I was interested in deploying overseas. This was what I was training for, so I said, yes. Little did I know I was in for a roller-coaster of a ride.

My name was put down as a backup. Later that week I was told I was going, only by the end of that same day I was back on stand-by. So continue life as normal. I was on a course in Woodbourne when I got the signal to get to Linton by the next day, to start PDT. When I got to Linton, the rest of the contingent had already been there, training, for about one and a half weeks. I had a lot to catch up on. Pre-deployment briefs, kit to be issued, and all the usual, as well as have all four wisdom teeth removed. All in less than a week!

It was during the few days I then had off, (to recover from the dental op and say good-bye to family), that I started to worry, "what have I gotten myself into?"

"I'm only an AC, haven't done my senior trade-training yet. Will I be able to do the job?" I reminded myself that they wouldn't be sending me if they thought I couldn't do it.

The first few months were busy, with the handover from our predecessors, settling in, learning the way the Army, and Australians, do things and conducting refresher courses on radios. In my communications role I spent time working with the Aussies and their radio kit. This brought its own challenges and rewards, like learning to operate their different radios.

I was on the first patrol to the Cova

# FOREIGN CORRESPONDENTS CONT'D...



**AC Mark 'Sheldon' Cooper**

Lima district to confirm the locations and condition of the memorials. It was amazing to see the changes in climate and environment throughout the country. Timor may be small but it's packed with breath-taking scenery. The scenery wasn't the only thing that was amazing, the people were welcoming and friendly every where we went. We'd wave as we drove past and they'd smile and wave back. The roads on the other hand ... we got stuck a couple of times with the Toyota 4WD, and our average speed over the trip was something like 20kph!. It's also been great to go on the smaller local community patrols through Dili, meeting the locals.

Back at H-POD (now home-away-from-home), with the comms team being the local computer experts, I found myself the unofficial computer doctor for personal laptops. While this was not always easy back in NZ, being in Timor added to the list of complications.

At first, being one of the junior personnel and joining the

contingent late, it was daunting. But as I got stuck into the job over here, there wasn't much time to worry about how I'd do, only to do my best. It also helped that there were fellow Air Force, and over the last four months I've gotten to know our Army and Navy colleagues. A great group of guys and girls, and I take it as a good sign that a lot of them have nicknamed me "Sheldon," although the obvious "Coops" is also used.

Would I "put my hand up" again?- In a heartbeat. It's not always easy and you can be working late at night, but it's rewarding and what I signed up to do.

---

## RUATLO DUATHLON

### Captain Libby Reardon

August 21<sup>st</sup> saw WO2 Moana, MAJ Ackroyd, COL Dransfield and myself take part in the Ruatlo duathlon event here in Timor-Leste. Organised by the Portuguese GNR (Republican National Guard), well known for being a troop of topless men with bulging bi-iceps, we were sure this was going to be a finely tuned event! Entry was free and via

email, to which we were rewarded with a race pack including size 5 jandals (perfect for MAJ Denise Millner), a small blue Timor Telecom T-shirt (as pictured below wearing - an excellent size for displaying those bulging bi-iceps...), a coke, a hat, a fan, and a key ring. Everything ran smoothly (for the most part) with a scheduled start time of 0630 and a prize-giving at 1700 that evening.

Being Timor, we were only slightly surprised when the start was delayed somewhat, and only a little more surprised when we all had to turn around due to confusion over the starting line. Taking off for a second time, we all cycled madly through the not-so-bright lights of early morning Dili, before heading for an exhausting climb up Becora hill.

The 28km cycle component led us West out of Dili and over toward Hera, before winding our way back along the coast to approach Dili over the Presidents hill and completing the cycle at the Christo Rei statue on the waterfront. At this point, I had just managed to overtake COL Dransfield, I still had WO2 Moana in my sights and I was





# FOREIGN CORRESPONDENTS CONT'D...

determined to remain in front of my female UN friends slightly behind me.

At the Cristo Rei statue, it was a quick dump of bikes (hoping we would be reunited at some stage), change of shoes, scull of a bottle of coke and back into it for the 7.8km run to the centre of Dili. COL Dransfield was quick to overtake me, while I maintained a steady pace for the remainder of the run and managed to bump myself up from 6<sup>th</sup> to 5<sup>th</sup> female position (yes, there were more than 6 females in the competition... albeit not so many more!).

We all enjoyed the free soft-drinks provided as well as the snacks at the prize-giving. I managed to score another free telephone with the spot prize giveaways – which I'm hoping will last longer than the phone supplied by H-Pod, and we all enjoyed the festival atmosphere of the entire competition.

Organisations located in Timor-Leste are proactive in encouraging and sponsoring sporting events here, which offer an excellent opportunity for the expat and local communities to mix and mingle. Recently we had a 10km running race (I was 5<sup>th</sup> female again!), the marathon, a 45km cycle competition and the world-famous 6 day Tour de Timor cycle event is due to begin this Sunday.

It's great to see so many people involved from so many different areas of Timorese society and these events do much to promote and support the Presidents 'City of Peace' campaign for Dili.

My only remaining sporting hope is that I might be able to help promote Rugby Union within this soccer-dominated environment...we can only try!

## A NEW UNDERSTANDING

***(Colonel Martin Dransfield is the Chief of the Military Liaison Group of the UN in Timor-Leste (UNMIT). Following recent violence in the Cova Lima District, Colonel Dransfield reflects on the community's response to violence in general over the past few years.)***

Each day brings a new experience, a new piece of knowledge, a new understanding of Timor and its people.

On the way to Quelicae, I marvel at the steppes that have been carved into the hilly terrain to grow rice. It is now the dry season and most of the rice has been harvested, but water still reaches some of the paddy fields through a series of bamboo pipes, demonstrating the ingenuity of the local farmers. We pass through the market selling many different vegetables and fruits, as we take our final steps towards lunch with Father Joao de Jesus, who calls himself Jo Jo. On arrival he informs me that he has been in Timor for seven months and 20 years. He originates from the Philippines, is granted six weeks leave every three years, and runs the parish, the school and the orphanage.

We proceed to lunch and consume several dishes, prepared by the military liaison group and reflecting the international flavour of my team. Father Jo Jo laments that congregations are getting smaller, although his church still overflows every Sunday. We discuss the social aspects of the Timorese (and anyone for that matter) attending church. The fun in dressing up, the joy of singing, and the sense of being part of a community that belongs to some greater force.

I contemplate that only three days previously in Galitas, near Zumulai, 66 houses were set on fire with 55

totally destroyed. 500 locals had fled and then sought refuge in the Zumulai Church, a continuing symbol of refuge and safety. We discussed the incident and referenced it back to similar incidents in 2006 and in 1999.

In 1999, when wide-spread looting, burning and killing was going on, the Catholic priests, including Father Joao and several others from the Philippines, had provided sanctuary in their churches and a figure head around which thousands had flocked. They had taken on the role of spokesmen: someone who could talk some reason into the heads of men who were committing unspeakable acts. Men with wives and children who had turned against their own people. Militia gangs acting out of hate - or was it fear? I compare it to Lord of the Flies, a book written by William Golding in 1954, about the behaviour of young boys stranded on an island with no adults to check their behaviour. Of how they transform into a pack of savages, who over a very short time regress to a primitive state. The incidents in 1999, 2006 and 2011 had occurred in a very short period, with terrible results that would leave scars for generations. However, amongst all this destruction individual priests, like Father Joao de Jesus, had provided a rock for the innocent majority to hold onto.

So as we finished lunch, and we moved away to visit more villages, I left the priest of 7 months and 20 years and reflected on how it takes a few to destroy but also an individual or an individual act to rebuild. Father Jo Jo had not only saved 1000's but was now rebuilding. He will probably go on to serve seven months and 40 years, his name will never be in a newspaper, or on a television screen, but he will always be remembered.

## NEWS FROM OP FARAD, SINAI

### JUST A SPECIAL TOUCH OF PARADISE

**Corporal Cameron West**  
**OP FARAD**

We arrived in Cairo on my birthday, and spent the next six or so hours making our way through the chaotic madness, that is the traffic in Cairo, then through the relatively vegetation-sparse and desolate wasteland that is everything between settlements, all the way to our final destination of El Gorah. But unfortunately, on this day that would not be our final destination. Due to circumstances beyond our control, we had to backtrack to El Arish, which after two days of travelling was the last thing any of us wanted! However, upon arrival at our temporary digs, a none-too-shabby beach-front resort, the grimaces became smiles and we settled in for the night.

The following day, we met up with our Fijian escort and finally made our way into El Gorah, better known as North Camp, where we would spend the next six months of our lives working our various roles within the MFO. My role in this organisation is that of 'Passport Clerk'. I won't bore you with the details, but suffice to say my day-to-day tasks include, but are not limited to: issuing MFO ID cards for new arrivals; putting together 'passport packets' to be sent up to the border for visa stamping and ARE card (Arab Republic of Egypt) issuing, extension, and in the case of the ARE cards, ultimately destruction; processing all repatriation documentation; Utilising SAP to in-process and out-process personnel, and run various weekly SAP reports; and compiling

data for weekly and monthly meeting reports. Exciting stuff, but nice work if you can get it!

For me, work usually runs smoothly and by-the-numbers, however, when dealing with non-English speaking soldiers with no interpreter around, the language barrier can prove to be a difficult hurdle. It usually starts with either one of us repeating what was just said, in the hope that somehow they've gained the use of the others language in the last five seconds. When that inevitably fails, the message is re-repeated, but slower and with more volume... 'surely that will work', you must be thinking. You'd be wrong though. From there, it tends to devolve into a game of charades or Pictionary, which actually works remarkably well. Google Translate works a treat too, for those times you have access to the internet!

That is just one aspect of life in the Sinai; the work aspect. As for getting out and about, early on in the rotation we were given the opportunity to head down to Cairo with the primary purpose of witnessing the last remaining wonder of the ancient world; the Great Pyramids of Giza! ... Oh, and we got to see the sphinx too. The enormity of these things defies description, but to give you an idea of the sheer scale of these things, I stood next to a block at the base of the Great Pyramid, and that single block was taller than me. The Great Pyramid was constructed with approximately 2,300,000 of these blocks and they range in size anywhere between 2.5 tons and 50 tons. They say that the pyramids are visible with the naked eye from the moon, but having never been, I

can't say for sure. What I can say, unequivocally, is that anyone that has the opportunity to come over here on deployment should, without hesitation, seize their chance to visit these man-made marvels; these behemoths!

Not too long after the trip to Cairo, another duty tour came up; the ever-popular Luxor duty tour. Let me tell you, the pyramids were impressive, but in my opinion the Luxor duty tour, with visits to Karnak Temple, the Valley of the Kings, and the Valley of the Queens takes the cake. The sheer variety of things to see; statues, pillars and obelisks, all intricately carved with an array of baffling hieroglyphics, and all on a quantity and scale that's hard to fathom, make this duty tour the one not to miss. The ancient Egyptians definitely didn't do things by halves; these sights were, for me, the most awe-inspiring. Culturally speaking, anyway.

These were just two of the many duty tours the deployed person can hope to experience, and as of writing this, the only two I have experienced whilst here. With only two months left of my deployment, I fear I may not get a third. But please... do not weep for me.

---

### LIFE IN SINAI

**LAC Scotty Bridger**  
**Driver, OP FARAD**

It has now been four months here for 2/11 OP FARAD and we are well settled. The contingent quickly adapted to the Multi-National environment and the environment in the Sinai in general.

We have been doing a lot of driving throughout the four months we have been here. The road conditions of Egypt often poses a challenge. This ranges from

# FOREIGN CORRESPONDENTS CONT'D...

washed-out roads, road works, reverse cambering on corners, sand drifts and congestion. Israel is also not without its challenges and has proved that patience is a key element to negotiating much of the country.

We do organised PT three days a week with both the Australian and Canadian Contingent, have regular sports comps against other contingents within the force, and practice Kapa-Haka weekly.

Though we work a lot of weekends we have had some memorable nights here at North Camp, both within our own established areas and with other contingents. We have made many friends amongst the other nations here and I'm sure this will continue with rotations to come.

Our MACK MP8 trucks have proved invaluable in the harsh conditions of the Sinai Peninsula. They have been extremely dependable. Our other vehicles include Volvos, Mercedes buses and Chevrolets.

The internet, though intermittent at times, has been a great tool to contact home via Skype and email. And the phone connection is excellent.

We have recently had a new rotation arrive, though it was disappointing to see the original crew go, it is good to see some new faces around the place. The new drivers have done a great job getting into the swing of things. I have been lucky enough to get on a few duty tours while over here. It has been a great opportunity to see historical locations which otherwise would have been out of my grasp had I not deployed with OP FARAD.

Team work is essential to any operation and it is pleasing to see such amalgamation within MFO.

## NEWS FROM OP RATA, SOLOMON ISLANDS

### OP RATA NATIONAL SUPPORT ELEMENT DUE TO ROTATE IN THE SOLOMON ISLANDS

#### Captain Jimmy Russell

The past six months have been an interesting time for Rotation 14. For most this has been our first deployment with the NZ Army.

Whilst the operational tempo in the Solomon Islands is not very high, the National Support Element has been kept busy with a variety of tasks. These have included supporting the Civil Military Liaison team with NZ representation, supporting the Participating Police Force and assisting in training with the remainder of the Combined Task Force (CTF).

The NZ rifle platoon was in theatre for the first four months of our tour, and each member of the NSE had his or her own job to do (specific job to do) to support this group. This included jobs such as the radio operator, vehicle mechanic, company quartermaster and

administrator. When the platoon departed in July, the NSE reduced in size by five (the padre, the medic, two signallers and a logistics officer), our task became to support the NZ personnel deployed within CTF HQ, as well as maintain our own stores and communications. Whilst the tempo dropped after the platoon left, we took the chance to conduct further outreach tasks with the Civil Military Liaison Team and participate in local activities such as the half marathon. A highlight of the trip was to reach the semi-finals of the camp 5-a-side soccer competition.

During the last six months, the NSE has established some excellent relationships with the Australian Army contingent, the Australian Participating Police Force, and particularly the NZ Participating Police Force. A newly established trophy to be competed for between OP RATA and OP GALAXY (NZ Police) was won by OP RATA, even if we did lose the Netball and Volleyball.



*Back Row From Left: LCPL McDonald (4 months), CHAP Toleafoa (4 months), CPL Trembath-Harris, LCPL Kerr (4 months), PTE Hollingsworth, LCPL Crowe, CPL Brown, LT Hume (4 months), Front Row From Left: MAJ Mitchell (Senior National Officer), WO2 Williams (4 months), CAPT Russell, LT Poff, SGT Wilson*



# POSTCARD FROM THE GULF OF ADEN



*LTCDR Pedro Silva Barata; CDR Neil Carson, and MAJ Leishia Pettigrew, NZ Army*

## **Major Leishia Pettigrew Combined Task Force 151**

Following a change of command ceremony in Djibouti on 30 June, the Combined Task Force (CTF) 151 command team embarked on the CTF 151 Flag ship USS ANZIO, a *Ticonderoga*-class guided missile cruiser.

I'm the Legal Adviser to the Commander CTF 151, Captain James Gilmour, Royal New Zealand Navy. I also wear the hats of CTF 151's Public Affairs Officer and the NZDF's deployed Public Relations Officer.

CAPT Gilmour and I are two of three NZ Defence Force members contributing to this coalition command staff. The remainder of the team come from Australia, Canada, the Kingdom of Saudi Arabia, the Netherlands, and the Republic of Korea. We also have a Royal Navy Liaison Officer in Bahrain and are supported by US Navy staff. It's the first time CTF 151 has had coalition command staff, and it's a relatively small group (11 people). You can see why we chose 'Kotahi' ('as one') as our motto!

CTF 151 is one of three task forces operated by Combined Maritime Forces (CMF), a 25-nation coalition based in Bahrain. More than

23,000 vessels transit through the Red Sea, Gulf of Aden and Somali basin annually and the risk of piracy is very real. CTF 151's mission is to undertake counter-piracy operations.

CTF 151 coordinates with the EUNAVFOR task forces in the region, as well as independent deployers to respond to piracy threats. CTF 151 must also be prepared to respond to distress calls from other vessels in the region.

Having spent a large part of my career supporting land-centric operations, I've now got a great opportunity to learn more about Naval operations. It gives me a chance to better understand Navy terminology and is good preparation for my next posting as Assistant Director of Legal Services - Northern, where I will provide legal support to the Navy, Army and Air Force commands in the Auckland area.

To be the first NZDF legal officer deployed to support the first New Zealand CTF 151 Commander is a pretty exciting opportunity. Rarely one gets the chance to be involved at the strategic, operational and tactical levels of a single deployment. Going from drafting aspects of the Cabinet Paper to

attending operational planning groups and then deploying has given me a real appreciation of the process of the mission.

It's also an excellent opportunity to put the theory of my 'law of the sea' course into practice. A recent example of putting theory into practice was when we disrupted a suspected pirate skiff by one of the units assigned to CTF 151, the Flag ship USS ANZIO. A merchant vessel reported an attack by suspected pirates, which included being fired upon. The attack was unsuccessful due to the vessel's use of Best Management Practices, steps recommended by the merchant community for vessels to protect themselves from piracy.

As part of a collaborative effort between CTF 151, NATO (TF 508), a Japanese Maritime Self-Defense Force vessel and a Japanese Maritime Patrol Aircraft to locate and apprehend the suspected pirate vessel, USS ANZIO intercepted the skiff. By that time, much of the suspected pirate paraphernalia in the skiff had been disposed of overboard, though we did manage to find more. My role in this incident was to advise Commander CTF 151 and his staff of the legal freedoms and constraints applicable in an interception.

While I've been to sea before, this time it is for a lot longer. I have a cabin to myself so I am feeling quite spoilt in that regard. The crew has been very welcoming and the cookies are delicious! To ensure there's some balance in our daily battle rhythm (and to counter the cookies), the team has been challenged to cumulatively cover the distance of our respective nations during the deployment using the cardio equipment on board. We have covered over 2200km so far, and have less than 3000km to go.

# CHAPLAIN'S PEN — FROM ABROAD

## **Padre Katene Eruera** **GYRO 11**

Every New Zealander knows that 1987 was the last, and only time, the All Blacks won the Rugby World Cup. Most of GYRO weren't born or were still very young when they did, so they have no or few memories to share with one another about a winning All Blacks World Cup team. For those of us who do remember 1987, it's been a long time between drinks. Should the All Blacks win this World Cup, I'm sure GYRO will celebrate in fine style, and as we're a 'dry' operation, it will be with a nice, cold, fizzy, non-alcoholic drink like Ginger Beer. That will be a memory to keep and pass on; after all it's not every day that someone can say they watched the Rugby World Cup, with mates over a Ginger Beer, while on an operational Tour of Duty in Timor-Leste.

We've been very lucky though because we struck a big problem early in our deployment, when we realized we had no direct access to watching the rugby in Kiwi Lines. The Australians, bless them, are playing host for us, and have said its fine to use their TV and facilities. So every time the All Blacks play, GYRO will be walking from Kiwi Lines to the Australian side of our Base to muscle them out of their TV room, settle into their place, and cheer on the All Blacks. It will be an interesting negotiation over space should the All Blacks and Wallabies play each other; and I am sure a side game of one-upmanship will also happen if we do. Be assured that the ANZAC rivalry is alive and well in Timor-Leste.

But also, the ethos of the ANZAC spirit is alive and well too. Our International Stabilisation Force ("ISF") Commander, an Australian, reminds us that it is an ANZAC operation we're conducting, and he considers himself very fortunate in

commanding it. Australians I talk to think the Kiwis are tough, and admire that: but they will never admit it publicly, only in private conversations. So there is an interesting tension between ANZAC rivalry and the ANZAC spirit being played out here. In terms of being a Kiwi or an Aussie we are rivals, but in terms of doing the mission we are not. Certainly if one looked hard enough there is a sense of the sacred when the ANZAC spirit is invoked: it draws upon that special bond of mutual obligation to one another, from our shared military history, and is used to remind us of that common purpose we had, and still have, in achieving the mission entrusted to us. It doesn't take much to understand why our Australian ISF Commander places so much importance on it; there are common values we recognize and foster in order to maintain that legacy, for example a sense of

selflessness by individuals for the common good of all.

This tension between ANZAC rivalry and spirit comes into play this month when the Rugby World Cup begins. The rivalry may be focused on how great our respective national teams are, and of course how awful the other team and their individual players are! Should the All Blacks and Wallabies meet, the rivalry will step up a bit, with more intensified but still friendly ribbing that GYRO will give to and receive from the Australians.

So how does the ANZAC spirit come into play? It's not everyday that someone will give up their space, and recreational TV watching, and say: "here mate, you use it too".

Go the All Blacks, and thanks to our Aussie mates. God Bless and take care at home.

*Australian & Kiwi soldiers competing in a friendly game of one-touch*



*GYRO 11 Powhiri for the ISF Commander COL Luke Foster and the Australian Army*

# UNITED NATIONS

## The UN has 4 main purposes:

- ✱ To keep peace throughout the world;
- ✱ To develop friendly relations among nations;
- ✱ To help nations work together to improve the lives of poor people, to conquer hunger, disease and illiteracy, and to encourage respect for each other's rights and freedoms;
- ✱ To be a centre for harmonizing the actions of nations to achieve these goals.

Due to its unique international character, and the powers vested in its founding Charter, the Organization can take action on a wide range of issues, and provide a forum for its 193 Member States to express their views, through the General Assembly, the Security Council, the Economic and Social Council and other bodies and committees.



*Secretary-General Ban Ki-moon  
Photo courtesy Eskinder Debebe, UN*

The work of the United Nations reaches every corner of the globe. Although best known for peacekeeping, peace building, conflict prevention and humanitarian assistance, there are many other ways the United Nations and its System (specialized agencies, funds and programmes) affect our lives and make the

world a better place. The Organization works on a broad range of fundamental issues, from sustainable development, environment and refugees protection, disaster relief, counter terrorism, disarmament and non-proliferation, to promoting democracy, human rights, gender equality and the advancement of women, governance, economic and social development and international health, clearing landmines, expanding food production, and more, in order to achieve its goals and co-ordinate efforts for a safer world for this and future generations.

## EMBLEM



### Description:

The current United Nations emblem was approved on 7 December 1946. The design is "a map of the world representing an azimuthal equidistant projection centred on the North Pole, inscribed in a wreath consisting of crossed conventionalized branches of the olive tree, in gold on a field of smoke-blue with all water areas in white. The projection of the map extends to 60 degrees south latitude, and includes five concentric circles".

### Symbolism:

Olive branches symbolize peace. The world map depicts the area of

concern to the United Nations in achieving its main purpose, peace and security.

### Use:

The use of the emblem is restricted, based on General Assembly resolution 92(I), 1946, Regulations for the control and limitation of documents and Use of the United Nations emblem on documents and publications.

## FLAG



**Date:** 20 October 1947.

### Description:

The official emblem of the United Nations in white, centred on a light blue background.

### Proportions:

Hoist (width): Fly (length) 2:3 or 3:5 or the same proportions as the national flag of any country in which the UN flag is flown; the emblem is one half of the hoist and is entirely centred.

### Use:

The use of the flag is regulated by the United Nations flag code and regulations.

The United Nations is an international organization founded in 1945 after the Second World War by 51 countries committed to maintaining international peace and security, developing friendly relations among nations and promoting social progress, better living standards and human rights.



# OPSEC — (OPERATIONS SECURITY)

## A Guide for Family and Friends

By Brett Manning,  
S2 Branch, Headquarters,  
3<sup>rd</sup> Land Force Group, Burnham

### What is OpSec?

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

### You are a Vital Player in our Success!

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

### Protecting Critical Information

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



### Examples of Critical Information

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

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

### Puzzle Pieces

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

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

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

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



# OPSEC — (OPERATIONS SECURITY)

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

## (OPSEC)

### OPERATIONS SECURITY

If you have any queries or concerns contact your DSO or go to:  
[www.homebase.mil.nz](http://www.homebase.mil.nz)  
and use the contact forms provided

## What can you do?

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

### Be Alert

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

### Be Careful

There may be times when your spouse cannot talk about the



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

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

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

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

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

keeping information to yourself.

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

## Thank you

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

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

### Be Alert

### Be Careful

# DSO'S CORNER



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

Last week I got a letter in my letterbox - no not one of those "window" ones we all get, but a nice old fashioned letter!!!! I instantly recognised the "spidery" writing and the very old fashioned "florally" decorated envelope. Oh how rare it is these days to have such a find.

This wonderfully written, very personalised letter, was from an elderly lady who was a loyal friend to my late mother. There was some sort of ritual about getting this letter. I made a cuppa, sat down, read it, reread it and then phoned my sister to share the news. Later, I read it again.

This small happening at the end of a busy working day, reminded me so much of how we have lost the art and pleasure of writing and receiving letters. We still anxiously check our letterboxes, with much anticipation, but it would seem that with the advent of email, we have lost this very simple pleasure. We get an email, we answer it fairly promptly and sometimes, without any great thought. There is no doubt that email is a wonderful way to keep in touch with those abroad,

but we need to view it as just another tool.

The key to successfully managing a deployment is good communication. Email and phone calls are vital in making this happen, but the best thing you can do is revert to the old fashioned letter! While it may take longer to reach its destination, it is so much worth the effort. A letter takes thought! How often is it that you have sent an email and just after you have pushed the send button, wished you hadn't! A bad day at home may mean that you send off a list of grumbles only to find the situation is resolved when your loved one gets to call and you have caused unnecessary worry to a situation that he or she can have no impact or input into.

\*\*\*\*\*  
\* ***"It matters rarely*** \*  
\* ***what you send -*** \*  
\* ***it is the thought*** \*  
\* ***that counts and*** \*  
\* ***the connection*** \*  
\* ***and closeness*** \*  
\* ***it brings that*** \*  
\* ***means so much"*** \*  
\*\*\*\*\*

From experience, we have learned from those deployed, that the arrival of mail offers a huge morale booster. There is much anticipation when the word gets out that mail bags have arrived and many "hopefuls" line up hoping that there is something for them - and there it is - that familiar handwriting!

Imagine this unfolding scene I witnessed on a visit to Timor-Leste and which is repeated over and

over again in our many deployment locations:

Joe has a letter from his wife! He "squirrels" away to a corner. He faintly smells her favourite perfume sprayed onto the writing paper, he sees the lipstick kiss that seals the envelope, he reads it, re reads it and reads it again and then tucks it safely in his pocket to read it again later.

It helps keep those communications channels open and keeps the relationship alive. It is something that bonds directly with home, that allows his thoughts to wander back to that familiar surrounding. It's a great feeling. Bruce looks at this unfolding scenario from a little distance. Another mail bag and nothing for him! Paul has a box full of goodies from his Mum and calls a small group of colleagues over to share in the contents. There is happy munching on a few, uniquely kiwi, food items and some laughter and chatter about making up the Maggi Onion soup dip that night, to nibble on when they watch the rugby! (And Mum even sent the crackers!) It would seem that everyone cares and shares. Sometimes a parcel is not totally private and others see the need and want, to share with those who have not been so lucky! Photos of growing tots are shared, the local newspaper is passed around and the gossip magazines are even enjoyed by the male folk! There is an hour of simple pleasure unfolding around me!

Paul's Mum included a stamped addressed envelope in the hope that he may beat the odds and actually write her something in return. He laughs and tells me that he has never written a letter to her in his life and that if he does, she will probably frame it! I was sure he was not the only one who hadn't written home, but he was still thankful for the many things she

# DSO'S CORNER CONT'D...

sent and the difference it made.

From the many packages being ripped into, it would appear that despite the lack of thank you letters, parcels keep coming in. Some of the senders had thought well outside the square and there was a great array of various goodies, posters and even socks! I spied some Instant Kiwi tickets being scratched and heard the hilarity when the winner wondered how he would collect his \$2 and get the freebie ticket on offer - "Oh well, I will have to send it home again" he said!

Sending parcels, letters and cards is truly worth the effort. Finding what to put in the parcels and keeping them to the required 1kg weight limit is somewhat of a challenge, but I can tell you first hand, that it matters rarely what you send - it is the thought that counts and the connection and closeness it brings that means so much.

On my visit to Timor-Leste and having the luck to be there on a mail day, I was reminded that small parcels sent frequently, had the greatest impact to morale, rather

than one larger one sent midway!

My message to you all for this editorial, is to take advantage of the NZ Post Forces Concession Rate available to all deployment locations and to make the effort to keep that old fashioned letter alive. You can be guaranteed to bring a smile to the face of the recipient and while you may not get that letter of thanks, you can rest assured that your contribution has brought pleasure abroad, not only to your loved one, but probably to others too.

With kind regards to you all



**Janine Burton**

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

## Departures and Homecomings

My world is currently revolving around "Bugle" deadlines and mailouts, and the all important departures and homecomings for the current CRIB missions. So far we have seen two groups depart and are counting down to the first homecoming aircraft in a couple of days. I have had lots of contact with CRIB family members over the past couple of weeks and look forward to connecting again at Ohakea as we wait to either farewell or greet loved ones.

This will be the final "Bugle" for our CRIB 18 families; deadline and publication for the next issue will

occur well after the contingent have returned home. It has been a genuine pleasure for me to be part of this journey with you and I am sure we will meet again at some point in the future for our next deployment together! I do enjoy meeting old friends at the commencement of deployments – as has been the case with some of our CRIB 19 families.

Carol and I receive very positive feedback about our "Bugle". We are very proud of the publication and know that our families do enjoy receiving it. For those of the CRIB 18 families, remember that it is always available to you electronically via the Homepage website: ([www.homebase.mil.nz](http://www.homebase.mil.nz)), and you are welcome to continue to enjoy reading it on-line.

## Access to Whenuapai

Due to security procedures in place at Whenuapai Air Force Base, if you are requiring access to the Base, I need to submit your names to them, preferably at least 24 hours before you are requiring entry. So, for CRIB 18 family members who have had their loved ones indicate to them that they are going to be disembarking the aircraft at Whenuapai, please let me know at least by the day before

so we can make sure that you are not stopped from entering the Base.

## Coffee Afternoons

We are aware that having your loved one away on deployment can be a stressful and lonely time. The best support you can have are from your own family and friends, but also from those in the same situation as yourselves. I would like to invite anyone within the Manawatu area to come along and join me for coffee for the next two Sundays at Bethany's (opposite the PNCC on the Square), 18 September and 2 October at 2.00pm. If you would like to meet others on the same deployment journey, or just want to get out of the house, please come along. You may be nearing the end of your deployment, in the middle or just starting. Wherever you are at, you are welcome. Hopefully the weather will be kind and the kids will be able to play out on the grass. If anyone would like to come along, but has a problem with transport (within PNth or Linton), we might be able to help, so give me a call – 0800 683 77 327.

I guess I will see many of you at Ohakea over the coming weeks, so look forward to saying "hi".



# FOR YOUR INFO...

## Return to NZ – CRIB 18

By now you should know whether your loved one is returning on the “first” or “second” flight from Afghanistan. We are still unable to publish the return dates and timings, but Janine (DSO Linton – 0800 683 77 327) or Carol (DSO Burnham – 0800 33 75 69) can provide this information to Primary Next of Kin.

Homecomings are an exciting time and we ask that you keep in contact with the DSOs for regular updates. Dates and timings are subject to change due to circumstances beyond our control, so be sure to check in regularly in the days leading up to flight arrivals.

You will recall our previous requests for observance of OPSEC (Operational Security) requirements. This continues to apply to flight information and it is for the safety and security of our personnel that you do not discuss the details by phone, email or via social networking sites.

Not too much longer and they will be home.

## Reunions

Experience has shown that virtually all soldiers and their partners/family members experience at least a little uneasiness as they re-adjust to their normal environment after a deployment. Changes, some more subtle than others, have taken place during the deployment for everyone concerned. To successfully cope with change requires that we make corresponding adjustments in attitude, thought and behaviour.

As you make the transition back to your pre-deployment environment, whenever you begin to feel angry or frustrated, ask yourself, “How realistic are my expectations in this

situation?”, “Am I giving myself, and others, enough time and space to adjust?”, “Am I trying to force re-adjustment to happen rather than being patient and allowing it to happen at a comfortable pace?”

Remember that re-adjusting to home life and work life is a process, not an event. As you reintegrate into your family, work and social environments, it makes sense to allow yourself and others the appropriate time and space. In so doing, you will probably find that in a few weeks everything is back to a comfortable pattern again.

*Source: Preparing for Reunion (Debrief Booklet)*

## Last mail out for some

This is the last mail out for those whose loved ones who are about to return from Afghanistan. We hope you will all enjoy your family reunions, holidays and happy days! It has been wonderful for us to have been able to support you during the period of separation and hope that you have enjoyed receiving “The Bugle”.

Please remember our team is still here for you if you need any assistance along the way. With best wishes to you all – we look forward to meeting with you again at some time in the future.

## Deployment Guide – CRIB 19

Deployment Guides are prepared for family members for each of the missions mounted out of the 2<sup>nd</sup> or 3<sup>rd</sup> Land Force Groups. For the contingent in the process of departing for Afghanistan, guides were given out to family members at the pre-deployment briefings and have also been posted out to Primary Next of Kin who were unable to attend at one of the briefing locations. These contain a

lot of information to help you throughout the deployment, including contact numbers, the mailing address and lots more.

If you do not have a copy but would like one, please contact your DSO (contact details on the inside cover) to have a copy popped in the mail to you.

## Daylight Saving



**Begins...**

**Sunday  
25 September**

**Don't forget  
to move  
your clocks  
forward  
one hour**



# UPCOMING EVENTS

## Deployment Information Evening — Burnham

**Wednesday 14 September 2011, 6pm - 8pm**

Hall 3 Community Centre Housing Area  
Fryberg Road, Burnham

An open invitation is extended to all those associated with current deployments to join us for a social time and a chance to get the latest in news and views from deployment locations.

Light refreshments will be served and childcare and supervision available, so you can put your feet up and have a well earned rest. This is your opportunity to meet with "like people in a like situation." This is an informal get together and we look forward to meeting with you all. No need to RSVP but for information and enquiries, contact Carol Voyce, DSO Burnham on 0800 33 75 69 or 3630 421.

Mark this on your calendar now.

## Tour Updates

Planning is now underway for the tour update briefings for the GYRO 11 contingent. As this has coincided with the Rugby World Cup events, we will only be holding two update briefings, one in Linton and one in Burnham. With additional activity within the Auckland region over the period of the Rugby World Cup, and with so many of our families needing to travel or navigate the traffic, we have decided not to visit this location.

### LINTON

**Saturday 24 September, 11.00am to 1.00pm**

Community Centre, Puttick Road, Linton Camp

### BURNHAM

**Tuesday 27 September, 6.00pm to 8.00pm**

Burnham Camp Conference Centre, Burnham Camp

Invitations are included with this "Bugle" mailout. We encourage Primary Next of Kin (PNOK), extended family members and friends to come along to gain a further insight into the day-to-day lives of your loved ones and to receive valuable tips on reunions and readjusting to family life.

We appreciate that by not briefing in other locations some of you may feel disadvantaged. We trust that by taking up our offer for home viewing of the contingent DVD, once it has been security cleared of course, that this may help.

**To assist with seating, catering arrangements, and to confirm your attendance,  
please contact Janine on 0800 683 77 327 or [dso.linton@xtra.co.nz](mailto:dso.linton@xtra.co.nz)  
or Carol on 0800 33 75 69 or [dso.burnham@xtra.co.nz](mailto:dso.burnham@xtra.co.nz)**

## Coffee Afternoons

The deployment journey is not an easy process for many of us. To get through we rely on support of family and friends (and your DSO's too, of course). If you are at the beginning, middle or end of your deployment, I am inviting you to join me for coffee – bring your kids.

**Bethany's Restaurant & Café, 32 The Square (opposite the PNCC)**

**Palmerston North**

**2.00pm on Sunday 18 September and**

**Sunday 2 October**

**A great opportunity to meet and connect with others**

# ACCESS TO RNZAF BASE AUCKLAND

RNZAF Base Auckland welcomes the opportunity to host families who are welcoming home or saying farewell to loved ones who are involved in overseas deployments. However, security of the Base is important and therefore advise the following:

- ✱ If your family member has indicated to you that they are on a flight which will be landing at Whenuapai, please contact your DSO (Janine or Carol) at least two days before the flight is due, so they can advise Whenuapai that you will be wanting access to the Base.

Please note that you will be required to give us the names of all people wanting access and that you will also be required to show your driver's licence or similar identification on entry.

- ✱ If you are accompanying your deploying service person, their military ID will be sufficient to allow you access to the base.



# ACCESS TO RNZAF BASE OHAKEA

For family members wishing to enter Ohakea Air Force Base to farewell or welcome home service personnel from deployment, please be aware that the entry process is as follows:

- ✱ If you are accompanied by a member of the NZ Defence Force or have a dependant's ID card, please proceed to the lane closest to the Duty Reception Centre and show your ID card to the duty person. They will raise the barrier and you may enter the Base.



If you are NOT accompanied by a member of the NZ Defence Force with military identification, you are requested to follow the below process:

- ✱ Please park in the allocated spaces leading up to the Duty Reception Centre—DO NOT proceed directly to the barriers, you will be redirected to the parking spaces.
- ✱ Inside the Duty Reception Centre you will be asked to produce your drivers licence as identification and explain your reason for wanting access. If you are meeting a flight, you will be asked who is the departing/arriving person and their name will be checked against the flight manifest.
- ✱ Visitor's passes will be issued and directions to the departure/arrival location of the aircraft provided to you.

# ASKING FOR HELP

**Claudia Baker**  
**RNZAF Base Woodbourne**



Some of us find it easy to ask for help, but for many, asking for help is NOT an easy thing to do at all. I have found this in particular in the military environment. I have often heard the phrases, "Oh, I don't want to attract any attention to myself" or "It might affect my/my partner's career, they might think I can't handle things."

Are you finding it difficult to ask for help? Do perhaps these myths keep you stuck?

**Myth:** It makes us look vulnerable.

**Truth:** Asking for help creates an atmosphere of **empowerment**. It communicates to others that, while you may not have the answers, you are willing to find them and make things better.

**Myth:** Holding things in and keeping personal issues under wraps keeps us secure.

**Truth:** In reality, not allowing yourself to be "known" keeps you socially isolated, and therefore, insecure. When you seek the counsel of others, you will not only connect with them, but you'll also realise that you are not alone in your struggle.

**Myth:** It bothers others; they don't want to be burdened with your stuff.

**Truth:** Doing it all can do you in. Being too self-sufficient can create stress levels that tip your physical, emotional and spiritual scales, and this can burden people around you much more than a simple asking for a bit of help. Ever thought that asking for help gives others the opportunity to give, which consequently will lift them? Think about how you felt when you helped someone...

**Myth:** Successful people never ask for help.

**Truth:** Actually, successful individuals will tell you that the key to success is knowing your strengths and weaknesses. Learning how to delegate, asking for help and letting others show you the way are part of the plan. Successful people are driven and motivated – and when the going gets tough, the tough ask for help!

**Myth:** I am a giver; I don't like it when others help me. I'll be ok.

**Truth:** Before long, you'll come to realise that you not only need, but deserve a helping hand every now and then! With practice, you'll learn to be comfortable when others help you.

Whether you are on deployment or the one left at home, there are people all around you to help. In theatres as well as at the home Camps and Bases, Chaplains are available for you. For all dependants at home, there are Welfare Facilitators, Deployment Services Officers or Community Services Officers, as listed next to this article, who are there for you, always willing to give a helping hand, give a listening ear and support any time. Don't be afraid to pick up the phone or pay a visit. You will never be a burden – we have chosen to be there for you!

A dependant who dared to ask me for help once, gave me a thank you present with these words on:

*It doesn't matter where you go in life, what you do, or how much you have...It's who you have beside you!*

## 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

**Linton**—Lesley Clutterbuck

Ph: 06 351 9970

**Burnham**—Cherie Mansell

Ph 03 363 0322

#### Family & Social Services Officer:

**Trentham**—Marie Lotz

Ph 04 527 5029

### Air Force:

#### Welfare Facilitators

#### Air Staff Wellington:

Trevor Stone

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

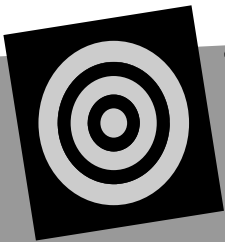
Ph: 09 445 5534,

0800 NAVYHELP

nib@nzdf.mil.nz

#### Local Chaplaincy Services

#### Unit Point of Contact



# Building Resilience



**P**reparing for deployment is stressful for both service personnel and their families. The days leading up to departure can be very difficult, knowing that time with your loved one is limited. How do you prioritise what you need to do? Have you taken everything into account – usually the large stuff is easy to recognise, but it is the small stuff that often trips us up.

## DEVELOPING BASELINE:

BUILDING RESILIENCE

A GUIDE FOR PERSONNEL ON OPERATIONAL DEPLOYMENT  
AND THEIR FAMILIES



Once our deploying loved one has departed, there is a whole raft of emotions that we may experience; relief that they have finally left (and guilt that we feel that way), certainly a sense of loss. These are all very normal reactions. In addition to the unpleasant feeling, there are also short and long term health consequences of being under stress; we need to remember to eat properly, get sufficient sleep and exercise. In all aspects of our lives, it is important to recognise and manage stress.

As part of our pre-deployment briefs to families, the topic of stress and its management is discussed by one of the team of field psychologists. The Emotional Cycle of Deployment experienced by both the deploying person and their family members is broken down into seven stages and is described in detail in one of the resources we have available: Management of Deployment Stress and Deployment Related Family Stress. This resource is based on sound research and while it may not be something we think about or seriously consider pre-departure, once our loved one has left, we have more time to reflect on where we are at.

Copies of this resource are available from your DSOs – see inside front cover of “The Bugle” for contact information.

# PERSONAL MESSAGES

The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 29 September 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



To family and friends of the OP RATA II team returning home in September - Thanks for all your support to the team who have nearly completed their six months and who will soon be heading back your way. Everyone has done a great job, making a significant contribution to the Combined Task Force and RAMSI which in turn enables the Solomon Islands to continue to develop and become a stronger nation. They are all looking forward to a well earned break and I wish you all the best for the many reunions. I have thoroughly enjoyed working with this team and wish them and yourselves all the best for the future, whatever that may hold.

To family and friends of the OP RATA II team arriving in the Solomon's in September - I look forward to the arrival of the new crew, their handover and everyone settling into life over here. I will be the Senior National Officer here for another two months before MAJ Michael Chivers arrives and I'm looking forward to getting to know everyone and working with them. This mission and the contributions that New Zealanders make is important for the Solomons, New Zealand and the Pacific as a whole. Your contribution by supporting the team as they are deployed is very much appreciated, although there are often only limited opportunities to give you appropriate thanks for that. This mission does come with its challenges for all involved and also with its opportunities, which everyone should look forward to.

All the best from Honiara  
Major Al Mitchell, SNO OP RATA II



### **HAPPY BIRTHDAY KAEA TAURUA FOR 8 SEPT 11**

I hope you had an awesome birthday my boy. Sorry Daddy could not be there to share it with you. However, I am home in a couple of weeks. Maybe we can find you something special. Love Dad xxx.

### **Hello my little Princess Dione**

Not long now until Daddy is home.

Maybe you can take Dad to your Hip Hop classes and I can show all of you how to dance. Love Daddy xxx.

### **Juzzy!!**

Hope you have a mean hens night! Wish I was there!! See you soon XO Teeps.

### **Hey Sweet Chocolate Rose**

For yesterday is but a dream and tomorrow a vision, today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope. Can't wait to see you! G. Handson.

### **Reigh!!**

Not long now babe, Love Daniel.

### **TK whanau**

Hi guys, Babe, Nui, Caleb and Joshua! Will be back soon and I'm looking forward to it too. You all have done very well, MULU to all. Love from me to you all.

### **Dear LCPL Farndon**

Congrats gangsta!! Wish I could've been there for it! Keep keeping it real. See ya soon, Teeps.

### **Mum, Nan, Katiana, Kohu & Everyone else at home!**

Not long to go now!! See you all soon with my KFC, kina, Oysters & fried bread, OK! I couldn't have done this without all of your support and love. Thank you for everything. Love you all. Kay!

### **Ma'am Carter, Adrienne, Lisa, Auntie Jo and everyone else at the mighty 4HSC!!**

Thank you so much for all the parcels & goodies you have sent me during my time away. Your support has been amazing! Hope all is well and I will see you soon. xoxo Teeps.

### **Hi Taff, Jordan and Tamara**

Yeah, see you all very very soon. Make sure there is plenty of wine in the fridge! Love Mum.

### **Happy Birthday Mum!!**

Hope you have a wicked day and I'll be sure to get you an extra



# PERSONAL MESSAGES CONT'D...

special Xmas present. Make sure Dad doesn't buy you fish for your birthday, hee hee. Love ya lots xox, Love me.

## **Hi Mum**

Happy Birthday for the 14<sup>th</sup>! Hope you have a magic day! Your present is in the post – promise! Loads of love and chocolate fish, from Jen and Chris xox.

## **Hey Spunky Monkey!**

Less than two to go by the time you read this message. Not many care packages to go..... Keep up the good work and thanks for all your support. Love you loads, hugs to the boys, Genevieve xxx.

## **Hi Hanny, Floyd, Ali, Eki and Tin-Tin**

Hope all is going well, and the weather is getting warmer. Happy Birthday Eki, hope you have an awesome day. Keep an eye out for the postman. Stay safe, love Jake.

## **Uncle Jake and Auntie Heather**

Mum said she put you on the list to receive the Bugle. I can remember your wedding anniversary was on or around David's birthday, so Happy Wedding Anniversary, and thank you for taking me into your home a decade ago and teaching me a strong work ethic, it came in handy during my service in the Army. Tell nanny 'she's all good on the front line'. Catch up soon for some R & R. Your nephew, Ross.

## **To PTE Pou, the old sheep of the Flock**

You are still a chump. From your Master Richy who took you under his wings (waving you under my arm).

## **Dear Mom and Sis**

Quick letter to say miss and love you. Hope everything is O-FAY at home and give Audrey a kiss and a cuddle for me! Nan said you were planning to come down to Ohakea

on the date we fly home ... see you then and if not, I'll come up and visit. Samuel. P.S: Stop sending me half eaten vegemite.

## **Maz and Girls**

Was great seeing you all! Not long to go now. Love you all, Mum. X.I.

## **Hi Hon**

Miss you heaps. I hope you're not working too hard and you're able to get some decent rest. Not too long to go now and we'll be catching up! Arohanui, k.

## **Hi Mum**

Not long now and I'll be home, looking to raid your fridge. Love you, Karts.

## **Hi Donz**

Be strong. Love you, Karts.

## **Hi Lees**

You too, Love Karts.

## **Hi Jakey**

Make sure you do your homework, and don't play too much Playstation, ok! Love you son, Uncle Karts.

## **Hi Riki Boy**

I hope you're doing good at school. Stop spending too much time on Facebook. Love you son, Uncle Karts.

## **Mum, Nana & Grandad, & Fisher/Bellas Family:**

Not long to go now till home time. Miss you guys heaps. See you all soon.

we will be thinking of you. Looking forward to seeing you in a couple of months! Hope you got some great ideas for Xmas, lol. Take care. Miss you and love you heaps. Mum, Dad and Trine xoxoxoxox.

## **To Daddy APE APE APE**

We want to wish you a Happy Daddy's Day. Hope you got the parcel we sent you. We miss you and looking forward to having you home in November. Take extra care and we will see you soon. Love you Daddy, Aroha and Maia-Jay xoxoxoxox.

## **To my Hunnybunch**

Thinking of you today babe and missing you heaps. Hope your time over there has been a good one. We have enjoyed the many phone calls that we receive from you, but the hardest is when you have to go!!!! We are so proud of you babe, and our girls are looking forward to having "Cuddles from Daddy again". Better sign off with big hugs and kisses. Enjoy your day. Love forever, and always, your Hunnybunny, xoxoxoxo.

## **Sup H-Dawg**

Your four lovely girls love you heaps. We hope you are having a good time. Narna says Happy Father's Day, Mara says "NICE" and Moo sends a wave. They also said no pashing at the airport because it's grotty. Miss you big time, XXXX. Love Beyonce, Neil Diamond, Lady Gaga and Lil Miss Buckle my Shoe.

## **HAPPY BELATED BIRTHDAY DADDABEAR!**

Wish I was there to harass you, hee hee! Love you for eva and eva Mummabear and Babybear xoxo.

## **Hey Shane**

Kelly and I miss you heaps! We can't wait till you return. Luke and Cassie have had wicked soccer seasons and I think their final

## **From Home**

## **Hey there Love**

Happy Birthday to You! Happy Birthday to You! Sad we can't be there with you on your special day but I know you will have a great day nonetheless. Enjoy your parcel and

# PERSONAL MESSAGES CONT'D...

games are either this weekend or next (3.9.11). Koro and Uncle Brett have been working hard out on a shut in Tokoroa; Nan's not too impressed with Koro overdoing it! LOL, Aunt Shelley and Steve are getting hitched in October! Don't have a firm date yet though. Kelly and I are good. SEND US COFFEE!!!! Love you son, Mum xx. P.S: And SEND US COFFEE!!!

## Hey Daniel Mate

We miss your texts. Hope you are all settling in well. Stay strong and keep safe! We are very proud of you! Love Mum and Dad.

## Hey Babyboy

Hope your package made it to you? We miss you heaps and heaps. Blade says he can't wait to play the xbox with you cos mum sucks at it. Stay safe and keep on keeping on, MWAH MWAH. Luvs Blade, Keisha, Julia and Mumma oxox.

## Hey Big Bro

Hope you are all good & enjoying your tropical holiday. Build a big sandcastle for us and know we are always thinking of you. Lots of love, Gael & Greg.

## Hey Uncle Steve-O, X~~~~O

We hope you are settling in and don't have to share a room with anyone who snores. We love you lots and lots and lots. Love Saskia & Sam xx.

## Happy Daddies Day Dad!!!!

Sorry we can't make you breakfast in bed with cold toast and hard eggs that may have dropped on the ground in transit to you...lol!!! Just wanted to remind you that we ADORE you and can't wait for you to be home where you belong. It's like an unfinished puzzle when you are not here and we can't wait for it all to be back to normal again. We love you more than anything, safe journey home....the lawns will be

waiting lol!!! Love always Dione, Kaea and Q xoxoxoxoxoxox.

## Hi my Love

Just over half way YIPPEE!! We will be all thinking of you on Fathers Day and hope you enjoy your present from Kendall and Ethan. Nat, Jase and J.J., Jo, Lizzie, Kimberley, Samuel and Elizabeth are all doing fantastically. Daryl says hi and will have a beer ready for you, probably be a Tui though ,ha ha. Miss you terribly and long for the day you are back home. Yours forever and always, Trace XXXX.

## Hi Dad

Happy Father's Day for last week! I have been good for mum although I am waking up a few times a night and morning time at 6am. Am taking care of the house by making sure when mum makes it tidy I'm right behind her to tip out all my toy boxes. Preschool is going good, it keeps me busy and when I get home we take Aslan and Cleo to the park most afternoons. Missing you and I love you more.....love you more xxx.

## Hey Babe

Hope all settled in and that was a bulls up being housebound in Dubai, but you're there now so that's awesome. Hope settling in and the weather isn't too much of a shock to your system. The zoo is all good. Have a good week and will chat later. Love and miss you xx.

## Dear Rob

I am so proud of you, I am missing you everyday, but am starting to look forward to all the things that we can do together when you come home. Love you always, Michelle xox.

## Hey Gumby

By the time you read this you should be all settled in your new

home for the next wee while. We love you heaps and are so very proud of you. Watch out for the parcels that will be winging their way to you, provided Mum leaves some things for the rest of us to send!! You know what she is like. Ed says "Go Scotland to win the RWC!", seriously he is dreaming, although I dread to imagine what will happen if the AB's play Scotland I think there will be tension in our house that week!! Talk to you soon. Lotsa Love Toe and Ed xx,

## Hey J

Hope you have accrued significantly more than 2 laps by now, and getting closer to 30! How's the hill? Stay motivated! Love K. x.

## Hi Joshie

You must be right into it now. Hope it's all going well. Everyone OK at home and looking forward to our next conversation! Mum, Dad, Jake, Ome.

## Daddy G

You put the lime in the coconut and drink it all up, you put the lime in the coconut and call me in the morning. Love from your yellow dancing baby xox.

## Hey Shunkie Bear

How's things? We're missing you here at home, but getting along ok. Cambo has been keeping us (Max and I) very busy, but we're pleased for the distraction...stalking takes up a big part of the day! Take care of yourself and keep up the letter writing! Your loving wifey and sister xx.

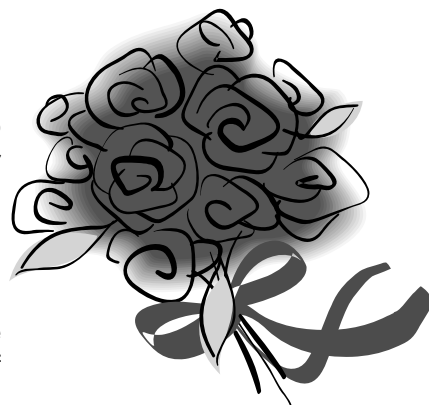
## Hi Ronnie

Thinking of you every day and wishing you all the best for a safe deployment. Love Al.

# BOUQUETS...

## Bouquets

Bouquets of flowers, belated Greetings, and Father's Day wishes to Dads at home, Dads abroad and Dads whose memory lives on in our hearts.



### **Military Christian Fellowship Group, Trentham**

Sincere thanks to you all for your very generous donation. We certainly appreciate your regular contributions to enhance the work of our service personnel abroad. After much discussion, the chosen project is to fund the salary of a Sewing Tutor who offers lessons to those in the Women's Prison in Bamyán. Most of the women are sadly rape victims, who were subsequently charged with adultery, which carries a jail sentence. Sewing is the only skill being offered (and permitted) to these women and will be valued more than you could imagine. Your kind contribution will certainly make a difference and will be safe handed over with the pending rotation of the NZPRT. *LT COL Hugh McAslan, CRIB 18 and Carol Voyce, DSO, Burnham.*

### **CRIB 18**

Grateful thanks to you all for your many contributions to "The Bugle" during your deployment. You have made a huge and much appreciated, ongoing commitment to "The Bugle" and offered many at home, an insight into your lives away from us all. You have not only made a huge difference to the lives of those in the Bamyán Province, but to us here at home too. Safe travels - we look forward to your home-coming and wish you all happy reunions with families and friends. *Carol Voyce, DSO Burnham- Editor "The Bugle".*

### **RATA**

Many thanks to the last of you all, about to make the journey home, for your great support, contributions to "The Bugle" and for all your hard work. We here, have so much appreciated your commitment and contributions and wish you safe travels, happy well deserved holidays and reunions. Kind regards, *Carol, DSO Burnham.*

### **Catering Team, 3 Log Bn, Burnham Camp**

We often neglect to publicly thank you for your tremendous support to our many briefings and get-togethers! You always excel! Many of us have had the pleasure of enjoying some wonderful catering at our functions and thank you sincerely for not only the great refreshments but for your commitment to yet another frequently needed task to add to your busy days. *Carol, DSO Burnham and our many families associated with deployments.*

### **Morven School, BOOST and Many Individuals**

Many thanks for the wonderful, colourful Christmas Greeting cards which I received recently to be added to the Christmas parcels being sent to all service personnel deployed overseas during the festive season. We appreciate your commitment to this project and you can all be assured that your cards will be enjoyed by many. Here's hoping you might be lucky enough to get a letter of thanks from somewhere abroad. *Carol, DSO Burnham.*

## Kiwi Bird Stamps

### Looking for something different to include in your parcel abroad?

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

A few years ago, I too, had the chance to give a stamp to children I met with in Dili. It was heart-warming to think that this small gesture could bring such a huge ray of sunshine to little faces!

These Dixon, (Blue or Black 068) self-inking stamps are available from leading bookshops like Whitcoulls and Paper Plus and depending on where you shop, the price ranges from \$9.99 - \$13.99. The stamps come in a small ink cylinder, don't dry out in humid conditions, and slip easily into a pocket.

## International Day of Peace — 21 September



**T**he International Day of Peace ("Peace Day") provides an opportunity for individuals, organizations and nations to create practical acts of peace on a shared date. It was established by a United Nations resolution in 1981 to coincide with the opening of the General Assembly. The first Peace Day was celebrated in September 1982.

In 2002 the General Assembly officially declared September 21 as the permanent date for the International Day of Peace.

By creating the International Day of Peace, the UN devoted itself to worldwide peace and encouraged all of mankind to work in cooperation for this goal. During the discussion of the U.N. Resolution that established the International Day of Peace, it was suggested that:

"Peace Day should be devoted to commemorating and strengthening the ideals of peace both within and among all nations and peoples...This day will serve as a reminder to all peoples that our organization, with all its limitations, is a living instrument in the service of peace and should serve all of us here within the organization as a constantly pealing bell reminding us that our permanent commitment, above all interests or differences of any kind, is to peace."

Since its inception, Peace Day has marked our personal and planetary progress toward peace. It has grown to include millions of people in all parts of the world, and each year events are organized to commemorate and celebrate this day. Events range in scale from private gatherings to public concerts and forums where hundreds of thousands of people participate.

Anyone, anywhere can celebrate Peace Day. It can be as simple as lighting a candle at noon, or just sitting in silent meditation. Or it can involve getting your co-workers, organization, community or government engaged in a large event. The impact if millions of people in all parts of the world, coming together for one day of peace, is immense.

## "The Bugle" Supplement



## Deployment Activity Book for Children

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

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



## HOT TIPS FOR THOSE LEFT AT HOME

- 👍 **Have a positive attitude.** It will help you, your kids, and everyone who is fortunate enough to be around you!
- 👍 **Talk to your kids about their Daddy or Mummy being away.** Preschoolers have short memories, so it is important to talk to them about their absent parent and look at pictures often to make their transition back home easier and avoid "stranger anxiety."
- 👍 **Take care of you.** Take a bubble bath, rent a movie, visit a friend. Find time to relax a little.
- 👍 **Start a project.** Make a video diary and/or a scrapbook, or start a home improvement project to surprise your returning partner.
- 👍 **Extend your family.** Get involved in your community, even if you haven't lived there very long. By reaching out to others in need, you can keep your own situation in perspective.
- 👍 **Take the initiative.** Your non-military friends may not know how to help or what to say. Take the first step to reach out and let them know how to help, whether it's asking for help around the house or a night out.
- 👍 **Leave your spouse's "stuff" alone** - even if it hasn't been used in years, they may not appreciate it being cleaned up in their absence!
- 👍 **Accept help!** Let people take you out to lunch, come over and bring dinner, or baby-sit your kids.
- 👍 **Limit news shows,** especially if your spouse is involved in a conflict or if your child is in the room.
- 👍 **Get out of the house** - especially if you have little ones. Join a group in your area!

