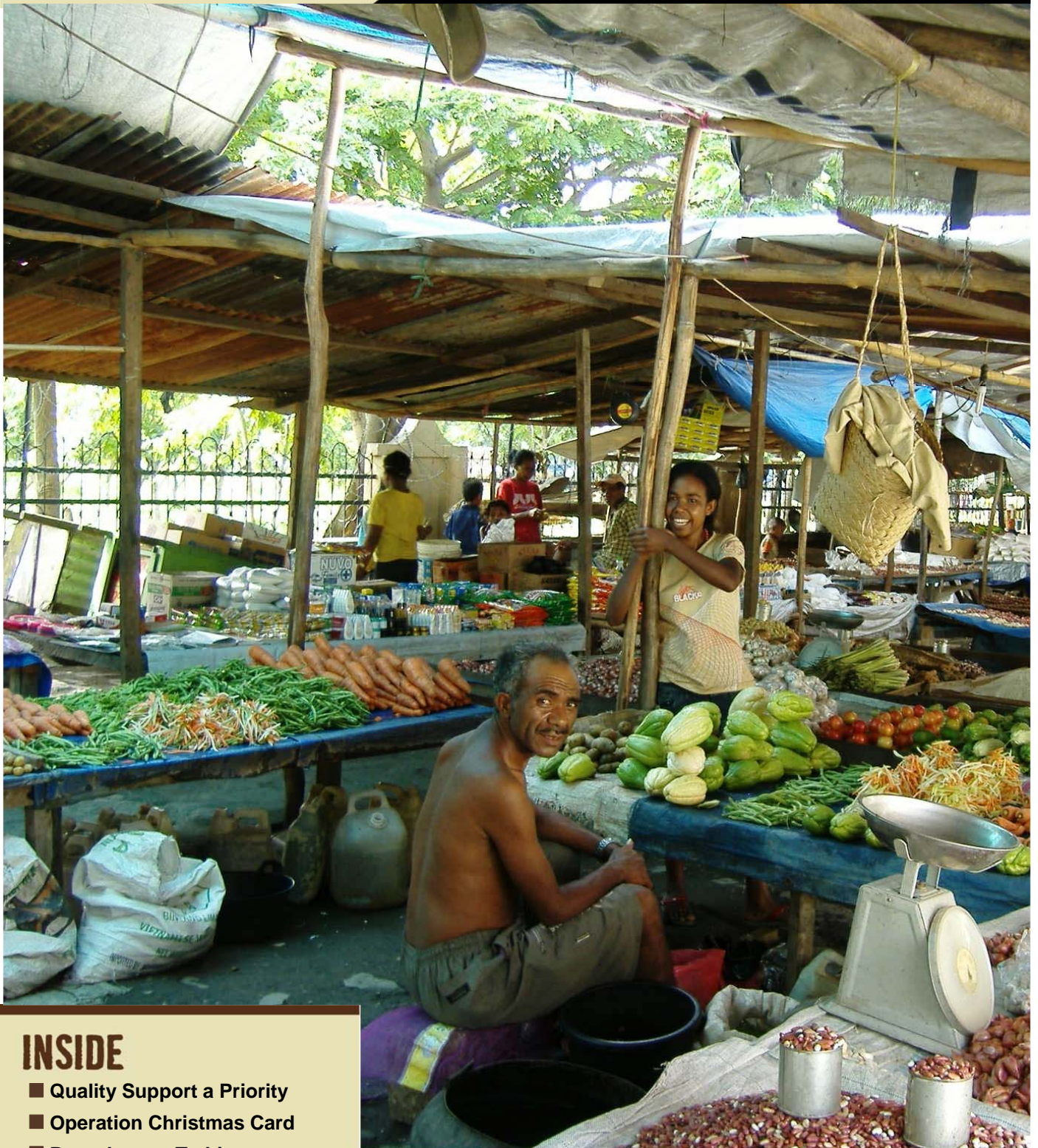


THE BUGLE

Issue 160 | October 2011



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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 161 is
10 November at 4.00pm

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

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Disclaimer

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

Cover Photo:

A thriving market place, Dili, Timor-Leste

GUEST EDITORIAL

QUALITY SUPPORT A PRIORITY

Ms Lynne Smith
J18—Personnel Welfare

As we get closer to Christmas 2011 seems to have flown by. With earthquakes, Pike River, the Rugby World Cup, drought in the South Pacific and Rena, the NZ Defence Force has been busier than ever. For the families of our deployed, however, it is the absence of loved ones that really hits home.

Headquarters Joint Forces New Zealand (HQ JFNZ) is keenly aware of the pressures on our deployed people and their families and new ways are always being sought to improve conditions for our deployed personnel and lessen the stress for families. Policies and procedures are updated to keep pace with change, services and support for families are constantly upgraded and facilities for deployments improved in order to help keep morale high.

One thing that gives HQ JFNZ the opportunity to improve the situation for our deployment community is technology. The last couple of years have seen improvements in technology that allows many of our deployed people to communicate better with loved ones back home.

More effective and efficient systems are now available for many of our deployments and give deployed people the ability to have more frequent, higher quality and longer contact with families by either phone or internet. When loved ones can talk, or talk and see each other more frequently, for longer periods, without cut outs or delays the experience can be far more rewarding for all. This is very beneficial, especially where children are involved and helps families to stay connected.

The **Homebase** internet website is designed to support our deployment community, that's all our deployed personnel, their families and those that work to support them. The website combines information from existing Defence sites, links to other useful internet sites and new information specifically for our deployment community in one easy to find location (**www.homebase.mil.nz**). It has been well received and is intended to be grown by contributions and suggestions from users so that what evolves is shaped by users, for users.

While the recession bites and pressure continues to grow with regard to achieving efficiencies, the quality of support is not compromised as new opportunities constantly present themselves and we work smarter not necessarily harder. Most of those who work to support our deployments have deployed themselves, often more than once, and are keenly aware of the importance of quality support. While those who are deployed are giving their best overseas, those that work to support them are doing the same back here in NZ.



NEWS UPDATE

DEFENCE FORCE ASSISTS DROUGHT STRICKEN TUVALU



Medic Lance Corporal Sophie Woodman speaks with a nurse educator at the hospital in Tuvalu

A NZ Defence Force water desalination unit has so far produced around 100,000 litres of potable water, giving much needed water supplies to the people of Tuvalu.

The Micro Filtration Reverse Osmosis (MFRO) portable equipment which turns salt water into fresh water was airlifted to Funafuti by an RNZAF C-130 Hercules and has been operational since Monday evening.

Bulk supplies have been delivered to the hospital and a number of key distribution points on Funafuti as required. With the arrival of additional portable containers, further supplies will be distributed to schools.

The water situation on the island group is improving, but there is still only 5–10% probability of heavier than light rainfall over the next eight days.

This is the second time that Army personnel from 2nd Engineer Regiment have deployed to operate the desalination plant following the Christchurch earthquake earlier this year, says Major Terry McDonald, Commander of the Land Forces Component in Tuvalu.

"The MFRO continues to produce a good rate of water which has helped to alleviate the immediate water shortage on the island.

Working in the tropical heat with temperatures exceeding 34°C has been a challenge and we have had to ensure the plant remains cool, thereby operating at maximum efficiency.

"Defence Force personnel are working closely with MFAT, NGOs, the NZ High Commission and the Government of Tuvalu to provide an appropriate response to this emergency. We have also been supported by the Royal Australian Air Force who helped with the initial airlift of equipment and supplies."

An Army Environmental Health Officer and medical personnel have accompanied local Public Health Board officials undertaking a door to door health survey and assessment of Funafuti dwellings.

In the initial response last week, Defence Force personnel were flown in by RNZAF C130 and made repairs to the main desalination plant on Funafuti and they continue to assist with running of the 8 tonne-per-day plant located at the disused wharf.

An additional desalination plant and Red Cross personnel were flown in by RNZAF C130 to Funafuti and transported by local patrol boat to the island of Nukulaelae.

A Royal Australian Air Force C17 Globemaster arrived in Apia earlier this week with supplies and personnel and a RNZAF C-130 created an airbridge between Apia and Tuvalu during the last four days as the C17 was too large to land any closer to Tuvalu.

NZ Defence Force has also worked with MFAT to provide assistance to Tokelau, and the situation there is now stable. Defence Force personnel worked with the crew of the US Coastguard Cutter WALNUT to deliver 43,000 litres of potable water to Fakaofo, 40,000 litres to Atafu and 40,000 litres to Nukuanono.



NEW ZEALANDER TO TAKE UP POSITION WITH UNITED NATIONS POLITICAL OFFICE FOR SOMALIA



Colonel Anthony Howie

Colonel Anthony Howie will later this month take up a 12-month appointment as Senior Military Advisor in the United Nations Political Office for Somalia (UNPOS).

Based in Nairobi, Kenya, COL Howie will have regular field visits to Mogadishu and will travel throughout Somalia. He will provide strategic advice on defence and military issues including the training and capacity building of the Somalia Defence Force and Police, as well as liaising with bilateral partners working on security sector and defence development in Somalia.

The fact that New Zealand has been asked to provide an officer to UNPOS is recognition of the high regard in which we are held by the

NEWS UPDATE



United Nations, says COL Howie.

"This is a unique opportunity and I am very much looking forward to what will be a challenging role.

"Despite some progress, Somalia continues to be a failed state which makes it a particularly difficult UN mission.

"The security situation fluctuates and peacekeeping forces struggle with limited resources to create secure conditions for political reform. This is further exacerbated by the ongoing drought.

"It is important that New Zealand continues to support the United Nations in its work towards a more stable and secure world."

The United Nations Political Office

for Somalia (UNPOS) seeks to support a temporary government transition to democratically elected government, and to assist in the development and delivery of basic services for the poverty stricken people of Somalia.

COL Howie has extensive military experience and has twice led overseas deployments in the Sinai in 1993 and in Iraq in 2004. He is a senior officer in the Army's Reserve Forces and has been granted special leave from his current employer.

"I would like to thank my employer, the Department of Corrections for their continued support. They have a number of staff who are members of the Army and Navy Reserve

Forces and a number have deployed overseas to various missions with the full support from Corrections," adds COL Howie.

New Zealand makes a small but significant contribution to the United Nations. There are currently 18 Defence Force personnel serving with the UN in Sudan, Korea, Iraq, Afghanistan, Timor-Leste, and the Middle East.

Source: www.nzdf.mil.nz

Technology lets us down

We continue to have problems with our phone and internet lines into Afghanistan. A hardworking team on the ground there, have been busy identifying the many faults, but are continually frustrated by the complexity of repairs needed, the poor quality of existing lines that do work occasionally and the many current outages being experienced. We understand the importance and need to keep in touch with loved ones, but want to reassure you that everything possible is being done to solve the current problems. Watch this space for further updates.

Afghanistan is not the only deployment location experiencing problems. We have been informed that there have been some intermittent, but lengthy communication outages, in both Timor-Leste and the Solomon Islands. While these outages are frustrating, every effort is being made to ensure the problems are solved.

If you require an urgent message to be sent to a deployment location, please contact one of the Deployment Services Officers for assistance. (Contact details inside front cover).

FOREIGN CORRESPONDENTS

NEWS AND VIEWS

Including:

- New Zealanders serving in Egypt
- Life in Egypt
- Glad I volunteered
- Focused and busy
- Inaugural OP KORU Army Golf Tournament
- Kiwi Base Operations
- Arrived and settled

NEWS FROM OP FARAD, SINAI

NEW ZEALANDERS SERVING IN EGYPT

SSGT Bruce Fisher Ops Instructor MFO

The Sinai has been the home for New Zealand Service personnel since 1982. The role of the Multinational Force and Observers (MFO) has been to oversee the Treaty of Peace between Egypt and Israel and includes over 2500 military personnel and civilians. The three major participating countries are USA, Columbia and Fiji. Other participating countries include Canada, Australia, Italy, Uruguay, France, Hungary, Norway and Czech Republic. Other contributing countries include Switzerland, Sweden and Japan.

The Kiwis carry out an integral role within the MFO. Roles include the Deputy Chief of Operations, an Engineer Officer, the Aide-de-Camp to the Force Commander, a Liaison Officer, Training and Advisory Team (NZTAT), a section of nine drivers and a few other key operational positions.

The NZTAT has three training teams. The Duty Investigator Courses are conducted by our Senior

Instructor, CAPT J. Tinsley and the RSM, WO1 J. Dawson. The Operations team trains and assesses Remote Site Commanders; conducts Immediate Action drills training for convoy users, and conducts range familiarisation courses. The Driving Instructor team conduct licencing for all MFO vehicle users and provides driver assessment training as well. The tasks are varied and made interesting due to language differences. Spanish is the other main language spoken within the MFO. The NZTAT also conducts both the MFO Skill at Arms and Force driving skills competitions.

Whilst in the Sinai most of the New Zealand contingent tries to visit the many sights that Egypt and Israel has to offer. Some have visited historic sites throughout Israel including Caesarea, Jerusalem and Jerusalem's Old City; Tiberius and the Sea of Galilee and Masada and the Dead Sea. Egypt offers Mount Sinai. A Luxor tour offers visits to the Valley of the Kings; the Temples of Karnak, Luxor and Queen Hatshepsut were great. Egypt could not be complete without visiting the pyramids or going for a ride on a camel.

This deployment offers a great opportunity to work and train with other nations and to just experience another area of this ever shrinking world.

LIFE IN EGYPT

PTE Matt Noye Driver, Op FARAD



PTE Matt Noye

“We’re all Kiwis and we know how to get the job done.”

When we first arrived into Cairo I was not sure what to expect, apart from the cloudless sky and the heat each day. From all the movies you see about Egypt, they give you a big misconception on how the country looks today. I think that my first shock was the lack of green – instead there was the presence of sand, hills, a donkey pulling a cart along the motorway, big empty fields with rubbish and plenty of plastic bags scattered throughout. Not the Egypt one tends to imagine it to be.

FOREIGN CORRESPONDENTS CONT'D...

As a driver I'm often out and about around Sinai, just a simple task can be the most interesting one. It can range from everything going to plan, to having stones thrown at your vehicle, avoiding the local drivers who seem to be under the impression that if they flash their headlights at you first then they have right of way, also the road conditions – full of cracks, large potholes and sand drifts across the road and the general security situation keeps you on edge.

We tend to get a mixed reaction from the locals, they wave, yell, want food or water, throw stones at us (usually kids). It gives you a hard view on what they actually are thinking.

In my two months over here I have

left my little mark for Kiwis – present and future – painting a large Kiwi with a Taiha, commonly known as the army fighting Kiwi, on the grounds of the Kiwi Patio. Our barrack block, which is known as The Woolshed, is about to go through a major renovation, so once that's complete I hope to also leave my mark by creating some form of painting for us.

Now I have settled into my role here in Sinai I'm finding things are going smoothly, with the odd hiccup due to the world outside the fence of camp; however the job needs to be done and I'm lucky that the crew that I'm with are a down to earth bunch, from Privates all the way to the Major General, we're all Kiwis and we know how to get the job done.

I think that the main thing that I have enjoyed the most is the opportunity to work with different countries, sharing my and their culture, learning little bits of Spanish from the Columbians and Uruguayan's, and all the time working with the others. Naturally we and our Australian brethren keep close ties, though I'm not sure how that will be now we have beaten them in the Rugby World Cup.

I'm hoping that the next few months go as good, if not better than the last, filled with lots of good memories and moments that at the times were challenging.

I'd like to send my thoughts back to my family, fiancé and daughter back home, miss ya.

NEWS FROM THE NATIONAL SUPPORT ELEMENT DARWIN

GLAD I VOLUNTEERED

POWTR Rangitekohe Stark

INTRO: POWTR Stark is part of the National Support Element based in Darwin who supports GYRO 11 in Timor-Leste.

***"I have had many
good times and
value the life
experience.***

***But there is no place
like home!"***

Some of you reading this edition of "The Bugle" may not know this, but we have a very small contingent of

NZDF personnel deployed to Darwin...yes you read that right – Darwin, Northern Territory, Australia. Now Darwin may not make the top five destinations to be deployed to...or even the top 10, but after having been deployed here for a little over five months, I am glad that I volunteered.

The New Zealand National Support Element (NZ NSE for short) is based out of the RAAF Base Darwin and comprises of four NZDF personnel. Our primary role is to provide support to the NZ personnel based in Timor-Leste, but we also support any other NZDF personnel, or aircraft, that visit or transit through Darwin.

As with any other work place, the workload at NZ NSE comes in peaks and flows. Some weeks we

are flat tack with flights and personnel transiting through Darwin at a great rate of knots.

We have had so many people coming and going, and plans' changing more often than not, that flexibility is a definite key to the success of the NZ NSE.

But NZ NSE is not a place of all work and no play. When the opportunity for down time arises we take full advantage of it. During one of these opportunities NZ NSE arranged a military appreciation trip in Darwin. We set off to Adelaide River to walk through the WWII cemetery and also visited a couple of the WWII airstrips. The trip was very humbling and I definitely learnt more about Darwin's impressive military history.

FOREIGN CORRESPONDENTS CONT'D...



MAJ M. Nowill, POWTR L. Stark, SGT L. Brown and LCPL S. Pacey



NSE at WWII airstrip



POWTR Stark visits the WWII Cemetery

Being posted to Darwin obviously means that we will come across Aussies, whether in a professional or social capacity. And of course that ever present “friendly” rivalry between us exists. This rivalry was made all the more better for us Kiwi’s, thanks to the recent win by the All Blacks over the Wallabies in the Rugby World Cup semi-final... Thanks boys!!

Although based in Darwin, I have had regular trips into Timor to work alongside not only my admin counterpart, but also the other members of TU Gyro 11. It is these trips that have become the definite highlights of my deployment.

Being able to fly into theatre and join with whatever is going on, whether it be PT, duties, or the sporting and social activities, has been great and something that I have tried to make the most out of. It is also during these visits that the friendly inter-service banter is truly alive and well in Timor!

Being the only RNZN member of the contingent, I have accepted (and delivered!!) a fair amount of banter and it is always given and received in great jest!

As well as enjoying time hanging out with the contingent, having the opportunity to get out and about in Dili has also added to the enjoyment of my trips into Timor. The people happily truck along in their busy lives, while the children laugh and play in the streets. In the middle of the hustle and bustle of the deployment it is these scenes representing a degree of normality that makes this all worth while.

As the end of my deployment draws closer, the morale is obviously getting higher. Don’t get me wrong – I have enjoyed my deployment and would definitely recommend it to anyone interested. I have had many good times and value the life experience. But there is no place like home!

NEWS FROM GYRO 11 TIMOR-LESTE

FOCUSED AND BUSY

LTCOL Chris Powell
SNO Timor-Leste

INTRO: LTCOL Chris Powell is the Senior National Officer ("SNO") in Dili, and the Deputy Commander of the International Stabilisation Force.

Many years ago while I was still at high school, I remember hearing news stories of a country called Portuguese Timor being invaded by Indonesia. I had no idea where Portuguese Timor was, had no idea of the hardships that the Timorese people were enduring and most certainly had no idea that I would one day be a soldier and have some influence on the shape of that tiny country.

Thirty six years later, I am

commanding NZ troops on operations in what is now Timor-Leste, previously Portuguese Timor.

Those NZ troops are your sons, daughters, Mums and Dads and partners, spouses and friends. It is a privilege to lead them and see them representing you and New Zealand so well while they are part of the International Stabilisation Force, here in Dili.

The work we do here keeps us focussed and busy, as does our military training on the range or in the field with our Australian and Timorese military partners.

But while we are busy with work far from Aotearoa, you are never far from our thoughts. Whether its counting down the days to the end

of the mission or just counting down the hours to the next rendezvous on Skype you are constantly with us. We yearn to be home for birthdays which get missed and anniversaries which should be shared but we get on with the task at hand.

We do know that we wouldn't be here without your support. We couldn't do the jobs we do and the Army wouldn't be such an effective organisation without the unwavering family support that all soldiers enjoy. The GYRO Team is no exception.

So thank you for soldiering on at home as you juggle jobs, cope with careers, care for kids (sick and healthy), supervise school (and school holidays!) survive sports and endure university and still find time to write us a letter or send us a parcel.

We know how lucky we all are; see you in a month!

Ka kite ano.



L-R: LT Chris Clarke RAN, The SNO LTCOL Chris Powell and MAJ Christine Digby Australian Army in conversation with the Sister in charge of a local orphanage at Metanaro

FOREIGN CORRESPONDENTS CONT'D...

INAUGRAL OP KORU ARMY GOLF TOURNAMENT

CAPT Carey Talauta
GYRO 11

The score card doesn't do justice to the difficulty of the course or the many excellent shots that were played."

The 26th of September saw the running of the inaugural OP KORU Army Golf Tournament at RAAF Base Golf Course in Darwin. The tournament was hosted by the National Support Element OC, Major Govan who ensured the nine hole course was in excellent condition.

Due to the extreme temperatures and the reduced field, it was decided to run the tournament of nine holes which left no margin for error. The competition attracted a small but enthusiastic field which included the following:

Junior Grade

LTCOL Chris Powell

Intermediate Grade

MAJ John Govan
WO1 Ken Macrae

Senior Grade

CAPT Carey Talauta

As with all Army and services golf tournaments, the match was played off the stick with no shots given. It deserves a mention that WO1 Macrae was originally entered into the junior division but after a dazzling display during the practice round his handicap of 36 was slashed to 24 putting him into the intermediate grade.

So on a sunny Darwin afternoon at

1300hrs, during the heat of the day, the field teed off in excellent conditions. The senior grade lead the way with CAPT "Toots" Talauta duffing a ball about a 100m up the fairway but on the fairway at least. WO1 Macrae followed this up with a beautiful shot 200m down the middle of the fairway totally justifying his slash of handicap (and a much relieved CAPT Talauta very thankful he was not in the same grade). LTCOL Chris Powell hit a beautiful shot but unfortunately he hit it straight into a tree. The tournament host, after a cracking round the previous weekend which earned him one of golf's top prizes of a chicken, proceeded to hook the ball into the left hand junk of eucalyptus leaves enabling us the opportunity to search for his ball for 15mins in the shade. Very considerate golfer.

This pretty much established that

the quality of golf may not be on par with other tournaments but there was a lot of enthusiasm displayed on the course none the less. The round proceeded with "lots" of golf being played by all players with some notable events being a few whisky shots (swing and a miss) some actually very good golf shots, and the shot of the day, which saw WO1 Macrae skip the ball across a crocodile infested pond to land safely on the other side. Another notable mention was the junior grade rep having a whisky shot on the 5th followed by topping the ball 3 metres sideways into the bushes which we couldn't find. After consulting all the junior grade players (yeah just the one) it was agreed to play a mulligan and have that one again. Very considerate golf.

The score card (over the page)



**OP Koru Army Golf Tournament Participants — Rear: MAJ John Govan
Front L to R: CAPT Carey Talauta, WO1 Kenneth Macrae, LTCOL Chris Powell**

FOREIGN CORRESPONDENTS CONT'D...

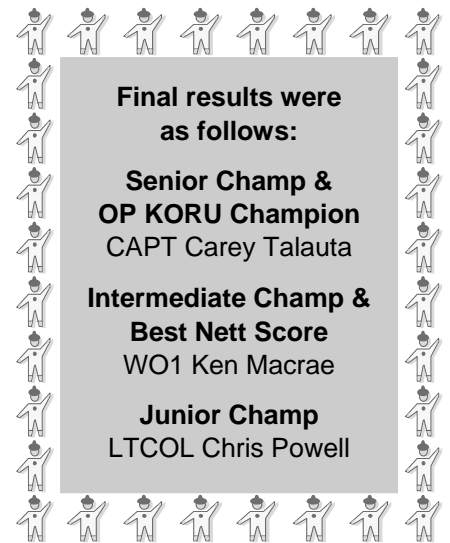
doesn't do justice to the difficulty of the course or the many excellent shots that were played.

MAJ Govan was awarded the Players Player Award for organising a great afternoon and for providing some excellent prizes. For myself and WO1 Macrae, it was a really great way to end off a period of OTL in Darwin before heading back into theatre.

For GYRO personnel, five days OTL in Darwin offers a great opportunity to decompress and

ease the springs during the mission. It's about the right amount of time to relax and unwind before you're ready to head back into theatre. Some partners did meet up with some of our guys but for others it was a long way to travel and a very expensive trip for 3-4 days together.

From all accounts everyone was very happy with their leave period and very thankful to have had the opportunity.



NEWS FROM CRIB 19 AFGHANISTAN

KIWI BASE OPERATIONS

**Captain Alistair Sweeney, RNZIR
NZPRT Operations Officer (S3)**

***“Although we have
got off to a good
start, there is still a
lot of work to
be done.”***

We arrived at KIWI BASE back in early September, and it seems crazy to think that over a month of our tour has passed already. Time has seemed to fly by so fast, which is due mainly to the high level of tempo we have been operating at to date. Co-ordinating the majority of this activity has been the responsibility of the operations cell at KIWI BASE and we have been involved managing the patrols, visits and day to day activity within the New Zealand Provincial Reconstruction Team (NZPRT).

During the last month or so, there have been a lot of patrols and moving parts to co-ordinate out of the operations cell. The initial stages of our deployment has seen a particular focus on getting the patrols out as much as possible and allowing them to get to grips with their new environment. As such, patrols have been deployed in quick succession on a regular basis since the contingent completed its In-Theatre Training (ITT) package back in early September. This has been so that the patrols are able to get a comprehensive understanding of where key locations and personalities are within our Area of Operations (AO). The patrols have worked extremely hard during this time and are now comfortable operating in the knowledge of where the potential threats lie and how/where they can best achieve security for the local population.

Although the patrols have been particularly busy during the early stages of our tour, the requirement to support this level of tempo has

also placed a heavy workload on the shoulders of the support staff. The mechanics, electronics technicians and armourers amongst others have been ensuring the serviceability of the patrols vehicles and weapons, the supply technicians ensuring that the patrols have the equipment they need, the cooks providing hearty meals for the patrols on return as well as the operations cell co-ordinating the patrol activity. Picking up the responsibility for security of the bases when the patrols are out has also been an important job for the soldiers supporting the patrols.

Now that the Situational Awareness (SA) of the patrols is increasing, our focus is shifting heavily towards capacity building of the Afghan National Security Forces (ANSF). The patrols have been conducting joint patrolling and mentoring of the Afghan National Police (ANP) at static check points located throughout the AO. This is a major part of our mission within BAMYAN in order to build the capacity of the

FOREIGN CORRESPONDENTS CONT'D...

local security forces. Our soldiers are displaying exceptional professionalism in this regard and are providing great role models for the local security forces to follow.

The operations cell has also been involved in the mentoring of the BAMYAN ANSF operations cell located just up the road from KIWI BASE. This has been a great experience to date and an important opportunity to pass on some of our knowledge about how to co-ordinate tactical level operations. Although we have got off to a good start, there is still a lot of work to be done which I'm sure will keep us busy for the remainder of the tour.

Now that BAMYAN Province is one of the first provinces within Afghanistan to achieve Tranche One of transition (Afghan

government and security forces in the lead with the NZPRT providing mentorship and guidance), the province is seen as a critical part of the overall mission for Coalition Forces (CF) in Afghanistan. As such there is a large interest in the province from the headquarters of the International Security Assistance Force (ISAF) and the operations cell has been heavily involved in co-ordinating the visits of a number of high ranking US officials that are particularly interested in how transition is progressing within BAMYAN Province.

Although the initial stages of winter are starting to set in as we now see snow creeping down the mountain passes surrounding KIWI BASE, the high level of tempo and enthusiasm that the contingent is displaying does not look like

slowing down any time soon. I guess this means another month will fly by for the staff in the operations cell. Although we experience how quickly times fly whilst in theatre, we are also conscious that sometimes time doesn't seem to pass by as quickly for those at home, but you can rest assured that family and friends are never far from our thoughts.

On a final note I would like to congratulate by brother Craig and his wife Nadia on the birth of their first child, my new nephew, Blake. I would also like to wish the best of luck to my brother Grant and his wife Amie who are expecting their second child in the not too distant future. I look forward to meeting them both when I get back to NZ next year.

ONWARD.

NEWS FROM OP RATA II SOLOMON ISLANDS

ARRIVED AND SETTLED

LWTR Jacqui Merriman

In mid September the OP RATA II Rotation 14A, compiled of 5 Army, 1 Navy and 1 Air Force gathered for a night in Trentham Military Camp before we flew out to Brisbane.

We arrived in Brisbane early Saturday morning, checked in our rooms and headed to town. We all had lunch together before us two girls went shopping for those last minute things that we always need. Even though our bags were already over weight we fitted it in somewhere.

That night we all watched the rugby with a few unhappy locals when Ireland beat Australia, then we

watched the very impressive light show which was part of the Brisbane Festival before catching the ferry back to the Motel.

Sunday afternoon after a 3 hour and 50 minute flight we landed at Henderson Airport, Honiara, Solomon Islands.

As we walked off the plane you could feel the heat coming of the tarmac. The outgoing Rotation was eagerly awaiting our arrival and took us back to GBR.

With handovers being completed in four days, we were left to it.

The S6 and I have only just moved back into our office, it took 3 weeks to refurbish and paint as termites had eaten through the walls. I must say it is a lot fresher now and

easier on the eye.

We are working closely with the Australian Defence Force over here. Most of them are Reserve Forces and have jobs outside the Army. It is interesting getting to know new people and what they do in the outside world.

Activities we do with the CTF Headquarters are Physical Training every Monday, Wednesday and Friday morning at 0610. This varies as we do not have a Physical Training Instructor in camp and you never know what you are going to have to do and who will be taking it. Trying to play volleyball with a water polo ball is not ideal and trying to understand the Aussie accent that early in the morning is always hard to achieve. "Boots to

FOREIGN CORRESPONDENTS CONT'D...

gluts" is one that stumped us at the start.

Since we have been here the Land Component Commander (LCC) Brigadier Mark Wheeler and Land Component Warrant Officer (LCWO) WO1 Chris Wilson came to visit. The purpose of their visit was to see how the mission was going and how we were coping.

LCC also met with key RAMSI personnel. The Australian Platoon did a Public Order Management (POMS) demonstration of techniques and equipment used by CTF 635 and how effectively it is for crowd control. (see photos).

LCC briefed us what was going on back home in regards to projects and operations such as OP Rena and Pacific Drought (Tuvalu and Tokelau Islands).

On the last night, in true kiwi style, we had a BBQ for LCC and LCWO which was attended by other New Zealanders such as members of the Police Contingent and CTF Headquarters.



Leave Centres Easter Ballot 2012

Easter Ballot for 2012 is now open for 'online' application. Please note due to Mount Maunganui redevelopment, all four units will be out of action for the Easter Ballot.

<http://org/l-ags/pages/HR/Welfare/lc/Booking.aspx>
For further information please contact the
Leave Centre -
jeanette.brosnan@nzdf.mil.nz

CHAPLAIN'S PEN — FROM ABROAD

Padre Katene Eruera **GYRO 11**

It's a time of anticipation because GYRO 11 is nearing the completion of its Tour of Duty in Timor-Leste. As our minds turn towards homecoming, and at least for the past couple of weeks, it seems everyone has been talking about family and friends and what they plan to do on their post-deployment leave. GYRO personnel are excited at the prospect of returning home to reconnect with their loved ones and resume their lives after so much time away. It is a time then too for reflecting upon and being grateful for the support we have received from those at home while we have been on this Tour of Duty. In essence, GYRO 11 can leave Timor-Leste with the satisfaction of having completed its mission successfully, but also those on the 'home front' can be satisfied that they played a crucial role supporting the mission too. Care packages, emails, being available for phone calls, and the myriad of other things that provided GYRO personnel with a connection with home, is a role not too easily recognized or acknowledged. It is

as an important part of making a successful mission and contributing to the happiness of its personnel than that actual being there doing the job. Thank you. I expect too that for a loved one at home the deployment experience will be totally different than for GYRO personnel, after all it is not usual that one finds a son or daughter, partner, sibling, or friend deployed overseas for a length of time. Such is the nature of the military life at times that separation, distance and absence create a whole new set of challenges to overcome at home. After all, bills still need to be paid, children still need to get to school, lawns still need to be mowed, etc.

Part of our homecoming will be the stories we will be able to tell each other, especially of what life was like while we were in Timor-Leste. It will be an important time of transition back to a life together again.

A change of seasons will mark our departure from Timor-Leste. For the past few months it has been the dry season. It has been hot here. It seemed strange to talk about how cold the past winter was in New Zealand when at the same time we

were experiencing temperatures in the high twenties or low thirties degrees Celsius. But as the dry season nears its end now, there is a noticeable change in the weather. The wet season is almost upon us. The breeze strengthens. Rain clouds begin to form in the late afternoon in the hills behind Dili. For the first time since we arrived in May, showers of rain fall in the afternoon. It makes the air cool, but soon after the showers cease, the heat returns and the air turns hot and humid. Soon the rains will become more frequent, heavier, and the massive drains constructed in the city to take the rainfall, currently empty and dusty, will flow freely with water. It is as if the dry season that warmly welcomed us to Timor-Leste is changing now, farewelling us with its cool rain. So as the rain falls, may we embrace the experience of Timor-Leste as a life enriching experience, not only for GYRO but for those at home too, as we look forward to our homecoming and ever grateful for the continued support and love we received from home, from you, whilst we were deployed.

God Bless from Dili.



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

'KUA TAE MAI'

Padre Darren CRIB 19

Kua tae mai matou. We have arrived. CRIB 19 in Afghanistan. Although we came in different groups, at different times, we are all here safe and sound. Some of us are in different locations and we may never see each other until our return home. Never the less, we are here as part of one mission CRIB 19 Op Ariki.

The Chief of Army Major General Keating was at Ohakea to farewell our group, Main Body 1, and speak also to those family members able to be there. It happened to be the 10th anniversary of Sept 11 terrorist attack on America. The CA alluded to this day. It was a stark reminder of what our mission was about. To

help fight against terrorism. To help bring security and peace to those who are faced with this unsettled type of life. We should be proud of what we are doing and although a big sacrifice to family, you also should feel proud. That support from home is very important.

Our flight took a couple of days with a number of stops. Stepping off the C130 Hercules at Bamian I was firstly taken back by the surrounding country. Those waiting to greet us from CRIB 18 said it was amusing to watch as people scan the hills and mountains surrounding Bamian. At present the land is very dry and dusty. The hills and mountains look rugged but have their own beauty. We will see this change as we go into the winter months.

The hand over's have all been completed. LT McCaslan Senior Military Advisor (SMA) CRIB 18 handed a HOE, a Chief's waka paddle to LT Col Wellington SMA CRIB 19, signifying the change of command. Then the last group from CRIB 18 set their eyes for their hikoi (journey) home, a happy time for them. Good work CRIB 18 well done.

Our whakamauri, our guardian, has been set in its place and the family banners with their messages have been hung along side it. It is now time for us CRIB 19 to settle into our mahi and our mission.

May God keep us safe and God's blessings to you all at home. Salaam

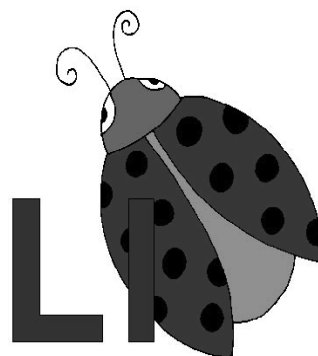
BUGLE SUPPLEMENT

Bugle Supplement

Deployment Activity Book for Children

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

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



CHAPLAIN'S PEN — FROM HOME

KEEP THE FAITH

Chaplain Colin Mason
Lead Chaplain Northern Region
Devonport Naval Base

In January this year I received notification that I was down to prepare an article for the November issue of Bugle, # 160. At the time I made a diary entry reminding me of my October task and I remember thinking, October, that's miles away; yet here we are, now only some eight or so weeks out from Christmas.

In January who of us would have anticipated that this year would include:

- * The devastation of Christchurch.
- * Uprising and revolt in places like Libya and Egypt.
- * Gold, peaking at just on \$1900 an ounce.
- * Riots and looting in England.
- * The deepening failure of several European economies.
- * A penguin named Happy Feet grabbing so much media attention.
- * France being humbled by Tonga at the RWC.
- * A stranded ship off Tauranga.

Above are just brief samples of some of the more dramatic and not so dramatic happenings that have occurred in the first 10 months of 2011. Added to that has been all those personal ups and downs that we each have dealt with.

At time of writing this, RWC has reached semi-final stage. Readers will know the winner of the Webb Ellis Cup by now, however, at this point in time I'm trusting on an All Black win; getting their hands back

on this elusive trophy will be a great tonic for our nation.

Talking about rugby, Danny Watson on talk back radio keeps saying..."Keep the Faith". He's encouraging his listeners to remain confident with our team; despite replacements through injury, Dan Carter for example. Danny Watson is encouraging us to keep up the support and trust in the AB's.

I quite like Danny's frequent use of the quote, "Keep the Faith". Surely it goes beyond our support and hope in the AB's. Despite all the traumas, tension, deployment separation, civilianization, alarming world events, we are encouraged to Keep the Faith.

**Faith gives us confidence,
courage and strength.**

**Faith enables us to harness
inner resources that motivate us
forward.**

**Faith helps us see light at the
end of the tunnel.**

Faith says, "I'm going to be OK".

**Faith knows the sun will shine in
the morning.**

Let me add another dimension under "Keep the Faith". God is still God; yes admittedly a difficult Being to fully understand, but still He says, "Trust Me", "Lean on Me", "In a world that at times is confusing, disappointing and down right unfair, where the results of people's mistakes and bad decisions often reign, I'm still here for you, you can count on Me".

KEEP THE FAITH.

God bless 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

Peacekeeper T-shirts

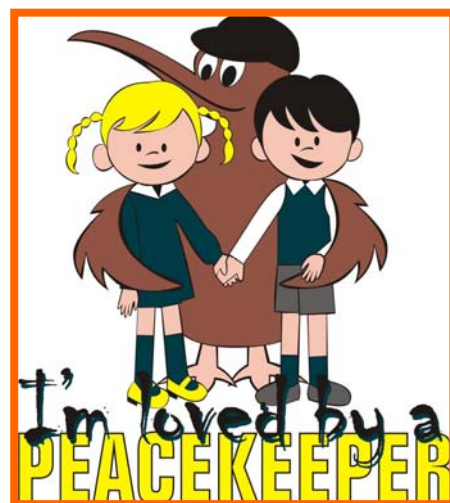
SPREAD THE WORD!

Show your support for loved ones deployed overseas by proudly wearing one of our T-shirts. This campaign has proved very successful over the years. They make wonderful gifts and children and adults alike, wear their T-shirts with much pride.

Because of the number of orders anticipated and our limited resources, the orders and packaging and post will be undertaken by the supplier. Payment must be made at time of ordering. For any general enquiries, please contact Carol Voyce (DSO Burnham) on 0800 33 75 69.

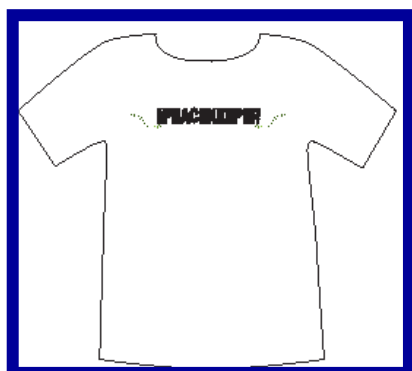
Orders close 11 November with delivery expected by 16 December. Please note we are unable to process orders received after this date, so be in early!!

Design A (Children's sizing only)



Design B

Available on: White, Grey, Light Blue (Adult sizing only)



Design C (Children & Adult sizing)

Available on:
White, Grey,
Light Blue



T-shirt Order Form

Please use the form below to place your order.
Send your completed order form with cheque firmly attached to:
Xtremewear, PO Box 7528, Sydenham, Christchurch

Orders close:
11 November

Peacekeeper T-shirts

Please complete the following details clearly:

NAME: _____

RESIDENTIAL/DELIVERY ADDRESS:

Postcode: _____

Contact Phone No: _____

Amount: _____

Please add postage and handling cost of:
\$5.00

TOTAL AMOUNT ENCLOSED: \$ _____
(GST Inclusive)

CHEQUES TO BE MADE PAYABLE TO:
XTREMEWEAR

Payment may be made to Xtremewear (National Bank 060889-0293089-00).

Please note: If using this option, make reference with the surname used on your order form and indicate on that form that you have used this method for payment and the date that payment was made.

CHILDRENS	\$15.00 each		
Design A	White	Sky Blue	Red
2			
4			
6			
8			
10			
12			
14			
Design C	White	Grey	Light Blue
2			
4			
6			
8			
10			
12			
14			
ADULTS	\$18.00 each		
Design B	White	Grey	Light Blue
S			
M			
L			
XL			
2XL			
3XL			
Design C	White	Grey	Light Blue
S			
M			
L			
XL			
2XL			
3XL			

CHILDRENS	2	4	6	8	10	12	14
Half Chest (cm)	35	38	40	43	45	48	51
Ladies equivalent	-	-	-	8	10	12	14

ADULTS	S	M	L	XL	2XL	3XL
Half Chest (cm)	54	56	58	60	62	64

DSO'S CORNER



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

I can't believe that there are only three more issues of "The Bugle" until we reach the Festive season. This year seems, at times, to have passed us by very quickly, although I am sure that those associated with current deployments, often find that the time doesn't pass quickly enough!

It was a real pleasure to recently meet with families associated with the next deployment to Timor – Leste. We enjoyed taking our briefs to Auckland and Burnham and thank you so much for making the commitment to attend. We hope that we were able to meet our aim of providing you all with some peace of mind as you venture into the deployment journey. We know from experience that those who take the time to attend pre-deployment briefings, have a greater understanding of the day-to-day lives of those abroad, know how to navigate the system and have had the chance to meet with key personnel who are able to help along the way. We hope that you feel better informed and reassured.

For many of you, your loved ones will be home for Christmas, but for many others, there will still be a large number of NZDF service

personnel deployed worldwide. For the past 10 years or so, (I have lost count), the Deployment Services Office in Burnham has co-ordinated OPERATION CHRISTMAS CARD, - a way for many people to spread Christmas Cheer abroad.

Last year we received over 1200 letters and cards to send to deployment locations. Some children coloured the enclosed card, others wrote amazing letters, some made Christmas decorations, while others designed and decorated their own cards. Although Christmas is still some weeks off, we are asking for your help in making this a successful campaign again. Talk to your local school, kindergarten, playgroup or club and get everyone on board. Your enthusiasm and support in making this project a huge success is so much appreciated. The feedback and photos we have received in the past makes this so worthwhile and some lucky recipients have even sent individual letters of thanks to contributors. The enclosed card is just a starting point to get you thinking!

Cards and other contributions for OPERATION CHRISTMAS CARD need to be received no later than Friday 11 November and should be sent to me. (Details inside front cover)

Our next issue of "The Bugle" will carry information on our 2012 Deployment calendar, kindly sponsored by Weft Knitting Company. All service personnel who have deployed in this current year will receive a complimentary copy and additional copies will be available for purchase, with the proceeds of sales going to an identified project in one of our deployment locations. Watch out for your chance to place an order for the limited number available.

So much to do and so little time

until the end of the year is upon us. Keeping busy is the key to managing deployment – just how busy as the silly season approaches is up for debate!

Kind regards to you all and do keep in touch. We are only a phone call away!



Janine Burton
Deployment Services Officer
2nd Land Force Group

Time is definitely moving on very quickly – well it seems so to me, no doubt some of you with loved ones currently away may not feel quite the same way.

With this "Bugle" we are welcoming more new readers – the families of those about to depart on GYRO 12, Op FARAD and various other deployments around the world. I hope you will enjoy receiving "The Bugle" over the coming months of your deployment journey.

We have completed the family briefings for the GYRO 12 mission and I would like to thank Carol for running the Burnham and Auckland briefings for me; Carol, really appreciate your participation and I know that you really enjoyed meeting our "new" families in both these locations. Carol tells me that they both went really well. We also had great support at the Linton briefing and while I try really hard to

DSO'S CORNER CONT'D...

put faces with names, in the days that follow when I am working my way through the attendance forms, it is all a bit of a blur! But I do try. I look forward to seeing many families again at Ohakea when we farewell the contingent.

With one departure, we will of course be welcoming home those who have completed their deployment – very exciting! A little sad in a way too, as this will be the final mailout to families connected with those missions. It has been wonderful to be part of this journey with you. While your “Bugles” will no longer arrive in your letterbox, remember that you will continue to be able to access future editions through the Homebase website: www.homebase.mil.nz

Back to GYRO 12 families – those who attended the briefings received

a copy of the Deployment Guide for families and Primary Next of Kin who weren't at a briefing, should have received a copy in the post. If you haven't received a copy, or would like an additional copy sent out, please get in contact (details on inside front cover).

We have two banners (main banner and a special Christmas banner) accompanying the contingent and we have been collecting messages to add to the banners during the briefings. If you haven't been able to add your own messages, the banners will be available at departure, or I am more than happy to write your message on for you; so again, get in touch.

A couple of weeks ago I sent an email to the PNOK of the CRIB 19 and GYRO 12 families about the opportunity to participate in the Kiwi

Forces Radio project (see back page in this edition for more information). Already Kate Lukins has been receiving contact from family members wanting to take part. This is a really fun project and another great way to let your loved ones know you are thinking of them.

Remember also our CRIB 19 project – contributions need to be with me by 2 November.

This is, of course, is a very busy time of year and with the added pressure of having a loved one away on deployment, I would just like to remind you that if we can help at all, at any time, please give either Carol or me a call. We are here to help.

Take care everyone, enjoy the sunshine!

Calendar Dates to Note

(see the “What’s on” section for further details)

Saturday 29 October

Kids/Teens Halloween Party, Burnham

Wednesday 2 November

Deadline for CRIB 19 Christmas project

Friday 18 November

Deadline for registration Kiwi Forces Radio

Saturday 26 November

NZ General Election

Tuesday 29 November

Deployed Families Dinner, Linton and Burnham

Thursday 1 December

Deadline for messages for the Christmas Bugle

Thursday 1 December

Twilight Christmas Gala, Burnham

Saturday 10 December

Linton Camp Family Day

FOR YOUR INFO...

Welcome to New "Bugle" Readers

A special welcome to new readers associated with the upcoming deployments to Timor-Leste and Sinai and to all those on other smaller, but important missions.

"The Bugle" is published three weekly and aims to keep you up to date with news and views from deployment locations worldwide and offers information and handy hints to help you all through the deployment journey. "The Bugle" is written for many people in different phases and stages of a deployment - some preparing to go, some just gone, settled or anticipating home comings. Obviously everyone needs different information at different times, so we hope that in each issue you find something of use and something to keep you informed.

The success of this informal newsletter depends very much on the input of so many both at home and abroad. Your contributions are valued and encouraged. "The Bugle" is emailed to deployment locations and is a valuable tool in allowing us, when separated by the miles, to keep in touch.

Farewell and Christmas Banners — Timor-Leste

During our pre-deployment briefings for families associated with the next deployment to Timor-Leste, we had with us two colourful banners to enable loved ones to record messages of goodwill and Christmas greetings. The banners will travel to the deployment location and will be displayed to remind loved ones that they are in your thoughts. The Goodwill banner will hang for the duration of the deployment in Kiwi Base and the Christmas banner will "suddenly" appear as the festive season arrives.

If you have not had the opportunity to record your messages and will not be at the contingent farewells, please contact Janine Burton (DSO Linton) 06 351 9399, cellphone: 0800 683 77 327 or email dso.linton@xtra.co.nz and we will happily make sure your good wishes are recorded.

T-shirt Campaign

This is your chance to show your support to loved ones deployed by purchasing and wearing one of our Kiwi peacekeeper T-shirts (see centre pages for details). While we used to manage this project ourselves, it has now been necessary to out source the production and distribution completely to our supplier Xtremewear. Please complete the order form and send directly to Xtremewear with money for orders enclosed. Late orders will not be able to be processed, so make sure you meet the deadlines given for pre Christmas deliveries. We suggest that you carefully check the sizing chart before making your selection as the sizes may vary - especially with the children's T-shirts. The quality is excellent and we have received many favourable comments in the past from those who took up the offer on previous campaigns.

Many children and adults alike, have worn their T-shirts with much pride. It is a great way to acknowledge the work of our service personnel in distant lands - and they make a great gift too.

Last Mail Out

This is the last mail out for those associated with the current deployment to Timor-Leste. We have enjoyed meeting with many of you along the way and wish you all the best for happy reunions and all that the future may hold. We have very much appreciated your

commitment, sacrifices and support to loved ones and for your contribution towards allowing our Kiwi troops to be able to make a difference to the lives of those so much less fortunate than us. If you would like to continue to receive copies of the "Army News" you may contact the Editor, Judith Martin on armynews@nzdf.mil.nz to place your order.

Return to NZ – GYRO 11

As advised to families at the tour update briefings, planning is underway for the return to New Zealand of service personnel currently deployed to Timor-Leste. The tentative date for the return is

Please be aware that flight details are subject to change due to circumstances beyond our control. If you are planning flights to meet loved ones, we recommend that you take insurance out on all bookings, should changes occur.

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

Please keep in touch. We too share the excitement of much anticipated reunions and are happy to talk to you as often as you need an update.

Electronic Bugle

Did you know that you are able to receive "The Bugle" electronically? If you would prefer this method of receiving your "Bugle", "Army News", "Air Force News", "Navy Today", please contact Janine or Carol. With each publication we will send you the links to open up the latest editions on-line.

FOR YOUR INFO...

Christmas Mail to Deployment Locations

I am sure you will be aware that the volume of mail worldwide, increases over the Festive season. This year will be no different. With this in mind, we are suggesting that you post early to avoid the Christmas rush and ensure that your gifts arrive in plenty of time. It has been suggested that Christmas mail to Afghanistan be posted no later than 14 November (so it makes the 17 November bag leaving NZ) to ensure its safe and timely arrival. Mail to Timor-Leste for Christmas should be posted no later than 1 December. For post to other deployment locations, which is being sent through DPSC, Joint Force Headquarters, it would be advisable to keep the above given dates in mind, and post early.

To avoid confusion with other packages you may be sending, please mark Christmas gifts accordingly and hope that the lucky recipient can resist temptation until 25th December! As with all mail, please attach a green customs declaration form and keep all copies of Post Office receipts.

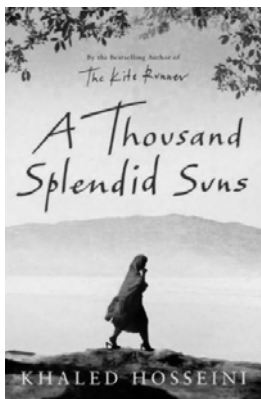
Bouquets

WO2 Paul Patuwai

Sincere thanks for joining us for the Pre-deployment Briefs for all those associated with the next contingent to Timor-Leste. We very much appreciated your commitment to the briefings and for sharing your wisdom and expertise with the families we met in our travels. Kindest regards, *Carol and Janine.*

Toni Nicholson, Welfare Facilitator, Ohakea

It is with much sadness that we say "goodbye" as you move on to a new job. We have both enjoyed working with you and wish you well in your new venture. We will miss your bright cheerful nature, your very hard work and dedication to your job. We thank you so much for the difference you have made to so many people, along the way. Very best wishes! *Carol and Janine.*



RECOMMENDED READING

A Thousand Splendid Suns

Author: Khaled Hosseini

By the Bestselling Author of The Kite Runner

After 103 weeks on the *New York Times* bestseller list and with four million copies of *The Kite Runner* shipped, Khaled Hosseini returns with a beautiful, riveting, and haunting novel that confirms his place as one of the most important literary writers today.

Propelled by the same superb instinct for storytelling that made *The Kite Runner* a beloved classic, *A Thousand Splendid Suns* is at once an incredible chronicle of thirty years of Afghan history and a

deeply moving story of family, friendship, faith, and the salvation to be found in love.

Born a generation apart and with very different ideas about love and family, Mariam and Laila are two women brought jarringly together by war, by loss and by fate. As they endure the ever escalating dangers around them-in their home as well as in the streets of Kabul-they come to form a bond that makes them both sisters and mother-daughter to each other, and that will ultimately alter the course not

just of their own lives but of the next generation. With heart-wrenching power and suspense, Hosseini shows how a woman's love for her family can move her to shocking and heroic acts of self-sacrifice, and that in the end it is love, or even the memory of love, that is often the key to survival.

A stunning accomplishment, *A Thousand Splendid Suns* is a haunting, heartbreaking, compelling story of an unforgiving time, an unlikely friendship, and an indestructible love.

HALLOWEEN PARTIES

Burnham:**Kids Halloween Party: Saturday 29 October****4.30pm - 7pm****Burnham Community Centre**

Entry Fee \$2

Teens Halloween Party: Saturday 29 October**8.30pm - 11pm****Burnham Community Centre.**

Entry Fee \$3

Enquiries to Cherie Mansell Community Services Officer 03 363 0322

XMAS PROJECT

CRIB 19 Christmas Project**Deadline: Wednesday 2 November**

With the mailout of edition 158 of "The Bugle" we sent out details of the Christmas Project for the CRIB 19 contingent. Deadline for contributions is approaching very quickly (to dso.linton@xtra.co.nz) If you have any queries, please call Janine on 0800 683 77 327.

DEPLOYED FAMILIES DINNER— LINTON

Deployed Families Dinner — Linton**Tuesday 29 November, 6.00pm****JRs Mess, Linton Military Camp**

How would you like a night off from cooking the dinner and doing the dishes?

Previously we have had some very successful dinner events with families of those with someone currently on deployment and thought we would do it all again. With Christmas approaching, this is the final opportunity to do so for the year.

Hosted by Commander 2 LFG, Colonel Howie Duffy, there are no speeches or presentations, no pressure, no fuss; just an opportunity to meet and chat with other families who also have loved ones serving overseas at this time. Bring your family.

We do need to confirm numbers for catering, so please **RSVP** adults and children attending by **Sunday 20 November 2011** to:

Janine Burton, Deployment Services Officer, 2 LFG

06 351 9399 or 0800 683 77 327 or 021 649 903

janine.burton@nzdf.mil.nz or dso.linton@xtra.co.nz

We look forward to seeing you there.

BURNHAM TWILIGHT CHRISTMAS GALA**Thursday 1 December****4.30pm - 7.30pm****Burnham Community Centre**

Enquiries to Cherie Mansell, Community Services Officer 03 363 0421

DEPLOYMENT GET-TOGETHER, BURNHAM TWILIGHT GALA**Thursday 1 December****4.30pm - 7.30pm****Burnham Community Centre, Fryberg Road (opposite 4Square Supermarket)**

All families associated with current deployments are invited to join with the Burnham community for a little pre Christmas festive cheer. A variety of free children's rides, entertainment, ice creams, food and stalls will be on offer. Arrive anytime that suits your commitments, but meet briefly in Hall 3 on your arrival for a quick update from deployment locations and to access some complimentary vouchers to food and ice cream stalls. Father Christmas arrives at 6.30pm. Look forward to seeing you all. Enquiries to Carol Voyce, Deployment Services Officer 03 363 0421 or 0800 33 75 69.

Deployed Families Dinner — Burnham**Tuesday 29 November, 6.00pm****B Block Mess, Burnham Military Camp**

Colonel Phil McKee, Commander 3LFG, extends a warm invitation to you and your family, to join us for dinner in the Burnham Military Camp, B Block Mess on Tuesday 29 November at 6pm.

This is your opportunity to have a night off cooking, a night off dishes and a chance to meet up with other New Zealand Defence Force families associated with current overseas deployments.

Our informal dinner is low key, with no speeches, no presentations, no pressure, no mess and no fuss. It would just be great to see you!

As we need to confirm numbers for catering purposes, please RSVP for adults and children attending, no later than Friday 18 November 2011 to:

Carol Voyce

Deployment Services Officer

3rd Land Force Group,

Burnham Military Camp

Phone 03 3630 421 or 0800 33 75 69

Email: dso.burnham @xtra.co.nz

BUST YOUR STRESS

Claudia Baker
Welfare Facilitator, RNZAF Base Woodbourne



In modern Western society, stress is often accepted as part of regular every day life. Stress does have a place in our lives – it is a motivator and designed to protect us from dangerous situations. When we are in fight or flight mode, our digestion stops, blood moves out to our limbs ready for action, and adrenalin is pumped through the body.

However, most of us experience stress responses when we are sitting at our desk or in traffic or deal with the kids, with not a lion or other wild beast in sight! The result is that many of our bodies are constantly reacting as if they were in mortal danger, placing constant strain on the immune system, heart (high blood pressure anyone?!), digestive system, blood sugar levels and so on. Stress-associated physical and mental illnesses are plentiful in our modern society.



When we are in a stressed state, we often can't think straight, have a foggy head and/or feeling overwhelmed. We may get irritable or angry, and associated headaches and muscle tensions are hardly the essentials for creativity, problem solving, good communication and feeling energised!

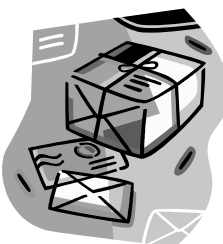
For peak performance, any system, machine or person, must be in good condition, functioning well and operating sustainably. We don't seem to hesitate getting our cars or sewing machines serviced, but most of us don't look after ourselves. If we however, influence what's happening inside of us, we can more effectively influence what's happening outside. It's not only that we overwork ourselves, eat too much junk-food (yes, even that triggers stress responses in the body) or going weeks without exercise, because we simply haven't the time - these are all symptoms of something going seriously wrong in your life. A deployment is a good example of the many stressors we face in our life. It's one of those unavoidable events when you're part of the NZDF we have to deal with, but it's a whole lot more manageable if we are looking after ourselves – I do speak out of experience, having been a "dependant of" for 20 years myself!

Here are some practical strategies of what you can do:

- ✓ Get to know your triggers. What prompts you to start feeling stressed? Is it particular areas of your life such as your job, relationships or health?
- ✓ Get in to the habit of interrupting your 'stress' responses. What would happen if you took three slow deep breaths? What effect would you get from visualising a scene of relaxation and tranquillity while sitting in traffic or the office, or remembering a piece of music you love?
- ✓ Make changes where you can. If there is an issue at work or home making you uptight, unhappy or constantly strained, what do you want to do about it? Ask yourself, what's one thing I can do that would change your response, even just a tiny bit?
- ✓ Leave work at work. Make a to-do list before you leave the office, ready for the next day. Go into your evening ready for rest, relaxation and play. Plan activities and spend time with people you enjoy being with.
- ✓ As often as possible, ensure your weekends are primarily dedicated to your personal life, whether it be time with family, exercise, trips, DIY, outdoor activities, or lying in bed with the paper and good cup of tea. Refresh your body and mind; it will enable you to be more productive when you're needed.
- ✓ If you feel that you may not be managing your stress effectively, and that it's impacting your wellbeing - and perhaps that of those around you - you have choices to do something about it. If your stress feels out of control or you're not sure how to go about changing it, SEEK HELP!

If you're not sure who to turn to, get in touch with Chaplains whilst you're on deployment, or your Base Welfare Facilitator / Camp Community Support Officer / Deployment Services Officer, for those left at home – they will be able to lead you in the right direction.

DEPLOYMENT MAILING ADDRESSES

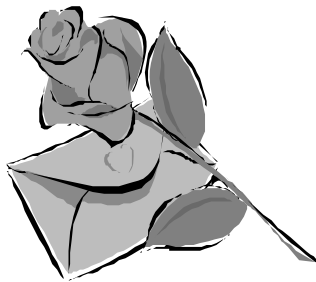


Letters and parcels (up to 1kg in weight) may be sent to deployed personnel at the following addresses, at internal NZ Post rates. When mailing your parcels, please retain the receipts given to you by your Post Shop so the item can be traced, if required. A green Customs sticker must be attached to any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

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

Afghanistan:

Regimental Number, Rank, Initials and Surname
Mission Name (e.g. NZPRT)
 NZ NSE
 Bagram Airbase
 Afghanistan
 C/- International Mail Centre
 Auckland 2022



Israel (Op SCORIA):

Regimental Number, Rank, Initials and Surname
 Observer Group Golan - Tiberias
 C/- UNTSO HQ
 Government House
 PO Box 490 Jerusalem 91949
 Israel
 C/- International Mail Centre
 Auckland 2022

Timor-Leste:

Regimental Number, Rank, Initials and Surname
Mission Name (e.g. TG GYRO 9, TG KAIHANGA)
 NZ NSE
 Timor-Leste
 C/- International Mail Centre
 Auckland 2022

Solomon Islands:

Regimental Number, Rank, Initials and Surname
 Op RATA 14
 P O Box R131, Randi Office of Exchange
 Honiara
 Solomon Islands
 C/- International Mail Centre
 Auckland 2022

Antarctica (Op ANTARCTICA):

(No requirement for "Forces Concession Rate")

Regimental Number, Rank, Initials and Surname
 Op Antarctica
 Antarctica New Zealand
 Private Bag 4745
 Christchurch Mail Centre
 Christchurch 8140

Sinai (Op FARAD):

Regimental Number, Rank, Initials and Surname
 NZ Contingent
 Multinational Force and Observers
 El Gorah, Sinai
 PO Box 99000, Tel Aviv
 Israel
 C/- International Mail Centre
 Auckland 2022

Other Deployment Locations:

(No requirement for "Forces Concession Rate")

Regimental Number, Rank, Initials and Surname
Mission Name (e.g. Op SUDDEN, TG KEA, TG IRON)
 C/- DPSC
 HQ JFNZ
 Private Bag 900 or 2 Seddul Bahr Road
 Upper Hutt 5140 Trentham
 Upper Hutt 5018

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

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



PERSONAL MESSAGES



The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 10 November 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

Hi Joshua, Hi George, Hi Mum

Well guess what? Dad is nearly on his way home. When you read this, Dad will have only about two weeks left here in Egypt. I am so excited about coming home. Joshua, I will need you to tell me all about the 'Rugby World Cup' and then we have a game together. And George, I need you to tell me all about how many tries you scored in 'Ripper Rugby' and then I am going to have a big wrestle with you and throw you on the couch. And Mum, you can go shopping, have a rest and have some time-out. It's not far away guys and Dad can't wait. Love Dad – Grant.

Happy Birthday

Happy Birthday Father for 2 Nov. Love Fred. oxox.

CoS

Miss you. P.S: Is MTB really a sport? Probably not when you wear that get up.....85.

Sis

Hope all is well. Thanks heaps for the care package, it was fantastic! Say hi to the boys for me. AW.

LMK

Thanks for the package. It was a welcome relief to receive something other than dust. Take care. Tigga.

Ki a Tai me Kobe

Kia ora koutou e te whanau. Kei te pehea koutou? Pehea koutou i Rotorua Aunty Ang? Kua tae mai te huka papa, te makaariri i konei. Kia kaha aku mokopuna mo ta korua kapahaka i te Tai Tamariki. Kia toa korua ne. Tai pehea to

haere ki te ngau poaka? Kia mau tetahi poaka korua ko Uncle? Paruhi i rongo ahau ko koe te toa mo te kapa ne! Arohanui ki a koutou katoa.. Ma te Atua koutou hei manaaki. Na Dad.

To Malakye

Hi my little monkey, happy 3rd birthday for the 9th Nov 11. I hope you have a great day, and enjoyed all the presents you got. I'm so proud of you, and thank you for looking after mum and Aslan as well. I hope you got a birthday cake at school. I really miss you both and talk to you soon. I love you more. From Dad.

Sam & Saskia

Everything over here is good, getting really settled in now. I hope you found the photos interesting. I hope you two had a great school holidays. I miss you guys a lot too. Still dusty here but getting colder with snow on the mountains. Lots of love. Uncle Stevo.

Chur Trp Hughs

Seen heaps of your cousins here in the Ghan. Shot bro you're the Man. Keep it Tuff. Wanis.

Hei Mummabear

Not long to go, ha ha. Tell babybear I miss her and love her and to keep doing well at school. Miss you. Love you. Love Daddy Bear. P.S: Get ya Xmas orders in while the credit card still has \$ on it.

Warthogs

Hi kids. Thanks for the letters and newspaper clippings, keep them coming. P, last term of school for the year yay for you! U, how is the Girl Guides going? Enjoy the summer and remember that the Gold Coast holiday is getting

closer. Love you Dad.

Smootchy

Happy birthday for the 8th Hope you found a quality Chard in Bali. Miss you.

To Mum & Dad

I hope your move went OK and that plenty of clutter was gotten rid of. Can't wait to see your new house. Lots of Love Stephen.

To the Ginger Ninja from "Pram"

I hope you had a great school holidays with Kirsty, Kelly and Tommy Gun. I know Tommy loves it when you play with him. Have fun at school this term and say hello to your Daddy and Sam. Lots of love Uncle Stephen. P.S: Thank you for the cards, The Shamrock is on my wall.

To my Darling

Don't know when you will get this but not long till two months down! Lucky you have Tommy Gun to keep you super busy. Those All blacks, eh. Ireland was robbed. Missing you with all my heart! Big kisses to you both! Stephen.

Tommy Gun

Hello my beautiful son. I am glad you are trying to be a good boy for Mummy and Kelly. Remember you are the Minion of the house so make sure you look after Mummy and Kelly with lots of hugs and kisses. I can't wait till we go to the park again and you can throw bark everywhere. I love you both lots and my little man. Your Daddy.

Room 1, Roslyn School

I hope your production went really well, I'm sure it did. Well done on the Tri-Nations sports competition, I bet you were all very proud. Thank

PERSONAL MESSAGES CONT'D...

you all for looking after Mrs Wilkinson too, I'm sure you give her a smile and a laugh everyday. We are all very busy over here and getting ready for winter too. It will get really cold and there is already snow on the mountains. From Mr Wilkinson.

Gael and Greg

Enjoy that cheap wine. I hope it gives you a headache. Saw the Ireland/Wales game. Another travesty in Rugby! All good here. Nice and dusty. Love you all. Stephen.

To my Darling Wife

Living the dream over here! Hope all is well at home with you all our babies and the baby to come. I think it's kicking and punching so much because it knows the All Blacks are doing so well. Your mum has the right idea with the colour of the singlet, we all know what it's going to be you're just in fairy land. All the love one person can give to another your favourite husband "McLovin"

Mum and Dad

Thanks for all the goodies. They have been awesome. One month down! Lots of Love, Gumby xxx

Ki na tamariki o Pukerau o Te Kura Kaupapa Maori o Taumarere
Tena koutou katoa mo nga mihi ki ahau mo toku huritau. Tino atahua nga pikitia nga putiputi, nga whetu, me nga ahua katoa kei roto. Arohanui kia kotou katoa na Moana's mum.

Nana

I hope things are good at home and that weather is warming up for you. Thank you for the letters and messages. Take care. Lots of Love Gumby xxx.

Toni and Ed

Thanks for last months Bugle message. I hope things were good

for you at home and you are making the most at that grandstand for the rugby. Take care. Lots of Love, Gumby xxx.

Uncle Alec, Aunty Mandy and Eilish

I'm so glad and thankful to be a part of your lives again. It means the world to my wife and I to know that we will always have your love and support through thick and thin. All the best, look after each other and my wife, loads of Love. John.

Dear K

Thank you for all your letters and kind words from home. It's been bringing a smile to me every time a new letter has arrived. Things are still well. I hope you're making the most of your warm weather and getting out to run those Waitaks. Miss you Love J.

Hello Wabz

Hope all is going well with work. I hope you're not missing me too much. Well it's almost two months down, in no time, down in no time, I'll be home in your arms which I long for. Well Wabz, I love you so much forever yours. Your P-Head xoxoxox.

Body Building.com

Just ordered the John Fab'sh starter pack and already I've packed on at least 20kg of muscle around my neck. Felt the results almost instantly. I wasn't really feeling the Lodge Advanced Bodybuilding Pack.

Super Duper TRP HUGE

I thought these mountains in Afghan were big but your size still amazes me. Keep it tuff. Wanis and Tearoa.

To Arden, Candice, Jorja and Sahara

Keep practicing your dancing and good luck for your performances. Awesome news on your trophies

Jorja. Make sure you girls keep helping mum. Take care and we'll talk again soon. Love you all. Dad.

Hi Mum, Dad, Brits and Sinead

How are you all doing? Sorry I haven't been in touch much, it has been a lousy time. Well its coming up two months, well the time has flown! (Well for me it has). I hope Nana and Granddad are all good and Grandad is recovering well. So, not long until Christmas, I bet Darryl and Tora are looking forward to you all going over to the Gold Coast for Xmas. Well, look after yourselves and I will be in contact soon. I love you all. Frosty.

Thomas

How's school? Are you and Patrick behaving? I posted another letter. You should get it soon. Still waiting for that letter you promised.

Cambo

Please try and stay cute until I get home and try to let Mum have some uninterrupted sleep. Tons of love Dad.

My Princess Wifey

You said you had to come home from shopping to express "N" ON. Lol, he must get the hate shopping thing from me. Is Ginny doing the whole Garden? We will have to start paving. Miss you tons and heaps and much and mostest! Your Hubby.

FC!

Here's thanking you for all your love and support over the last few months. Can't beat bike magazines, ginger bikkies and wasabi peas on ops! Looking forward to coming home... All my love, FB! XXX

To my Lovely Wife Tracey Macrae and Children Kendall, Ethan and "SKYMAN" (4 legged Variety)

Not too long now before we are all

PERSONAL MESSAGES CONT'D...

reunited and one again. Looking forward to getting on the road in CHIL-AX-IN and heading off to anywhere. Oh and by the way, there are not many hiding places at home. Much love to you all. Signed, Kenneth.

To Stellar, My Little Superstar,
Daddy is really looking forward to being home for your birthday. I think Hannah Montana will be a cool party theme. I miss your kisses and dancing and singing so much and can't wait to see you again. All My Love, Daddy Honey Pants.

To Matariki, my Little Honey Pants

Daddy can't wait to get home to go camping with you. We are going to play lots of golf and go swimming and have so much fun. Please be a good boy for your mum. I know you can be a sweet little honey pants my boy. Love You Always, Daddy Honey Pants.

To My Darling Gunner

You are a wonder woman that never ceases to amaze me. Forever I'll treasure the love that you gave me. Of one thing I am sure and this is a fact. I will love you to the end of the universe... and back. Together Forever and Never to part, Daddy Honey Pants.

Hey Spunky Monkey

Well this is it! 20 sleeps to go and counting! Thank you so much for your love and support over the past six months, I know you have had a busy time with completing your training and home life demands! Looking forward to our belated catch-up on the 10th! Have a blast on your exercise – make sure you kick butt! Hugs to the boys!! Lots of love Genevieve xxx.

To # 28 & # 7

Thank you so much for your care packages while I have been away! Your letters and the artwork that

Caleb and Ash have done for me have been lovely reminders of home and will be cherished forever:
- Looking forward to catching up with you all around the 13th! Love to you all, Jen xox.

PEP TOO

Hun keep up the good work on JNCO's. I miss you and our bubba heaps and heaps. Can't wait until our holiday...if you get bubba a puppy for Xmas make sure it's small! And will stay small! Membz to get us a Xmas tree from the spot!!! love you forever. Your big baby 4221.

Hi Hon

Looking forward to catching up with you soon. Arohanui, k.

Hi Mum

Leanne, Donzie. Will be back home soon to catch up. Love you all, Karts.

Hi Riki and Jakey

I hope you're both well. I'll see you soon. Love you both, Uncle Karts.

From Home

Hi Dad

Happy Birthday for the 7th of November! Wish you were here so we could celebrate our birthdays together. Mum's taking me and Kaelee to Lollipop land when we get home - we're gonna have a BBQ and let our fireworks off, it should be fun, hopefully the weather's good to us. We miss you dad and love you heaps! Keep safe, love Kahliyah, Kaelee & Mummy xoxo.

Gorgeous Gussie

We are missing you so very much. I have fallen from great heights and seen stars. Ladders and chairs I will not climb; Next time I will just

take my time. The Beast in the Corner Room is in a bit of a gloom. She misses her Dad and is very sad. Please be safe because without you; we have squat. So lots of hugs and kisses is all we have got to show you how special you are to your lot. Lots of love, your Sunrise and the Widget, oh, and Dommie!

Daddy G

I'm growing up very quickly!! I had my 3 month vaccination last week, it hurt a lot and made me sick afterwards, but I feel better now. I can now hold my head up during tummy time and can roll onto my side and back! I'm also getting very cheeky, although I'm only brave enough to be cheeky to strangers when I'm sitting on Mum's knee! I've been going to coffee group with Mum and I have made some friends there who I like to play with on our play-gyms. I especially like Boston who was born only 4 days before me, you might remember seeing his Mum and Dad at the hospital in the Maternity Ward before I was born? I love and miss you lots Daddy, I'm still dancing for you! Big hugs, your Dancing Baby!

Shnukie Bear

I'm missing you a lot, and finding the lack of communication very difficult, but don't worry - I'm keeping up the essays, so you'll have a steady stream of mail and even if it takes forever we will hear from each other! Make sure YOU keep up the letter writing too! I'm starting to get excited about Cam's first Christmas, although I'm sad that you're not here to share it with us. You'll be glad to hear that I'm keeping busy, being a social butterfly as much as Gigantor allows! Don't want to give away too much "letter content" - but just know that I love and miss you very much and that each day that passes by is one less until we can see each other again. Stay safe,

PERSONAL MESSAGES CONT'D...

your princess wifey xx.

To Maori Boy

Hope you have settled in by now. We all miss you heaps, especially me because I have no-one to annoy but Mum and Dad. My driving is getting better and won't be long before I have my restricted. French got into final but don't deserve to be there, score 9-8. Wales played with 14 men. Pathetic, they gonna get smashed in final. Well, work hard and be safe, from your amazing, intelligent, funny and happy Sister.xoxo.

Is there a C-Bass da house?

Happy Birthday Maine, we will be thinking of you (as we do every day), on the 17th. Love getting your emails mate, they brighten my day. Hopefully you got your package okay, will be sending another shortly. We miss you so much mate. We are all so incredibly proud of you and hope you know how much you are loved. You are in my thoughts always, never feel alone, love always! Happy Birthday, your loving sis! xxxxxxxx.

J

Maaaah, have YOU goat what it takes? Good luck for the running of your running event! Souvenir T-shirt by any chance? Female Size 12. Love K. x.

To C Bass

Wishing you a very Happy Birthday for the 17/11! Will be thinking of you and miss you. It will be a very different birthday to any that you have had. Hope you received your parcel in time – keep up the great work you and the other Kiwis do over there. Take care and stay safe son. Love you, Mum, Dad and Atom. X.

Happy Birthday C Bass for the 17th

Wishing you lots of love! Thinking of you and hope you keep safe. We

hope the Pizzas are as good as Zaks! Take care, love from Nana, Poppa, Linda, Paul, Jen Wilson, Wendy, Frank, John, Brenda, Warren and love from all your cousins. X.

Ange

Wishing you a very Happy Birthday for the 10th! Hope you have a good day. Don't celebrate with too much coffee. Miss you. Lots of love from Nana xxxx.

Hi Gumby

Hope you are well and were able to see some of the RWC. Great win against Australia on Sunday night! We were all at Toe & Ed's. A good night! Can't wait for next week! Nana says she living dangerously, out late two nights in a row. Life is going to be a bit boring once it all finishes this coming weekend. Dad is enjoying the school holidays - no rubbish he says. Beginning to wonder if we are ever going to get summer, we have an odd day here and there, although the lawns are growing fast, so it must be getting warmer. Can't believe how the time is flying by, the time will go quickly, you're into your second month already. All the Xmas decorations are in the shops and it's not even the end of October! I am sure they get earlier and earlier each year. I have stocked up on some bits and pieces already. We are all missing you. Take care, stay safe. Lots of love Mum, Dad and Tabby. xxx.

JJ

Woow, month already passed times flying you'll be back before u know it! Home is average; same old. Missing your SNUGGLES Snugglepuff! Hope u get my packages! Let me know if u need anything! When you get the net there'll be a million messages from me! Ha ha creeeeepin ae! Cute message in the magazine last month.. Lots of PDA I see (NOT) TC!!! Ha ha. Love u BooBoo. Xxxx.

Hey Gumby

Happy Birthday to You
Happy Birthday to You
Happy Birthday Dear Gumby
Happy Birthday to You
Hip Hip Hooray
Hope that you have a great birthday lil sis, and that you get lots of attention. Enjoy your day, we are thinking of you and send you lots of big hugs and smoochies! Lots of Love Toe and Ed xxxxx.

Hi MattyJ

Hope you enjoy the baking! Ashton says hi Uncle Matt. Love Mum.

Happy 21st Birthday Matt!

Love Auntie Wendy, Uncle Joe, Tamara, David and Ashleigh.

Hey C Bear

Hope you're all good, excitement is building around here but I just want to sleep, lol. Entertainment has definitely not been the same. I really miss being the little spoon, I'm doing my best to be strong but sometimes hormones get involved. Can't wait to have you back! Miss your face (and massages). Love you loads big dilt xx. Ari gives you "the what up c bear" and says grrrrrrrrrrrr.

Hey Baby

Well another month has gone & by the time you read this I might be sunning myself in Bali! I'll be thinking of you when I'm enjoying a cocktail by the pool. On the countdown for Xmas now, happy days! Hope you're keeping warm & not missing everyone too much. Love you heaps, keep smiling. Love your Smootchey xxx.

Dear Daddy FERARU

We are missing you so much! Mum has been very busy running after me and cleaning up all my mess that I create in my room and around the house. I think she knows magic, because once I go back to the mess, it is all gone! Mum is doing

PERSONAL MESSAGES CONT'D...

an amazing job looking after me, but I am being a good girl for mummy, grandma, grandpa, nanny and popp. Uncle Richard has been good too, helping mum with house stuff. Hope you are taking care of yourself and keeping busy. Hope you like all the things mummy sends you, especially all the pictures I drew for you. Always looking forward to hearing from you. Everyone sends their love. We love you lots and are missing you everyday. Love booboo and mummy. xox.

Dear Bubba

Things haven't been the same since you've been away but I know that with every second that passes brings us closer to the time that we will see each other again. The bebez are soldiering on knowing that you are helping the kids "that's got no food and no mummaz to look after them." Keep up the good work and time will fly. I'm holding things down here so you have nothing to worry about except what to buy with your "millions", lol, when you get back. We all miss you hard out and love you even more. Love K.M.R.S , R.W.K.S, and Will.

Happy Birthday Matthew for Friday 11 November

We will have a celebratory drink for you!! Parcels, etc, on their way! Enjoy your day; Looking forward to a letter!! Everything is OK here. Keep warm & stay safe. Miss you & love you Mum, Dad, Chris, Emma & Michael and the extended family xoxoxoxox.

To B2

Hey Hunny, hope you are enjoying yourself and getting a fantastic tan! I hope the snow comes soon so you can make your snowman. I miss you heaps and can't believe that you have been gone for over a month already! I loved getting a letter from you, it made my day! Love you lots, B1 xoxo.

Hey My Eskimo

The one month milestone has passed; by now you should be well settled in and have another home away from home. I hope you are enjoying the parcels I sent you; there will be more to come including one for Christmas. I'll miss you at all these important occasions but know that we have plenty more in the future to enjoy and celebrate together. Keep up the good work and you will be home before we know it. I continue to send you lots of cuddles, kisses and a whole lot of love from your blue eyed Angel xoxoxoxo.

Hello my Darling

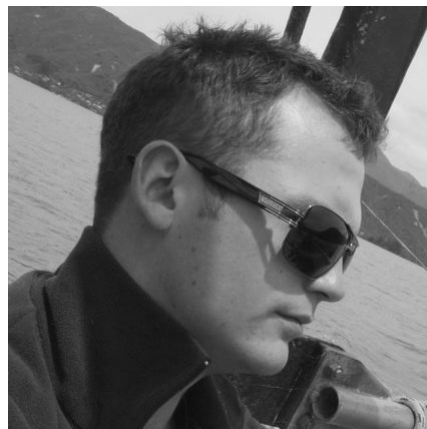
OMG the countdown is on at last. Can hardly wait my love!! We have been briefed on keeping you guys busy when you get back to help you reintegrate. BOY, have we got a doozy job list for you, lol. Oh yeh and by the way you know those 2 coffee mugs we have "The Boss" and "The Slave".... Guess who's drinking out The Boss one now?? BINGO, me!!.... and I don't fancy your chances of getting it back, lol. I know exactly what you are thinking now my love, hee hee hee. I'm so very much looking forward to our long talks again. Gee I've got 6 months of waffling to make up for. You lucky thing!! Ha ha ha. Kendall and Ethan away on school holidays at moment and they pass on their love to you. Safe travels back my love and we will be waiting for you with open arms. Love you forever and always, Trace XXX. Kendall XX Ethan XX Skyeman XX.

Kia ora Matthew

Hari Huritau son! Wishing you an awesome birthday wish for the 7th of November! Happy Birthday... We will celebrate Kahliyah's birthday as if you were here with us and we will get her to blow your candles out on your cake for you. Love you so much. From Mum and all the whanau from Shannon, especially

your girls and Kuini!

Happy 21st Birthday Matt!



We're thinking of you and looking forward to celebrating with you when you get home. Thinking of you every day! Keep safe and well. Love Mum, Rachel and all the family! XOXOXO.

To my Awesome Daddy

Me and mum miss you lots and lots and lots and lots. Of course I'm looking after mummy, we hope you are looking after yourself. Hope you are enjoying getting mail. I'm missing you heaps. Thanks for sending mummy flowers and getting her a yummy cake for her birthday. Lots of love from your ratbag Son.

Hi Dad

I'm 3 now. Such a big boy! I got very spoilt, but I don't mind. Thank you for your presents. Mum's in the middle of exams so trying not to get sick or be too annoying...will let you guess the outcome of these as I have impeccable timing. Hope you are OK. Love you..love you more,x.

Hey Babe

How's things? Finally got a letter from you, already 8 weeks down! Exam study OK, looking forward to time off though until Jan. Bet getting cold now as warming up here finally still had fire going last week though for night. Chat later. Love ya xx.

Armistice Day

Source: nzdf.mil.nz

11 November

Armistice Day (also sometimes also referred to as "Remembrance Day") marks the anniversary of the signing of the Armistice that ended the First World War and commemorates the sacrifice of those who died serving New Zealand in this and all wars and armed conflict.

The Great War of 1914 to 1918 was one of the most disastrous events in human history. New Zealand, with a population of 1.1 million in 1914, sent 100,000 men and women abroad. 16,700 died and over 40,000 were wounded - a higher per capita casualty rate than any other country involved.

The coming of peace on the eleventh hour of the eleventh day of the eleventh month of 1918 brought blessed relief for all involved. On Armistice Day 1918, New Zealand had 58,129 troops in the field, while an additional 10,000 were under training in New Zealand. In total, the troops provided for foreign-service by New Zealand during the War represented 10% of its 1914 population between the ages of 20-45.

The signing of the Armistice is observed annually in New Zealand at 11.00 am on 11 November (the eleventh hour on the eleventh day of the eleventh month). Two minutes silence is observed in memory of those New Zealanders who died while serving their country. Wreath laying ceremonies will take place across New Zealand.

Remembrance Sunday

In addition to observing Armistice Day, Remembrance Sunday has become a universal time of commemoration when all men and women who have died in the service of their country are commemorated in church services throughout New Zealand.

In New Zealand, Remembrance Sunday is observed on the second Sunday in November. We also take this opportunity to remember our comrades in other parts of the world, especially our personnel currently serving in the various operational missions.

*They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

(Fourth stanza of Laurence Binyon's 'For the Fallen')



*Send a message
to your loved one overseas, with...*



Kate Lukins, a former DJ and studio engineer with the Radio Network (Newstalk ZB, ZM/FM, Classic Hits, Coast FM etc) and who now works with Defence in a civilian role, has secured access to the network's studio, music library and phones.

She will be recording a three hour Christmas radio show for our deployed personnel, complete with music requests and messages of support from families.

The programme will be copied onto CDs and sent into theatre through the mail system, in time for Christmas. For people in New Zealand, it may also be available for download from the NZDF website. Download details will be advised in December.

To send a song request and record a message for your loved one, email: kate.lukins@nzdf.mil.nz with your name, phone number (cell phone is okay) and say what time during the 19 - 20 November is best for her to call you from the studio.

**Final deadline to email your details through is
4pm Friday 18 November, all calls will be made on
Saturday 19 and Sunday 20 November.**