

THE BUGLE

Issue 166 | March 2012



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"THE BUGLE"

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

Deadline

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Bugle contributions are welcome and should be sent to Janine Burton.

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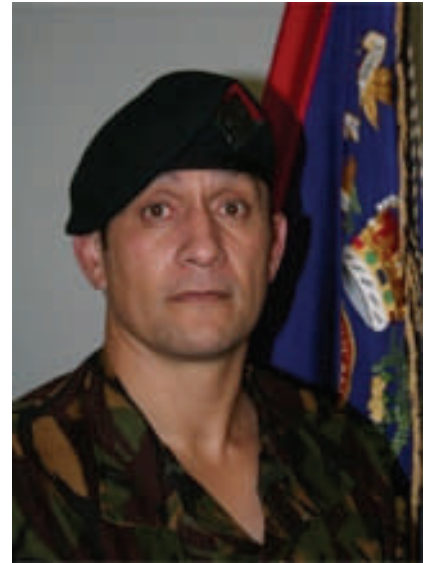
Cover Photo:

Local boys assist with the installation of the water tank at the Dominican Sisters Orphanage in Dili, East Timor.
See Padre's article, pg 11

GUEST EDITORIAL

LTCOL Glenn King Commanding Officer 1 Royal New Zealand Infantry Regiment

It is the 8th of March and a few days after the NZ Warriors lost their first game for this season against Manly. No doubt the players and coaching staff will review their performances, individually and collectively, and look to improve on aspects of their game. This is an understood process that is conducted by professionals in all walks of life. In doing this the Warriors should recognise that they have just started the season and they have a very good team who are well supported by many Kiwis. Surely Manu will not drop that many balls ever again.



I am sure most Defence personnel who are serving on operations will 'reflect' on their time away some time after they return to Aotearoa. This may occur when sharing stories with friends, whanau or fellow soldiers who were with them on the tour. It may happen when they have some quiet time to themselves. In doing so you will recall moments when things worked "sweet", just as you had planned and prepared for it. Sometimes it didn't work out as hoped. I know the senior command team for each mission (like Bluey and the Warriors coaching staff) will be de-briefed on their return, with the performance of the team being discussed, and key learning points passed on to the support staff back in NZ (everyone from HQJFNZ to units) as well as the next teams preparing to head across.

I tend to understate my own operational service. I just consider it part of my job. Late last year I attended a leadership course with smart and successful people from all over NZ. You don't disclose your employment until the end of course function so that perceptions of individuals are not created. On finding out I was an officer in the NZDF, I was bowled over by the support shown for our organisation, especially those serving overseas and on operations in support of the people of Christchurch. These fellow New Zealanders I attended the course with were very grateful to our Defence Force people for putting their bodies on the line (literally), taking the big hits (separation from families and friends) and being a positive team. They recognised the sacrifices we make, and they are very thankful.

You guys and girls over there on operations continue to do us all proud. You do difficult work under challenging conditions. I think of you as all contributing to your team's game plan during what will be a long season, and I have no doubt you will come home as satisfied with your performance as those of us back here are. We have been serving on operations for a number of years now, and have lost some great people along the way. This reminds us that our business is not a game, although I use a game to illustrate some points.

Lastly I really enjoyed the article in the last bugle written by SSGT Lukitau. He's a bit of a character, and it is good to see his cheeky side come through on print.

NEWS UPDATE

GOVERNOR-GENERAL RETURNS TO BURNHAM TO THANK SOLDIERS FOR EARTHQUAKE SUPPORT

1 March 2012

The Governor-General of New Zealand, Lt Gen The Rt Hon Sir Jerry Mateparae, and Lady Janine Mateparae, has been welcomed to Burnham Military Camp where he thanked Defence Force personnel for their efforts in the 22 February earthquake.

The Governor General was welcomed by a powhiri and a Royal Guard and talked to Camp personnel about their earthquake work and experiences.

Young soldiers commented that it meant a lot to have the Governor-General come to see them and shake their hand. The Governor-General, who is the former Chief of Defence Force, was based in Burnham when he was in the Royal New Zealand Infantry Regiment (RNZIR) and talked to many of his former soldiers who shared their personal earthquake experiences with him.

At the height of Defence Force operations over 1700 personnel were involved in earthquake rescue, recovery and security support. One year on, Reserve Force personnel continue to secure the cordon in the Christchurch CBD.

In addition, Defence Force people continue to live and work under difficult conditions in the Christchurch area, with the Defence Force making a significant contribution in the region through Navy personnel at Pegasus, tri-service recruiters, the Air Movements team at Harewood, the Explosive Ordnance Disposal unit, and staff at the Air Force Museum at Wigram.

New Zealand Defence Force support by the numbers

- 1796 NZ Defence Force personnel. At the peak of the operation on 2 March, 1796 NZ Defence Force personnel made up of 239 Navy, 1379 Army and 150 Air Force regular force and territorial/reserve personnel have been directly involved on the ground in Christchurch. There were many more personnel working in support of the operation in Burnham, Wellington, Linton, Ohakea, Devonport and Whenuapai.
- 10 RNZAF aircraft were involved over the course of the operation, made up of Boeing 757s, C-130 Hercules, Kingair, Iroquois helicopters and the P3-K Orion.
- The C-130 and B757s aircraft moved a total of 4278 passengers and 268894 lbs of freight (a combined total weight including passengers, freight and baggage of 674639 lbs).
- Army catering staff produced more than 5000 meals per day for Police, Fire Service, Search and Rescue teams and military personnel.
- 77 Unimogs, 47 Pinzgauer Light Operational Vehicles (LOV), and 28 Light Armoured Vehicles (LAV) formed part of the response, with the Unimogs mostly used for the transportation of equipment and stores.
- Four Royal New Zealand Navy ships, the HMNZS CANTERBURY, HMNZS PUKAKI, HMNZS OTAGO and HMNZS RESOLUTION were all been involved with taskings.
- The CANTERBURY transported a total of 1707 tonnes of vehicles and equipment and 375 personnel in and out of Lyttelton.
- 129 Singapore Armed Forces personnel assisted NZ Defence Force personnel and the NZ Police on the cordon.
- 2 Singapore Armed Forces C-130 Hercules aircraft were based at Whenuapai, and carried out taskings for freight and personnel movement.



Sir Jerry chats with personnel at Burnham Camp

NEWS UPDATE CONTD...

SUCCESSFUL END TO THE SEASON IN ANTARCTICA

1 March 2012

The NZ Defence Force 2011/2012 season in Antarctica has come to a successful conclusion with the remaining NZ Defence Force personnel leaving Antarctica earlier this week.

More than 170 NZ Defence Force personnel deployed at various stages throughout the October - February summer season. This included a Scott Base support team, a New Zealand Army light engineering team which carried out a number of projects to safeguard the unique environment, and 70 personnel who assisted with the recent annual supply ship offload.

Senior National Officer Lieutenant Commander David Washer says overall it was a busy season and another very successful mission for NZ Defence Force in Antarctica.

"Antarctica is one of NZ Defence Force's specialist areas of operation, utilising the right people and equipment to cope with the challenging environment. Our input is valued because of the flexibility and dependability we offer in niche areas like this."

The supply ship offload is one of the more challenging tasks undertaken. The New Zealand Army support personnel have a small window of under two weeks to complete the task. They work round the clock in 24 hour daylight and freezing temperatures to unload shipping containers and move

cargo to McMurdo and Scott Bases. Teams of personnel drawn from all three Services also work 24/7 to manage distribution and storage of the supplies.

The NZ Defence Force also supports Antarctica New Zealand and US Antarctic Programme summer season activities with a number of Royal New Zealand Air Force C-130 and B757 flights to shift supplies and personnel.

"The NZ Defence Force has a very good working relationship supporting Antarctica NZ and the US Antarctic Programme. We have a long standing commitment and have been involved in Antarctica for over 50 years, helping New Zealand to support the Antarctic Treaty and associated peaceful scientific programmes, in partnership with the international community, to safeguard this pristine environment," said LTCDR Washer.



Two C-130 flights also received refuel support in Antarctica after air-dropping emergency equipment to the distressed fishing vessel Sparta in December 2011.

"Operating to this remote, extreme environment is professionally challenging work for No. 40 Squadron aircrew and maintenance teams," he says.

The B757 will complete one last flight next week, returning the last of the McMurdo summer staff to New Zealand before the 'winter' season officially commences.

Source: www.nzdf.mil.nz



FOREIGN CORRESPONDENTS

NEWS AND VIEWS

- Including:
- * Leadership
 - * The Count Down Clock & More
 - * Logistics in a Winter Deployment
 - * Mentoring and Capacity Building in Bamyan Province
 - * Afghanistan By Starlight
 - * Chaplains Pen from Abroad

NEWS FROM GYRO 12 TIMOR-LESTE

LEADERSHIP

PTE Todd Waugh GYRO 12

Almost every organisation in the world has a leader type figure, often referred to as "the boss". In our type of work and lifestyle there is no greater need than loyal, reliable, trustworthy leaders that lead their soldiers by example. Without them things can go unforgivingly wrong, so I guess building strong leadership foundations in all ranks from bottom to top is important.

I am Private Waugh from 1 RNZIR and I am currently on my first deployment in East Timor. Last week I and the rest of the baggies from the NZ contingent did the Army Leadership module over a two-day period. All in all I think it was of good value to all who attended. We learnt important leadership principles along with many other pieces of knowledge, which if applied, can be a good template to refer back to when required.



Due to the promotion network of the Army, all personnel, at some point in their career, are going to step into the boots of a role where leadership is required. So it was a good opportunity to do so when we were all put into teams and conducted an afternoon of activities which not only called for teamwork but also relied on good communication, a bit of thinking and the final "D" being made by the designated leader of the group to overcome the obstacle ahead, all under the watchful eyes of the Officers and Warrant Officers. We were able to get positive feedback from each activity of the good and not so good things we had done as the person who makes the final decision.

We also did a lot of brainstorming type activities where our groups had to talk and make collective decisions on what we could do to determine certain outcomes of a situation each group was given. It was a good activity because it got us thinking in the mindset of that person who in the end makes the decision, often with an outcome unknown until the end. That's why above all, trust needs to be of a high standard amongst his or her soldiers. Looking back I think the Army Leadership Framework module we did was of big importance and good value to us all because every person would have taken their own bit out of it and no doubt, when the time arises, will put to good use what we learnt.





And remember "to help and encourage others to go in the right direction, as a good influential leader we must go in that direction first".

NEWS FROM NSE TROY BAGRAM AIRBASE

THE COUNT DOWN CLOCK & MORE

**LIEUTENANT COMMANDER
Wayne Burton, OC NSE 19**

Someone asked me recently if I felt the mission (msn) had flown by and I found myself relating 'time' to the number of Bugle articles that were written. You just get one away to Janine and lo and behold you quickly get an email stating that the next one is due. From that perspective the msn was but a blinding flash of Bugle articles.

So where to start on this one? I guess I can best start with the TROY NSE 19 Count Down Clock. To explain – the Count Down Clock is an Excel Spreadsheet that some clever individual some many years ago devised that literally counts down the time one has left in theatre. It provides the information in percentage terms as well as weeks and days. So at the point of writing this article on 4 March the clock reads 79% of the mission completed with 21% remaining. Or to put it in terms more worthy of

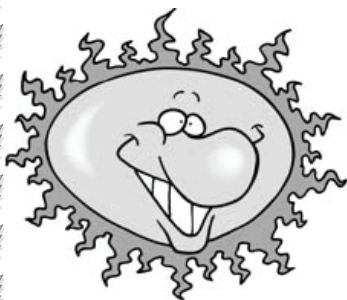
mention for you folks back home there is 6.49 weeks or 45.4 days before we leave the theatre of operations. Then of course we have travelling time which needs to be added to provide the true and I guess most important figure which is our arrival back in New Zealand. I will let you do the sums on that. Before I move on from the Count Down Clock let me advise of one more important feature of this most clever spreadsheet – it also advises us of the number of beers we have been missing out on since being on the msn (this is after all a dry msn). From what my clock is telling me we have 'earned' 348 beers which equates to 2 beers per day for each day in theatre. Perhaps for some this is a better measure of our time on this msn!!

This is the penultimate article from the NSE and my last. The intention for the last article is to have the team to each reflect briefly on their time at Bagram.

So what has happened since we last corresponded? In the last article the NSE provided a montage of photographs some of which

*Daylight Saving
Will End*

*3.00am Sunday
1 April 2012*



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



FOREIGN CORRESPONDENTS CONT'D...

highlighted the snow that had fallen. According to local sources this has been the worst winter in 15 years. Open source reporting has highlighted how tough and miserable it has been for the local people who have had to suffer the harshness of a long and bitterly cold winter. There have been numerous deaths resulting from the cold, many being young children. Also there are those who reside in the less populated mountainous regions who have suffered an unfortunate demise as a result of avalanches.

This is a harsh landscape and at the same time unbelievably beautiful. The mountain ranges that surround Bagram Air Field are just outstanding on a clear day particularly when the sun is shining off the snow and highlighting the ridges and valleys. When travelling by air the craggy and mountainous landscape seems to go on forever with the flat patches of land being the areas most prone to habitation.

Habitation within Bagram hasn't changed markedly since my first article when I described the austere living conditions. You will be happy to know it's got no better. Many of us will be glad to get home and will no doubt better appreciate what we have back in NZ. We are indeed a lucky country in comparison to what those in other countries such as Afghanistan have to endure.



Speaking of endurance – we had the pleasure of hosting two comedians in the form of Mike King and Andy Clay at Bagram. Due to weather delays their stay with us was longer than expected. They were passing through on their way to Kiwi Base in Bamyan to conduct a couple of shows. It was a pleasure hosting them and their official photographer Sammy. I'm however not so sure how they found us. Unfortunately they arrived during some recent troubles we had at Bagram which has been widely reported in the news. The result was that Bagram was subjected to a number of rocket attacks. During such occasions rest assured we take the appropriate measures and seek shelter in nearby bunkers. On this occasion the first attack occurred at 2000 hrs (a respectable time) and we all went

to the designated bunker. There was laughter all around as Mike and Andy traded jokes. After an hour the all clear sounded and they no doubt had the makings of new material for their next show and off to bed they went. At 0100 (not so respectable time) the next attack occurred. For some reason there was a distinct lack of jokes as everyone froze in the bunker at approx -15 C. I suspect therefore that the comic material that evolved from the first attack may somehow not make it to the stage.

Seven weeks and the stage is set for us. We will touch down in Ohakea and for the first time in 7 months you will once again be able to embrace your loved ones. This will be a day that everyone will be looking forward to. In fact when that day dawns it may very well be a very long day indeed as we all count down the hours.

So, I've touched on some timing's in the second paragraph which by the time you actually get to read this article will be well and truly out of date. So calendars out and recalculate or better still ask your Deployment Services Officer for flight information.

On behalf of the team at the NSE thank you for your unwavering support to your family members.

Take care.



NEWS FROM CRIB 19 AFGHANISTAN

LOGISTICS IN A WINTER DEPLOYMENT

MAJOR James Layzell
Chief of Staff, CRIB 19

It's now March in Afghanistan (well it's March everywhere obviously), and as New Zealand moves from what we've heard to be a disappointing summer into winter, the temperatures here in Bamyan are slowly starting to increase. Certainly the lows of -20°C in the mornings seem to be a thing of the past, and the highs are creeping above 0°C during the day. The small patches of snow that remained all winter in the shady patches are slowly melting, and wearing thermals is no longer a daily requirement.

It still snows on occasion, but when it does it is usually only a light dusting, and it rarely settles. From what we have heard we have been lucky in the little amount of snow we have received, with other areas such as the capital Kabul getting significantly more. While this has made it easier for us to operate, it may affect the local farmers during the summer as the snowfall and resultant spring melt is the main source of irrigation for the farmlands.

In other, higher, areas of the Province, the snowfall has been greater, and many of the mountain passes have been regularly closed, cutting off some districts. The local snow contractors, employed by the Provincial Government, have worked hard to keep the passes open as much as possible.

A result of the cold has been the additional precautions we have

needed to take with our vehicles, this has included sump heaters to ensure the oils in the engines don't freeze, and running those vehicles without such heaters all night to ensure they start when required. With the low temperatures, our fuel, even the JP-8 (an aviation fuel) we use can freeze. As such we have had to include certain additives to ensure both our bulk stocks and the fuel in vehicles tanks remains liquid and useable.

Despite the road and environmental conditions, we have had few real issues with our re-supply. Our food and fuel has arrived regularly, and those trucks that haven't made it through for various reasons have quickly been replaced. The civilian companies that provide our logistical link are massive, and they support hundreds of other bases and agencies around theatre, even the closure of the Afghan-Pakistan border has had limited impact on their efforts.

One of the few areas that has been affected by the weather has been the STOL (short take off and landing) flights that provide our most regular logistical re-supply. As well as transporting passengers from various locations, the STOL flights also bring us freight, and more importantly, mail. During the summer the STOL flies twice weekly, but during the winter due to the snow we were lucky to get one flight a week, if anything. As anyone who has been deployed knows, mail is a great boost for morale, so where possible our National Support Element (NSE) have used whatever resources they had to get our mail to us.

There were some long periods without a letter or a parcel, but more often than not our mail got through on a regular basis.

All things considered, while it has been a cold winter, it certainly hasn't affected our operations as much as some may have thought. Our equipment is good, our soldiers are motivated to continue their work despite the environmental conditions, and our logistical systems and processes have definitely been able to cope.

The recent temperature increases, combined with our rapidly approaching return to NZ, have resulted in an increase in morale. Not that our morale was particularly low over the winter, as we certainly have an enthusiastic and professional team here. That said, with the end now definitely in sight, I am like everyone else, very much looking forward to seeing my family again.

MENTORING AND CAPACITY BUILDING IN BAMYAN PROVINCE:

FLTLT Mark Wing
CRIB 19 & 20, Afghanistan

Change is a word we've come to know only too well, have had to live with in our daily lives in Defence. For the Afghan people this is somewhat different and bringing change to their country is a slow and painstaking process. My



FOREIGN CORRESPONDENTS CONT'D...

deployment is to Bamyan Province, a beautiful, harsh, reasonably secure province nestled in the mountains of the Hindu Kush, directly on the route of the original Silk Road.



The Afghan people are a stoic, proud, feudal, strongly religious race that has been invaded by many crusading armies over past centuries. This is largely because Afghanistan was seen as a gateway from Europe to East and South East Asia. Also Bamyan was used as a stopping off point, a fertile valley in which to rest and recuperate troops before heading Nth East into China or India. The likes of Alexander the Great and Genghis Khan both rested armies here.

Latter years saw the Russians invade and this greatly influenced the country and set up the basis for the operation of Government and business which very much stands to this day. The system is based on

autocratic rule, bureaucracy and tight control at all levels.

My role within the NZ PRT is a new role whereby as Bamyan has moved into Transition, (the first province in Afghanistan to do so), i.e. out of a pure Security model, a wider emphasis is placed on Governmental capacity building. The Field Development Advisor (Engr's), myself and soon to arrive new colleague, are focused on technical capacity building and mentoring in the Line Ministries. On guidance from the Provincial Governor, Gov Habiba Sarabi (Afghan's first and only women governor; I would recommend a

search on Google) my initial focus has been on the department of Public Works. This has proven to be difficult in changing the mindset of the Head of Dept and managers who are reactive in nature and lack even the basics of good filing systems, electronic equipment and electricity to run their three sponsored computers. I've recently partnered with the lead UN agency in Bamyan, UNAMA, and together we're rolling out basic training in the likes of; financial planning, operational planning, and even in the basics of office management, e.g. running a meeting, staff management, file management. After five long months I'm just starting to see a glimpse of some change coming and this is only through patience, perseverance,

trust, and a long term view. I now understand why my deployment is for longer than the normal posting. Trust and perseverance are the keys here. We cannot make them implement our methods and processes but need to discover, map and understand their methods and find ways to help them improve them.

AFGHANISTAN BY STARLIGHT

LT Megan Davies
Nursing Officer CRIB 19

Your patient is pale, struggling to get his words out as you check the rest of his body for more wounds.

Bullets are flying past your head as your fellow patrol members provide cover for you to drag one of their own to cover.

Bleeding stopped, assessment complete, pain relief administered and patient loaded into your patrol vehicle to remove them from the danger location, all within 15 minutes, has your heart racing and adrenaline pumping.

All your training has come to this point and your mind is clear and focused.

With medevac on its way, you monitor and reassure your mate, who has come so close to giving his life for the safety and protection of the local Afghanistan population.

This is what the medical team prepares for when deploying on operations; but hope they never have to do.

As a rewarding consolation, the health team has many roles over here to cover all aspects of the medical contingency; more so than their typical roles at home. It is our job to maintain an environment that enables the contingent to function as well as they would in NZ,



FOREIGN CORRESPONDENTS CONT'D...

notwithstanding the increased risks surrounding them. Medical personnel must consider the health influences from a range of physical, emotional and environmental threats. Aside from the obvious threats to personnel in a location such as Afghanistan; there are a number of challenges when it comes to medical cover for an entire contingent in an under-developed country such as here. Things we would take for granted such as clean, safe water or produce, warmer climates and safer living conditions become the priority focus for maintaining health in theatre. This is extremely important to ensure all Service personnel stay healthy and ready for whatever tasks are required of them.

The medical pers are spread around different locations within the area of operations to ensure all bases are covered. Medics are placed within patrols for the first-line care in the field. A senior medic is located with an HQ aspect to monitor the medics and provide care to camp pers. A medical officer

and nursing officer are deployed to provide Kiwi Base HQ and camp patient care, along with medical oversight of all medical staff and run the regimental aid post (RAP); or medical centre.

Protecting our Service members begins with providing education to them on the health dangers they face. Forewarned is forearmed, and as such it's important we explain the risks posed by the local food, extreme weather conditions (predominantly the cold weather for this time of year), and less than hygienic living conditions at times. This is a vital role of all medical staff here in Afghanistan, and with this knowledge the guys can keep themselves safe, healthy and fit to do their job on operations.

Within their locations, all medical pers control the environmental health standards; such as water treating/testing, waste management, animal control and general living standards. These are all part of the preventative medicine we hold as high priority to avoid

sickness or injury.

Further medical training is continued throughout the deployment both for non-medically trained pers and the medics, which maintains high standards of care and preparedness.

Advice is provided to command on medical issues, as well as liaison with other health agencies within the PRT or local populous if necessary.

As there is no psychologist capability in theatre; the medical staff also provide emotional and psychological support if required; in conjunction with the Padre.

So, on top of everyday patient treatment, there are a number of health aspects on deployment that the medical team provides cover for; making for a very busy tour.

All of this is important when it comes to getting Service personnel home safe and healthy following their deployment.

LOOKING BACK

15 March 1944—NZ Forces Capture Castle Hill at Cassino

On 15 March 1944 the 6th New Zealand Brigade attacked the Italian town of Cassino as part of the Allies' advance on Rome. The New Zealand Division played a significant part in this campaign and by the time it was withdrawn in early April, 343 New Zealanders had lost their lives.

The success of the 15 March attack on the tactically important Castle Hill depended on the effectiveness of a planned bombing campaign. Troops had been waiting three weeks in freezing rain for suitable weather for an aerial assault. Bombarded from the air and land, Cassino was reduced to a pile of rubble. But the German defenders rallied quickly and put up staunch resistance. In conditions reminiscent of the First World War, Allied armour and infantry were held up by bomb craters that flooded as heavy rain set in, turning the rubble into a morass. Communications were difficult and progress was slower than expected. One New Zealand Battalion did manage to seize Castle Hill, but by dusk the attack had lost its impetus.

Over the next eight days more New Zealand troops entered Cassino, but they were unable to make any headway. On 23 March all attacks were called to a halt and the New Zealanders went on the defensive. Cassino did not fall until 18 May 1944, when it was occupied by Polish troops with the assistance of New Zealand artillery.

CHAPLAIN'S PEN — FROM ABROAD

A Tank Raising

Padre Chris Purdie
GYRO 12

When was the last time that you had to hand pump the water for your shower?

At the Dominican Sisters Orphanage in Dili, East Timor, this has been an everyday occurrence for 50-odd children and the Nuns who live there. The orphanage is blessed with having their own well on the property, and so they have always had fresh water for their daily needs. What they haven't ever had is a large storage tank to store water. Needless to say having only one 44 gallon drum to store water when you need to shower and wash clothes for 50 children has been a tiresome exercise. Very soon this will all be a thing of the past thanks to the Kiwi and Aussie contingents from the HPod here in Dili.

Before Christmas we were able to obtain a 5000 litre tank. Since then the local community and local supporters of the Dominican Sisters have built a reinforced concrete tank stand.

Recently a combined ANZAC work

party went over and helped install our tank up and onto the tank stand. Not such an easy task when the stand is 4.5 metres above ground and using a crane wasn't possible. Fortunately the main building is two stories high with a wide outside ramp. So we were able to bring the tank up the ramp, toss it over the side, and lower it into a raised grating, where we had laid down a walkway. Then it was just a small matter of rolling it along the walkway up and onto the tank stand. Job done.

In just half an hour we were able to achieve a significant milestone for them which will allow the children and their carers more time for other work and study, and the basics of day to day living, of washing and showering is not as much of a daily grind.

It has been one of the key achievements that we have been

able to complete while we have

been here and one that we are well

satisfied that we have again be able to make a tangible difference in the lives of the young and vulnerable of the county of East Timor.

Blessings.



Job done! Tank in place.
With Aussies—LCpl Taurau and LCpl Sutcliffe



Local boys assist with lowering the tank over the edge



Tank in place—LCpl Sutcliffe

CHAPLAIN'S PEN—FROM ABROAD CONT'D...

CHEERS MIKE KING AND ANDREW CLAY COMEDY TOUR

**Padre Darren
Chaplain, CRIB 19**

I like to share a scripture verse from the book of Proverbs in our weekly O group meetings. One verse I've used in the past from Proverbs 17:22 'A joyful heart is good medicine'.

Laughter is good for the soul, mind and body. It brings healing. The saying heard more these days is, Lol, Laugh Out Loud.

Enter comedian Mike King and fellow comedian Andy Clay a ex Lynfield college student (my old school too), and their assistant Sam who were a welcome event and a great boost for morale, especially at this time and point in our tour with five months done. Mike King had been here to Afghanistan in the past and also to East Timor presenting shows to our troops. Fortunately for us, he and his team eventually arrived, despite some unpredictable weather changes that nearly cancelled the visit.

These sorts of visits have been done on many tours. I recall hearing of bands and artists who would visit soldiers in other war conflicts to

entertain and help lift spirits and morale of the troops.

It was the first time I had seen Mike and Andy performing live. Mike was able to visit our Kiwi Company in the north and the following day back to Kiwi base for another two consecutive shows, three altogether, which is some feat keeping the same audience amused and laughing. During the day they were able to visit some of the interesting places in Bamian including the site of the Bamian Buddha's that were destroyed by the Taliban after standing for many centuries. And impressively the team climbed our PT hill one morning making fun of the situation in their show, Mike saying he was keeping the camera man company at the back who was obviously struggling.

Mike and Andy, on behalf of CRIB 19 and the members of the Kiwi base PRT, thank you for taking your time and your resources to entertain us and make us laugh, even though there are a few comedians among us to who are good at doing that. (Lol) It was very much appreciated and enjoyed and a great boost for morale. Hopefully we can catch up with you back home in Aotearoa New Zealand and support your show some time.

Long Distance Relationships

A few quotes of comfort, support and inspiration.

"In dreams and in love there are no impossibilities."

Janus Arong

"Without rain, there could be no rainbows. Without sorrow, joy would not be as sweet."

Anonymous

"Love is the bridge that bonds the shores of two distant hearts."

Author Unknown

"Distance is just a test to see how far love can travel."

Anonymous

"Absence diminishes small loves and increases great ones."

Author Unknown

"Absence is to love, as wind is to flame, it extinguishes the weak and feeds the strong."

Anonymous

Source: www.geocities.com



Kiwi Base with Mike and Andy

THE EMOTIONAL CYCLE OF DEPLOYMENT

The following outline of the Emotional Cycle of Deployment describes changes in family behaviours and emotions that can be expected during deployments. The ECOD is a model originally developed by the U.S. Military after doing some research on the effects of long deployments on the people back home.

Be aware that everyone is different and that some people experience none or only some of these stages, some people even experience them in a different order! However, it's a good idea to be aware of them so that if you do experience them you have some idea of what's going on.

Stage One- Anticipation of Loss

Usually occurs four to six weeks prior to deployment.

Stage Two – Detachment and Withdrawal

This stage occurs during the final days before departure, and in many ways it is the most difficult, as the relationship is out of the couple's control. Often there are conflicting emotions, on the one hand the couple doesn't want to be separated, but on the other they just want the deployment to start so they can get on with their lives. There may also be an emotional withdrawal or reduction in intimacy from one or both partners, this is the mind preparing for the separation. It can be upsetting for some, given that they are going to be separated for six months, but it is a normal reaction.

Stage Three – (partner deploys) – Emotional Disorganization

This occurs just after the deploying partner goes away, and may be difficult for both the person deploying, and the person remaining at home. Both have to get used to a change in lifestyle and no matter how well prepared they think they are, the actual deployment can still come as a shock. Stage Three lasts about six weeks after the deployment.

Stage Four – Recovery and Stabilization

At some stage in the deployment both partners come to the realization that they are doing really well. They have become used to their new situation or environment and have established new routines. This can be a very satisfying stage as it is filled with personal growth for both partners.

Stage Five – Anticipation of Homecoming

About four to six weeks before the deployed partner returns, partners at home feel that time is running out, and all the things that they planned to do before the return date are not going to get done. There is often a shift in focus back to the deployed partner and their return.

Stage Six – (Partner Returns) – Renegotiation of the Relationship

This stage occurs immediately after the deployed person returns and can last for several weeks. Whilst partners are together physically, it usually takes some time before they feel close emotionally. Both partners have to stop being "single" and concentrate on being a couple again.

Stage Seven – Re-integration and Stabilization

Several weeks after the deployed partner has returned, new routines have been established for the family and family members feel comfortable with each other again. There is a sense of being a couple and family again. They are back on the same track emotionally and can enjoy the warmth and closeness of being a family.

If you require more information refer to the booklet published by the Army Psychology Services "Developing Baseline: Building Resilience". If you do not have a copy of this publication, it can be mailed on request from Carol Voyce, or Janine Burton (contact details on the front cover). A great booklet with a wealth of information.

POSTCARDS FROM ABROAD



L to R: SGT L Crawford, PTE J Matenga, LCPL T Hemmingsen greet the Dr Ramos Horta - President of Timor Leste at the New Zealand Embassy as a part of Waitangi day Celebrations

Photo: CPL Janine Faber, ADF



Candles for Christchurch 22nd Feb 1st Anniversary service



SGT T Miller is rescued from the "burning building" by LAC T Mills



Remembrance Day Guard and fly by

Photo: CPL Janine Faber, ADF



Santa (LT R Leota) at GYRO 12 Xmas Dinner



Riot training—Dili, East Timor : NZ 2, Aussie 0

..... TIMOR-LESTE



L to R LCPL D Atkinson MAJ S Challies and LAC T Mills race for gold in the Gyro 12 Back to Dili bike trip



SGT N Madgwick and Santa's little helper (SSGT D Jones)



SSGT L Colvin PTI / Bike mechanic for the Back to Dili bike trip



ANZAC Fire crew during fire training at Dili Airport. LAC T Mills and SGT T Miller in the blue shirts centre



Remembrance Day

Photo: CPL Janine Faber, ADF



New water tank delivered to the Orphanage by Pte's Main and Roseau

DSO'S CORNER



Carol Voyce

Deployment Services Officer
Southern Regional Support Centre
Editor "The Bugle"

Greetings to you all.

Regular Bugle readers will note that your last issue arrived somewhat after our normal deadline. Please accept our sincere apologies for this and the loss of the many wonderful personal messages from our file that finally went to print. The messages are reprinted in this issue.

Over the years we have prided ourselves in getting our Deployment newsletter to you all on time. To not achieve this, for the last issue, was disappointing. But there were good reasons and it's called "Operations Security" or more commonly referred to in Defence circles as OpSec. It's about protecting critical information from those who shouldn't have it!

All those great written words and photos from our Foreign Correspondents, go through a number of security checks before they even reach my desk and are then double checked, and cleared again, in our Joint Force Headquarters before going into The Bugle. I, like you, are not trained to know what passes the test and what doesn't!

OPSEC protects our operations, those planned, those in progress, and those completed. Success can depend on secrecy and surprise, so the military can accomplish mission tasks and goals faster and with greater collective personal protection. Our adversaries want our information and they don't just concentrate on our military people to get it from – they can look for other communications to families and friends. Hence, in the last Issue of The Bugle, there was some late thought and debate on some words used, some places named and some things hiding in the distance in some of the photos submitted. So the logical thing, in the interest of safety for all, was to withdraw the content and reprint again! A little ink and a little paper wasted, but all in the interests of the wellbeing of your loved ones. Little bits of information may seem insignificant, but to a trained adversary it just may provide the pieces needed in putting a puzzle together.

I guess it is timely in this editorial to remind you how you can play your part in all of this.

Be Alert: Watch your internet activity. A number of social networking sites that now exist, (Bebo, Facebook, You tube and Twitter) can facilitate rapid sharing of sensitive information. They can even indicate that you are home alone!

Be Careful: Deployed service personnel can not always talk about what they are doing or where and when they may be moving about in their deployment location. Don't pressure them for information. Learn to talk in riddles! If you are the recipient of photos from abroad be sure to keep them for your personal viewing only. Like the one recently submitted for The Bugle, I thought it was a fun pic, it made me laugh, until someone in the know, pointed out to me something that shouldn't be there!

Those that want to, can listen in on

phone and Skype conversations and collect data. They can lurk in a Public place where you may be talking about dates and homecomings, or see something of interest displayed in your workspace. Just be protective of any information that comes your way.

This advice is not intended to frighten you or to make you suspicious of everyone you meet, but rather to remind you that we all have a role in ensuring that the success of our efforts abroad are maintained and those there and here, are safe by all the simple actions we can take.

If you are concerned about anything I have written or need more information, please be sure to give me a call. I guess, simply, this is one time when we always have to be sensible!

Look forward to meeting with many of you in times ahead, especially those who are about to embark on the Deployment journey to Afghanistan and the Solomon Islands.

Look after each other,
Kind regards

*
* **Cherie** *
* Thank you so much for *
* sewing, once again, the *
* farewell Banners for CRIB *
* and RATA. They are so *
* much appreciated by those *
* at home and those abroad *
* and I know they will have *
* wonderful *
* messages *
* written on *
* them in the *
* weeks *
* ahead. *
* Carol *



DSO'S CORNER CONT'D ...



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

Hello all. I guess some of you will be thinking that this Bugle has arrived very quickly after the last one. We had a number of production issues with the last edition which meant it reached you a week later than it should have done. It was almost like a "perfect storm" where a number of elements all converged on us at the same time and there was not a lot we could do to get it all moving together in the right direction. Needless to say, we were both very happy to see our Bugles all finally in the post.

Time is certainly marching on. Like you, we also have milestones to mark the points of deployment journeys. At the beginning we are meeting our 'new' families and conducting the pre-deployment briefs, then attending the departures where again we will meet up with many of you. For the current CRIB and GYRO missions of course there was Christmas which is always a hurdle. After the Christmas break we get back to work, children go back to school, a couple of anniversary weekends (if you live in the right provinces that is), tour update briefs, Easter then homecoming. So on our journey the tour update briefs have been

completed for CRIB 19 and are about to occur for GYRO 12. Another of our milestones is sending out the RTNZ books to partners which means the end is now in sight for the mission. These booklets are included in this mailout for our CRIB 19 families. While the booklets are designed for partners, if there are any parents or other family members who would like one, please let me know and I am happy to pop one in the post to you. These booklets are an excellent resource for partners to start thinking about the reintegration of loved ones back into our lives at home. While we think that nothing has changed at home, actually you will find that in some small way they possibly have. For example, you may have rearranged the furniture—I know that as a young Army wife my husband was away a lot and my furniture moved miles! You may have rearranged your kitchen so the coffee is now in a different place. These may seem like little things, but for someone returning home after being away for seven months thinking they are walking into somewhere familiar, they come home to find there have been subtle changes. You may have also made changes to routines—after all, coping with everything on your own, to enable things to work smoothly, especially if you have children who you need to get to day-care or school, and you are having to do it on your own, routines have had to be tweaked. Please don't look on these changes as negatives, they really are positives because they have helped you through the journey.

Another positive for us, is this very publication. Many family members remark that the end of the deployment is the end of them receiving their Bugles; another one of those milestones! The Bugle is always available on-line of course on the Homepage website.

The planning is all in place for the GYRO 12 update briefings—invitations were sent out with the last Bugle. To date I have only

received one RSVP. If you are planning on coming along, we do need to know otherwise we may cancel the briefing in your particular location. I have been advised that the DVD from the contingent is complete and on its way, and we are looking forward to sharing that with you.

For CRIB—no more mail please—it is unlikely to reach your family member before they start their journey home.

For GYRO—hope to see many of you at our briefings at the end of the month.

We have had a large number of RSVPs for our dinner next week (as I write) in Linton, the first for our new Commander.

Lots of milestones.
Take care all.

Mailing Tip

When mailing goods purchased from the supermarket, make a small pin-prick hole in the bottom and squeeze out all the air. Cover the hole with sellotape and wrap the parcel in gladwrap. Your package is now almost "vacuum sealed" and ready to post.

This mailing tip is from a mum with a son currently overseas. If you have any great tips you would like to share, please let us know.

FOR YOUR INFORMATION

Apologies

You will have noted that the last issue of The Bugle was late in finding its way to your letterbox - or Inbox! Please accept our sincere apologies for this rare occurrence. We had some problems with some articles submitted which did not meet the Operations Security guidelines established. You will find the full explanation in the DSO editorial (Carol) and it certainly provides a good reminder to us, that we all have a role in protecting information that may not be secret, but is what we call "Critical Information" about military intentions, capabilities, operations or activities. As a result of this, I am sure you are all understanding in our reasons behind our late mail out. But just when things didn't go to plan, today we discovered that the most popular section of The Bugle, the personal messages was omitted from the reprint file! Another disaster!!!! You will find these messages included in this issue! We sincerely apologise for letting you down.

Welcome to New Bugle Readers

This is the first edition of The Bugle to find its way to those associated with the next deployment to the Solomon Islands and to Afghanistan. The Bugle is our main way of keeping in touch with you all and we hope you will find some support and comfort amongst the pages. You will notice that The Bugle is written for those in different stages of the Deployment journey, but there is always something of interest for everyone. Take a special look at the section for personal messages. This is another way that you can keep in touch with loved ones and we look forward to receiving your messages. The Bugle is emailed to deployment locations and enjoyed by all there too.

Goodwill Banners Solomon Islands and Afghanistan Deployments

During the pre-deployment briefings for families associated with the next deployments to the Solomon Islands and Afghanistan, we had with us colourful farewell banners to enable loved ones to record messages of goodwill, love and support. The banners will travel to the deployment locations and be hung in common areas to remind loved ones that they are always in your thoughts. If you were unable to attend the briefings or have not had a chance to record your personal message on the banner and will not be at airport farewells, please phone Carol (DSO Burnham) 3630 421 or 0800 33 7569 and we will happily record your message for you.

Deployment Guides

This mail out contains a copy of the OP RATA and TU CRIB Deployment Guides for those who were unable to attend the briefings for these deployments to the Solomon Islands and to Afghanistan. They contain a lot of useful information related to the deployment, so please take the time to read through them and be sure to call us if you have any questions. Mailing addresses are included and there is information on keeping in contact with support personnel here and if in the event of an emergency, how to get an urgent message into the deployment location. You will find the Guide a handy tool for managing the deployment so keep it in a safe place.

Return to New Zealand CRIB 19

As advised to families at the tour update briefings, planning is well underway for the return to New Zealand of service personnel currently deployed to Afghanistan. Tentative return dates and times are available but not for publication. Please contact Janine for updated

return information on 0800 683 77 327.

This information is for your personal use only and not for discussion with loved ones on deployment via the phone, email or Skype communications. This is to ensure that safety and security of the missions is maintained.

Reunions

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

As you make the transition back to your pre-deployment environment, whenever you begin to feel angry or frustrated, ask yourself "How realistic are my expectations in this situation?", "Am I giving myself, and others, enough time and space to adjust?", "Am I trying to force re-adjustment to happen rather than being patient and allowing it to happen at a comfortable pace?"

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

Source: *Open Arms: A Guide for Partners of Personnel Returning from Operational Deployment (Debrief Booklet)*

The RTNZ booklets for partners of CRIB 19 are included with this Bugle. If you did not receive your copy (partners), want an additional copy or if parents would like a copy, please give Janine a call and one will put in the mail to 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 & Timor-Leste appoint a lead Deployment 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:

Waikouaiti—Carolyn Hyland

Ph 06 387 5531

Burnham—Cherie Mansell

Ph 03 363 0322

Community Services Facilitator:

Linton—Lesley Clutterbuck

Ph 06 351 9970

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:

Deana Lye

Ph: 09 417 7035

Base Woodbourne:

Claudia Baker

Ph: 03 577 1177

Base Ohakea:

Kim Palmer

Ph: 06 351 5640

Naval Community Organization:

Ph: 09 445 5534,

0800 NAVYHELP

nib@nzdf.mil.nz

Local Chaplaincy Services

Unit Point of Contact

THERE IS SUPPORT OUT THERE IF YOU NEED IT



AIR FORCE

TE TAUAARANGI O AOTEAROA

*H*ave you ever stepped back to think about what sort of help would be useful for you during your family's separation from the military person in your life? For each and every one of us that is a different idea much like the way that we all choose to dress in a way that suits us and eat or behave in a way that fits with who we are.

There are however some common threads that may be interesting to look at. As people we are generally a social lot needing to interact with others for a number of different reasons. Some of these are by necessity like work, school, shopping etc but some are through choice and it is these I want to talk about. If you think about people who manage well during times of stress or strain have a look at what they do to cope. One of the best ways to cope with strain is to share some time with others, not only does this give you a means of "venting" but it is also useful if you can join up with like minded others to share experiences and find out what might work for you. It gives you a chance to learn about new styles or strategies for your family to help with the deployment cycle.

If you are an independent soul and prefer to use the resources that you already have in place, for example family and friends, rather than those organised through a group or organisation, that works too. We realise you are the expert on your family and what works best for you.

The only plug we would make is that if you feel that you are not coping make sure that you let someone know. It is much easier for you if this happens earlier rather than later before problems appear to be so huge they are insurmountable.

One of the pieces of psychological first aid that may help you is to know that whatever experiences you have during the deployment cycle are OK. There is no "normal" way to manage this process. It is much like parenting in that while there are many ideas and theories out there about ideal ways of behaving, the way that works best for you is OK so long as you and your family manage in a healthy and safe way.

Just remember that you are really lucky because you have a bunch of people out there who are available for support, information, to listen to your story or to point you to someone that may be best suited to what you want. The only thing you need to do is pick up the phone or knock on that door. You have many experienced and well qualified people to make use of.

Reprinted from Bugle Edition 116, Feb 2009

BOUQUETS

Lt Col Pete Hall and Padre James Molony

On behalf of the many families associated with the next deployment to Afghanistan, please accept our sincere thanks for taking time out of your busy predeployment preparation to attend the family briefings. We so much valued your fine words of wisdom, your expertise and encouragement as the deployment journey is about to begin. To have the opportunity to meet with you both, has done much to help us with some peace of mind. We look forward to your Bugle articles and to keeping us informed along the way.

Kindest regards, Carol, Janine and Families TU CRIB 20

Auckland North Regiment.

It is always a delight to be able to visit with you all and use your great facilities for our Family briefings. Sincere thanks again for welcoming us to Auckland for the pre-deployment brief for CRIB 20 and for accommodating our many tri service families. I know we used every chair you own! Kind regards to you all and to the Duty Officer for great support.

Carol (DSO Burnham)

Mr Ian Moray-Smith

Sincere thanks for the amazing support you gave to our Briefing team on our recent visit to Messines for the predeployment briefings for TU CRIB families. We valued the opportunity to use the great facilities there on offer and for your guidance and support. Many thanks on behalf of us all and the families, Carol and Janine (DSO's Burnham and Linton)

Catering Support - Burnham, Trentham and Linton

We know you have many requests from us in support of the many functions, briefings and gatherings we have, but always appreciate your willingness to assist and for the fine array of refreshments on offer. Thanks again for your support to families of TU CRIB and for the many briefings still to come.

Carol (DSO Burnham)

Col Stefan Michie and WO1 Craig Spinks (2/1)

Unbelievable support! To you both and your team, sincere thanks for joining with the Briefing team for the Family predeployment briefings in Rolleston recently. I know the families very much appreciated the chance to meet with you both personally and to know firsthand that you too, are there to support them along the deployment journey. Your hands on help behind the scenes was great and made a huge difference to the success of the gathering. Please extend our thanks to Sgt Ngati Uraio for his valuable assistance with the logistics! All much appreciated and long remembered.

Sincere thanks again, Carol



NZDF Psych Team

Thank you so much for your assistance for the TU CRIB Family briefs. Our families appreciated the opportunity to meet with you all and thank you sincerely for some great information and hot tips to help them on their way. I know we make big demands on your time but are always grateful for the support.

Kind regards, Carol (DSO Burnham)

TU CRIB Families

Our Briefing Team really enjoyed the opportunity to meet with many of you recently. Thanks to those who travelled long distances to be with us, to those who had to take time off work and for simply being there in support of your loved ones. We hope that we have given you some peace of mind for the times ahead and look forward to keeping in touch.

Kind regards, Carol and Janine (DSO's Burnham and Linton)

PERSONAL MESSAGES



The deadline for contributions and personal messages for the next edition of "The Bugle" is **Thursday 29 March**. Bugle messages are to be sent to Carol Voyce, Bugle Editor.
Email: dso.burnham@xtra.co.nz

You will have read in my editorial and in the For Your Information pages, that the messages from the last edition were omitted; they are included at the beginning of both the "From In-Theatre" and "From Home" sections of this edition's messages. Please accept our sincere apologies. *Carol*

From In-Theatre

To my Wonderful Family. A, E, A.

We are getting so much closer to the end date now and I can't wait to see you all. I bet my babies are so big, I will hardly recognise them now. Happy Birthday sweetheart, here is hoping we can celebrate when I get home; just be about a month late but better late than never. Stay safe, have fun and I will see you shortly and then we can have some good quality family time. I love and miss you 3 so so much; you guys are my everything, mwah, mwah, mwah, xoxoxoxoxo. Love your hubby A, and love your daddy E, A.

To Pom Pom Poo Poo Kitty Kitty Jelly-Bean Frickle Butt

Hey babe, hope you're all nice and snuggled in your new house and also I had a good 21st in beautiful Afghan and the boys took care of me, but also HAPPY VALENTINES!! Sorry I couldn't spoil you with SPECIAL treats but there will always be another to get you excited lol. Also I hope you've stopped crying over your kweell hair straightner which you clearly don't need! But anyways, got to go love (me being top patrol after all). I have to do the work for in order to see your beautiful smile again. "FOREVER STUCK ON YOU" PS: Don't dream about me too much xo.

Mez and Bert

Just to let you know that I had a good 21st in beautiful Afghan and that the patrol took care of me, but YES I am finally starting to get homesick and missing home comforts a lot, so I hope there's a very good spread for me when I get back lol. I intend to eat a lot when I get back!! JJ

Ki aku Whanau katoa

Kia ora koutou. E rua marama kei te toi. Kia ora aku mokopuna Tai, Kobe, Kenana, Kiara, KCJ, Tuparoa kei te pehea koutou? Kei te hoki aku whakaaro ki to taua matua ko Papa Riri, moe mai e te matua. Kia kaha e te whanau. Hari huri tau ki a koe e te potiki Tam. Taku aroha ki koe taku hoa pumau mo Valentines rangi me kii. O well whanau ma te wa ne, Ma te Atua tatou hei manaaki. Na Dad.

Mum and Dad

Well once you get this message it will be almost another month down. Can't wait to get home, see everyone and getting life back to normal. Dad - get ready for some hard work with those repairs and renovations! But first I'll let you have a holiday in Cairns. Thanks for all the mail! See you soon. Much love. Gumby xx

Nana

Another month down, not long to go now. It was good talking to you the other day. I'm looking forward to getting home and spending time with you all. Thanks for all the card's, I enjoy reading what you have been up to. See you soon. Lots of love Gumby xx

My Baby Moana

Kia Ora Incy Bear. Nearly time for me to be coming home. When you get back from Australia it will be six days and then I'll be home too up the Pariha. You and I can hang out and have a big catch up because I've missed you heaps. Tell papa I'll put some spending money for you in his bank account. Love you heaps. Mum xx

Sue, Martin and Abbie

Thanks for your message in last month's Bugle. It's always good to hear from you all. Well another month down, time is going fast so not long to go now. Looking forward to getting home and seeing you all again. Take care. See you soon. Love Gumby xx

Wassup Jordan Rd??

Thanks for sending stuff over and passing messages onto pops for me. Weather is picking up over here and we're starting to break even instead of being in the negatives with the temperature. Hope all is well with everyone. See you soon (Paenga-Whawha). Pariha.

Toni and Ed

Another month down, not long to go! The weather here has been up and down with some warm days, freezing cold days and snow but it should start to get warmer soon, hopefully. Take care. See you again soon. Love Gumby xx

Hey Mumma Bear

Happy Valentines Day and all my love to you and baby bear. Home soon my hunny but till then Skype will have to do, ha ha. Missing you my love! Take Care. Love Daddy Bear.

Hey K

So I hope Linton is treating you well and there are breaks enough for you to stick with your running program. Life here is ticking by besides the occasional unwanted dumping of snow everything is great. See you shortly. Love J.

PERSONAL MESSAGES CONT'D...

Baby Boo

Not long to go now. I sorta like it here (ha-ha). Our Baby is growing up so fast, I miss you both heaps. Hope you enjoyed your Valentines gifts. X O For bub X O for you. Love you forever, Muscles!!

Hi Jenni

Sorry I wasn't there for Valentines Day, I'll make up for it we I get home! Love Paul

Mum and Dad

Well this will be the last message this time around which means I will be home soon!! Just wanted to say a very big THANKYOU for all the mail and stuff for the orphanage that you sent over. Take care and I'll see you real soon. Lots of love, Gumby xx

Nana

This is the last bugle message for the deployment which meant I will be home soon! Looking forward to getting home and seeing everyone for a few days before heading home and Christchurch. Thanks for all the cards See you soon. Lots of love. Gumby xx

Toni

Well this is the last bugle message so I will be home soon. Looking forward to getting home and spending a few days with you all. Take care. See you soon. Lots of love. Gumby xx.

Kia ora whanau whanui

Ko tahi marama kei te toi a ka hoki mai matou. Kia ora mo ou whakaaro mo taku ra whanau. Ki taku hoa pumau taku aroha nui ki a koe mo taua marena huritau me kii toru tekau ma tahi tau, kia kaha, tata ki taku hoki mai ki tou umu piri ai. Ma te Atua koutou hei manaaki whanau. Ma te wa, Na Dad.



From Home

Hi Jacs

All in hand; house will look good when you get back. Trust us! Debbie and Trev

Monkey

Hey Mr! Well finally replying back to you on here. I hope you get this and it cheers you up a lil. I love and miss you Reuben! Not long to go now! Gotta do some serious gym sessions now! Ha ha. Love Crum-pet/Miss J xxx.

Hi Gumby

Finally we have sent you a message via "The Bugle". Cut it out and frame it! Well not long now and you will be home. Hopefully the next three months will fly by and you will be home before you know it. I bet you are looking forward to getting back to your house. We haven't had much of a summer over here but still a lot warmer than it is over there. We have just had two long weekends in a row, 4 day working weeks - love it! I ran the car a couple of weeks ago and had a great time again at the track. Stay safe and see you soon. Lots of love, Grant & Sue.

Hi B2

Hey Hunny! Hope you are well and that the warmer weather isn't too much for you. Over the last few days we have had some gorgeous weather! I even got a bikini tan!! Spent lots of time swimming out at the house! Can't wait until you're home and I get to give you a big hug and a sloppy kiss!! I miss you heaps and love you lots. Love B1. P.S. I am counting down the days until you get home!!

Hey JAM

Love you lots. Miss you heaps. Can't wait until you get home! Love Tee-Burger.

Hey Michael

Enjoy the rest of your tour. See you when you get home. Love Grandad and Helen

To my Favourite Nini Trooper in the whole wide-world

It's been a long journey and it hasn't been easy for neither of us. People say, Valentine's Day is supposed to be special. However, it's just another day for me. I don't feel like I should pour my heart out to you for just one day, but I've been pouring my heart out for you, since the day we started dating, and I will continue. I now know who I really want to spend the rest of my life with, and that person is you! I can not wait for you to get off that plane and touch you! Well...be safe, keep warm, sweet dreams! Take care and I love you forever! Come back soon!!!! P.S: Try not to kill me in your dreams <3. Love, Upi X.

Kia Ora Paruhiterangi,

Kei te pehea koe? I a taua korero ma runga rorohiko kua reri koe ki te hoki mai ki te kainga. Aue taukuri e!!!!!!!!!!!!!! Kaore e roa ka hoki mai. Ae, he tino toa nga mokopuna ra ki te takaro whutupaoro pa! E rua nga piro a Kobe, i ngaro i ahau te kaute mo Tai. E hia ke!!!!!!!!!!!!!! Ka kata ke matou i nga tamariki e korero ana mo te mokopuna, ara hoki, nga paaakeke e tohu ana ki a Tai. "Koirā te tamaiti tere ra". Ko te mea pai, kaore a Tai e wari ake mo a ratou korero, kei reira noaiho a ia mo tana kemu. Kaore nga rangi e pai ana i tenei wiki. He ua, he makariri me te whiti mai o te ra, kaore a ranginui i te mohio me aha. Me mutu taku pahu mo inaianei ne. Ma te wa ka rongo ahau mai i a koe ne. Aroha tino nui rawa atu. Ma.

J

Keep up the great work over there, not too much longer now! Oh yeah, and I hope you enjoy that 30km coming up at the end of the month (schedule dictates!) K..

Happy B'day Dad/Papa

Not long now, looking forward to your return home. Baba is getting really big so fast and looking more like his papa every day. Can't wait for you to meet him! Have a good 1 Dad/Papa. Miss you - Arn, Kara & Kenana.

PERSONAL MESSAGES CONT'D...

Happy Birthday Uncle D

Hope things are well and see you soon. Love Wilz & Troy.

Ra whanau Dad

kei te hari koa ahau na te mea kei te hoki mai koe mai i reia kei te tino harikoa matou. Arohanui na Tai.

HARI HURITAU KI A KOE DAD RIMA TEKAU MA TAH!! HIKAI!

Kia pai to ra, Arohanui Tiweka.

ra whanau dad

i mahi pai ahau ki te akomanga o kurahau. aroha tino nui na Kobe.

Kieran

Hope you are keeping busy, I'm sure you are. Can't wait to have you home. Miss you heaps. Love Kerry.

Hey babe

Can't believe our little miss is walking now! Lots of exciting adventures to be had when you get home which is getting so close. We love you so much! Lots of love A, E and A xoxo

Hello Grover

Hope you're doing well and keeping yourself busy. We're all looking forward to when you come home as there is only a couple of months left. We miss you all heaps and look forward to hearing from you soon. Lots of love xoxoxoxo from the family.

Hi Lt Megan Davies

Hope you're doing fine – sure you are. Grandad & I are at the briefing at Burnham Camp. Sent some goodies yesterday. Look forward to you coming home soon. Time has gone fast. Love you heaps. Lots of love Granma & Grandad xxxx

Hi John (Coney)

Hope you had a great birthday – this will be late by the time you get it but we had a great celebration with Opoe & Grandad on your behalf! We're very much enjoying the CRIB update at Burnham as I write this – it's really interesting.
A real letter would be lovely. I see you in the photos that we're being shown, that you have plenty of disc

space and Maj Sheree Holmes (our speaker) tells me you guys have plenty of time!! Much love, Mum & Simon.

Hi Phillip

How's it? Hope u r well and still kickin. Did u no we won the Sevens in Wellington? Not bad aye? Take care. Aunty Gina & Uncle Bob.

Hi Sam

Ash & I brought your Aunty Theresa to the meeting – all very interesting – great photos & info. Great to see where you are & what the conditions are like for you. Can't wait to have you back home. Your bed is waiting for you! See you soon. Mum, Ash & Theresa.

Hello Cookie Bear

Came to a briefing here at the base so can understand how good packages are!! Looking forward to seeing you back home. Take care. Lots of love Mum & Dad.

Hey Daniel

Hope you are well and can't wait to see you back home. Love Mum & Briana.

Hi Matai

Hope you are well and looking forward for the time when you are back home. Love you from Dad Folu.

Dear Gumby

Not long to go now, be good to see you back home. Miss you. Love Nana xxxx.

Dear Gumby

Time clicking away quickly now, on the downhill slope now! We are all good here. Finally got a bit of summer and we are all moaning about the heat, lawns still growing though and now we are back to watering gardens at night. Still getting heaps from veggie garden, but Tabby has taken over mine and sleeps under the peppers during the day to keep cool.
Hope the parcels are arriving now, they sure are leaving here regularly. Take care, stay safe. Miss you heaps. Lots of love. Mum & Dad xoxoxo

Hey Gumby

Can't believe how quickly time has flown, you'll be home before we know it!! Weather has suddenly gotten hot but sadly it sucks trying to get washing dried at our house, seeing as the washing machine has decided to die! So it's drip-drying for us!! Miss you lots kiddo, but we will see you soon. Lots of love Toe & Ed xxx

Hi Brody

Not long until you come home. Can't wait to see you – we all miss you. Love Mum & Dad, Casey, Jacob, Daley, Crystal, Rayner, Taine, Shane & Kahu.

Hey Brody

I came to this meeting to hold ya Mum's hand. LOL! Very interesting to see where you're staying. Hope you're well. Look forward to seeing you. Take care, love always. Auntie Ann, Uncle Aaron, Brogan, Jaden & Ryan.

Hi Phillip!!

Watsup! How are you doing? We miss you. We're sitting here in a meeting talking about Afghanistan (and watching a DVD on what you guys are doing). You're coming home soon so I wont write too much ... Love you! Miss you. See ya soon. Tanya, Dad, Mum. xoxo

Chur cousy Phillip

Sapph here; hope you're having a blast and meeting heaps'a people. Miss you and I'll eat some Chicken 'n' rice for ya, alright. Much love Cousin Sapphy xo<3

Hey my Sonson

Its so good 2 c the photos they're showing us on Afghanistan, the people and all u guys; its like the movie Lawrence of Arabia and what a beautiful country! Well Sonson, Papa says "hi". U take care till u come home. Luv ya and miss you heaps always, Nan & Papa.
PS: Not long 2 go now!! xoxo

PERSONAL MESSAGES CONT'D...

Hey C Bass

We are at the homecoming briefing at the NZ Army and we are so excited that we will have you back soon. We are counting down the days! We love & miss you so much C Bass. Our love always, Mum, Dad, Liz & Clyde.

Hey hun

Not long now. I'm about to start back at university and its proving a challenge to stop myself getting distracted from excitement. Amelia is starting to say 'I miss my daddy' and is 'talking' to you on her Elmo phone. We are really missing you!!! We love you so, so much babe. See you soon J. Amelia and Kiri.

Hi Brett

Happy Birthday! Hope you had a good one. Can't wait until you come home. Love Mum, Dad, Aaron and rest of family.

Hi Andrew (Larry)

A very Happy Birthday for March 3rd. We will have a special dinner for you when you get home so you can blow out your candles – gotta have that photo! We are all looking forward to your homecoming and you can have some much deserved RnR. Lots of love, Mum, Dad & Poppa.

Hey Buzz (Caleb)

Won't be long now and you will be home, so can't wait; its been a while. Everything on track for the bday – so far 160-180 people coming. Love you to the moon and back. Our love always, Mum, Dad & Hannah.

To Maori Boy

Hi son, alls well back here, we are all fine. Mum and I are at Linton for a C19 brief. Piriha has started training at a new job and has finished her other job. The weather is fine for now but we have had a couple of cold spells. Typical. Keep safe, Arohanui, Mum, Dad and Piriha.

Defender 41

Hey bro, not long now before we see you! Just letting you know both of your girls are fine, your house is fine & lawns are beautiful. Thinking of you every day & missing you even more. Kia kaha my bro, see you when you get back!!! From Rich.

Defender 41 (FERARU)

Hey babe, not long to go now ... we are all well here. Taking it day by day. Alexis is still a cheeky and energetic little girl. Can't wait to have you home. Missing you every day and more as time is getting closer. Thinking of you always. See you soon. Lots of love from your girls, Mani & Alexis.

Hey Spunky Monkey

Can't wait to have you home again and cooking for you, and tidying up your mess. Keep strong – not long to go now. Love Mum, Dad & Jerry.

Hey Bubbinz

2 months to go. Looking forward to having you home soon. Missing you! See you soon xx.

Hey Daddabear

69 days, well maybe somewhere around that to go, haha! Happy Valentines Day my hunny. Can't wait for your return home. Take care and love you loads. Mwah, Mummabear xoxo
PS: Sorry, broke the lawnmower, Paula.

Hi ya Chatty

Been to briefing – you guys been busy. Must be doing your job ok, no one looks skinny! Caught a shot of you on the DVD. Keep cooking, see ya soon. Love D & M.

Hey hey hey Mickey

Not long now! Horrah to that! Boneezer is being chur at school and Fizzle is more beautiful than ever. We're all missing you like crazy and can't wait to see your face!! Muk Muk.

Hi Ben 10

Can't wait for you to come home to me and mummy! We miss you so much! Love you!

Hey love

Yay, not long now and you'll be back home with us; can't wait. Love you and miss you a lot.

Hi Rob

Not long until you're home. The family all miss you. We will have your 21st when you get back; plans are under way. We love you, see you soon. Max says "hi". Love Mum, Catherine, Jason, Amanda, Paul and your nieces and nephews.

Hey baby

Hope you're good – can't wait for you to come home! Not long now. Thinking of you always. All my love, hugs & kisses. Your princess xoxoxo.

Kia Ora Matt

Well, it won't be long before we see you back home in SHN. Koro is good and your father is holding his own. Me & TA coming to live in Shannon for a while, so can't wait to see you when you get back. Love Mum.

Kia Ora Kit/Dad

Well we're looking forward to your homecoming which is not far away now. The fridge is empty, ready for the beer supplies. Lots of love Daman & Annette xx

Hey Baby

Well mid February already, time is really starting to speed by. The weeks are really busy again with soccer, swimming, touch & work etc... I'm back to being a 'people' mover but it's all good as it certainly makes the weeks fly by. Summer has turned to custard & it feels like autumn already, can't believe I've had to light the fire already! Here's hoping the weather in April isn't too bad, but at least it will be warmer off-shore in May/June. Stay safe, lots of love ... Your Smootchey xx

PERSONAL MESSAGES CONT'D...

Hi there Gumby

Well not long now, on the slippery slope to home. In some ways time has flown by, in others gone really slow. Our summer is fast coming to an end and it certainly wasn't a summer to write home about – more wet days than hot sunny days so you haven't missed much at all. It sure is cooler in the mornings and at night now, so not a lot of sitting on the deck at nights. In fact we have only eaten on the back deck once all summer, top deck a bit more, but a couple of nights with sweatshirts on, just to say we sat outside. Must organise the firewood to arrive the same time as you get home, so we have a hand with putting it away, you might like the exercise - ha ha!

Dad is getting his tools sorted for his future building projects and we will have to clean out the garage before you get back so you don't tell us off.

Take care, stay safe and hope the last of the parcels arrive in time. Love you heaps.

Lots of love, Mum and Dad
xoxoxoxo

Hi Dad

How are you? I'm good, still a menace! Preschool is going good; we are learning about transport at the moment. Not long until you are home when read this. Love you, love you more xx

Hey Babe

Not long now to go, prob the last message via Bugle for little while! It's been a busy March for us so am looking forward to mid term break and then you'll be back. Love ya xx

Hi My darling

I can't believe that you will be home next month! We're all so excited and have a countdown pinned on our wall. Our poor wee princess getting her Op but she's a tough wee cookie so don't worry about her. Looking forward to you getting home and I've started stocking up for your welcome home party. Don't worry, its just the four of us too. We all love you and miss you heaps. Lots of Love, A,E, and A xoxoxoxo
MWA!

Hi Baby

March... Finally! Well & truly on the count down now. By the time you get this it will be well under a month before your back in shaky Canterbury! Yay. People keep telling me the time has flown, some days it does seem like that but then i think back to that awful day at the airport & it seems so long ago! All good though, the ends in sight.

The weather here has really packed up so I'm not liking your chances of having a late summer. Lucky you've got Australia & Rarotonga to look forward to.

Enjoy your last few weeks, stay safe Baby.

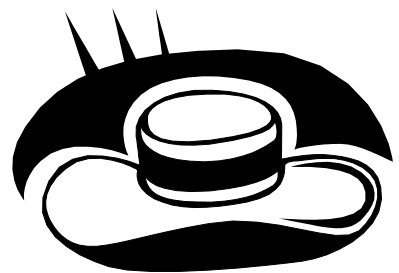
Love you heaps, your Smootchy xx

ON THE LIGHTER SIDE!

Did you know?

◆ Rosemary is an ancient symbol of remembrance. This aromatic herb is believed to have properties to improve memory. Possibly, because of this, rosemary became an emblem of both fidelity and remembrance in ancient literature and folklore. Rosemary has a particular significance to us, in that it is found growing wild on the Gallipoli peninsular.

◆ In the 19th Century, craftsmen who made hats were known to be excitable and irrational, as well as to tremble with palsy and mix up their words. Such behaviour gave rise to the familiar expression "mad as a hatter". This disorder, called hatters shakes, was caused by chronic mercury poisoning from the solution used to treat the felt. Attacking the central nervous system, the toxin led to behavioural symptoms.



◆ Las Vegas, USA has more hotel rooms than any other place on earth. It would take a person 288 years to spend one night in every hotel room.

WHAT'S ON?

GYRO 12 TOUR UPDATE

TOUR UPDATE TG GYRO 12 — TIMOR-LESTE

As discussed at the pre-deployment family briefings, we are planning a series of update briefings for the current deployment to Timor-Leste. Your invitation was posted out with the last Bugle.

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

FitLt Katene Eruera, who was Padre on the last rotation will be sharing his first-hand knowledge and experiences and we will also have a DVD to view. Briefings have been scheduled as follows:

BURNHAM

Friday 23 March, 6.00pm
Conference Centre, Burnham Camp

LINTON

Saturday 24 March, 12.30pm
Rastrick Hall, Inglis Way, Linton Camp
(*Note: this is a different venue to pre-deployment family briefs.*)

AUCKLAND

Monday 26 March, 6.30pm
Arch Hill, 204 Great North Road, Grey Lynn

Light refreshments will be served at the commencement of the Burnham and Auckland evening briefings and afternoon tea at the conclusion of the Linton briefing.

To assist with seating and catering arrangements, please contact Janine on 0800 683 77 327 or dso.linton@xtra.co.nz to confirm your attendance. Many thanks.

INFORMATION EVENING

DEPLOYMENT INFORMATION EVENING BURNHAM

Monday 2 April 2012, 6pm-8pm

Hall 3 Community Centre
Housing Area, Fryberg Road
Burnham

An open invitation to all those associated with current deployments to join us for a social time and opportunity to meet with like people in a like situation. Light refreshments will be served and childcare available. No need to RSVP but for enquiries please phone Carol on 03 3630 421 or 0800 33 75 69. This will also be a chance to welcome those who have just joined the deployment journey and to congratulate those who have nearly made it to the end!

Look forward to seeing you all.

Developing Baseline: Building Resilience

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

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

As part of our pre-deployment briefs to families, the topic of stress and its management is discussed by one of the team of field psychologists. The Emotional Cycle of Deployment experienced by both the deploying person and their family members is broken down into seven stages and is described in detail in one of the resources we have available:

Developing Baseline: Building Resilience

A guide for Personnel on Operational Deployment and their Families

This resource is based on sound research and while it may not be something we think about or seriously consider pre-departure, once our loved one has left, we have more time to reflect on where we are at.



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