

THE BUGLE

Issue 185 | May 2013



INSIDE

- Final withdrawal from Bamyān
- The China Falls Walk
- The Contingent in Sinai
- Every Publication needs a Star

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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 Carol Voyce.

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Disclaimer

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

Cover Photo:

The honour of being the last Kiwi boots on the ground in Bamyán was accorded to SIG Lawson of 2 Platoon.

GUEST EDITORIAL



LTGEN Jones (right) with Defence Minister Jonathan Coleman in Bamyán

Ten Years in Afghanistan

LTGEN Rhys Jones, Chief of Defence Force

A decade on and New Zealand’s legacy in Afghanistan can be clearly seen. With over 3,500 New Zealand Defence Force personnel deployed to Afghanistan over the past 10 years, we have made a significant impact. More children are attending school, and there is better access to improved healthcare facilities and services. We have dug wells, improved village water supplies, sealed roads and built bridges to connect villages. The economy is prospering as is agricultural development.

This has been achieved because of the security the Provincial Reconstruction Team (PRT) provided in Bamyán. We also contributed to other missions in Afghanistan, including ISAF headquarters (International Security Assistance Force, the UN mission in Afghanistan) and four separate NZSAS deployments. Everyone who served there has played their part in helping Afghanistan get back on its feet.

New Zealand may be small but our contribution is recognised internationally. Our relationships with our coalition colleagues and partners in the PRT and the NZ Police and Ministry of Foreign Affairs and Trade (MFAT) are proof of this. And let’s not forget those at Joint Forces NZ who served behind the scenes providing support.

New Zealand has provided training and mentoring to local Security Forces so they could take responsibility for security following our departure, while more than 3000 local police received training from the New Zealand Police.

One of the PRT’s key goals was to ensure the gains made in security,

GUEST EDITORIAL CONT'D...

governance and development are sustained after international forces leave. We are confident that the Afghan Security Force in Bamyan will have the capacity to respond to any future threats.

New Zealand's very significant contribution has not come without cost. We will never forget our 10 fatalities. Afghanistan and the international community also paid a significant price in fallen personnel.

We pay tribute to our eight brave soldiers who died in Bamyan Province — Lieutenant Tim O'Donnell, Private Kirifi Mila, Corporal Douglas Hughes, Lance Corporal Pralli Durrer, Lance Corporal Rory Malone, Corporal Luke Tamatea, Lance Corporal Jacinda Baker and Private Richard Harris.

We also remember the 23 Bamyan men from the Afghan National Security Forces who died for their country. Their names are alongside the fallen Kiwis on our memorial in Bamyan. And we remember our two fallen SAS soldiers—Lance Corporal Leon Smith and Corporal Douglas Grant, who died in Kabul.

The thousands of young men and women from the New Zealand Defence Force deployed to the New Zealand PRT selflessly serving their country, dedicated to making a difference and improving the lives of the Afghan people. You and your families should be proud of your contribution.

A special thanks must go to all the families and friends, for the strong support you give your loved ones. Being away from home is not easy for those who deploy and for their loved ones back home. We acknowledge the hardships this can bring.

The Defence Force's contribution to a range of overseas missions is a very important part of what we do. We remain committed to those missions, and our DSO's continue to offer support to loved ones of deployed personnel.



FOREIGN CORRESPONDENTS

INSIDE THIS ISSUE:

News from Afghanistan — The Final Withdrawal from Bamyān	Page 4
News from Afghanistan — It's not over yet...	Page 7
News from the Solomon Islands	Page 8
Photos from the Multinational Force and Observers (Op FARAD)	Page 9

NEWS FROM AFGHANISTAN — The Final Withdrawal from Bamyān

R.J. WESTON

Lieutenant Colonel, CO TET

Dear Families

You will have seen in the media that the NZDF completed the withdrawal of its final elements from Bamyān on 10 April 2013. This day had been a long time coming and the final week in Bamyān seemed to flash by with days full of movement of personnel and freight.

The final week saw a flurry of trucks leaving Kiwibase to remove the heavy equipment we needed to maintain essential services. 40 Squadron RNZAF, provided the bulk of the C130 aircraft, including additional sorties when USAF C130 support became unavailable at the last moment. They also provided the means to transport the last personnel out on the final day with a tactical airlift at midday.

We kept a close eye on the heavens throughout the last week and, despite some dubious weather, the RNZAF was able to maintain the necessary flight schedules which permitted our reduction and withdrawal. The 10th dawned sunny enough but there was some concern about the pass between Bamyān and Bagram Airfield where we staged through before the majority of personnel flew to Dubai.

Formal communications with New Zealand was severed early in the morning of the 10th, with final pack up of systems and personal equipment complete by 0800. All remaining contracts and contractors were paid that morning. After a confirmatory Orders Group, the Afghan security forces were invited to commence handover at Kiwibase from 1000. The handover went smoothly and the Afghan Security Forces were very accommodating of our security and transfer requirements. The handover was completed by 1040.

2 Platoon Commander, LT Jimmy Martin, deployed his platoon at 1100 to start securing the airfield with assistance from another element of the Afghan security forces. Once the airfield was secured, our stores and equipment were moved by Unimog to a staging area on the airfield. The mainbody of troops left Kiwibase at approximately 1130, with the final 2 Platoon Section patrolling out the front gate at approximately 1215.

The RNZAF C130 arrived at 1231 and we immediately commenced loading of freight and baggage by hand. As this task neared completion, the 2 Platoon security force collapsed onto the staging area then boarded the aircraft.

Shortly thereafter the C130 took off with wheels up at 1248. The honour of being the last Kiwi boots on the ground in Bamyān was accorded to SIG Lawson of 2 Platoon in recognition of his efforts throughout the deployment.

There were plenty of relieved and tired smiles after the short flight to Bagram. 40 Sqn immediately loaded other personnel and freight and departed for Dubai, while the personnel who had just arrived handed in ammunition and started their preparations for movement to Dubai the following day.

The final withdrawal went according to plan. This was due to a number of people in Bamyān and Bagram who did a superb job ensuring the administrative and tactical aspects of the plan went almost faultlessly, the enthusiasm displayed by all personnel throughout, and the efforts of 40 Sqn to make the airlift happen.

For the TET, the mission is not yet over and the 10th of April was the first time during the deployment that the TET had been located in the same place. After a period of rest and the issuing of orders to re-orientate, the TET commenced unpacking and accounting of freight which had been pushed to Bagram in the last week. This process will be complete by late April along with the majority of re-packaging of freight for the charter flights by early May.

For the TET families, you will be aware by now of the dates for the return of your loved ones to NZ. The TET teams have done a great job and have achieved excellent results under trying circumstances. You can feel justifiably proud, as I do, of their achievements and again I thank you on their behalf for all the support provided from NZ throughout the deployment.

Regards, Richard.

FOREIGN CORRESPONDENTS CONT'D...



Photography: Courtesy of CPL Shepherd, RNZAF

Left: 2 Platoon Airfield Security Patrol

Below: Mainbody leaving Kiwibase



The staging area

FOREIGN CORRESPONDENTS CONT'D...



Left:
**Chain loading
the C130**



Right:
Wheels up — 1248

Bottom:
**Materiel processing — Yard 8, Bagram Airfield
(Photograph courtesy of SGT Dowthwaite, RNZAF)**



FOREIGN CORRESPONDENTS CONT'D...

IT'S NOT OVER YET....

Corporal C.J. Proebstel

NSE 22 Mov Op Extraordinaire

Kia Ora from the NZ NSE here in Bagram Air Base, Afghanistan!

When you last heard from us we were just settling in and adjusting to our roles here, whilst at the same time picking up where the previous NSE left off. Since then we have gelled and come together as a functional, dynamic team who gets the job done efficiently in order to achieve our operational outputs to the highest standard. You could almost call us the best NSE yet! No joke.

The PRT have finally left Bamyan province and has safely returned back to New Zealand. During their move home we supported the PRT in any way we could and provided 'Kiwi Lines' as a staging point before their onward movement. This saw them cleaning weapons, accounting for stores and also enjoying a few too many slices of pizza within Kiwi Lines. We then invited the PRT to our 'cigar night' that we hold every Wednesday, which was the perfect chance for them to unwind after what would have been a very hectic final few weeks organising the pack up and handover of Kiwi Base.

We have now moved onto the next phase of our mission which is to support the TET and the minor missions in Kabul. The TET is almost finished with their pack up of the remaining stores and equipment, which are due to return home in one final push very soon. The TET is a joint team consisting of both Army and Air Force personnel, which has brought a wide variety of different skill sets and knowledge to the table. They have been busy building aircraft pallets, manifesting freight and devising cunning plans for the final movement of all freight out of Afghanistan. They are definitely the

unsung heroes of the Kiwi withdrawal from Afghanistan (just don't tell them I told you that).

ANZAC day was celebrated here with a quaint Dawn Service which was attended by all the Kiwi troops here in Bagram, as well as a few distinguished guests such as the Bagram Garrison Commander, the CO of the Korean PRT and also the small number of Australian Defence Force personnel. We had the 101st Air Assault band play the New Zealand and Australian National Anthems, as well as provide a Bugler who learnt the 'last post' and the 'Reveille' by ear and then trumpeted it out in a fashion that would have made any brass instrument enthusiast proud. At the completion of the service we got to enjoy our usual DFAC (American mess) breakfast, but this time we got to sit in the VIP room, away from the hustle and bustle of the main chow hall. The rest of the day was followed on by a few much needed afternoon siestas and a BBQ in which the local Mov Op Corporal managed to acquire some spare ribs all the way from Germany, which went down a treat.

Another fun filled activity we have had the privilege of experiencing is the MRAP (Mine Resistant Ambush Proof) vehicle rollover training simulator. This simulator consists of a shell of an MRAP, attached to a large spinning hydraulic contraption

which is operated by the instructor at the helm of the control panel. You are all sitting inside buckled in just like if you were travelling inside a real MRAP, until you give the thumbs up. Then right on cue, you hear "Rollover, rollover, rollover!" as the operator spins you 360 degrees, simulating an actual vehicle rollover. You are then left either on your side, or completely upside down. Disorientated, you have to try manoeuvring yourself out the gun turret or the passenger doors. After a bit of sweat, a few banged up elbows and plenty of laughs we had mastered the very basics of the vehicle rollover IA drills. Although the NSE doesn't operate the MRAP, this served as an invaluable training opportunity for us for when we do travel in any type of large vehicle both in theatre and back home.

Well, that concludes another outstanding article authored by a member of the NZ NSE here in Bagram. The PRT have returned home, the TET are almost finished and although the focus has changed, the mission has not. We are still here to provide the essential operational support to our fellow troops here in theatre to the best of our ability. Before I close off the article I will leave you with this: The Command are still commanding, the Suppliers are still supplying, and the Movers are still being awesome!



NZ NSE 22 in front of the MRAP rollover training apparatus, after completing the rollover drills

FOREIGN CORRESPONDENTS CONT'D...

NEWS FROM OP RATA II (16A) , SOLOMON ISLANDS

Hi All!

I'm Corporal Amanda Mihaere the Supplier Technician over here in the Solomon Islands Op RATA.

How do I begin to describe this place and what I have experienced?

Well the weather itself is hot, too hot to be motivating. When it rains, it's torrential, absolutely pours down, which makes you feel a lot better when you're in the lounge watching movies!

PT must start around 0600hrs so we are away from the extreme temperatures. I have found that doing PT with Australians very different from home, however, if you put the effort in you definitely stand out from the rest.

A few weeks after the Tongans and Australians of Rotation 30 settled in, we were set for the Solomon Islands introduction, the China Falls Walk! And man what a mighty walk it was! The walk itself wasn't long only 3-4km, but the terrain made it very interesting, causing us to stop every 5 minutes for some pers to breathe (not me). The terrain always seemed uphill; the down never lasted long enough to catch your breath before heading back up again!

Now the views were amazing, if you were able to lift your head from the exhaustion and heat. If you found a good gun pit to sit in, you were set. We finally descended on the last part of our walk, which, of course, had to seem like a straight drop! Trees became ropes on the way down – anything to help not slip down the rain's muddy track. Hoping a spider wouldn't drop from

the over hanging trees was the only steady thought we had.

Soon we could hear the falls. We were so close and as we finally got there, we were amazed. We had popped out on the middle level of three descending waterfalls. Swimming and photos followed, as locals jumped off the falls – kids putting us soldiers to shame.

We set off to float the way down to our start point. It was so calming

and beautiful. Some of us had tyre tubes, floating straight over rapids (if you were light enough).

We were about halfway when we noticed vines from trees dangling in the water. One of the kiwis, Nick, tugged on one; little did he know a huge fat pink spider would fall from it. He panicked and we hadn't yet seen him move so fast! After that we were both more careful of what we touched.

After awhile the excitement died down as a lot of it resembles the bush back home. We finally reached the end, just in time for the rain.



MULTINATIONAL FORCE AND OBSERVERS - SINAI



30km Norwegian Ruck March
L to R: SSGT Stack, LCPL Fraser, SQN LDR Bannan,
SGT Allen, CPL Terry, CAPT Smith and
Australian CAPT Golusin



Cairo ANZAC Day
L to R: LCPL Britt Foy, CPL Terry, MFO
Force Commander MAJGEN Whiting,
SST Stack, SGT Allen



**SSGT Trembath shows what a Camel Corps Badge
looks like on the lemon squeezer**



North Camp ANZAC Day
Kiwis L to R: SSGT Trembath, CPL Perelini, LCPL Fraser

DSO'S CORNER



Carol Voyce

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

Well I should be really feeling my age today – mentally that is – as I reflect on the past 21 rotations of CRIB and the privilege it has been

to be involved with this deployment since conception.

It truly doesn't seem that long ago that I stood outside the Burnham Camp Cinema and watched the first contingent board the bus for the airport and their journey onwards to Afghanistan. I remember the tearful families waving loved ones off to a location which was fairly unknown to us all at that time. I remember the privilege of meeting with these families some weeks before and could appreciate their fear. I remember the huge excitement when I received the very first five photos from Afghanistan and then not too much later getting a seven minute DVD that was so great to share with families. Oh the joys of what we got in years to come!

Our 'journey' into Afghanistan, as support personnel, and, yours as

families, has been one of huge personal growth. It has been soured with tragedy and it has been celebrated with success. Oh how much we have learned and how much this has shaped us, and for me, the way I view things, the way I offer support, the way we have changed our services to meet your needs and the ability to view the Army ethos of courage, commitment, comradeship and integrity in a far different light!

Sometimes I cringe with fear when I think of the first country brief that was given to families with text delivered from a clear file by someone who had never been there! There was a distinct lack of resources for families and a limited amount of information to share. We had little country specific experience to draw upon but we were driven to providing a support

Kiwi Team One, Bamian, Afghanistan, join with locals on a mercy mission to get a young mother and baby to hospital. Using a blanket hammock and struggling through deep snow to the safety of an Army vehicle, an incredibly heart warming story of survival unfolds. (2009)



DSO'S CORNER CONT'D....



Kiwi service personnel won the "hearts and minds" of the many people they met along the way during their deployment to Afghanistan. Children always flocked to meet and greet our soldiers out on many Patrols, proving that age and language was never a barrier. (2008)



LBDR Maich while on Patrol, visits with local miners at the Kahmard Coal Mine in the Bamian Province. Hard work in a struggling economy is a feature of the dedication and commitment local people have to ensure their families are provided for. (2007)

service second to none and to exceed the expectations of those whose welfare and wellbeing was of greatest importance.

Things changed and quickly! We had country briefs delivered by returning Commanding Officers, we had Deployment Guides for families, Activity books for children, a new look "Bugle" (just to mention a few), first hand experiences to draw upon and evaluation surveys from families to help us target the support needed and to provide a service beyond anyone's wildest dream! We developed a cohesive multi disciplinary briefing team of both service personnel and civilians which included Psychologists, Padres and Deployment Services Officers and took our pre-deployment briefings and mid tour briefs around the country. We haven't been working in isolation, but in fact as a small cog in a wheel of truly talented people who have so much, contributed to the success we have achieved both home and abroad.

It's truly amazing to think of how many people we have met along this "journeys" pathway and some over several rotations. No, I don't remember the names of all those who I have been so fortunate to meet, but I do remember very clearly the dedication of every single person who was committed to letting their loved one follow their dream, no matter how scared they felt at waving them off and being left home alone! While our aim has always been to give peace of mind, it would be unrealistic to think this could be totally achieved for many, given the nature of the deployment and the country!

We have often talked about resilience in the past, but until one really is confronted with the need to achieve it, one doesn't recognise the strength and effort it takes to develop and maintain it!

As families, you have been our greatest resource. We have learned from you, which in turn, has enabled us to help others. You

have truly made sacrifices, some the ultimate and we will always value the importance of families within our New Zealand Defence Force family.

Age – well as we get older, yes, we do get wiser from what life has dealt us – but would we change things – probably not - or not too much anyway!!

To all those who are receiving their "Bugle" for the last time – thank you for your commitment, your friendship and your support. I am sure that in times ahead our pathways will cross once more and our journeys take us to similar places. To those who have provided support to this office and to the work of the Deployment Services Officers, I thank you sincerely. While there are too many people to name, you will know that you have contributed to a support service we can be proud of!

Kindest regards and very best wishes to you all!

DSO'S CORNER CONT'D....



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

With this edition of "The Bugle" I would like to welcome our new readers – family and friends of the latest rotation on Op FARAD to the Sinai. With the recent changes to how this mission will be rotating into and out of the deployment location, I have also had the opportunity to learn more about the location and the roles that our personnel will be undertaking. Because of the way that this deployment has been prepared for in the past, to my own disappointment and detriment, before now I have not involved myself too deeply with this particular mission. New Zealand has been involved in the Multi National Force and Observers (MFO) in the Sinai for 30-plus years and are just one of 13 nations currently serving; observing, reporting and verifying activities. We have just farewelled personnel from NZ as they begin their deployment and look forward to supporting you through the coming months. Remember to send us your messages for inclusion in the Messages from Home section at the back of each "Bugle" – it doesn't have to be a special occasion to say "hi" and send a message from home. We

encourage you to use pseudonyms if you would rather, just to make the message anonymous or extra special.

Also for our FARAD families, if you have not received a copy of the Deployment Guide, please let us know and we can pop a copy in the post to you. The Guides contain lots of useful information and were distributed when we held our Family Day in Linton. If your copy hasn't reached you, we do have plenty of spares.

Also, if you have family or friends who you think will appreciate receiving their own regular copies of "The Bugle", "Army News" and "Air Force News" or "Navy Today", please let us know and we will happily add them to our mailing list.

Conversely, with this edition of "The Bugle" we are farewelling readers who we have journeyed with for six-plus months. Not only is this the end of the CRIB 21 rotation, but the end of our mission in Bamiyan. While successive CRIBs have made a significant difference to the lives of the Afghanistan people within the Province, they too, have also had an impact on personnel who served and the families at home who supported them. My first CRIB was the 10th rotation; at the time I had no knowledge or understanding of the plight of the people in Afghanistan, I was aware

of the bombing of the Buddha's and that was about it. When I think back, I feel quite embarrassed about that, but quickly involved myself, sat in on all the briefings with the contingents and learned a lot also during our road shows.

With having personal connections to deployments, we take more notice of what is going on and the conditions within which our personnel must make their way. We have a better understanding of those less fortunate than ourselves and play our part in supporting our loved ones as they work to make a better world for others. In the majority, our time in Afghanistan has been positive although we have suffered tragedies as well and those lives lost will be remembered by us all in the years to come.

Wherever you are in your deployment journey, Carol and I are here to assist you along the road to homecoming. You will find our contact information on the inside front cover of every "Bugle" as well as in your copy of the mission deployment guides.

By the time this "Bugle" is out with families, school holidays will be over and children will be back at school. Homecomings are happening over the coming weeks for some and winter is on its way – I know, cause I have just stacked my firewood! Take care.

**HAPPY MOTHER'S DAY
TO MUMS AT HOME,
MUMS ABROAD, AND TO
MUMS WHOSE MEMORY
LIVES ON IN OUR
HEARTS!**



FOR YOUR INFO....

Return to New Zealand Dates, Afghanistan

A small number of service personnel remain in Afghanistan and will be returning to New Zealand in the near future. If you do not have the travel details for your loved ones, please contact the DSO for updates.

A Plea to Service Personnel Abroad

"The Bugle" has enjoyed a number of articles, for many years now, from many locations worldwide and we have enjoyed keeping our readers informed, sometimes entertained and certainly helping them feel part of the New Zealand Defence Force Family. We have,

however, struggled with getting news and views from some of the smaller deployment locations and would just love to hear from you. We have tried all ways possible to hear from you, so nicely ask again and remind you that articles from all locations are sought for "The Bugle" and we would love to hear from you. This is a Deployment newsletter for families and everyone is interested in what is happening no matter what the location. Rewards offered to all contributors! Please send your contributions (and photos if you can) to Carol Voyce, Editor, "The Bugle". Contact details inside the front cover.

PERSONAL MESSAGES

The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**next edition being 5 June at 4.00pm**).

Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)

From Home

JD

Missing you, but really looking forward to our reunion and our weekend away. Boys send their love - wait till you see how much they've grown. Well it seems like they have in the past few months! Sending you lots of love on anniversary May 22. What a wonderful day that was 4 years ago. Very lucky to have you in my life! See you soon! Your family XOXO.

Happy Birthday John

Love Andrea, xx.

Happy Birthday Dad

Love Briar, Matthew and Rohan, xxx.



BOUQUET

Kerry

Thank you so much for starting off "The Bugle" column "Keeping the Home fires Burning".

We have had the opportunity to enjoy many great contributions since your efforts and know that many of our readers have enjoyed the contributions that have followed. Carol and Janine.

A Woman's Work is Never Done

One afternoon a man came home from work to find total mayhem in his house. His three children were outside, still in their pyjamas, playing in the mud with empty food boxes and wrappers strewn all around the front yard. The door of his wife's car was open, as was the front door to the house.

Proceeding into the entry he found an even bigger mess. A lamp had been knocked over and the throw rug was wadded against one wall. In the front room the TV was loudly blaring a cartoon channel and the family room was strewn with toys and various items of clothing. In the kitchen dishes filled the sink, breakfast food was spilled on the counter, dog food was spilled on the floor, a broken glass lay under the table and a small pile of sand was spread by the back door.

He quickly headed up the stairs, stepping over toys and more piles of clothes, looking for his wife. He was worried she may be ill or that something serious had happened. He found her lounging in the bedroom, still curled in the bed in her pyjamas, reading a novel. She looked up at him, smiled, and asked how his day went.

He looked at her bewildered and asked, "What happened here today?" She again smiled and answered, "You know how every day when you come home from work you ask me what in the world I did today?"

"Yes" was his incredulous reply.

She answered, "Well, today I didn't do it."

REUNIONS

Military families look forward to being together after a long deployment with many mixed emotions. Each family member will have different expectations. Every family situation is different. However it is important to remember the needs and feelings of the returning family member, the adult at home and the children.



Understanding the Returning Family Member

- ❖ Military deployments, especially in a combat zone, can significantly change an individual's life.
- ❖ The deployment involved the loss of many comforts that people back home take for granted: contact with family, comfortable living conditions, a variety of good food, time to relax, etc.
- ❖ The deployment involved hard work and enormous responsibility.
- ❖ What sustains military personnel on a difficult deployment is devotion to duty, a close connection with fellow soldiers and the desire to return to the comforts of home, family and community.
- ❖ The returning family member may seem preoccupied with the experience of their deployment. They may be unable to talk about it or may excessively talk about it.
- ❖ The returning family member may have suffered physical or emotional injury or disability.
- ❖ The returning family member may expect extra attention and support for some time after their return.
- ❖ The returning family member may have serious concerns about their financial or employment future.

Understanding the Adult that Stayed at Home

- ❖ Life has gone on and the adult at home has had to keep the family moving forward during the deployment. They may have had to take over many functions normally performed by the deployed family member.
- ❖ Often the adult at home has handled many small and not so small crises. These problems are old news at home but may be big surprises for the returning family member.
- ❖ The adult at home may expect extra attention and credit regarding the performance during the deployment. They also may expect the returning family members to automatically accept the family as it now exists and begin to perform a role with which they are uncomfortable or unfamiliar.

Understanding the Children

- ❖ Children generally are excited about a reunion with their returning parent. However, the excitement of the reunion is stressful for children. Children may also be anxious and uncertain about the reunion.

REUNIONS

- ❖ Children's responses are influenced by their developmental level. Toddlers may not remember the parent well and act shy or strange around them. School age children may not understand the returning parent's need to take care of themselves and to spend time with their spouse. Teenagers may seem distant as they continue their activities with friends.
- ❖ Children may need a period of time to warm up and readjust to the returning parent. This should not be misinterpreted or taken personally.

Understanding the Family

- ❖ Couples may find the deployment has strained their relationship. Time and negotiation will help the couple work toward a new loving relationship.
- ❖ Family problems that existed before the deployment frequently reappear after the deployment.
- ❖ Extended family members such as grandparents, aunts and uncles may have provided support and service to the family during the deployment. They may have difficulty redefining their role with the family.

Give Everyone Time

- ❖ All family members will need time to adjust to the changes that accompany the return of the deployed family member.
- ❖ Open discussions of expectations prior to the return home are helpful if they are possible.
- ❖ Families should utilize the help offered by the military and other organizations to readjust to the reunion.
- ❖ Most families will change. Children have been born or have grown. An adult at home may have become more independent. The returning family member had a life changing experience. The goal is to form a healthy, new life together.

Reunion of a military family after a long deployment is a cause for celebration. Some patience and understanding will go a long way to help the whole family successfully reunite with a minimum of problems. While most families cope successfully with the stress of the deployment and following reunion, problems can develop. If significant problems develop, the family should seek help from within their organisation. For many, relationships are enriched by the experience.



For more information visit:
www.AACAP's Military Families Resource Center

KEEPING THE HOME FIRES BURNING

My son would be mortified if he knew I was writing this but I have read the comments submitted for this column over the past months and thought I would take the opportunity to write a few of my own thoughts if that's ok!

I guess things are different for us - in some ways. My son is not married, doesn't have a partner or children to worry about and most of the time I think he forgets that his Mum and Dad can worry too. We get anxious too!

No matter what the age of your offspring, you never give up on the worry bit! Sure you are happy they are settled, have found a career they enjoy and live life to the full, but in the back of your mind you still carry this overwhelming concern for their wellbeing be it here in New Zealand or on some posting overseas. When my son deploys, I somehow have the knack of increasing the worry level despite being well informed and knowing that there are so many people to help me along the way and to try and get me to put that worry into some sort of perspective. I do have to say that the New Zealand Defence Force has excelled in its communication to us as a family and they have always been honest about a given situation which I am so grateful for.

My son is on a smaller deployment which attracts less attention and which my friends don't quite understand - although they are quick to tell me if there has been some unrest in a



location nearby to his and I have this mild short lived panic where I quickly find the fact and then breathe again! I am sure you have followed this exact scenario a number of times.

My son is well trained for what he is doing and I am sure he is helping make a difference. His Mum and Dad, while full of pride, have this "worry worm" squirming in the back of their minds and I am not sure that he always appreciates how much it means when we get that phone call or even a letter or two. Just makes our day! We love the Army News which carries a story or two from where he is and The Bugle. Others are thinking of us too and that's important. We feel part of a great network even though we live far from a Base.

It will be a few months yet until our son returns and we will look forward to that moment and then start adjusting our thinking to where will he go next and when.

On behalf of all Mums and Dads that "keep the home fires burning", we thank you all for remembering us too!

Hazel.

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:

Waiohuru—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:

Ph: 06 351 5640

Naval Community Organization:

Ph: 09 445 5534, 0800 NAVYHELP

nib@nzdf.mil.nz

Local Chaplaincy Services

Unit Point of Contact

THE MILITARY WIFE

The Good Lord was creating a model for military wives and was into his sixth day of overtime when an angel appeared.

She said: "Lord, you seem to be having a lot of trouble with this one. What's wrong with the standard model?"

The Lord replied: "Have you seen the specs on this order? She has to be completely independent, possess the qualities of both father and mother, be a perfect hostess to four or forty with an hour's notice, run on black coffee, handle every emergency imaginable without a manual, be able to carry on cheerfully, even if she's pregnant and has the flu, and must be willing to move to a new location ten times in seventeen years. And oh, yes, she must have six pairs of hands."

The angel shook her head, "Six pairs of hands? No way!"

The Lord continued: "Don't worry; we will make other military wives to help her. And we will give her an unusually strong heart so it can swell with pride in her husband's achievements, sustain the pain of separations, beat soundly when it is overworked and tired, and be large enough to say, "I understand", when she doesn't, and say, "I love you", regardless."

"Lord", said the angel, touching his arm gently, "Go to bed and get some rest. You can finish tomorrow."

"I can't stop now," the Lord said, "I am so close to creating something unique. Already this model heals herself when she is sick, can put up six unexpected guests for the weekend, wave goodbye to her husband from a pier, a runway, or a depot, and understand why it's important that he leave."

The angel circled the model of the military wife, looked closely at it and sighed, "It looks fine, but it's too soft."

"She might look soft, but she has the strength of a lion. You would not believe what she can endure", he replied.

Finally, the angel bent over and ran her finger across the cheek of the Lord's creation. "There's a leak," she announced. "Something is wrong with the construction. I am not surprised that it has cracked. You are trying to put too much into this model."

The Lord appeared offended at the angel's lack of confidence. "What you see is not a leak," he said. "It's a tear."

"A tear? What is that for? Asked the angel.

The Lord replied, "It's for joy, sadness, pain, disappointment, loneliness, pride, and dedication to all the values that she and her husband hold dear."

'You are a genius! Exclaimed the angel.

The Lord looked puzzled and replied, "I didn't put it there."

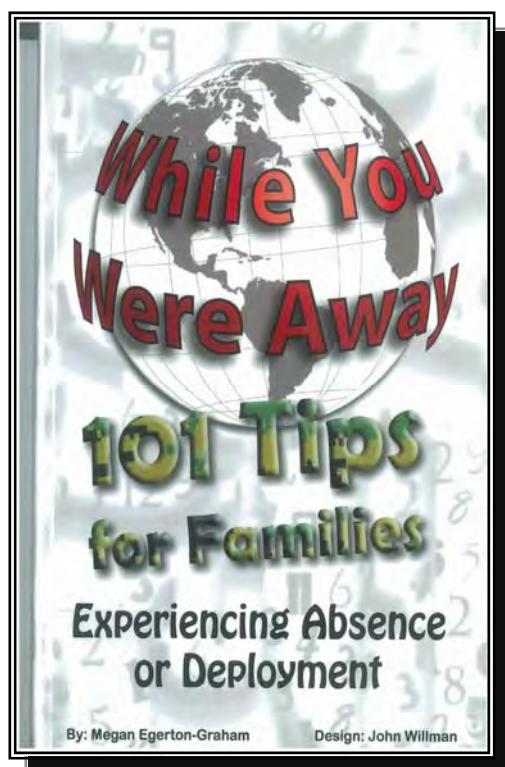
Source: Unknown.

Books available for loan



We now have a small library of books available for loan to help you or your loved one manage deployments

Here are some of our new books:

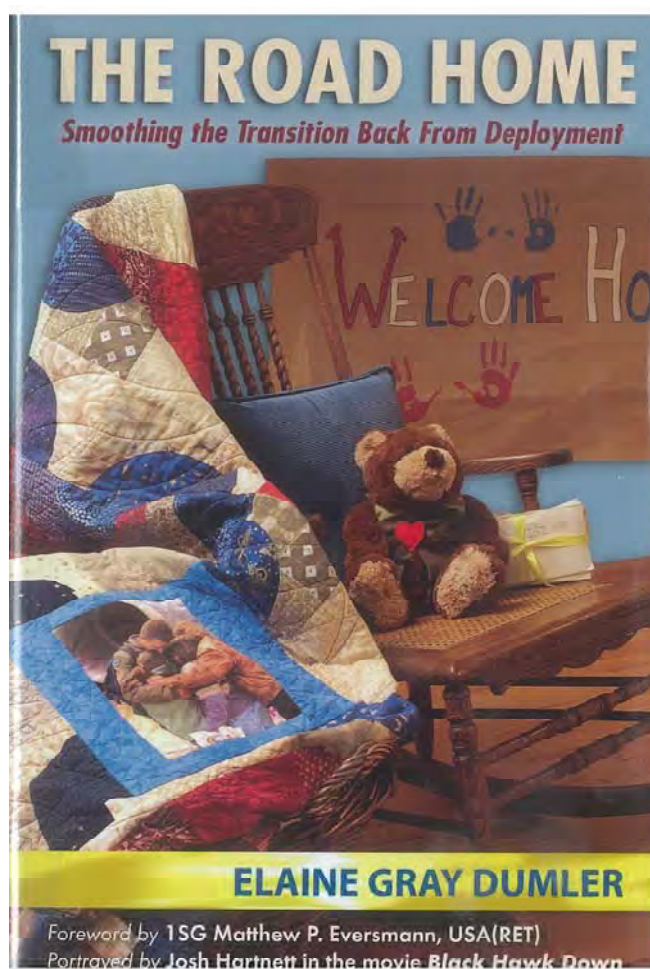


Author: Megan Egerton-Graham

FORWARD:

This book was created to support family members through any and all extended absences of a significant member of your family. All of the tips and suggestions have been tried and/or tested either by our family or other families experiencing absences. The intent of the book is to make the absence easier and give your family the tools to thrive during your/their absence.

Also available in the "While you were Away" series:
Journal for Teens
Journal for Military Families
Journal for Kids



FORWARD:

The Road Home is the newest addition to the "I'm Already Home" book series which is widely used by more than 54,000 military families. This comprehensive resource meets the specific needs of families in all branches of service transitioning back to "real life" as their service member returns from deployment.

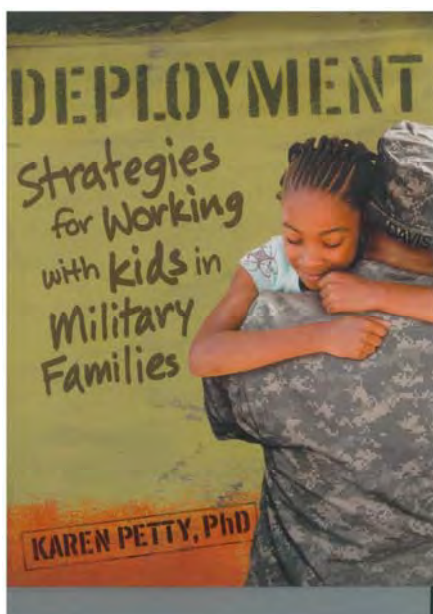
Books available for loan...



If you are interested in borrowing any of these books, please contact Carol Voyce, contact details on the inside cover or call into her office.

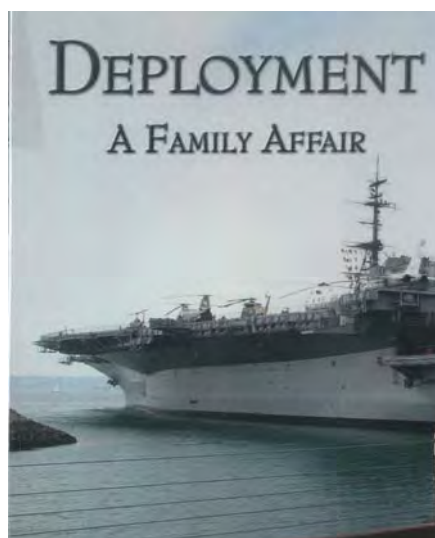
The time period for loan is two weeks. It may be necessary to form a waiting list, depending on demand.

Return postage costs need to be met by the borrower.



FORWARD:

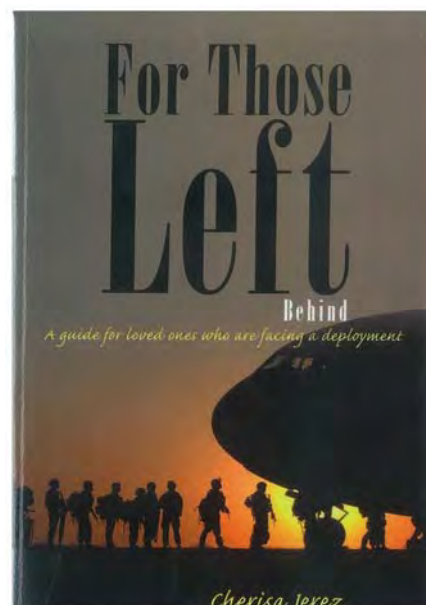
Military kids face many unique stressors and difficult transitions related to deployment, relocation, separation from loved ones, and changes in family structure.



Authors: Pamela Haynes, and Debbie King Mabray

FORWARD:

This book helps the reader to identify the normal and abnormal reactions one can have to this type of separation.

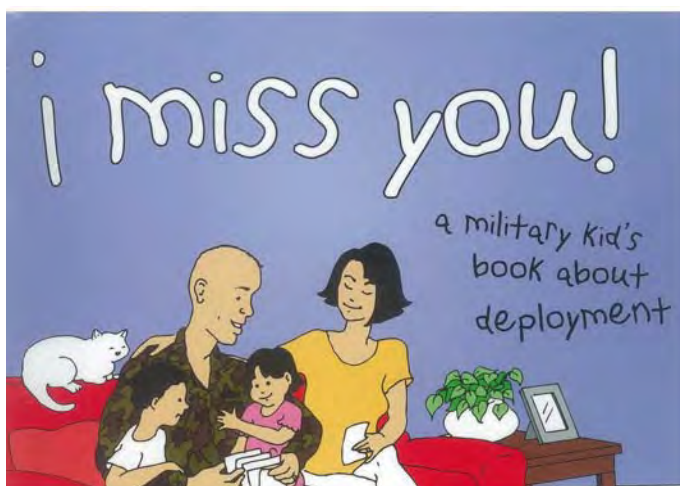


Author: Cherisa Jerez

FORWARD:

This is a guide for friends, parents, spouses, and children that are left behind when their service member is called to duty in a foreign place.

This is a book that will take you through the announcement, the time apart, and the trials that military members themselves are going through as they spend up to 15 months deployed. This book will help to provide the insight and strategies to overcoming one of the most challenging experiences a person can face when they are forced to be the ones left behind.



Author: Beth Andrews

FORWARD:

Military families face stressful times that are unique to the military lifestyle. One of the most challenging situations, both for children and for parents, is when a parent or a sibling is deployed and must be away from the home. The sadness, anger, fear, anxiety, and loneliness these children experience are emotions they often do not understand or know how to express. I Miss You! Is designed to help both children and their parents or adult caregivers during such difficult times.

Every Publication needs a Star — Ours is Christine



**Carol Voyce,
Deployment Services Officer,
Editor “The Bugle”**

“The Bugle” deadlines seem to come around quickly. It seems one is just formatted, printed and posted and the next starts again all so soon! Working on this Edition 185 is really no different than the many issues that have gone before. I often think of how many editorials I have written, how many Foreign Correspondents I have begged and occasionally ‘bribed’, and how many great people make up a dedicated team to support this publication. Our in-house deployment newsletter has attracted some great feedback from you all and always provides the catalyst and energy to work on the next!

“The Bugle” has a long and proud history. Its humble beginnings were associated with a wonderful team of volunteers and was a valued communication link for those at home and those abroad, associated with our commitments to Timor-Leste under the United Nations banner as NZ BATT 1 – 6. Long time readers will remember “Private Oopsey’s” adventures of that era and our efforts to bring you news and views from deployment locations – all in a different format than we bring to you today!

Over the years since so much has changed. We have deployed to

many different locations reaching many more service personnel, their families and their Units, “begged and bribed” a little less and firmly established “The Bugle” as a valuable deployment resource and tool. It still remains our main way of keeping in touch with you all, of keeping you informed and offering a little peace of mind in what can be testing times during a separation from loved ones. This is your newsletter and we value your many comments and ideas which make sure we meet your needs.

While the dedication of our many tri – service Bugle contributors is vital and valued, there is one person whose name never appears “in lights” and who is totally responsible for the layout and design of this publication. Christine Muir is the PA to the Commanding Officer 3rd Combat Service Support Battalion. What you get and what you see is entirely thanks to the creative work of Christine. With her calm manner and attention to detail, she quietly works her way through a huge paper-war of articles and photos to create this publication. I am no Journalist! I am a Registered Nurse, but I have come to love to write, and thanks to Christine’s energy and dedication have been able to form a valued “partnership” over the years with her, to bring “The Bugle” to you.

I am sure you would all like to join with me in thanking Christine



sincerely for her efforts over many years – not sure how many, but she has made a huge difference in the way this publication looks, in making things “fit” and meeting deadlines along the way. Christine has learned that I am “fussy”, that things must have a certain look and, is always a pleasure to work with!

So to Christine, many thanks for your continued and continuing commitment to “The Bugle”. You are an important asset to our team and we appreciate your dedication to the keyboard and to the professional look you bring to our deployment newsletter! (Thanks too for always lending me your glasses when I forget mine!!)