

THE BUGLE

Issue 186 | June 2013



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“THE BUGLE”

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

Deadline

The Bugle deadline is the first Wednesday of every month. Deadline for Edition 187 is 3 July 2013 at 4.00pm

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 NZ National Support Element (NSE) Team, Bagram, Afghanistan

GUEST EDITORIAL

Sounding “The Bugle”

**Chaplain Wayne Toleafoa, RNZN
Principal Chaplain (Navy &
Operations), HQJFNZ**

The career high-point for most Chaplains is, ‘going on deployments’. This is probably true for all New Zealand Defence Force personnel.

When you’re a Chaplain on operations “The Bugle” is a big part of your life. It’s another means to stay in touch with our people at home to let them know ‘how things are’ on the deployment. Each month the deployed Chaplains have produced from “*The Chaplain’s Pen*” articles and sent them through to Carol Voyce and Janine Burton for publication. (These two women deserve a medal for the work they do). We hope that you (the readers) have enjoyed the articles that Chaplains and others have written for “The Bugle”.

I have always found “The Bugle” a great read and a way of seeing how our people on other deployments are getting on and what they are up to. Having never deployed to Afghanistan, my only view of our people in Afghanistan has been through the eyes of “The Bugle” and some news items on TV. I have always thought of “The Bugle” as a ‘force – multiplier’ informing and linking people to what we do across the operational spectrum.

For me, gathering up the personalised messages for “The Bugle” while on deployment, often proved an interesting challenge. ‘Soldiers will be soldiers’ and what began as a ‘gathering’ process soon became a ‘screening’ process as some soldiers – in good humour – saw the personal messages as a chance to set their mates up by sending ‘dodgy’ messages in their mates names! A good laugh for some, but a challenge for a well-meaning Chaplain gathering up the messages!



Chaplain Wayne Toleafoa leads a church service while on deployment in the Solomon Islands, 2012

‘Soldiers will be soldiers.’ Typically, there was reluctance in some soldiers to put pen to paper, even though they had great stories to tell and were a credit to their Units, the families and communities they came from. It was a ‘win’ when you got one or two of them to write an article for “The Bugle”.

The colourful photos of children in Afghanistan, or Timor, or the Solomons are worth a thousand words. Through the eyes of “The Bugle”, people at home have been able to peer through a window into the communities that we, as a Defence Force, were sent to protect and serve. Likewise, the photos of our Defence Force ‘doing the business’, playing sport, or just relaxing in strange environments, has helped fill in the picture for many of the readers at home.

While most of the major missions have drawn down, there is still a good number of ‘our people’ still out there on operations, our ships at sea and a host of individual NZDF people serving away from home. “The Bugle” remains an invaluable link with them and another reminder to keep them always in our thoughts and prayers.

NEWS UPDATE



The mission closure team process equipment and supplies in Bagram Air Base, Afghanistan

MISSION CLOSURE

Packing up and moving house is a big task by anyone's standards but moving the tonnes of equipment and supplies of the NZ Defence Force's mission in Afghanistan back to New Zealand is an entirely different proposition.

Over the last eight months the NZ Defence Force mission closure team in Afghanistan has successfully completed the Defence Force's largest logistics operation in recent decades.

A total of 100 truck loads and 35 C-130 Hercules loads of equipment and supplies have been transported out of Bamyān Province for return to New Zealand.

Royal New Zealand Air Force 40 Squadron provided crucial support and conducted a total of 16 flights. The Defence Force was also strongly supported by the US Air Force who conducted a similar number of C-130 flights, and the Royal Australian Air Force who provided C-130 and critical heavy lift helicopter support.

Lieutenant Colonel Richard Weston, Commanding Officer of the mission closure team, says it has been a significant task and a very busy deployment for the team of 43 personnel.

"When we arrived in Bamyān we had to account for ten years' worth of equipment and supplies. We identified what needed to be brought back to New Zealand, and items that could be gifted to the

local community such as some vehicles, furniture, medical consumables and cleaning stores.

"We dealt with a number of significant challenges during our deployment. The isolated location meant there were limited transportation means to move equipment out. The NZ Provincial Reconstruction Team (NZ PRT) had to maintain operations until the end and needed access to the equipment we were trying to account for, pack and move out. Underlying all of this was a potential threat from insurgents, and the unpredictable winter weather required a significant degree of flexibility.

"Our final day and withdrawal from the NZ PRT went very smoothly – this was testament to the professionalism and dedication of the team, and the overall effort and enthusiasm they displayed throughout the deployment."

The mission closure team deployed alongside the final rotation of personnel to serve with the NZ PRT in September last year.

The Defence Force worked with NATO to fit into coalition partners' extraction timelines. The Defence Force also liaised with NZ Customs, Ministry for Primary Industries (MPI) to ensure personnel and equipment met bio-security standards. The team has been based at Bagram Air Base since the closure of the NZ PRT in April. Today, the last group of 12 personnel from the mission closure team returned to their home locations in New Zealand.

The equipment and supplies are expected to return to New Zealand later in May on three chartered freight flights. Eight movement personnel remain in Bagram to assist with the freight loading. A team in Auckland and Trentham will receive the materiel and transition it through Customs and MPI before reconstitution and re-issue.

AIR FORCE DELIVERS FIRE TRUCK TO REMOTE ISLAND IN THE PACIFIC



The people of Chuuk State were delighted when a Royal New Zealand Air Force C-130 Hercules landed on remote Weno Island with their large Fire Truck on board.

The 7.7 tonne Truck was donated to Weno Island, Chuuk State in the Federated States of Micronesia (FSM) by the City of Christchurch Firefighters and the NZ Fire Service.

The Governor of Chuuk State asked New Zealand Fire Fighter Mr Keith Norton for help in sourcing a Fire Appliance as they had been without one for nearly two years.

"It's been quite a journey, from sourcing a suitable Fire truck to physically getting it to the Island. The Hercules was probably the only way of transporting such a large appliance to such a remote area," said Mr Keith Norton, City of Christchurch Firefighters.

"We were very happy to help. It has been a pleasure to assist the NZ Fire Service to deliver the Fire Appliance to the people of Chuuk," said Air Vice-Marshal Peter Stockwell, Chief of Air Force.

Source: www.nzdf.mil.nz

FOREIGN CORRESPONDENTS

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NEWS FROM AFGHANISTAN

BAGRAM NZ NSE PREPARES TO CLOSE

Major Lisa Kelliher

Greetings Families from the NZ NSE in Bagram, Afghanistan!

Last month, Corporal Proebstel (Bagram Mov Op) aptly advised you all that it was 'not over yet' here in Afghanistan. During our

time in Afghanistan we have farewelled the PRT (Provincial Reconstruction Team) and also the TET (Theatre Extraction Team)... so many are asking, "So what will you do now without the PRT?"

The PRT were but only one of the elements that the NZ NSE supported, and since they had their own integral logistics support

personnel, it is the minor missions which have required dedicated logistics support. So now that Bagram has closed, the positioning of the NSE in Bagram is no longer best placed to support the remaining hardworking NZDF elements within Afghanistan.

As such, whilst the NZ NSE provided a 'firm foot' for the TET and PRT to extract with accommodation, vehicles, office space and other support; the NSE now has the challenge of having to close a decade worth of activity within Bagram and re-orientate, reduce and relocate to Kabul.

"For the NSE families and friends, we appreciate all your ongoing support".



Lance Corporal Kauwhata

FOREIGN CORRESPONDENTS CONT'D...



Battle PT — Corporal Proebstel and Major Kelliher

This means that within the next month or so, many of the current NSE members will be back with their loved ones in New Zealand. As soon as we know when personnel are leaving we will pass this through to the DSO for families and Unit Command.

A reduced NZ NSE grouping will continue to support the NZDF personnel here in Afghanistan from Kabul. Three positions will remain, being the Officer Commanding, Senior Supply Technician and a Movements Senior Non-Commissioned Officer. This newly

titled Afghanistan New Zealand National Support Element will continue to ensure that the NZDF members in Afghanistan get provided their pay, stores, mail, movements and any other support required, so that they can focus on continuing their fantastic efforts in their various roles in support of the Afghanistan Mission.

What a challenge! Just like for many of us who have moved house – we have to clear out our built up items, preserve the fantastic history/memorabilia of NSEs past in Bagram and ensure that we retain the right items to continue to maintain effective support to those who require it.

Along with our routine support tasks, the NSE continues to provide a New Zealand presence and representation here in Bagram. This has seen the NSE attend the American Asia-Pacific celebration and a visit to the A10 Squadron in the last month. The NSE also makes a mark with group physical training being widely recognised around our home of Camp Dragon and maintaining our personal soldier skills with range days.

For the NSE families and friends, we appreciate all your ongoing support, especially with our members not yet having confirmed return to NZ timeframes.

I can assure you that each and every NSE member has continued the excellent work of the TET. They continue to conduct themselves with the highest of professional standards and dedication to duty to maintain support to those in Afghanistan and prepare for the Bagram NSE closure. You can be justly proud of their efforts! We also thank Headquarters Joint Forces New Zealand and our parent unit of TROY in Dubai for their assistance with our deployment.



WO1 Knap — A-10 visit

NEWS FROM OP FARAD, SINAI

OUR FIRST MONTH IN SINAI

Lance Corporal William Prosser

I am currently deployed as a driver on OP FARAD in the Sinai Peninsula. The journey began for me on the 30th April 2013, when I flew out of Christchurch bound for Cairo with a stopover in Singapore for a day. After arriving in Cairo and clearing security, I was bombarded with local taxi drivers offering me a ride, which I respectfully turned down.

Egypt is like no other country I have visited before; there is rubbish scattered everywhere, the majority of the buildings look as if they have been shot at quite a few times and the locals rarely adhere to the road rules which has made it interesting whilst driving.

The first week of driving tasks we were paired up with the Uruguayan soldiers who are also deployed as drivers here. This was so we were able to learn the routes; their English speaking capabilities made navigation a mission in its own right.

I have currently travelled to many of the remote sites within Sinai and also over the border into Israel, in which I had the pleasure of staying the night at a Jewish educational facility as my Uruguayan co-driver and myself were unable to reach the border in time before it closed for the evening. It was a worthy experience however; as it was very isolated I wouldn't want to make it a regular occurrence.

With the security state being the way it is currently, all the convoys travelling between camps and the remote sites are required to be

escorted by either the Columbian or Fijian soldiers alongside the Egyptian Army. This in turn makes it a very long day for us as drivers, due to the wait time for the escorts to assemble and the distance the convoys travel on a daily basis.

Even with the long days, I am truly enjoying my experience over here. I encourage and recommend the drivers back home to aspire to get on this deployment to experience what Sinai has to offer.

FAREWELL TO ABDUL

Sergeant Bryon Berry

For those who have served on OP FARAD over the last 31 years you will have your own memories of the Patio or the Woolshed accommodation. I am sure all of

you remember Abdul, our friendly cleaner. Whether from a welcoming "hello sadiqi" or the image of him mopping the carpet, he has remained one of the constants for those deployed to North camp, Sinai. His photo seems to be attached to every rotation and framed on the walls of the accommodation blocks.

On behalf of the 1500 members of the NZDF that have served in the Sinai since its inception in 1982, Abdul was acknowledged in a small ceremony at the Patio, held to mark his retirement. In Sinai on 30 May 2013, the New Zealand contingent said farewell to this long serving honorary member. The Force Commander of the Multi-National Force and Observers (MFO), Major General Warren Whiting attended and added his thanks for the commitment and trustworthiness Abdul displayed over his time with the MFO. Major General Whiting also presented Abdul with a framed Certificate of Appreciation.

On behalf of the Commander Joint Forces New Zealand, Major Sam



MFO Force Commander Major General Warren Whiting with Abdul on his left

FOREIGN CORRESPONDENTS CONT'D...

Walkley presented a framed greenstone symbolizing "a new beginning, growth and harmony." Abdul also received a plaque from HQNZDF in appreciation of his dedicated service. The junior ranks from the Woolshed presented Abdul with a framed photo taken outside their accommodation.

The Contingent RSM, WO1 Mclean, highlighted that Abdul has been approachable and friendly to everyone that he has come into contact with.



Abdul in his work clothes and honorary beret with current members of OP FARAD

Abdul with WO2 Joel Grason

He has displayed a high level of trust and loyalty over a long period. Although Abdul's English language is limited, he spoke of being sad and gestured wiping tears from his eyes at the mention of not seeing his Kiwi friends anymore.

Abdul has seen many New Zealand Defence Force personnel return for two or three tours of the Sinai. The bond that he has with us is unique. Recently, he even named one of his 11 children after one of our soldiers, PTE Callum 'Goggles' Gardiner.

Abdalla Eed Ayed, to use his full name, turned 61 years old the next day and was looking forward to "sleeping a bit more" in his retirement. In his farewell speech Abdul said through an interpreter that he would "wave out to all Kiwis as they drive by his house".



SGT Grant 'Eddy' Edwardson outside the Patio accommodation with Abdul giving the thumbs up to all his Kiwi friends in New Zealand from the last 31 years

So for those of you who will deploy to Sinai in the future as part of the MFO, wave back to Abdul as you drive past his house and continue the international friendship for which the Kiwis here are well known.

NEWS FROM THE SOLOMON ISLANDS



The small Kiwi contingent prepare to go into the Jungle???

THE JUNGLE MAY HAVE THEM NOW

Lieutenant Seabreese

May saw the Combined Task Force 635, part of the Regional Assistance Mission to Solomon Islands (RAMSI), switch its focus to jungle training to maximise the contingent's integration of tactics into the theatre of operations. The lucky little New Zealand National Support Element was quickly recruited to test the Australian Infantry and Tongan Marines' dominance of the local training area.

Week one saw almost all the Kiwis deployed as enemy party against the mighty Tongan Marine platoon.

The heat and humidity was crushing. Keeping up the water level for every drop you sweated out was nearly a day's work on its own. It also meant that it wasn't long before everything was soaked through. A well-placed ambush was nearly given away just by the smell of the Kiwi enemy party testing the platoon's skills. Despite the Tongans' environmental advantage, the Kiwis still managed to teach them a lesson or two. Professional and honed, the Tongans proved able soldiers suited to jungle warfare.

The first of two Australian platoons was up next and saw the Kiwis joining with the best of the Tongans. Early slip ups saw Kiwi

ingenuity better their Australian targets, reinforcing key lessons and training. It didn't take long for the Australian reservist soldiers to channel their inner Rambo and pick up on their mistakes. The training was proving worthwhile with every advance and halt.

By the third week of jungle training the Kiwis still left in the bush, an Artillery Captain and an RNZAF Corporal, were nearly native. Comfortable with the tricks of jungle survival taught to them by the Papua New Guinea Senior National Officer, their jungle tactics were honed. As the second Australian platoon came through on their training, the enemy party, now made up of Kiwis, Tongans and Australians were creating the demanding operational environment best suited to training soldiers.

After three weeks bush, the small Kiwi contingent lost 9kg each, but picked up huge amounts about life in the jungle, close country reconnaissance, tracking and offensive tasks. The Australian company has refocused to enhance their platoon-level jungle offensive operations, with the intention of building up to company level training before the end of mission.

Next stop, marching across Guadalcanal and routine ops, before looking at the 10th Anniversary of RAMSI.



ANZAC 2013 — NEW ZEALANDERS SERVING ABROAD



Every year on ANZAC day we remember the dedicated men and women who have served for New Zealand. The duties that these men and women undertake are crucial to the work of the New Zealand Defence Force (NZDF), and are honoured in this special stamp issue.

See New Zealand Post for more details.



PRINCIPLES OF GALLIPOLI 2015 BALLOT ANNOUNCED

The Minister of Veterans' Affairs announced the ballot allocation categories for Gallipoli 2015.

The 2000 New Zealand attendance passes will be allocated as follows:

- ✱ 10 percent of places (100 double passes/200 places in total) by ballot specifically to direct descendants of Gallipoli veterans.
- ✱ 10 percent of places (100 double passes/200 places in total) by ballot specifically to veterans of all conflicts.
- ✱ 75 percent of places (750 double passes/1500 places in total) by ballot to all New Zealanders (including descendants and veterans who were unsuccessful in their specific ballot).
- ✱ 5 percent of places (100 places in total) reserved for allocation by the Government to special groups such as youth, children of Gallipoli veterans, and others where it is not appropriate to ballot. None of these passes will be available to official representatives.

The ballot will cascade so those direct descendants and veterans unsuccessful in their special group will also be included in the main ballot. Ballot registrations will open later this year.

OPERATION ANZAC SPIRIT 2013

A poster showing a soldier's grave has won 11 year old Sam Sutcliffe, of Northland, first prize in Operation Anzac Spirit, a competition run by the New Zealand Defence Force as part of Anzac Day.

Sam's winning entry was chosen from around 400 entries in Operation Anzac Spirit, a competition for Year 7 and 8 students which asked students to submit a poster showing what Anzac Day means to them.



First place winner, 11 year old Sam Sutcliffe of Kerikeri, with Vice Chief of Defence Force, MAJGEN Tim Keating (left) and NZDF Artist, CAPT Matt Gauldie (right)

Sam's great great uncle died in the Battle of Loos and was the inspiration behind his poster.

The three top winners were presented with their prizes by Vice Chief of Defence Force MAJGEN Tim Keating at a prize-giving ceremony at Defence House on Friday 24 May.

Sam has chosen to spend a day with the Army as his prize. "I really enjoy looking at all the different types of vehicles and I would like to design combat vehicles when I am older", Sam said.

OPERATION ANZAC SPIRIT 2013

Second place winner, 11 year old Jaimie Hawley of Christchurch, will spend a day with the Air Force.



Reilly Webber accepted third prize on behalf of his sister Lily Webber, 11 years, of Franklin, Auckland.

Third place winner 11 year old Lily Webber, will spend a day with the Navy.

Four runners up received an NZ Defence Force prize pack: David Frear, 10, of Northland, Graeson McLellan, 11, of Opotiki, Esther Chung, 12, of Christchurch and Ella Hume, 12, of Masterton.

LAST FLIGHT TO THE ICE

Operation Antarctica

By Elizabeth Griffin, Air Force Communications Manager —
Published courtesy of the Defence Communications Group



The B757 and its aircrew on the Ice 09 March - (L-R): FLTLT Ben Woodhouse, FLTLT Justin De Ridder, SGT Rosie Masters, FLTLT Nathan Barrack, CPL Sarah Morrison, SGT Debbie Lamb, SGT Sarah Anderson, LAC Tiff Wood & LAC Dan Lingens

The last Antarctic flight of the season took place on Saturday 09 March. Boeing 757, NZ7572, flew the last few passengers to Scott Base and McMurdo for the long winter stay-over and brought home 60 passengers who were not wintering over.

Flying RNZAF B757 aircraft to the Antarctic is relatively new, they have only been operating on the Ice route for four years. It is challenging. The biggest risk is the remoteness. We are flying to one of the most remote places on earth.

FLTLT Ben Woodhouse explains, "Flying to the Antarctic is a unique experience. The weather is extremely changeable and that can make the journey extremely difficult. It's really important to get all the passengers loaded and away as quickly as possible as the weather can change dramatically on the Ice."

The B757 can take up to 156 passengers, and from Christchurch to the Ice the passenger list typically includes scientists and support staff. The RNZAF has transported almost 5,500 passengers this season, and approximately 2.5 million pounds of cargo to McMurdo.

FLTLT Woodhouse describes his role as co-pilot as like an apprentice, with a great deal to observe and learn. After training and experience, a co-pilot will eventually move across to the left-hand seat as the Captain of the B757. For the Antarctic flights, he served alongside experienced Captains, some with as many as 20 flights to the Ice.

There is a minimum of two pilots for every B757 flight and they work as a team to control the aircraft and to communicate with Air Traffic Control, FLTLT Woodhouse explained.

LAST FLIGHT TO THE ICE CONT'D...

Operation Antarctica



The B757 sitting on the ice at Williams Field



FLTLT Ben Woodhouse in the right-hand seat of the B757 on the way south

“Flying to the Antarctic is a really unique experience. We are operating in one of the most remote places on earth.”

“The challenge for junior pilots is that the B757 aircraft goes a lot faster and flies a lot further away than they are used to. This season there have been a few challenges with the weather so it’s great to get this mission completed successfully, even though it was a week later than planned.”

The B757 doesn’t have enough fuel to go to the Antarctic and return to New Zealand without refuelling. As the flight one way is approximately four and a half hours, the ‘point of safe return’ is three hours into the journey. After that point, if the weather deteriorates, or the aircraft malfunctions, the aircraft can only proceed South — they can’t turn back! That is why the decision at the three hour point is absolutely critical to flight safety.

There are strict criteria for aircraft serviceability and how to deal with malfunctions in remote areas. The RNZAF flights to the Antarctic include three or four maintenance crew on board.

Only qualified B757 aircrew are

selected to do Ice Flights. One of the requirements is Survival Training, which includes training with immersion suits, survival equipment for the pilots, studying the Antarctic weather and flight planning.

“We have a very developed process to methodically check everything, strict weather minimum, and strict Standard Operating Procedures (SOP). We are as prepared as we can be.”

FLT Woodhouse remarked that “People [on the Ice] are pretty happy to see us as they are usually pretty keen to go home to warmer climates!”

DSO'S CORNER



Carol Voyce

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

Greetings to you all! I hope this finds you well and warm wherever you may be. Christchurch, like most of the country has just endured a short sharp cold snap which had me digging my way out from the first snowfall of the season and questioning why I live on the hill! As if this wasn't quite enough, Mother Nature "double dipped" and gave us a little shake up in the midst of it all – not that we need any reminding that things are still not quite back to the way they were. Today marks 1,000 days since the first major earthquake and life for us all in Canterbury remains at times a challenge.

I recently enjoyed a short time of leave and had the chance to travel to Western Australia to my brother's wedding and then onto Brisbane to catch up with friends. Weddings are always wonderful occasions and always a happening that brings family and friends together from near and far. And this is exactly what happened! I had a new great niece and great nephew to meet for the first time and many extended family members who I seldom see, to catch up with. The beauty of it all was that we picked

up exactly where we left off from on our last visit the year previously! While Perth didn't turn on the best of weather, the atmosphere surely made up for it and a grand time was had by all, including a new sister-in-law to add to the fold.

Families are precious and sometimes it is the separations that we all endure, for one reason or another that remind us of their value. Deployments are certainly no exception! To wave someone off to a far away land is a challenge in itself! To keep the home fires burning is another! The key to managing separations is good communication. From my experience (some 12 years) and through no surveys or sound statistical data, I believe that, as strange as it may sound, separations enhance relationships. I have witnessed firsthand the growth in relationships, the changes individuals have made, the need to work harder at keeping relationships 'alive', and the rewards from that hard work and dedication of all. True, some relationships have failed, but if you look deeply, the relationship has been in troubled times before the deployment and it would be easy to blame it on the separation, but it goes deeper than that! Having said this, troubled relationships have recovered too and the separation has given time for all parties to evaluate, reassess and make changes to form a strong relationship and forge a way ahead in a manner not thought possible. Deployments bring changes and opportunities for all family members. Mums and Dads report better communication from their adult sons, the first letters ever received and an experience that has brought them closer together.

It's the love and concern for those in faraway places that challenges us too. Somehow we have this

inbuilt ability to worry – be it deployment related or in everyday life. I know when my 27 year old daughter sets off on one of her journeys abroad; that I worry about her safety and wellbeing. Sure she has made many trips, some to strange out of the way places, but I have to trust her in her decisions and judgement to be able to enjoy the experiences but in manner that does not put her in harms way. I guess it is similar to deployments; well trained and equipped service personnel, sometimes in out of the way places, trusting in their judgements in a given situation and always looking out for one another!

Robert Brault said:

"Sometimes two people need to step apart

And make a space between

that each might see the other anew,

in a glance across a room

or silhouetted against the moon."

Food for thought!

Kind regards.

DEPLOYMENT

Time to grow

*Remember that
separation can be
an opportunity for
everyone in the family
to grow*

DSO'S CORNER CONT'D...



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

I have always considered myself to be a resourceful and self-sufficient person. I have been associated with the military for over 30 years; firstly as the wife of a service person, since 2001 as an employee of the NZDF (Army) here in Linton, and for the past 11½ yrs as the mother of a service person. Both my husband and my son have been away on deployment (not at the same time though, thank goodness). When I think back to the times when these two very important people in my life were away, my memories tell me that I coped with our separations really well. I certainly don't remember these periods in my life as being particularly stressful, after all my husband had been part of a unit which was always away on various exercises and by the time my son deployed, he had been living away from home for some years and I was the DSO working with and supporting family members through their own deployment journeys. However, when I read the journal I wrote (the only time in my life I have ever kept a journal) when my husband was away on his first deployment in the mid 1990s, the words tell a very different story. 'My' last

deployment was last year when our son was in Afghanistan and again I thought that I had managed my personal journey really well – until he got off the plane in Ohakea that is! That was when it all got the better of me; thankfully my son is very accommodating of his very emotional mother! And it was dark!

At the time of 'my' first deployment we were living in Waiouru and what I remember is the cold weather, winter snow, stacking firewood, Mt Ruapehu erupting a couple of times, laundry hanging in the lounge (because there certainly wasn't much drying, and I refused to have the clothes dryer running all the time), involving myself in community activities – we had Playcentre and Kindy, a weekly craft group which was very active – and lots of friends I could call on and who I could support in return.

It has taken a while but this final point is where I was leading. I'm sure that we all have our own ways and strategies of dealing with deployments and the stress that comes with the separation. Communication is certainly much more advanced now than it has ever been, access to welfare phones, emails and Skype being

amazing tools for keeping in contact with loved ones in various parts of the world. So that's one major improvement over the letters I had to wait for from someone who found this method of communication as foreign as the country he was working in!

But basic strategies like knowing yourself best and whether when things get on top of you, that you have someone to have coffee with, pull weeds in the garden, retail therapy, long walks in the rain or on the beach, or whatever helps you through. Each day down is a day closer to your loved one completing their deployment and returning home. Along this deployment journey, if you need someone to coffee with (if you are in the Palmerston North area), someone to let off steam with, or someone to share some special wonderful news with, we are here with you and for you. Asking for help is not a sign of vulnerability or weakness, it is a strength in that you recognise what is happening and that you have a coping strategy for the situation.

As we head into our winter months, I hope you are all well and happy, and have your firewood stacked!

Surviving Deployment

Set a goal. Start that little project that you've been putting off. Start a course. Do something that will make you feel good.

Take a break. Take time away from your normal routine. Go to dinner with friends and arrange a babysitter. Plan an outing – ring friends to join you.

Pamper yourself. Treat yourself to a special occasion. Take a long bath, have a massage or read a book.

Don't feel guilty. Separation can be a stressful time, so "time out" from your daily routine is important.

Treat yourself to some retail therapy, but don't break the bank!

Exercise and keep fit. Find fun activities and allow yourself to have a good time. Make a list of things that you like to do and then plan time to do them. Say "No" when you have to and be kind to yourself.

FOR YOUR INFO....

Change of Mailing Address — Please note, that if you have been sending mail to personnel through the Auckland Mail Centre, to those at the National Support Element (NSE) Bagram Air Base, their postal details are changing with effect 17 June 2013

Mail should be addressed as follows:

Regimental Number, Rank, Initials, Surname
OP KEA
New Zealand National Support Element
KAIA Compound
Kabul, Afghanistan
C/- NZ Post Ltd
International Mail Centre
AUCKLAND 2022

This change DOES NOT APPLY to other missions in Afghanistan where mail should be sent to personnel to the addresses previously given. i.e. C/- DPSC, HQ JFNZ, Private Bag 900, Upper Hutt 5140.

If you are confused, please call one of the Deployment Officers (contact details inside front cover) to clarify.

Six NZDF Personnel named in the Queen's Birthday Honours list

Six of our Defence Force personnel have been named in the 2013 Queen's Birthday Honours list. They will all receive the NZ Distinguished Service Decoration (DSD).

The six Queens Birthday Honours recipients are:

Warrant Officer Combat Systems Specialist James Ernest Harper, Royal New Zealand Navy

Based in Devonport W/O Combat Systems Specialist Harper has had a 33 year career in the Royal New Zealand Navy (RNZN), specialising in underwater warfare.

Lieutenant Colonel Robin Michael Hault, Royal New Zealand Infantry Regiment, NZ Army

Based in Christchurch, LTCOL Hault led a project to develop and implement the NZ Army Leadership Framework over a five year period to improve the way formal leadership training was delivered at each rank level.

Lieutenant Colonel Stefan John Michie, Royal New Zealand Infantry Regiment, NZ Army

Based in Canberra, LTCOL Michie was CO of 2/1st Battalion, on 22 February 2011 when a major earthquake occurred in Christchurch. His Battalion established the initial cordon around the central business district and maintained a security presence on the cordon for three months.

Sergeant Lindsay Norriss, Royal New Zealand Air Force

Based in Woodbourne, SGT Norriss has managed, on a voluntary basis and in his own time, the 'In Loco Parentis' (ILP) scheme at RNZAF Woodbourne since 1996. The ILP provides young trainees with multiple experiences to explore their abilities, learn about teamwork and sow the seeds of an active lifestyle.

Major Brent John Quin, Royal New Zealand Armoured Corps, NZ Army

Based in Trentham, MAJ Quin served in Kabul, Afghanistan from September 2010 to April 2011 as the Intelligence Officer for Operation WAATEA, a New Zealand Special Operations Task Force. He played a key role in significantly hampering insurgent attempts to disrupt Afghan Government activity in Kabul and surrounding provinces

Petty Officer Diver Scott Matthew Treleaven, Royal New Zealand Navy

Based in Devonport, Petty Officer Diver Treleaven is a senior member of the Royal New Zealand Navy's Operational Diving Team. He led the team two tragic accidents where both operations were conducted in isolated locations, under extremely challenging environmental conditions, and with the presence of grieving family members.

INTERESTED IN FAMILY ADJUSTMENT AND ADAPTION TO MILITARY DEPLOYMENTS?

My name is Wade Stent, a University of Canterbury Masters student beginning research in conjunction with the New Zealand Defence Force (NZDF) looking into how military families adapt across a deployment cycle. The focus of his study, in the Canterbury area only, is on the changes families experience before, during, and after a deployment and how these may be different across a number of families.

Most of the research on military deployment has focused on the deployment itself and how families cope during that time of separation. Results from several studies suggest that while a majority of families eventually return to normal after deployment, some families have a more difficult time adjusting.

The aim of this current study is to examine the number of different changes that families cope with at each stage of deployment, between partners and children, and to examine the factors that promote better adjustment after a deployment.

Families tend to experience two types of challenges when adjusting across the deployment cycle; functional challenges, or psychological and social challenges. This can be things such as lowered financial resources, lack of support, and even worrying about the deployed parent by the partner and the children. By talking with a variety of families who have been through a deployment cycle it may be possible to identify the factors that contribute to a family's ability to cope and identify ways to promote healthy adjustment.

I need your help to carry out this research, so if you are a military family who has experienced a deployment within the past five years, live in Canterbury, and you and your partner have one or more children, I would like to invite you to participate in this study. Participation involves both partners completing a questionnaire and a short interview.

If you wish to receive more information regarding this study, or want to find out how you can be a participant, please contact either myself, Wade Stent, or the JFNZ Psychologist MAJ A. MacDonald through the contact details provided below. Your participation in this study does not have any impact on or relationship to your career or your partner's career with NZDF and any information you provide will be kept confidential. All military families who participate in this research will also go into the draw to win one of five \$100 grocery vouchers.

For further information contact:

Wade Stent
Masters of Child and Family Psychology thesis student
University of Canterbury
Email: wade.stent@pg.canterbury.ac.nz

OR

MAJ A. MacDonald
JFNZ Psychologist
J1, HQ JFNZ
Email: Alana.MacDonald@nzdf.mil.nz

KEEPING THE HOME FIRES BURNING



*H*ello! My name is Nina and I am the proud Grandma of a young Lance Corporal who is currently deployed overseas.

I wanted to use this column to say thank you to the Deployment Services Officers and the NZ Defence Force team for the great support that is available to families in New Zealand. I feel very much part of my Grandson's life away from us all and congratulate you on the efforts you all make to keep us informed and up to date. I know my daughter and her husband worry about their son but they do value, like me, very much, the regular contact we have through the newsletter, "The Bugle" and phone lines available to call if anything should happen or worry us.

I recall my Dad's time abroad and while the whole world has changed, we are grateful to have the support on offer nowadays. Oh how different life is for young families now in this chosen career. And how hard it was in my day!

Thanks to those who care within your organisation and to other Grandmas' out there, we have every reason to feel pride in the work of our loved ones overseas.

With best regards,

Nina

*M*y partner went overseas yesterday! I have no idea how the winter months ahead are going to be for me and my family. I guess this is not a great time to contribute to this column but hopefully in times to come I can share my progress, my hopes and my dreams. A sort of monthly snapshot into what real life is for us as I parent alone.

I was invited to a pre-deployment briefing and I met some other Mums who feel just like me. We want our guys to go and experience a new life, to learn and to help others. We do not want them to know we are totally afraid of the unknown and of our coping abilities. I have talked with lots of young Mums in Camp, who have been totally realistic about what lies ahead, but who surprised themselves that they could and did manage so well. I hope I become one of them. They set themselves up with a great extended family support team to share the load and the worry and this is exactly what me and 'my guy' have done. I know there are people who can help me and I know his Unit are going to keep an eye out for me and the kids. I will be so proud of doing this if I can make it without too many dramas.

Today we started on my new household roster. The Kids all have a little extra job to make them feel important and useful and to earn some special treats each week for helping Mummy. They are too small to expect them to do the jobs I will hate - like the wood and the rubbish, but every little thing will help us along the way. I am sure they will cry for their Daddy from time to time (me too I guess), but the good and the bad are part of this deal.

I will check in with you all in the next "Bugle" and let you know how our first few weeks have been. I know it will take us time to settle and adjust - that wonderful Emotional Cycle of Deployment! - Meanwhile I will take up the whole bed, until the little ones crawl in during the night and even might make room for Brutus although dogs out of the bedroom has been an unwritten rule. I think he might just provide me with some security from those imaginary outside noises!

Look after yourselves. Hope your weeks go well too.

Sarah

PERSONAL MESSAGES

The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**next edition being 3 July at 4.00pm**). Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)

From In-Theatre

To Goldilocks and the 3 Bears

I miss you all very much, Love Dad.

From Home

Hey Possum

I am glad you made it there safe and enjoyed your trip to hooters in Singapore on the way...I hope by now you have the lego candy since I know you couldn't play with real lego there. Boo misses you, she has figured out who you are in her picture and says dada to it every night. I miss you loads, hurry up and come back to me. Love you xxxx me. P.S: I broke your lego aeroplane but its ok I fixed it.

Hi Sonny

Hope all is going to plan for you there. Been to the travel agent and got some great ideas for our holidays. Look forward to sharing some special times ahead. Love always. Jules xx.

Happy Birthday to a Special Mate

Missing you and thinking of you on your birthday. Hope you have a great day and someone bakes you a cake. We will celebrate here and be sure to raise a toast in your honour. Take lots of care there. Soph, Sarah and Gran xxx.

Hello Edbert

Missing you like crazy and thinking of when you come home. Wet winter here but the worst will be past by the time you arrive back. Keeping busy and warm! Fire burning brightly and spirits good. Keep up the good work and watch out for the others too. Loving you always, Hazel.

Miss Gorgeous

Hope you are well settled now and

working hard. Basil is missing the fuss but I think he has finally got the message that I am the next best option for the months ahead. Work has been full on, not that I mind. Makes the time go faster! Enjoyed the long weekend and the family visit. Was great to have some adult conversation and good company! Basil doesn't always respond to the ear bashing I give him in your absence! Have been planning out my "social" calendar for the months ahead and seem to have a few things to look forward to in the times to come. Will make the countdown easier! Look after yourself. Thanks for the parcel and the letters. Keep them coming. Love you like mad! Mr "Not too bad myself!" xxxxoo.

Dear Mick

Have a great Birthday. Family will be thinking of you, with love from Nana xx.

Hi there Baz

All's good here Bro. Warriors had an unbelievable win after some terrible results. Looking forward to the All Blacks/France rugby coming soon! Loved the Black Caps one dayer victories over England. Now trying to get interested in the French Open. Yes - still sports mad you might say. Managed the Christchurch half marathon ok! Weather was good. Maybe next year the full! You could run with me - or provide the cheers of encouragement - might be the option you choose. Will miss you at the family reunion but know you will be thinking of us all. Catch up soon. Give us a call one day when you can. Be safe. Pete.

Happy Anniversary Babe!

Will be thinking of you and our celebration to follow on your safe return. Love you, B xx.

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:

Waiouru—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



CONGRATULATIONS BURNHAM SCHOOL

Carol Voyce, DSO Burnham, Editor "The Bugle"

Friday 31 May will be a day long remembered by the Burnham School and their community. This day, saw the presentation of a Chief of Army's Commendation to the Principal Sandra Keenan and the Burnham School for their exemplary level of comradeship and commitment to the New Zealand Army and families of Burnham. It was a proud occasion for all, and one which took them by surprise. The school were hosting a visit from the Minister of Defence, the Rt Honourable, Mr Jonathon Coleman. Children were lined up in the Assembly hall to entertain and listen to their VIP guest. Families had gathered and the Board of Trustees represented. There was a delightful exchange of greetings and conversation between the Minister and the children and as everyone thought the visit had concluded, the Chief of Army, Major General Dave Gawn, announced the other reason for their visit. This, the presentation of a well deserved award.

Burnham School have been key players and contributors in our local Community. They have supported and tolerated the many comings and goings of a military establishment just over their back fence! They have actively participated in many activities in support of service personnel and deployments and recognised and adapted to the impact this lifestyle can have on families and children. With other local community groups, they attended our yearly Deployment Awareness Training for Community providers and participated in family activities in support of our Operations. It was therefore no surprise when, in 2012, the school offered enormous support to all, following the tragic loss of 5 of our own in Afghanistan in two incidents, which ultimately would impact our local families and children. The school visited with families of the injured, organised rosters for transport, childcare, meal preparation and established a teacher dedicated to pastoral care. The school joined with us as we mourned the loss of our service personnel and worked closely with us in Burnham Military Camp, sharing information and even extending support to us, as we all felt the losses that had occurred.

The school, like our other community groups, has excelled in their support to those deployed abroad and have been key providers of great Kiwiana art works, huge contributors to Operation Christmas Card, and even home baking to mission areas worldwide.

We are a richer for the relationship Burnham School has with our organisation, and we thank them and congratulate for an award so well deserved.

