

# THE BUGLE

Issue 187 | July 2013



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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:

A young girl and her father walk through the streets of Bamyan, Afghanistan

# GUEST EDITORIAL

## Building Structure and Depth into a Re-focused Defence Force

**Air Vice-Marshal Kevin Short  
Commander  
Joint Forces New Zealand**

Over the past decade the New Zealand Defence Force has averaged 600 personnel deployed at any one time, on 20 missions throughout the world. It has been a particularly busy operational period and Defence has responded to all that has been asked of it.

Now that both the number of operational deployments and number of personnel deployed have reduced, the focus will need to change. Though for the Navy and Air Force day to day activity will remain almost unchanged, for Defence as a whole their needs to be a refocus on traditional joint training activities and the challenges of Future 35 – an integrated Defence Force.

Recent activities have been centred on the Afghanistan redeployment, but this has now changed to Southern Katipo 13 – which will test our ability to deploy a Joint Amphibious Task Force in 2015. Integrating all our single service strengths is key to achieving this.

The next three years will be exciting as we transition to new taskings, new operational roles and new people to work and train with – the Americans are now back in our region in strength. We'll be doing different things, with different people in different locations.



*Air Vice-Marshal Kevin Short  
Commander Joint Forces New Zealand*

We need to refamiliarise ourselves with ‘our front yard’: the South West Pacific, the tropical environment and the Polynesian and Asian cultures. We need a good foundation in order to operate there effectively. This is why as an organisation we need to have the structure and depth to sustain many different types of operations.

Finally, after a decade of constant deployments to Afghanistan, Timor-Leste and the Solomon Islands, we need to undertake a period of reconstitution and regeneration. Exercise Southern Katipo 13 and other exercises will prepare us for the unplanned and enable us to respond as needed within the region and beyond.

I challenge you to use your knowledge, experience and professionalism to articulate to others what the Defence Force contributes to New Zealand's security interests. More than ever, I have to do exactly that in my new role.

# FOREIGN CORRESPONDENTS

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### NEWS FROM OP FARAD, SINAI

#### LIFE IN THE OPS CELL

##### Staff Sergeant Ray Trembath

I have now been in the Sinai for nearly five months. I'm employed within the New Zealand Training and Advisory Team (NZTAT) as Operations Instructor 2 (NZ OPS 2). This is my first tour to the Sinai and I have found it distinctly different from the other operations (Solomon Islands and Timor-Leste) that I have deployed on. I am SSGT Ray Trembath from the Auckland Northland Regiment, A Coy Whangarei.

*“One of the great things about the Sinai is the opportunity to work with other soldiers from different countries working in the MFO”.*

The NZ TAT OPS cell have a variety of different tasks but our main focus is running courses for the other 13 national contingents, both in English and sometimes in Spanish through the aide of an

interpreter. These consist of running the Range Familiarisation Course, Convoy Users' Course and the Site Commander's Course. For the three larger units from the US, Fiji and Columbia, we teach the unit instructors how to plan and deliver the courses to their own soldiers. The other 11 contingents will attend a particular course where necessary to fulfil their respective roles within the Multinational Force and Observers (MFO).

The OPS Cell is also responsible for conducting Snap Inspections at the different Observation Posts (OPs) that are positioned along the border between Israel and Egypt. As the word 'snap' indicates, we try to show up unannounced. These inspections consist of checking the gate procedures, the Tactical Operations Centre (TOC) procedures and ensuring they have maps, documentation, computers and radios with good communications to all the other call signs. Additional tasks include ensuring that the Tower is manned 24/7 and that the soldier on duty is correctly attired wearing his Individual Body Armour (IBA), helmet and rifle. There are normally four bunkers at each location and we ensure the access to the bunker is unobstructed, that they are functional, and have accurate range cards.



Looking towards Gaza where New Zealanders served in both WWI and WWII



Staff Sergeant Trembath on the range

# FOREIGN CORRESPONDENTS CONT'D...

These inspections give us the opportunity to provide the commander feedback on how he is running the remote site and also pass on some of our knowledge and skills.

One of the great things about the Sinai is the opportunity to work with other soldiers from different countries working in the MFO. The diverse array of experiences and knowledge that each nation brings makes this deployment truly unique. The lasting friendships that are formed during work, dinner at the Mass Dining Facility, through sport or socialising, all adds to this unique environment. It is also important that we support other teams with assistance whenever possible, for example on Monday we went down to Israel to exchange eight old MFO vehicles for eight new vehicles for the Vehicle Maintenance Facility (VMF). The NZ TAT has developed a strong working relationship with the other contingents and it's fast becoming a cohesive team.

One of the main things as a New Zealand soldier that I will get out of

this opportunity is the chance to soldier once again alongside the Australians under the ANZAC banner, as many other New Zealanders did almost 100 years ago. That tradition and camaraderie continues here today as it did then.

Finally for me it has been a golden opportunity as I had a Great Aunt 22/287 Sister R. Sanderson who served as a Nurse and a great Uncle 8/2489 Private R Trembath, who served with the Otago Rifles in this area of the world during WW1. Again in WWII. I had a large number of Uncles serving with the 2NZEF. I'm sure it's the same for many other New Zealand soldiers that have served with the MFO in the Sinai since its inception in 1982.

I would just like to conclude by thanking both Carol and Janine, the DSOs, for all the support they provide to not only those deployed but also our families whilst we are away. It is reassuring to know that our families have a great support network that they can call upon if needed.

## LIFE IN THE SINAI

### Captain Dan Swale

As I write this, today marks exactly two months since the end of Pre-Deployment Training back home in New Zealand and what a two months it has been. Everyone in the new contingent has now well and truly settled into their roles alongside the old hands who were staying on from the previous rotations.

The Sinai is a fascinating environment, steeped in both history and conflict, having been ruled by the Pharaohs, the Ottoman Empire, the British, the Israelis and today the Egyptians themselves. As a meeting point between the continents of Africa and the Middle East, the Sinai Peninsular continues to play a key role as a land bridge between the two regions. Whilst traditionally the Sinai provided a route for the trade of both goods and ideas, in more recent times this has evolved to also encompass trade of a less desirable kind, including of weapons, drugs, human organs and political extremism.

Operation Farad as the New Zealand Defence Force mission here is known, has been established since 1982 so the camp where we are located (very originally named North Camp to differentiate it from South Camp overlooking the Gulf of Aqaba) is dotted with Kiwiana and a slice of New Zealand left here by the hundreds of Kiwis who have served before us. In many ways the mission seems to have changed little in that time but in others, it has evolved dramatically. This is most obvious in the change in security situation following the Arab Spring, which saw the forces of the Egyptian government largely vacate the Sinai. Whilst they have returned and now escort the



Some of the Army SNCOs with the Army SNCOs along with the RNZAFs WO Nigel Timpson

# FOREIGN CORRESPONDENTS CONT'D...

Multinational Force and Observers around the area of operations, they have struggled to fully reassert control. The experience for Kiwis has therefore shifted significantly; whilst you could almost imagine being in a dry, dusty Linton (admittedly filled with the soldiers of 12 other nations) while in camp, outside the wire the environment is less certain. That said, it is clear that we are welcome here by the vast majority of the local people, who readily wave and smile as we pass by.

This mission is unlike any other, not least for the ability to travel around the region – I doubt that many other peacekeeping forces dedicate personnel to the conduct of 'morale support tours' to the likes of Cairo, Luxor and the Holy Land. Along with Corporal Aiga Mailata and LWTR Zena Wolvers, I was fortunate to get to Cairo and see

the Pyramids and Sphinx, which are truly awe inspiring. It's amazing to think of all the other military tourists who have stood at the base of these great monuments, ranging from Alexander the Great to Napoleon. In my own family's case, I have photos of my Grandfather standing in front of the Pyramids during the Second World War over seventy years ago, so standing there really was a reminder of our insignificance in the annals of history.

The New Zealand contingent also recently took a day trip across the border into Israel to visit the ruins of Masada and the Dead Sea, under the leadership of SGT Bryon Berry. The Dead Sea is the lowest point on earth, some 423m below sea level. To give you a sense of comparison, the Dead Sea is about one and a quarter times the size of Lake Taupo and over time has

become saltier and saltier, making anyone who swims in it more buoyant than normal.

Nearby are the ruins of Masada, a fort built by the Romans over two thousand years ago, perched on a hill high above the Dead Sea. The vista from the top is breath-taking and you can see Israel on the near bank and the nation of Jordan across the Dead Sea. Masada is famous for the Roman siege of the fort that lasted some three years before they finally captured it, with the Jewish garrison within committing mass suicide rather than face capture.

In between the sightseeing, the New Zealand contingent has of course been doing a lot of hard work, maintaining the great reputation that Kiwis have developed here over three decades. To friends and family back home I wish you all the very

**Right:**

**Corporal Aiga Mailata, LWTR Zena Wolvers and Captain Dan Swale at the pyramids of Giza**



**Left:**

**Major Sam Walkley, WO1 Rob McLean, Captain Sam Smith, Captain Dan Swale at Masada overlooking the dead sea**

# FOREIGN CORRESPONDENTS CONT'D...

best and can assure you that whilst the entire contingent miss their loved ones, we're definitely not missing the New Zealand winter!

## MFO MEMORIAL WALL GALA DAY 24 MAY 13

**Corporal Aiga Mailata**  
**Op FARAD, Sinai**

Three weeks into our deployment we celebrated the MFO Memorial Wall Gala Day. The purpose of the Gala Day was to help raise funds for the MFO Memorial Wall to commemorate the fallen soldiers here in Sinai.

Each Nation raised money by showing their culture off. The NZ Contingent, although one of the smaller Contingents, provided many different stands ranging from selling Kiwi T-shirts to rugby ball passes through a truck tyre. Now I know I did say this day was about showing off our culture, so the Australian Contingent decided to sell Pavlova and we all know the good old Pav originated in NZ.

I went for my first ride on a Camel for US\$5. It didn't last for very long but the experience was all that mattered. The Uruguay Contingent had a kissing booth (sad but true). One of our guys received two kisses (on the cheek) and then played the, "I don't have my wallet on me" card. Fun times in the Sinai.

Towards the end of the night the Force Commander Major General Whiting agreed to raise extra money by getting cream pies thrown in his face. Two willing civilians paid a whopping \$600 to cream pie the Force Commander.

Overall, it was a fun day and I am proud to say that the NZCON raised US\$1000 towards the Memorial Wall which will be unveiled on Thursday 27 July 2013.



*CPL Aiga Mailata looks on as the Fijians try their luck with a rugby ball*



*Major General Whiting contemplating the value of a pie to the face*

*Right:*

*LT Seamus Shaw and LWTR Zena Wolvers manning the Kiwi stand for the Gala*



## NEWS FROM AFGHANISTAN

### **NZ NATIONAL SUPPORT ELEMENT STANDS UP**

#### **SSGT Carl Ewart, SUPTECH**

June ended a busy month for the NZ National Support Element (NSE) in Afghanistan. After ten plus years, NZ's footprint in Afghanistan's largest military camp came to end, as the NSE relocated from Bagram to Kabul to consolidate with the remaining NZ forces in the capital.

Even though the move was only 30km south, the difference in the living standards has been obvious. The NSE have gone from living in a camp that can have up to 40,000 American troops, to a base that is home to under 4,000 multi national troops - mainly from the European nations. This also includes a small contingent of our ANZAC counterparts.

The change in camps has also provided a welcome alternative from the standard deep fried American food. The European dining halls are more like the food back home, with the regular foods being pasta, stews, fresh croissants, salads, cheese cakes, and even Kiwi fruit! Going from a camp that is generally English speaking, to a camp that has French, Italians, Hungarians, Germans, and the Turkish has caused some minor communication challenges!

The camp has all the facilities and comforts of home. This ranges from a mini takeaway Pizza Hutt, Burger King, Military Clothing/Equipment shop, Italian Café, artificial soccer pitch, basketball and volleyball

courts, DVD shops, clothing shops, and even a Thai restaurant!

For the first few weeks of the relocation, the main focus was establishing a working environment so we could continue to provide support to the missions in Kabul. This included arranging the necessities of life like bottled water, food, laundry, waste disposal and of course satellite TV! Air conditioning will hopefully be coming soon!!

With some of the Kiwis based around the city, it has given us the opportunity to get outside camp – something we were unable to do in Bagram. There is really only one road rule in the city, and that is who ever has the biggest vehicle usually goes first! It's difficult getting comfortable driving on the other

side of the road and having the steering wheel on the left hand side of the vehicle. It doesn't help when you have locals that drive on the wrong side of the road. It is not an uncommon sight to have locals driving down the wrong side of the motorway for no reason at all.

During the move the NSE also went through some personnel transformation of its own. The NSE was restructured from ten personnel down to three (an elite three of course!). It was sad to lose team members halfway through the tour. But no doubt they are happy to be back home in the cold miserable winter weather, away from the 40 degree temperatures of Afghanistan!

So after a busy past month, we fondly close BAF and the decade of history established there. We look forward to the new challenges that lay ahead during the last three months of the tour and the continued support of our families, loved ones and units.



*The new living accommodation at KABUL*

## NEWS FROM THE SOLOMON ISLANDS

### **Sergeant Luke Fraser Solomon Islands**

As we head into the month of July, we find ourselves on the downward end of our rotation to the Solomon Islands. This time not only marks the end of the New Zealand Defence Force's contribution here, but also the end of the military contribution to RAMSI after 10 years.

Our rotation has been here for four months now and in that time we have been lucky enough to work and train alongside the three other nations that make up the Combined Task Force 635 of RAMSI: Australia, Tonga and Papua New Guinea.

Along with conducting our daily jobs, supporting the remaining CTF635 Task Force, we were able to get out of the wire and conduct Jungle and Survival training with the other mission elements. The heat and humidity and constant sweat of carrying 40-50kg webbing and packs was a challenge in the beginning, but became second nature by the end of training.

The range has seen us hone and develop our shooting skills through reaction and rapid alignment shooting with the IW Steyr, LSW C9 and P226 Pistol, weapons that some of us rarely fired prior to coming here. Under the guidance of our Officer Commanding, we have advanced our level of shooting through continuation training from the basic skills up.

Although we are now a little less active in Honiara and the surrounding areas, we are still greeted by friendly waves and calls

from the locals when the sight of a Kiwi Piny or a Hilux drives past. On the streets people still come up, shake our hands and thank us for the support New Zealand has given over the past 10 years. These thanks are based on a legacy of hard work and high standards that the rotations before us have set and maintained.

The Australian extraction team have already arrived to help send their contingent home; the Q-store has become a hub of containers and pallets being prepped for uplift.

We eagerly await the arrival of the New Zealand extraction team to come in later this month so we can start the final stage of our deployment here, packing up to come home.

The pack up here is slightly different than a normal rotation as not only will we be cleaning our own kit to send back, but the last 10 years-worth of Defence kit as well.

Although a small deployment by other NZ mission standards, it has accumulated a fair amount of kit to be cleaned to inspection standard, before being packaged up and sent back home.

Where to from here? To the wash point and Q-store, to be issued hoses, brushes, buckets and soap for the clean up to come home.

### **DEDICATION AND UNVEILING OF COMMEMORATIVE PLAQUES AT PARLIAMENT**

On the evening of 2 July 2013 three Commemorative Plaques were dedicated and unveiled in the Parliamentary Debating Chamber for 'Afghanistan', 'Timor-Leste' and 'Missions in Support of Peace'.

The plaques are placed in the Debating Chamber as solemn reminders of the gravity of decisions made by Parliamentarians to send New Zealand men and women overseas on active service and operations and to acknowledge their service and sacrifice. They join plaques commemorating campaigns and battles from the First World War, the Second World War, Korea, Malaya/Malaysia and Vietnam.

The three new plaques recognise the service of 20,000 New Zealanders in more than 40 countries around the world since the early 1950s. Many have served in multiple locations. 17 New Zealanders died on these operations – 10 in Afghanistan, five in East Timor/Timor-Leste, one in Kuwait, while one other died while on leave from Bosnia.

# FOR YOUR INFO

## Kiwi Bird Stamps

Looking for something a little different to put in your parcel to loved ones? Why not consider a self-inking Kiwi Bird Stamp?

Our deployed personnel are held in high regard in all locations around the world. A simple gesture of stamping the back of a child's hand with a Kiwi bird to match the emblem on the cap or sleeve of someone who has taken the time to interact with them, brings huge rewards.

These stamps are small and lightweight and easily fit into a pocket. They survive all weather conditions and can be carried on patrol by service personnel. "Paper Plus", "Whitcoulls" and other leading bookshops carry stocks of the DIXON Kiwi, Blue or Black stamp, 068. Depending on where you shop, prices vary from approx \$10-14 per stamp. Each stamp can last for up to 1,000 uses.

Help bring a smile to a little one so far away.

## Reunions

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

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

Remember that re-adjusting to home life and work life is a process,

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

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

## DEPLOYMENT

### Time to keep in touch

*Sharing thoughts*

**PLAN WAYS TO COMMUNICATE  
WITH CHILDREN AT HOME:**

**TELEPHONE**

**LETTERS**

**AUDIO OR VIDEOTAPES**

**E-MAIL MESSAGES**

## INTERNATIONAL DAY OF FRIENDSHIP

— JULY 30

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

The resolution (A/RES/65/275) places particular emphasis on involving young people, as future leaders, in community activities that include different cultures and promote international understanding and respect for diversity.

The Day is also intended to support the goals and objectives of the Declaration and Programme of Action on a Culture of Peace and the International Decade for a Culture of Peace and Non-Violence for the Children of the World (2001-2010).

To mark the International Day of Friendship the UN encourages governments, international organizations and civil society groups to hold events, activities and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding and reconciliation.



# A SURPRISE IN EVERY PACKAGE

## Ideas on what to put in the packages to your loved one

Everyone on deployment likes to get a package from loved ones. It is a sure way of lifting spirits and enhancing morale. The challenge is thinking of what to put in them.

These ideas are just ideas! They have been gathered from various sources: personnel at home and abroad, partners, personal experience and a few brainstorms.

Please remember that all mail is restricted to 1 kg only. This goes by Forces Concession Rate, which means you only pay to get it from your home location to the Auckland Mail Centre or to the address you were given. Postage costs now not only depend on the weight, but also the dimensions of the parcel so may vary every time you send something.

### Drinks

- Instant Coffee/Tea Bags
- Flavoured Teas
- Powdered Gatorade or similar
- Raro/Refresh powdered drink
- Hot chocolate
- Milo
- Plunger coffee

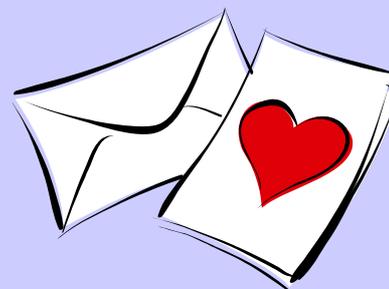


### Fun Stuff

- Board games
- Magnetic games
- Playing cards
- Favourite magazines
- Disposable cameras
- Theme packages
- Pocket games
- Knuckle bones
- Pick-up-sticks
- DVD's: Movies and home made
- Videos of favourite TV programmes
- Scratchie tickets
- Newspapers/clippings
- Junk mail
- Poker chips
- Word puzzle books
- Paperback books

### Every day

- Self addressed stamped envelopes
- Stamps
- Writing paper
- Posting bags
- Letters or cards
- Children's drawings
- Wall posters
- Postcards
- Photos, photos & more photos



### Theme Package—Movie in a Box

- DVD/Video, Popcorn, Powdered drink sachets
- Lollies, TV Guide/Listener/Entertainment page

### Theme Package: A Good Read

- ★ Book—Latest release,
- ★ favourite author
- ★ Bookmark
- ★ Book—light
- ★ Coffee/Tea sachets
- ★ Snacks



# A SURPRISE IN EVERY PACKAGE

We know that small packages sent frequently, rather than the occasional larger one, have the greatest impact on the wellbeing of your loved ones. Be sure to attach a green customs declaration sticker and address very clearly with the Regimental number, Rank and Name of the recipient. Senders details should be included on the back. Please make sure that you wrap carefully any food items so that they “survive” the journey.

On rare occasions parcels have gone missing. In order for us to track any items which don't reach their destination you need to keep the carbon copy of the customs declaration and the receipt from the Post Shop or agency. This helps in the search and offers insurance protection.

Have fun creating your packages and be sure to share with us any ideas or hot tips you may have. The best ideas come from you!! - And we can continually update our lists.

## Toiletries

Shaving gel/stick—non aerosol  
Foot powder  
Lip balm  
Wet wipes  
Shampoo/conditioner  
Moisturiser (for the men too!)  
Soaps  
Spectacle cleaner  
Razor/blades  
Shaving brush  
Talcum powder  
Tissues  
Deodorant  
Toothbrush/paste

## Other

Holiday decorations  
Birthday decorations  
Shoe/boot laces  
T-shirt (dark colours)  
Towels  
Socks (Merino possum for winter)  
Inflatable seat cushion  
Rugby/soccer balls  
Darts  
Table tennis bat  
Ping pong balls  
Frisbee  
Kiwiana  
Twister  
Kiwi bird self inking stamps



## Food

Noodles  
Breakfast/muesli bars  
Scroggin  
Pop tarts  
Crackers/biscuits  
Chips  
Lollies  
Licorice  
Chocolate  
Chewing gum  
Nuts—cashews, peanuts  
Onion soup/reduced cream  
Tomato sauce  
Breakfast cereals (NZ made)  
Microwave popcorn  
Instant soups/snacks  
Watties Baked Beans

## Twelve days of Coffee

Purchase 12 different flavours of plunger coffee — add a little extra to share around. Carefully wrap each one. Attach a card to give a clue with each, to guess the name of each coffee type. Be adventurous — e.g. Get Pina Colada ground coffee — your clue could be “*I can't wait to take you on holiday so you can savour one of these on the beach with me!*” Have fun thinking up the clues. You could apply this idea to confectionery too.

## My Favourite Hot Tip:

Bake some nice biscuits. Pack them in a sealing Glad Bag. Fill the bag with popcorn and seal. The biscuits will arrive fresh and unbroken and they can eat the popcorn too!

# DSO'S CORNER



## Carol Voyce

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

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

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

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

The key to successfully managing a deployment is good

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

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

Imagine this unfolding scene I witnessed on a visit to Timor-Leste and which is repeated over and over again in our many deployment locations:

Joe has a letter from his wife! He "squirrels" away to a corner. He faintly smells her favourite perfume sprayed onto the writing paper, he sees the lipstick kiss that seals the envelope, he reads it, re reads it and reads it again and then tucks it safely in his pocket to read it again later. It is something that bonds directly with home, that allows his thoughts to wander back to that familiar surrounding. It's a great feeling.

Bruce looks at this unfolding scenario from a little distance. Another mail bag and nothing for him! Paul has a box full of goodies from his Mum and calls a small group of colleagues over to share in the contents. There is happy munching on a few, uniquely kiwi,

food items and some laughter and chatter about making up the Maggi Onion soup dip that night, to nibble on when they watch the rugby! (And Mum even sent the crackers!) It would seem that everyone cares and shares. Sometimes a parcel is not totally private and others see the need and want, to share with those who have not been so lucky! Photos of growing tots are shared, the local newspaper is passed around and the gossip magazines are even enjoyed by the male folk! There is an hour of simple pleasure unfolding around me!

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

From the many packages being ripped into, it would appear that despite the lack of thank you letters, parcels keep coming in.

Some of the senders had thought well outside the square and there was a great array of various goodies, posters and even socks! I spied some Instant Kiwi tickets being scratched and heard the hilarity when the winner wondered how he would collect his \$2 and get the freebie ticket on offer - "Oh well, I will have to send it home again" he said!

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

# DSO'S CORNER CONT'D...

closeness it brings that means so much.

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

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

With kind regards to you all.

## Heroes come in all sizes



**because being left  
behind takes  
bravery, too.**

## A MESSAGE TO THOSE ABROAD

There are two columns in "The Bugle" which are rated by our Readers as the BEST! They provide a connection with the deployment no matter where you are!

The first may come as some surprise to you all. It's the 'Personal Messages'. Our surveys show that this is the first section that is turned to, both at home and abroad. Always hopeful that there will be a message for them! It does take some courage to put in that first personal message but it is another way of keeping in touch, of keeping that communication alive and well. Non de-plumes and secret codes are all welcome. Your confidentiality is assured. Only on rare occasions do messages need to be edited as our newsletter is for family reading too and everyone is checking out the messages submitted. So please send us a message for loved ones; Anniversary or Birthday Greetings, congratulations on "Keeping the Home Fires Burning", a great school report or wonderful game of football. Kids absolutely love to see their names in print too. You can use the email contact details inside front cover and send them directly or be the collector of messages in your location and send them on through to meet the deadlines. Next issue closes off on 7 August. Looking forward to your contributions.

The second much enjoyed contribution is of course the 'Foreign Correspondence'. Oh how hard it is to get you to write and to send photos for all those at home. This valuable section of "The Bugle" provides a great link with the deployment, an understanding of the day to day activities you are involved in and believe it or not, a reassurance that all is safe and well. The numbers of New Zealand Defence Force service personnel currently abroad on land based missions, is much smaller that in recent times but you are just as important to us, and we need your contributions. We can beg, bribe and reward our contributors if need be! You may think that contact with home is enough but there are a number of other families and readers who are desperate for news from all locations. It is good PR too to inform all of your contributions worldwide and we have much to learn and understand about the various locations where you are based and the roles you take there. All articles are checked for OP SEC requirements before publication. If writing is not your forte, then how about some photos and captions so we can make a montage? All articles will be edited and corrected if necessary. So PLEASE put pen to paper and share your news across the miles. It will mean more to so many of us than you can ever imagine!! Deadline for the next issue is 7 August. So looking forward to receiving your contributions. Don't leave it to others and we promise to send some especially loved Kiwi rewards. Articles should be sent to [carol.voyce@nzdf.mil.nz](mailto:carol.voyce@nzdf.mil.nz) Thanks you so much - in anticipation!

Carol Voyce, DSO Burnham, Editor "The Bugle"

# DSO'S CORNER CONT'D...



**Janine Burton**  
Deployment Services Officer  
1 (NZ) Brigade

With writing for every edition of "The Bugle", sometimes inspiration for the column takes a while to show itself. Sometimes Carol and I end up writing on the same topic – this is purely coincidence, but it does happen and often comes about because of situations we may have been dealing with over the period prior to "Bugle" deadlines. Periodically though, and spookily often over the years, there is no common reason or event that has prompted our themes. We never collaborate on what we will write about but we have worked together for a long time and are obviously on the same wave length.

One source of inspiration I have begun to rely on though is past "Bugle" issues and articles written over the years by various contributors. I have recently re-read an article written by one of the Welfare Facilitators (Air Force) back in May 2010. Judy Byers is currently living overseas but her wise and well-written articles are well worth another publication.

*When a partner heads off on deployment, this can have an impact on your relationship, and the*

*build-up before departure can sometimes cause couples to feel tense and on edge. The most important thing is to be aware that this is normal.*

*Regardless of the duration of a deployment, to manage your relationship throughout the deployment, some key factors are:*

- \* If you have relationship issues prior/during/after the deployment, seek help by contacting your chaplain, psychologist, DSO or Welfare Facilitator.*
- \* Keep communication open with one another – before, during and after the deployment.*
- \* Remember those special occasions such as birthdays and anniversaries and add a spark to your relationship by sending random parcels and notes to one another. For those in deployment locations, flowers can be ordered through the internet, a good option for a gift for someone special in your life (and not necessarily just for special occasions!).*
- \* Take the time to share your daily experiences with one another by regular phone contact, email, skype or letter. Acknowledge your partner's activities and achievements back home.*
- \* A word of advice, gauge how things are on the home front before going into chorus about the awesome experience you are having on your deployment. Likewise for those left at home, as challenging as it can be, try not to outpour your frustrations on to your partner, or enthuse*

*about what a great time you are having while they are away. If you come unstuck, seek help through family and friends or your Defence support networks.*

- \* Utilise your support networks, and don't be afraid to ask for assistance.*
- \* On your return from deployment rebuild your relationship, plan some quality time together by yourselves. Plan to have a holiday at deployment end – something to look forward to.*

*No one deployment is ever the same as another; with our personal circumstances changing all the time, we adapt and adjust along the way. Partners can have a real sense of freedom for the duration of the deployment. They become very independent and can find it hard to adjust to the routine of daily life when their partner returns home. It takes time for a couple to adjust; it's a matter of being tolerant and simply learning to live with one another again.*

*One of the hardest things about deployments is the possible impact on relationships. Deployments can also be an incredibly positive experience where a couple can strengthen their relationship. It can give a couple the space to grow as an individual, enabling them to appreciate each other more.*

Thanks Judy – a great article and some wonderful advice.

This is the first "Bugle" for some family members and the last one for others as we changeover in some mission locations. So welcome along to our new "Bugle" readers and farewell to those who have completed their deployment journey.

# KEEPING THE HOME FIRES BURNING



*I love "Bugle" day!*

*S*pied the familiar large white envelope in my letterbox this morning and with much excitement, put the jug on, ran to retrieve my "Bugle", made the coffee and perched contentedly in front of my fire to catch up on the latest news! I am not sure if those who produce this publication recognise its value to people like me. It gives me an instant link with our troops overseas and makes me feel part of the deployment. It is not only news from my son's location that I enjoy but also the updates from other places where our troops are. I love the handy hints that appear from time to time and the messages - although I am still waiting for mine!

"The Bugle" also reminds me that I am not alone at this time and that there are people I can contact if I need to. I recall one of the writers for this column commenting on her ability to worry. Well that's me too I guess. It's just reassuring to know that others care about me too and that they are only a quick phone call away if I feel concerned about a news report or some 'helpful gossip' from my office workmates.

So thanks to a great team who produce this newsletter and to those who contribute from overseas. You make a huge difference!

kindest regards, Julia T.

*O*ne month down. Can't believe it! I have managed a good snow storm, 2 children with chicken pox, an overflowing laundry tub, (I got sidetracked) and a missing dog. So yes a few challenges in the first weeks but believe it or not I am still smiling! - Well most of the time!

I think the thing that has helped me the most is the good communication from my partner. Yes I did have to tell him the kids had chicken pox as their spotty faces pressed close to the computer screen for our "Skype". But could he have helped shovel snow, mop up the laundry or search for Brutus. No! So I waited until these events had passed and then told him in a light hearted conversation that Brutus had done a runner but was now safely home, mentioned my stupid laundry mishap and sent photos of us all playing in the snow. I felt pretty good that I had managed an early 'crisis' on my own.

The kids are now well again and back to helping with their small chores and feeling important. We have had some special treats and an outing to the movies and then McDonalds - a night off cooking for me, and so things seem calm again and all going to plan. Dad is coming over to make the fence more secure for Brutus so that will save the neighbourhood search reoccurring or a trip to the Pound!

My friends have been great and understanding so I can confidently say that I have managed the first month and although not looking too far into the future, reckon I will do this ok and my partner will be just as proud of me as I am of him.

Until next time, look after yourselves,

Sarah



8 month old Mattias McGregor keeps up-to-date with deployment news in "The Bugle" while he and sister Bella wait for their Dad to return from overseas.

(Photo: "The Bugle" 2010).

# JUST RAMBLING — AN OPINION, AN OBSERVATION?

**Contributions for this column are welcome and should be sent to Carol Voyce, Editor, "The Bugle". Contact details inside front cover.**

**"Do girls have to have a tattoo to join the Army?"**

This was one of the questions written by a 9 year old in her Christmas letter to our troops abroad, which was contributed to our OPERATION CHRISTMAS CARD project last year. Checking the cards before they are sent to various locations worldwide, is a fun task and always makes me laugh. Such priceless things written and questions asked!

Last week this question came to mind again. The reason – well probably the headlines in our local paper, *"Employers more tolerant of hiring inked employees"*. I have no idea if the New Zealand Defence Force has a policy related to this issue, but I have seen many rolled up sleeves revealing some amazing art work. I am sure you have all seen heavily inked sports players in action and looked, wondered or admired the tattoos on show.

Us, non tattooed people, are in years to come, going to be a minority! I remember as a child looking in amazement at an older cousin who was in the Navy and thinking when he came to visit our small home town that he must be some sort of "Bodgie", what with all these tattoos on display and those white "winkle picker" shoes! I am really showing my age here now – many of you probably have never even heard the word "Bodgie!"

Anyway back to "The Press" article. A recent survey indicates that "one in five Kiwis is likely to be tattooed – with the odds increasing to one in three if they were under 30."

While some companies had policies on visible tattoos and some didn't, it seemed that most employers considered that inappropriate or offensive tattoos should be covered in the workplace. I am sure this could cause much debate and no doubt would be in some circumstances a very subjective decision as to what may be seen as offensive or inappropriate.

Tattoos are not for me – maybe I am just a wimp, but I must say that I do not find them offensive, maybe a little intriguing. They certainly do not reflect on the character of the person. Yes, we do have lots of "inked" people in our midst here and they are all outstanding individuals who contribute to an outstanding organisation. My childhood thoughts well and truly dismissed!

Inked – a new word to me in recent times. A work colleague told me she was looking for a quill pen as a gift for a friend. Having moved house because of the earthquakes, I was quick to tell her that I drove past a shop enroute to work everyday called "Ink". I was sure she would find one there! Off she set – oh no - a tattoo parlour!

I think the recent tattoo debate has gently reminded us "never to judge a book by its cover." Yes we do remember first impressions but if you find yourself judging an individual on their tattooed appearance, then you have not looked deeply enough.

We – well me anyway, is fast becoming a minority in the world of "ink". *Carol Voyce, DSO Burnham.*

## Quotes about Life

*"You've gotta dance like there's nobody watching,  
Love like you'll never be hurt,  
Sing like there's nobody listening,  
And live like it's heaven on earth."*

**William W. Purkey**

*"You only live once, but if you do it right, once is enough."*

**Mae West**

*"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."*

**Albert Einstein**

*"Life is an opportunity, benefit from it.  
Life is beauty, admire it.  
Life is a dream, realise it.  
Life is a challenge, meet it.  
Life is a duty, complete it.  
Life is a promise, fulfil it.  
Life is sorrow, overcome it.  
Life is a song, sing it.  
Life is a struggle, accept it.  
Life is a tragedy, confront it.  
Life is an adventure, dare it.  
Life is luck, make it.  
Life is too precious, do not destroy it.  
Life is life, fight for it."*

**Mother Teresa**

*"Sometimes people are beautiful.  
Not in looks.  
Not in what they say.  
Just in what they are"*

**Markus Zusak**

# PERSONAL MESSAGES



The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**next edition being 7 August at 4.00pm**). Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: [dso.burnham@xtra.co.nz](mailto:dso.burnham@xtra.co.nz))

## From In-Theatre

### Hi Jules

Thanks for your message. Pleased to hear from you. All good here! Enjoying it all! Take care and enjoy your Winter, love you too, Sonny xx.

### Hi Soph, Sarah and Gran

Thanks for the birthday message. Had a great day and it was good to be able to skype you all. Thanks for all the parcels and for thinking of me. Hopefully my next birthday will be celebrated at home with you all xxx.

### Hey there Hazel

Love the name! Hope you managed the snow ok and there were lots of helpers to dig you out! No scrapes on the car I hope! Pleased all is going well for you there. It's hard being so far away when I know a helping hand would be good. Keep up the good work. Love you always, Edbert xx.

### Hello Nana

Birthday was great thanks. Enjoyed your card too. Good picking. Look after yourself and good luck for another win at Housie. Love Mick.

### Hi Hun, Faith and Madeleine

Mostly enjoying myself and certainly visiting some interesting places. Hope you had a great Birthday Maddie. Missing you girls heaps! Lots of love! Chris / Dad. XXXXOOOO.

### To My Precious

Thank you for all the awesome presents. Missing you every day! Love you with all my heart. Your 99% guy.

### To Mum and Dad

Miss you loads, hope everything is sweet at home and Lucy is not majorly obese by the time I get home. Give Ciarah and Victor a big kiss and hug from me. Luff you's – Cherie xo.

### To my Darling Jellyfish

I miss you so much – can't wait to be home with you again. Your man. Forever and Always. Xoxox.

### Dear Mum and Dad

Miss you all, loving it over here though. Hope the cold isn't too bad, not jealous at all. Don't worry Mum, I am doing my job. Love you all, Bridget.

## From Home

### Hi Midge

A special Happy Birthday for the 5<sup>th</sup> August – another birthday we miss out on sharing – a quarter of a century! Ha ha, You're old now! Hope you create many happy memories on your special day. Cosmo and Pebbles share their love – just not with each other! Still waiting for your letter – that would be a great Tui ad – Mum I've written you a letter – YEAH RIGHT! Lucky we know you so well J. Lots of love and hugs, Mum, Dad and the cats (those who run the house!).

### Greetings Basil

Nice and sunny here but has been freezing with a fair bit of snow about the place too. Kids are great. Looking forward to the holidays and going on to stay with Granny and family. Sure they will be spoilt but what a nice treat for them. It seems there are trips to the movies and

McDonalds planned so they will have fun. Been great talking with you on Skype when we can. Helps to bridge the gap! Take care, Love you always, Maudie xxx.

### Hi Tom

Enjoy getting "The Bugle" and reading about what is happening overseas. Hope to see a photo of you sometime soon. Keeping warm here and busy getting the garden turned over for the Spring planting. Hoping for that usual bumper crop of spuds and pumpkins - enough for the whole town again! Everyone here is well and asking after you often. Love Grandma x.

### Father Bear

The Three Bears send warm hugs to Father Bear and lots of honey in the pot! Xxoo.

### Hello there T

Been thinking of you enjoying the sun! Cold here first thing but the days are nice and sunny. Had a good weekend down south. Enjoyed the Crusaders game against the Highlanders. Great stadium too. There is still a chance that we could make the playoffs. Here's hoping! Family all good and no dramas. Have booked a flight up to Auckland to see "Wicked" with Chris. Have heard so much about it that it should be great. Not your thing so you will be glad you are off the hook for this one. Hope the days are passing by quickly for you. Thinking of you all the time! Much love always, J xx.

### JJ

I hope you don't mind getting a message from me. We get "The Bugle" sent to home and I thought I should send my big brother a special message. Rugby is good. I

# PERSONAL MESSAGES CONT'D.....

scored two tries last Saturday and got 'Player of the Day'. Our team is going well and should win the competition, I think. Been to see a few movies lately and ten pin bowling. School holidays are coming up. Not much planned yet but looking forward to a break from all the school work. Hope you can send me some photos to show my friends. We miss you. Hear from you soon. Dan x.

## **Giddy from Aussie JimBoy**

Well we managed to just beat the Lions. Hope you got to see it on TV. Was a last minute win but a great game too! Things are good in Aussie if you don't listen to all the political news and changes afoot! Family busy with school and work. Hoping to head to the Gold Coast next month to catch up with Pete, Lizzie and the team. Should be good if we can make it. Long drive but I think that's the way to go so we have the car when we get there. Shame you can't join us! Some late nights in store for sure! Everything ticking over nicely here. Hope the same for you there too. Look after yourself. Tim and the Clan!

## **Hey Bwidet!**

Well you're away for your birthday for another year but don't worry, we'll still have plenty of drinks in your honour. Hope you're having a wicked time over there and we're missing you and proud of you. Lots of love from your littlest brother, Mothy xx.

## **Ra Whanau koa Dad, for the 23<sup>rd</sup>**

We hope you have a great day, we will have fun making you a cake and eating it too! xxxx L, T, M & F.

## **Happy Birthday Big Boy**

Have a great day there. We will be

thinking of you on your special day and celebrating this milestone on your behalf. Look forward to hearing from you soon. Lots of love always. Family xxx.

## **Hi Jazz**

Been thinking about you so far away! I hope all is going well for you and you are enjoying the deployment so far. Sounds like a great experience for you. Everything here is good. Maybe a little cold at times. We seem to have been busy with the usual family happenings. Kids have school holidays soon so will be thinking of ways to keep them all occupied. Enjoying my Netball this year and we seem to be doing quite well with a few wins to encourage us along. Saturday is so full of sports with early starts and lots of juggling and taxi service. Still is great for us all. Keep in touch when you can, Love you, your big Sis, Katie J xxx.

## **Hello there Sam**

Under pressure here to send you greetings from Kiwi land. Think of you often and miss you about the place. Farm good! A bit of snow presented a few challenges for us all but that seems history now - well until the next lot. A few early lambs! Been house hunting again but think I am a bit of a dreamer! Enjoying the rugby - hope you get to see it over there. Will be looking forward to your homecomings and a good party or two. Be safe. Benj.

## **Happy Anniversary Babe**

Thinking of you on our special day!

## **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**

2013

# WHAT'S ON

JULY

## KIDS ARTS FESTIVAL

Community Centre, Burnham Military Camp, Burnham

16, 18, 23, 25, 26 July. Morning or Afternoon Sessions: Art, craft, music and movement. Creative fun for primary school aged children. For more information or to register, contact Cherie Mansell, CSO Burnham on (03) 363 0322.

28 JULY

## WOULD YOU LIKE TO JOIN US FOR DINNER?

A warm invitation is extended to you and your family to join us for dinner in the Burnham Military Camp B Block Mess on:

**Sunday 28 July 5.30pm**

If you live in the greater Christchurch area, or are visiting Canterbury, this is your opportunity to have a night off cooking, a night off dishes and a chance to meet up with other New Zealand Defence Force families associated with current overseas deployments.

This informal dinner is low key, with no speeches, no presentations, no pressure, no mess and no fuss. It would be just great to see you. As we need to confirm numbers for catering purposes, please RSVP for adults and children attending, no later than Monday 22 July to Carol Voyce, Deployment Services Officer, Burnham on Toll free 0800 33 75 69, (03) 363 0421 or email [dso.burnham@xtra.co.nz](mailto:dso.burnham@xtra.co.nz)

Please note that you will require I.D. to enter Burnham Camp. You will need to obtain a visitors pass from the Duty Hutt at the front gate. Be sure to allow time to have this processed as the dinner will commence promptly at 5.30pm.

30 SEPTEMBER

## NAVAL COMMUNITY ORGANISATION KID'S CAMP ON MOTUTAPU ISLAND

Date: Monday 30 September — Friday 4 October

Cost: \$180 per child (phone for larger families)

Eligibility: Registered dependants of Naval and Defence Civilian personnel aged 9-14 yrs

To register for the ballot draw phone: 0800 Navy Help or email: [nib@nzdf.mil.nz](mailto:nib@nzdf.mil.nz) Include the parent's name and service no., child's name and age, your address and phone no., prior attendance yes/no, parent helper yes/no. Please note: Priority will be given to children who have not attended before and to children whose parents volunteer as a parent helper for the week. Dates to remember: 9 August close off to register and ballot drawn, 15 August \$80 deposit due, 13 September payment in full required.

[www.navy.mil.nz](http://www.navy.mil.nz)

# DOG TAGS FOR KIDS

**Front**



**Back**

My Dad is deployed overseas with the New Zealand Defence Force

My Mum is deployed overseas with the New Zealand Defence Force

Thanks to the generosity of the Burnham Thrift Shop, "Twice is Nice" we received funding to produce Dog Tags for children of deployed tri service personnel. These are available for those associated with ALL deployments. We did this project some years ago with funding from Chaplains and various other sources, so we are excited that we have been able to do it again! From our experience, children loved to wear the dog tags. For schools, this reminded teachers that these children had a loved one absent from their home and sometimes needed a little more attention and understanding. Dog tags were a great talking point when children were out and about and gave others the opportunity to acknowledge the sacrifices families make and the chance to acknowledge the commitment that our service personnel make abroad.

Dog Tags are strictly limited to one per child of deployed personnel. (Sorry none for pets!) For those with very young children, dog tags may be ordered and retained as a keepsake even if not able to be worn.

Please complete the form below and we will arrange for the dog tags to be sent to you. If you live near Burnham or Linton Military Camps you may collect Dog Tags from your Deployment Services Officer - please ring first.

## Dog Tags for Kids

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Name of service person deployed and location:

\_\_\_\_\_

Please send this form to Carol Voyce, Deployment Services Officer, Southern Regional Support Centre, Burnham Military Camp, Powles Road, Burnham 7600