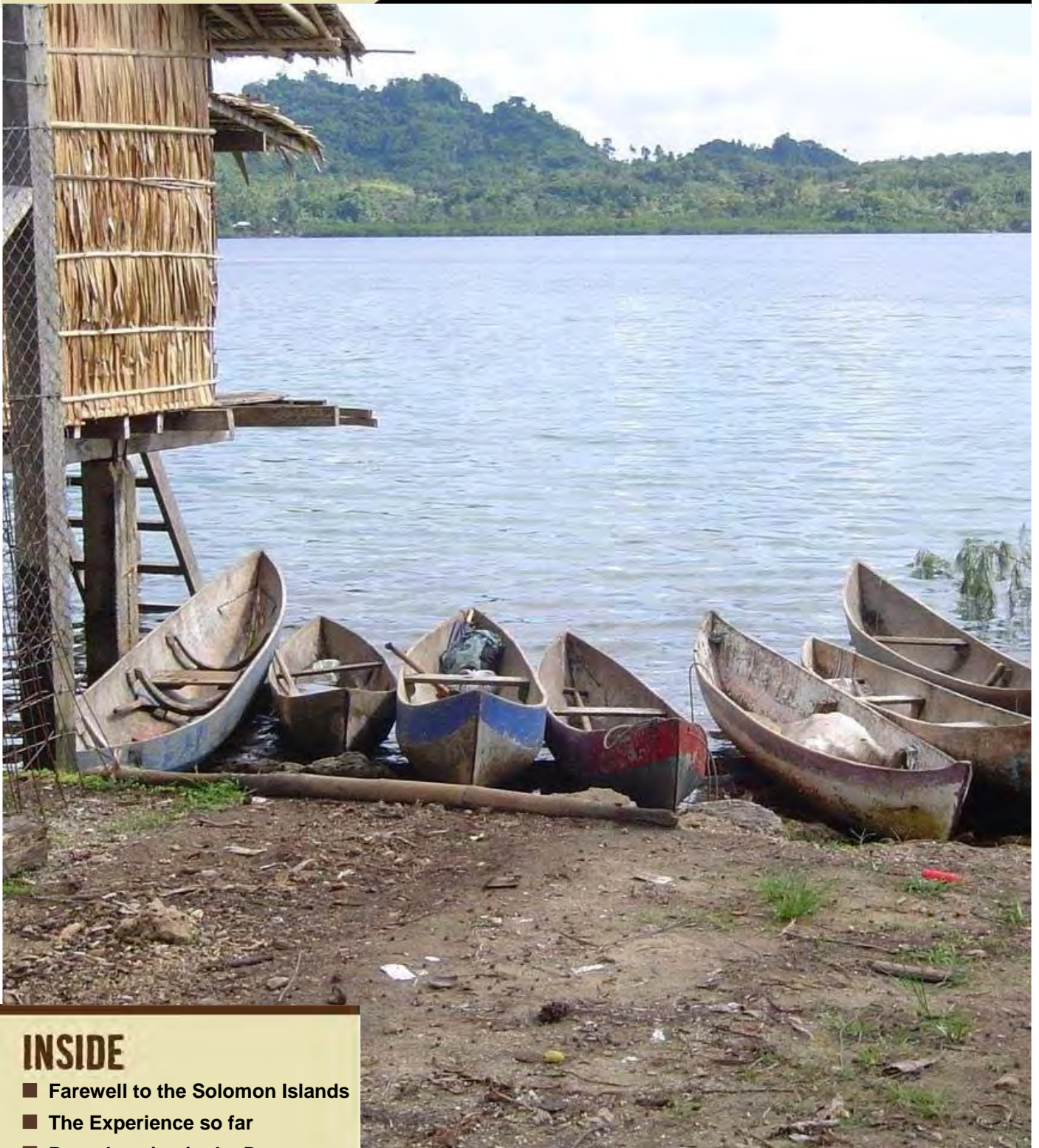


THE BUGLE

Issue 188 | August 2013



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COURAGE | COMMITMENT | COMRADESHIP | INTEGRITY

“THE BUGLE”

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

Deadline

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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 peaceful scene—Solomon Islands

At the invitation of the Solomon Islands Government in 2003, New Zealand Service Personnel have been part of the RAMSI mission working together with other nations and the people and the Government of the Solomon Islands, to build a secure well governed and prosperous nation. Our commitment is soon to cease.

GUEST EDITORIAL

NEWS FROM JOINT FORCES HEALTH BRANCH

LT COL Andrew Dunn, J1 Health

As the director of health services for Headquarters Joint Forces New Zealand, it is my job to advise on all aspects of health for our deployed personnel. This includes preparation and planning for current and future operational deployments, training requirements for those who are about to deploy, managing health issues for those who are deployed and health management of those returning home.

Our health team at Joint Forces are constantly working to achieve the best health outcomes for our personnel and, having all deployed ourselves, understand the importance of military health care. There are continuous improvements in military health care, for example, in the Vietnam War, if you made it to a surgical facility you had a 75% chance of surviving. In Afghanistan, survival rates were up to 97%. There are multiple factors which have led to this achievement.

It starts with the Soldier, their equipment and training. Clinical leadership is driving innovation and change, and military commanders are providing access to what is needed to achieve these changes. This includes improved health command and control, casualty tracking and visibility which helps the continuity of care leading to better outcomes. Information about all stages of the circumstances, injuries and outcomes is also gathered and analysed and feed back into the system as “lessons learned” and this leads to change.



LT COL Andrew Dunn, J1 Health.

Change might include modifications to vehicles, body armour, use of tourniquets or tactics, techniques and procedures for example. This cycle or “loop” of continuous analysis, therefore, delivers improvements for the serviceperson.

As you can see there is a whole package of innovation and change that have led to improved survivability. So when people ask me what was the one factor that has caused this change for the better? My answer is, there isn't just one factor but there is an inter-related network of things that are constantly producing improvements. Our team at Joint Forces health continue to monitor these innovations, to ensure our people are protected by current best practice.

Finally I would like to acknowledge all the good work NZDF personnel are doing around the world, noting that our job is to help them to do it as safely as possible.

NEWS UPDATE



NZ DEFENCE FORCE CONCLUDES INTERNATIONAL OPERATION IN THE SOLOMON ISLANDS



A member of the Royal New Zealand Navy Operational Dive Team places a charge in an old WWII munition found in shallow water

Former Waikato man, Commander (CDR) Trevor Leslie has just returned to New Zealand after commanding a multi-national military operation in the Solomon Islands.

The New Zealand Defence Force-led Operation PUKAURUA involved over 150 personnel from the NZDF, Solomon Islands Police, Australian Defence Force, and the United States and Canadian Navies. The operation cleared over four tonnes of explosives in unexploded World War Two bombs, mortars, grenades and projectiles in and around Munda in the Solomon Islands.

CDR Leslie said that the first task was to clear all known ordnance off Sasavele Island.

"We found over 1500 90mm high explosive projectiles in the Sasavele lagoon.

"We then shifted our focus to Rendova, which was cleared of all known ordnance, and then turned our attention to the village of Munda, where we found explosives around peoples' homes and in the surrounding jungle.

"It's a tough job, but at the same

time it's a fantastic adventure. I was in the middle of the tropics, blowing up bits of old bombs and making a community a safer place to live in," he says.

CDR Leslie was born in Te Kuiti but moved to Te Awamutu at a young age. After finishing Year 13 at Te Awamutu College in 1986, he joined the Royal New Zealand Navy as a writer.

"I always wanted to be a diver, but back in those days you had to join as something else and then change over to the dive branch. I was lucky enough to pass selection for the dive branch in 1988 and after 13 years in the Operational Dive Team I commissioned as a Mine Clearance Diving Officer."

The change was successful and in 2010 Commander Leslie achieved his ultimate goal of commanding the Navy's Operational Dive Team. This year he was in charge of a high profile search for the wreckage of a plane off Raglan.

"We're a small team, but we're always very busy. Our main job is to protect New Zealand's strategic waterways through mine disposal, explosive and ordnance demolition and salvage diving.

"But, we also do a lot of work with other Government departments such as Customs and the Ministry of Primary Industries and the New Zealand Police who often call upon us to help recover those lost in New Zealand's lakes, rivers and oceans.

"The Navy has been really good to me and I have a bit of a bias when recommending it as a career. But all three services provide so many opportunities and I'd love to see more people from Te Awamutu join up.

"All up, my experiences in the Navy have been awesome, and there is nothing else I'd rather be doing."

NZDF TROOPS STORM THE BEACHES

The NZ Army and Royal NZ Navy have just completed a six week long amphibious warfare exercise in Southern California at the US Marine Corps' Camp Pendleton. The exercise saw our sailors and soldiers learn amphibious war fighting skills from their US Marine counterparts from the 1st Marine Division. Also taking part in the exercise were Japanese and Canadian forces.

The exercise was designed to prepare troops for amphibious operations, which sees the force launch their military operation from ships onto the land in either a conflict or humanitarian aid situation in the Pacific. The NZ Defence Force has been preparing its own forces for amphibious operations for some time and this was a perfect opportunity to further develop the skills and knowledge to allow the NZ Defence Force to execute successful amphibious operations in the South Pacific.

The Commander of New Zealand's Headquarters Joint Forces, Air Vice-Marshal Kevin Short visited the troops and got a first hand look at the landings and work the Kiwi troops were doing.

"New Zealand is looking at developing a Joint Amphibious Task Force in the next couple of years. It is about putting a large force on the ground in a very short period of time to do an operation. Whether for humanitarian aid or security, we should be able to help anywhere in the South Pacific and beyond. The experience and



Members of D Company, 2/1 RNZIR clear a town as they are put through their paces in the US Marine Corps' infantry immersion trainer

training our troops have received will allow them to help us develop our own capability."

The Commanding General of 1st Marine Expeditionary Brigade, Brigadier General John Broadmeadow, who is hosting the exercise, spoke about the focus on amphibious operations also.

"Exercise Dawn Blitz is a great example of the ability to use the sea as manoeuvre space, then come across the beach and influence events ashore. The Pacific is an important place to the world, both politically and economically. I don't know what the next crisis in this world is going to be, but I do know what we are doing on Dawn Blitz is helping us prepare. So when we respond, we do so quickly, effectively and together."

The Royal NZ Navy personnel, consisting of the Operational Diving Team and Mine Counter Measures Team spent their time practicing with the US Navy to prepare the beaches for the landing of the amphibious craft. This meant

clearing any mines which would stop a large scale landing.

The infantry element, based on D Company, 2nd/1st Battalion, concurrently practiced with the US Marine Corps and faced an intensive build up to the final exercise. The Officer Commanding of the Company group attending the exercise, Major John Lawrey spoke about their experiences.

"The soldiers loved the opportunity to experience the US Marine Corps' equipment and training. They have experienced the Marine Corps' infantry immersion trainer which really made it feel like we were on high intensity operations. The company was put under a lot of pressure and learned a lot from the Marines. They then had the chance to conduct integration training with M1A1 main battle tanks and the Amtracs (amphibious armoured vehicles) which get us ashore to take part in the fight. We've also had a fly in their MV-22 Osprey and CH-46 aircraft as part of a company air assault. It has been a fantastic experience."

After three weeks of preparatory training, the NZ troops conducted a final testing exercise which saw them conduct an amphibious assault as part of a Brigade group. Their opponents, a US Marine Corps Reserve Battalion, had already deployed and were waiting for the landing. The Kiwis were tasked with securing a vital road junction and flew in to secure it in CH-46 helicopters and MV-22 Ospreys as the air assault for the Brigade. As they landed they came under "heavy fire" and had to "fight" for several hours to get themselves to their objective. All this was done in the searing Southern California sun.

Training at higher intensity is necessary for warfighting but also allows us to be very effective in Human Assistance Disaster Relief (HADR) and peacekeeping operations.

Major Lawrey described the intensity of the training as different to what we currently experience on operations.

"This exercise goes back to a more conventional warfare scenario, rather than focusing on counter insurgency operations like in Afghanistan."

The exercise has now concluded and New Zealand's sailors and soldiers are now returning with a better understanding of the tasks and challenges which may lay ahead of them when conducting amphibious operations.

Source: www.nzdf.mil.nz

FOREIGN CORRESPONDENTS

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NEWS FROM OP FARAD, SINAI

NORWEGIAN 30KM RUCK MARCH

Lance Corporal Cherie Field

I am LCPL Field and I am currently deployed as a driver on OP FARAD in the Sinai Peninsula.

On the 27th June, eight NZ Contingent members, including myself, participated in the Norwegian 30km Ruck March. The NZ Contingent consisted of WO1 Rob McLean (RSM), MAJ Sam Walkley (OC), CAPT Sam Smith, CAPT Dan Swale, SGT Grant

Edwardson, SGT Simon Burns, LWTR Zena Wolvers and myself.

It was an early start for all, kicking off at 0400 in the morning.

You were to have a pack and rifle with a combined weight of 11 kilograms and the dress was military issued uniform and boots.

We started outside the EOD headquarters, walking around the entire perimeter of North Camp four and a half times, finishing outside the main gym.

The timings were segregated into

male and female timings. Males being 4 hours 30 minutes and females 5 hours flat. Also, there were different timings if you were of a particular age for both genders.

CAPT Smith came in at 2nd place, with a time of 3 hours 42 minutes. CAPT Smith was also the overall winner of the previous Ruck March. CAPT Swale followed in closely behind finishing in 3rd place with a time of 3 hours 47 minutes. WO1 Mclean was the 1st over 50-54 male in, with a time of 4 hours 30 minutes.

There were approximately 30 people that participated in this Ruck March, so having two NZ personnel in the top three and also the RSM being the first over 50 in is impressive. Proportionally, NZ also had the highest participation rate out of all of the nations that contribute to the Multinational Force and Observers.

Before I started this Ruck March I set myself two goals. To make it within the males time of 4 hours 30 minutes and to also be the first female in.

As I approached the 3rd lap my legs started to cramp, so I could no longer shuffle and walked the entire lap. Reaching the 4th lap, I looked behind me and a Hungarian female, who had been the first female in on the last Ruck March, was catching up to me fast. I then started to pick the pace up. Although I was in immense pain, I could not let her beat me. I broke out into a shuffle, then eventually a run until I was at least 1km away from her. When I could no longer see her anymore I began to slow down and started doing power poles — Run 2, walk 1.

As the end was coming near, about 600m left, I tried to shuffle again, but no luck.



NZ Contingent participants at the start line

FOREIGN CORRESPONDENTS CONT'D...

I remember thinking back when I reached the third lap, "what the hell have I got myself into", but as the end drew closer, I thought to myself "I had done it!"

Both my goals were achieved that day, first female in with a time of 4 hours 23 minutes.

We had prizegiving a few days later. We received our certificates and bronze medals, awesome. (You receive a bronze medal for the first three Ruck Marches, after the 4th the silver and so on).

It was definitely an amazing experience to see really how far you can push your body to its fullest limits. I recommend anyone who ever deploys to Sinai in the future to give it a go, it's worth a try.

Tumeke, Go the Kiwis!



LCPL Cherie Field receives her certificate as winner in the female category

Below:

The Kiwi participants following the Ruck March (absent WO1 Rob McLean)



FOREIGN CORRESPONDENTS CONT'D...

THE EXPERIENCE SO FAR...

LWTR Zena Wolvers

“I would highly recommend to anyone in any of the services presented with the opportunity to take up a position here”.

Whilst sailing back from Exercise RIMPAC in 2012, the worlds largest multinational maritime exercise, I was informed that I had been nominated for OP FARAD. I was ecstatic; both my mother and brother had served with the Army and this gave me an opportunity to see the differences between our services. The months before starting pre-deployment training went very fast and before I knew it I was nervously navigating my way to a very cold Linton for the first time. The three weeks training was

very beneficial, it ranged over a variety of classroom work, presentations and even some mine prodding, which for obvious reasons I had never used on a ship! I quickly caught on to Army ranks and abbreviations, slowly moving away from the Navy lingo, which in turn saved me getting some confused looks from the soldiers. The most valuable part of the training for me was the two days at the range. The staff took time to guide me through correct shooting techniques including body positioning, breathing and the use of sand bags. This training assisted me in hitting the target numerous times at 600metres, the longest range I have shot any weapon.

The flight into Cairo through Singapore and Dubai seemed to take a life time, totalling over 24 hours but before we could relax, there was still an extremely hot, uncomfortable 8 hour bus ride to the camp which would become our

new home. Egypt was nothing like I had imagined, there was lots of sand and open ground, the rubbish littered throughout the whole drive was a surprise, there was even buildings that had been started with no signs of ever getting finished. It was an eye opener for how people in other countries live. Working with the Multinational Force and Observers, I am lucky enough to have a position where I get to meet all of the different nationalities that come in, we share laughs trying to decipher each others languages. I find Google translate has saved me a lot of the time.

This operation has given me the opportunity to meet some wonderful people, both in and out of work. I enjoy their company whether it is socialising with the Fijians, dancing with the Colombians or having dinners with the different nations on their national days. Although I have only been here for just over two months ,I have already had the privilege of seeing one of the Seven Wonders of the World, the Pyramids of Giza and Sphinx; I completed my first (and more than likely last) 30km pack march known as the Norwegian Ruck March and I spent my birthday weekend snorkelling in the Red Sea at a resort in Taba. Due to the current activity in Sinai, movement has ceased for both camps but I am hoping to make it to Israel, Sharm El Sheikh and a swim/float in the Dead Sea before my tour ends in November.

The experience so far has been extremely valuable, although initially hesitant to deploy with so many Army personnel they have proven to be very similar to the Navy and share our Defence core values. I would highly recommend to anyone in any of the services presented with the opportunity to take up a position here.



LWTR Zena Wolvers at the Pyramids

FOREIGN CORRESPONDENTS CONT'D...

PEACEKEEPING IN THE DESERT

WO1 Rob McLean

"It has been a great privilege to be deployed and serving with the MFO in this part of the world".

Service with the Multinational Force and Observers (MFO) in the Sinai is like no other. Where else can you be serving in a country of such diversity, history and for now a degree of instability? The Northern Sinai towns that border the Gaza strip in particular have become increasingly volatile, smuggling and other criminal activity becoming a daily occurrence along with armed attacks on security and police check points. Add to this the security standoff between Israel and the Palestinians, the sovereignty issues affecting the Sinai Bedouin tribes and you have a region that can best be described as being very complex and challenging.

In and amongst this backdrop, the MFO continues with its peacekeeping mission of observing, verifying and reporting any violations to the "Treaty of Peace" that was signed between Israel and Egypt in 1979 and saw the phased withdrawal of Israel from the Sinai and the eventual establishment of the MFO as a true peacekeeping force. For the past 31 years' service, members from many countries have stood beside each other as part of the MFO to ensure peace in this part of the world.

To put our overall mission here in the Sinai into perspective, peacekeepers monitor and observe the peace processes in post-



WO1 Nigel Timpson pays his respects to our fallen Fijian comrade

conflict areas and may assist ex-combatants in implementing peace agreement commitments that they have undertaken. Peacekeeping is sometimes conceived more broadly as any activity that contributes to the continuation of a peace process, once established. This includes, but is not limited to, the monitoring of withdrawal by combatants from a former conflict area, the supervision of elections, and the provision of reconstruction aid. While peacekeepers are often soldiers from the UN member nations, they do not have to be, as is the case with the MFO. Similarly, even though MFO peacekeepers are sometimes armed, they are not obligated to engage in combat, and are only permitted to use their weapons in self defence. The MFO is not structured or mandated for combat operations, but rather for the conduct of the MFO mission of observing, reporting and verifying violations of the Treaty.

The MFO is a stand-alone organisation comprising two main elements: the Civilian Observation Unit (COU) which consists of entirely US civilians and provides primarily the observe component of the force through the use of air assets. The second element comprises the Infantry Battalions

from Fiji, Colombia and the US who primarily conduct the ground observation task along the border between Egypt and Israel. A coastal Patrol Unit from Italy operates three patrol vessels in the Straits of Tiran that separates Saudi Arabia from the Sinai Peninsula in the South. The current overall force strength of the MFO is approximately 1500 personnel from 13 troop contributing nations.

NZ has contributed troops to the MFO since its inception in 1982. Although one of the smaller contingents, we play a very big part in the overall delivery of the mission requirements and contribute significantly in many ways through our various roles, be it liaison, driving tasks, training the force, operational staff officers and clerks or engineering advisors. Our small team contributes in other ways such as the coordinating and executing the force skills and driving competitions and we are active participants in the many sports and recreational activities that are provided. Our strength lies within our people: we understand and respect and accept other cultures and can relate to them in a sensitive manner. Our humble, selfless, cheerful and reliable

FOREIGN CORRESPONDENTS CONT'D...

nature and can do, get on with the job reputation makes the Kiwis a very popular group within the overall MFO family.

Having the ability to work within a multinational coalition environment is also a very rewarding experience. It provides the opportunity to foster international relations with our close allies and the networking alone is invaluable as you learn and share knowledge and experiences. Personally, to be able to work alongside Warrant Officers from the many different nations as a collective group and promote coalition relationships at the Senior Enlisted Leader level is also very rewarding as it adds value in other ways.

Within the last week the MFO family has lost a fellow soldier from the Fijian Battalion who died of natural causes whilst on duty at one of the border remote sites. The MFO sent him off in true military fashion with a moving military funeral service followed by a ramp ceremony before his onward journey home to Fiji and his family. It is times like this that you really

appreciate the efforts of the other nations as they come together to support and provide resources for the repatriation of a fellow serviceman. LCPL C will be the first MFO member to have his name added to the recently completed wall of remembrance, the fundraising for which featured in last month's "Bugle" article and was recently unveiled by the MFO Director General. Rest in peace LCPL C, Moe Mai Ra E Hoa.

It has been a great privilege to be deployed and serving with the MFO in this part of the world. The current group of Kiwis in the desert will continue to uphold the fine traditions that our forebears have established and continue with the NZDF's on-going commitment to the MFO.

Finally I would like to take this opportunity to thank the families back home for keeping the home fires burning and the support you provide to the Soldiers, Sailors and Airmen currently deployed here, it is very much appreciated.

Kind Regards, Ma'is salama.



The MFOs new Memorial Wall



World Humanitarian Day - 19 August

"This year's World Humanitarian Day presents an historic opportunity to bring together one billion people from around the world to advance a powerful and proactive idea: People Helping People. That is the best way to honour the many fallen aid workers we mourn today, and to celebrate the efforts of others who carry on their noble mission by rushing assistance to those who are suffering."

(Secretary-General Ban Ki-moon)

2012 Theme: "I Was Here"

World Humanitarian Day is a time to recognize those who face danger and adversity in order to help others. The day was designated by the General Assembly to coincide with the anniversary of the 2003 bombing of the United Nations headquarters in Baghdad, Iraq, which killed 22 UN staff.

Every day humanitarian aid workers help millions of people around the world, regardless of who they are and where they are. World Humanitarian Day is a global celebration of people helping people.

This year's campaign "I Was Here" is about making your mark by doing something good, somewhere, for someone else.

To show your support for World Humanitarian Day visit www.whd-iwashere.org

FOREIGN CORRESPONDENTS CONT'D...

NEWS FROM THE SOLOMON ISLANDS

FAREWELL FROM RATA II— REGIONAL ASSISTANCE MISSION TO THE SOLOMON ISLANDS (RAMSI)

Patrick Beath
Deputy Commander CTF635
**New Zealand Senior National
Officer**

This month marks the closure of the NZDF's third 'major' mission globally. It coincides with the 10th anniversary of the deployment of RAMSI to help our neighbour to overcome anarchy and violence, and the 71st anniversary of the 1st

Marine Division landing on Guadalcanal which arguably was the turning point in the struggle against the Japanese in World War II.

Reflecting on these recent and not-so-recent events, it reminded me to be thankful for everything that we have and enjoy in New Zealand, and never to take that for granted. And of course, never to take for granted the love and support that I received from friends and family while I was deployed. I know the rest of the team feel the same way! Thank you for your support.

The Combined Task Force that we are part of is now largely back in their home towns. Extraction teams from Australia and the NZDF have arrived and are working hard to prepare material for redeployment back to New Zealand and Australia. All the things that commanders and staff might take for granted in the running of a task force - computers and servers, wiring, antennas, generators, stores, archived paper from 10 years of operations (half a shipping container!), medical records, repair parts for vehicles, the vehicles themselves, the list goes on... all of this must be inspected, cleaned and prepared for movement by sea and air.

During this work, our Prime Minister, Defence Minister, Commander Joint Forces, and a number of other Ministers of the



Rt Hon John Key, Prime Minister and Hon Dr Jonathon Coleman, Minister of Defence, meet with contingent members of RATA II

FOREIGN CORRESPONDENTS CONT'D...



Rt Hon John Key and Hon Dr Jonathon Coleman acknowledge the contribution New Zealand service personnel have made to the Solomon Islands



Crown, MPs and Government notables made up a touring party of 80 who visited the Solomon Islands. OP RATA personnel became VIP drivers and guides throughout the visit to support our High Commission. Together with our Theatre Extraction Team, we had the opportunity to meet the PM in person and chat about our experiences. I am sure that he was as proud as I am of the efforts of our small team here!

As I said to the team when they

arrived, our job has been to maintain the excellent reputation that the NZDF and other NZ government agencies have here in the Solomon Islands, a reputation earned by previous rotations through hard work and commitment to the mission. It is because of those who went before us that we are now able to say goodbye to our friends and RAMSI colleagues who remain here in the Solomon Islands, to return home. Thank you for your service.

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:

Waionaru—Carolyn Hyland

Ph 06 387 5531

Burnham—Cherie Mansell

Ph 03 363 0322

Papakura—John Furey

Ph 09 296 5744

Community Services Facilitator:

Linton—Lesley Clutterbuck

Ph 06 351 9970

Family & Community 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

DSO'S CORNER



Carol Voyce

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

I have finally moved from my severely earthquake damaged home into my new abode. The last few years have been somewhat of a challenge with leaks like mini waterfalls, howling gales whipping in and around ill fitting windows, floor cracks to remember not to trip over, and oh the cold and the continual clouds of dust! I now feel as though I live in paradise. While my new house is no mansion, it is warm and secure and to me, feels like a palace. It has been a difficult journey, with many compounding challenges, but now I am home once more. As I left my old house for the last time, I waited to feel a degree of sadness. Looking back, all I could see was a house in ruins, not a home full of memories. I think I 'left' it a long time ago!

One of the advantages of moving is the chance to have a massive clean out. While I don't regard myself as a hoarder, I do have a lot of stuff! But I was ruthless and parted with many things that no longer need to be under my roof. Amongst the sorting and throwing, I unearthed many a treasure that still has to be in my safe keeping.

You might be interested in my late

Father's collection of war memorabilia from WW11. It's all now safely in my new abode and as I looked through it, I couldn't help but think just how important it is to keep these things. I am sure when he tucked these items away, he never, for one minute, thought of their importance and relevance to us all today. One of my Dad's special treasures is his war diary. Many a faded pencil entry of his deployment to the Middle East, describes the times and conditions he faced, the value of true comrades and the courage displayed by so many. His writings tell of some lighter moments too and of the colourful characters who became his most treasured and valued mates and then of the heartache when some were lost. Amongst the items I have, are many little black and white photos, medals, his pay book and even his train ticket from his home town of Hokitika to Papakura for his pre-deployment training. There are some great stories of his time in Papakura and the many "antics" which occurred even prior to leaving these shores.

It's this informal documentation of the lives of our Kiwis abroad that has enabled priceless information to be recorded for history, valuable



My Dad (centreback) and his valued mates. Maadi 1941

lessons to be learned and acknowledgements truly made of their many sacrifices.

I tell this story in the hope that you will keep everything you have associated with current deployments. It is not until many years have passed that we truly appreciate the significance of it all.

I see one of my work tasks as contributing to such history. Over the nearly 12 years I have been here, I have gathered huge piles of information, photos, videos and DVD's from many a deployment location. Technology has changed so much in recent times – there are even photos on floppy discs and yes – video tapes too! With the pace of work in recent times, I haven't had the chance to do much with it, other than to share it with families and then stack it neatly on shelves. My challenge now is to put it all into some sort of order, copy it into better formats and make sure that it is safely stored in New Zealand Defence Force archives, to add to the history already compiled from previous missions and which will ultimately form a priceless place in our Defence history. Copies of "The Bugle" have been placed in the Army Museum in Waiouru for safe keeping and in other places within Defence. I know the copies available in 2/1st Battalion, here in Burnham, are often referred to and many reminisce and enjoy the chance to look at old copies – even the messages!!

So if you are shifting or simply spring cleaning, be sure to carefully tuck away these valuable treasures. In times to come, generations that follow us, will appreciate, more than you can ever imagine, these priceless mementoes' of the time we have given worldwide in our efforts to create a world at peace.

DSO'S CORNER CONT'D...



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

Life Happens!

We all have moments when the expression 'Life Happens' is very appropriate. Things beyond our control which when added to situations out of our normal life's routines like having a loved one on deployment, can add to or become a stressful situation. We often talk about resilience and having mechanisms in place so that when 'Life Happens' we have a way of working through the situation – calling on family and friends for support, taking time out to implement tried and true strategies like a walk in the fresh air, time in the garden, coffee-ing with a friend. If you haven't thought about what you would do before confronted by a 'Life Happens!' moment, perhaps looking at your own situation now and consciously thinking about who is around you, what activity suits you best, so just in case you need to implement them, you are ready to go.

The recent series of earthquakes and aftershocks which have been experienced in the upper South Island and lower North Island is of course, one of those natural forces which we can't do anything about. I know that Carol was able to contact

many of you who lived in the Wellington area to ensure that families of deployed personnel were okay. On-going shakes over the past couple of weeks certainly won't have helped but hopefully you are coping through the shakes, rattles and rolls. We certainly felt the largest one here in Palmerston North; I had (yes, had!) a decorative plate displayed on a stand on a shelf above the rangehood in my kitchen. It has been there since we moved into our home eight years ago. Not only did it crash down and break into too many pieces to be repaired, it also dented the tea/coffee/sugar caddies which were on the bench—a constant reminder. Not overly upset by the plate, but really don't like seeing the dents! However, not a lot I can do about those – 'Life (or in this case Mother Nature) happens!' Life also has positive events of course; wouldn't winning Lotto this weekend be a wonderful 'Happening!'?

Since the last "Bugle", Carol and I joined another colleague, Lynne Smith from HQ Joint Forces, for a couple of days in Auckland, based at the Devonport Naval Base. While we communicate on a daily basis by phone and/or email, it is always valuable to have time to talk over the little nuances of our roles. We have also come up with some exciting concepts which we hope to introduce very shortly to enhance some of "The Bugle" articles, and to include input from family members at home if they would like to. We hope to be able to share these with you soon.

Being further north than any of our home locations, we were expecting the Auckland temperatures to be a little warmer than they were; not that it stopped us getting out and about and exploring Devonport and also visiting the new Naval Museum at Torpedo Bay, which is

well worth the visit if you are in the location. At dinner on our last night in Devonport we were chatting with personnel who have been away on deployment in the past and were familiar with our "Bugle". We were jokingly referred to as 'The Bugle Girls'. All really positive and a great acknowledgement of our newsletter. We hope all our current readers also enjoy the read.

This month is the first anniversary of the loss of five members of the CRIB 20 contingent in Afghanistan. On 2 August a service was held in Linton for the unveiling of the QAMR memorial stone which has had LCPL Pralli Durrer's name added. A very sad time for his family, the CRIB 20 family and the wider military family. We remember all those lives lost during our time in Afghanistan.



Catch you next edition.

***We remember those
who lost their lives
one year ago
this month:***



**LCPL Pralli Durrer
CPL Rory Malone
(4 August 2012)**

**CPL Luke Tamatea
LCPL Jacinda Baker
PTE Richard Harris
(19 August 2012)**

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.**

MAN-FLU

Janine Burton, DSO Linton

Having just recovered from a nasty cold that lasted almost three weeks instead of the normal three to four days, brings to the fore the stories about the dreaded Man-Flu. Someone even asked if I had 'normal' or 'man' flu to gauge the degree of my illness, as opposed to the sneezing, runny nose, nasal and husky sound of my voice, general look of total misery I was enveloped in. Being female, I can't contract Man-Flu anyway! (see below).

While we all joke about those afflicted with Man-Flu, results from

a research study project by the Medibank, 24 by 7, Health Advice Line in Australia reported in the Sydney Morning Herald in June this year, that:

- * Men do not exaggerate cold and flu symptoms as much as thought by some.
- * The study found that men have been keeping quiet about illness, which makes them slower to talk about serious health risks. Four-fifths of men said that they were not badly affected by colds and fewer than one in 10 expected to be cared for by their partner.
- * Telephone data showed that

women are twice as likely as men to call the advice line to discuss their symptoms and ask for information.

- * It was found that while nearly half of women tell their loved ones when they feel ill, men are more likely to keep it a secret.
- * The study shows that only a quarter of men tell their partner if they have a cold and fewer than one in 10 tell their friends. More than half of men don't take cough or cold medicine and only a third take Vitamin C or a natural remedy (ANI).

These findings haven't been my experience, but who can argue with research?!

The Internet tells us:

Man-Flu – The Facts...

1. Man-Flu is more painful than childbirth. This is an irrefutable scientific fact*. (Based on a survey of over 100,000 men).
2. Man-Flu is not 'just a cold'. It is a condition so severe that the germs from a single Man-Flu sneeze could wipe out entire tribes of people living in the rain forest. And probably loads of monkeys too.
3. Women do not contract Man-Flu. At worst they suffer from what is medically recognised as a 'Mild Girly Sniffle' – which, if a man caught, he would still be able to run, throw a ball, tear the phone book in half and compete in all other kinds of manly activities.



KEEPING THE HOME FIRES BURNING



Two months down. What a great feeling, although I am not supposed to be counting yet!

This last month went really well and I am pleased to report that we didn't have any major dramas. Maybe I am learning that I just can't do everything and making a compromise here and there is absolutely fine.

We are in the midst of the school holidays now and the change in morning routines is good for us all. It doesn't matter if the kids are still in their pyjamas and it is nearly lunchtime. They too, seem to like 'pottering' about and not having to endure the fast pace we usually have most mornings. It's also been a time to enjoy the odd treat and outing.

The weather has been kind to us too so we haven't been stuck indoors which is great. On the one wet day we did have, I organised our 'two' with paints and paper and we created some great Kiwi artwork which I have just posted off to their Dad. Some familiar icons are not totally recognisable for what they are supposed to be, but it was the thought and effort that went into each masterpiece that I know he will love. Very colourful to say the least!

We have continued to enjoy our time with 'Skype'. This is truly a lifesaver and I know

the kids look forward to each time we get the chance to make the connection.

Child 1 has taken to reading a few pages of her school book to her Dad and holding up certificates for her good work and then even displaying her spelling words! I think this helps Dad feel 'connected' to us too. There is a bit of competition to get to the screen and patience for each child to have their turn requires some juggling.

Child 2 wants to compete as well, so matchbox cars are displayed and then of course Brutus has to be part of the action. We have been lucky with the quality of the calls and I guess Dad's patience too, as he appears to listen intently to the slowly read story and then to be equally enthusiastic on the sight of yet another matchbox car!

I have been thinking of my friends in Wellington and the recent earthquakes. While none of them have connections with Army, they seem to be coping well and are well organised. I am sure for those away, it is a worrying time when you are not near to offer support but I know that people do care and offer what they can. Another of life's challenges that can happen anytime.

We will celebrate the halfway mark next month and I am

still working out what that might be. I have promised myself (and the children) a reward. I think it is always good to have something extra to look forward to. My friends continue to call by and offer a friendly word or a helping hand. Any gesture does make a difference and I am grateful!

Wherever you are, I hope things are going well for you and your family too.

Sarah

If you can read this, you have a strange mind too

Can you raed this?

I cdnuolt blveiee that I cluod aulacly uesdnatnrd what I was rdanieg. The phaonmneal pweor of the human mind, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in what oerdr the ltteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it whotuit a pboerlm. This is bcuseae the huamn mnid deos not raed ervey lteter by stlelf, but the wrod as a wlohe. Azanmig huh? Yaeh and I awlyas tghuhot slpeling was ipmorantt!



DID YOU KNOW?

Ray Marshall, Supervisor Services Cemeteries, Veterans Affairs New Zealand

Services Cemeteries in New Zealand

The establishment of Services Cemeteries in New Zealand was closely aligned to the work being carried out overseas by the Commonwealth (formerly Imperial) War Graves Commission during World War One. Land was set aside throughout New Zealand by local councils and authorities specifically to provide graves for war dead based on the following principles:

- * each of the dead would be commemorated individually by name;
- * the memorials would be permanent and uniform; and
- * that there should be no distinction made on account of military or civil rank, race or creed.

These principles still form the basis of the work carried out by Veterans' Affairs New Zealand today. The establishment of New Zealand's Services Cemeteries meant that interment was not restricted to those who died on active service as eligibility was extended to all war veterans irrespective of whether death was due to service or to natural causes. There are now 184 Services Cemeteries throughout New Zealand. A Services Cemetery can be a separately defined area within a larger public cemetery, or a stand-alone individual Services Cemetery.

The provision of ex-service memorials and inspection of Services Cemeteries was carried out by the Department of Internal Affairs War Graves Office from the 1920's until in 1999, these responsibilities were transferred to Veterans' Affairs New Zealand.

The work of establishing and maintaining Services Cemeteries within New Zealand is a co-operative venture between Veterans' Affairs New Zealand, Local Councils and Authorities, local RSAs and other interested veterans groups. The high standard of presentation, and preservation of the special nature of Services Cemeteries, is the result of the combined efforts of all the organisations involved.

Maintenance Grants for Services Cemeteries

Once a Services Cemetery has been established, the cemetery authority is paid an annual grant by Veterans' Affairs New Zealand. This grant is made as a contribution towards the maintenance costs of the cemetery and is based purely on the size of the cemetery

Liaison Visits to Services Cemeteries

Liaison visits by representatives from Veterans' Affairs New Zealand to Services Cemeteries are conducted on a regular basis. Representatives of the local authority, Returned Services Association and installers are to meet at the cemetery. The visit provides an opportunity for everyone involved to discuss the maintenance and appearance of the cemetery and any problems or areas of concern and what work is required in the upcoming financial year.

Eligibility

Serving and ex-service personnel, who have had 'operational service' in a specified war, armed conflict, peacekeeping force or other operation, and their spouses are eligible for interment in a Services Cemetery. A list of specified operations can be found at www.veteransaffairs.mil.nz

PERSONAL MESSAGES



The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**but the next edition deadline is being moved to Monday 2 September 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 Roxanne

Don't forget to put on the red light. Basil.

To Hamish & Lexi

Keep up the good work & look after your Mum. Lots of love. Dad.

To Pip

Stop eating the speaker cords, Yay Yay.

To Narnie

I believe it too! Your son.

To Charlie

Huge congrats on your exam – well done, very proud of you! Keep up the hard work. Take care, Sammy-Joe.

Hi bum bum

Missing you like crazy, Ka ka ka ka!

To my precious

Missing you lots. Can't wait to see you later in the year. Lots of love, Your 99% guy.

To my STG, Zahria & Zikyah

Hey my gorgeous, just sending you a quick msg. Missing you guys like crazy. Even though we won't be spending my leave together I will still be thinking of you's. Don't worry we will have an amazing time when I get back and spend it as a family. Hope you girls are being a good girl for Mummy & helping out as much as you can. Daddy wants to hold, hug and play with you's. Love you's, xoxoxoxoxoxo.

Hi Jules

All's good here - still!! Thinking of you while enjoying the Winter weather, sitting by a warm fire and

soaking up a Red. Hope you are all well and keeping busy. Love to all, Sonny xx.

Hi Soph

Recovered from the birthday celebrations and all the fuss! All the birthday goodies have been demolished now, so if you are struggling to find something for the next parcel a few more Lollies would be good and if you can, convince Gran to do a bit more baking. Not that we starve here - just nice to get the mail and have a secret "tuck in" of all the goodies. Great to be able to see you all on Skype! The connection was a bit annoying but still worth it. Catch up soon, xxx.

Hello there Hazel

Thanks for the parcels and the books and magazines. Great to be able to share them around too! Not much to report from here, but all's good. Love you and miss you as always. Edbert xxxooo.

Dear Nana

You are so special. Thanks so much for yet another parcel full of great things. Just as well you have all those Housie winnings to cover your costs. Hope you got the parcel I sent and are enjoying wearing your new scarf. I hope you like the colours too. Looked like you, but then would I know? Look after yourself and be careful out there on the slippery path. Love Mick.

From Home

Hey my 99

I miss you like crazy. We are now two down and ten to go. I love you with all my heart forever and

always infinity plus. Please stay safe baby. Love always, your precious xxx.

Hey Sammy-Joe

Miss you. Please come home soon. Love Charlie.

Hello Basil

The holidays went so fast and the kids had a great time. I was sad when it was all over even though I felt exhausted with all the happenings. Hope you are enjoying the photos I have posted of all the action. No doubt you have heard/seen the Chiefs won. I took the kids to the Parade which they loved. Everyone's well and busy with school and sports. Take care over there, Love you always, Maudie xxx.

Father Bear

Keep stirring the honey pot. The Three Bears are sending lots of love your way. We miss you so much and can't wait until your return xxx

Hello T

Well we didn't make the finals - lost to the Chiefs, but they beat the Brumbies so I guess we can live with that. Up to see "Wicked" in September so looking forward to that and a few days in Auckland and maybe a shopping spree. Did I say that? I meant to write "just looking in shop windows"! You know me! Weather has been mild for our winter so it's not been too bad and the evenings seem a little lighter for longer. Dan was ok after the North Island quakes. He got a bit of a fright and now knows what it was like for us mainlanders! See you soon on Skype I hope. Much love always, J xxx.

Father's Day

In New Zealand Father's Day is celebrated on the first Sunday in September. This year we are celebrating on

Sunday 1 September



Being a dad is one of the most awesome achievements in a bloke's life, but the best dads are often taken for granted as much as the mums. Father's Day is the time to let our dads (or father figure) know just how much they are loved – regardless of the number of times he reprimanded you! It is our chance to show our dads how much their love and various parental sacrifices over the years have meant to us. This is the day to remember the times your dad supported you in your favourite sport, helped you with your homework, drove you to any number of events or to meet your friends, and every other little task which dads do for their kids.

Earliest History of Father's Day

Scholars believe that the origin of Father's Day is not a latest phenomenon, as many believe it to be. Rather, they claim that the tradition of Father's Day can be traced in the ruins of Babylon. They have recorded that a young boy called Elmesu carved a Father's Day message on a card made out of clay nearly 4,000 years ago. Elmesu wished his Babylonian father good health and a long life. Though there is no record of what happened to Elmesu and his father, the tradition of celebrating Father's Day remained in several countries all over the world. Though fathers have been revered at all times by civilizations across the globe, ironically what was missing until the last century was the official recognition of the significance of fathers in ones life.

Father's Day as we know it today, is a time to acknowledge and appreciate the important role played by a father in raising their children.

Happy Father's Day

OPERATIONAL ALLOWANCES

When NZDF personnel travel overseas, on business or deploy on an operational mission, they are paid additional allowances over and above what they would get paid in NZ. They may get overseas incidental allowances, environmental or security threat allowances relevant to their mission (amounts vary by location).

Many people choose to save as much of this extra money as they can during the deployment to pay off the mortgage or clear some debt, while others use the extra money for such things as lawn mowing, baby-sitting expenses, paying for a holiday when they get home or purchasing luxury personal items, such as a new car.

While there are pros and cons to both approaches, most people have reported that getting the balance right between the two methods is the best idea by spending enough to make life easier at home but clearing some debt and saving for the future as well.

Some families worry about allowances affecting WINZ assistance or child support but allowances annotated NT (not taxable) on the payslip will not affect any financial assistance provided by WINZ.

The reference for this is the Income Tax Act 2007, Part C, CW 23. The Income Tax Act 2007, the Social Security Act 1964 and the Social Security (Income and Cash Assets Exemptions) Regulations 2011 all link into the exemptions provided under the Income Tax Act, Part C CW 23.

If anyone has any concerns about allowances the Deployment Services Officers are more than happy to answer any questions or concerns you may have.

Ms Lynne Smith
J18—Personnel Welfare

Bugle Supplement Deployment Activity Book for Children



We have tried to be a little creative, and with some begging and borrowing and a few bright ideas, we produced a brightly coloured activity book for young children.

The book covers activities from pre-deployment until homecomings.

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





Building Resilience

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



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

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

Developing Baseline: Building Resilience

A guide for Personnel on Operational Deployment and their Families

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

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