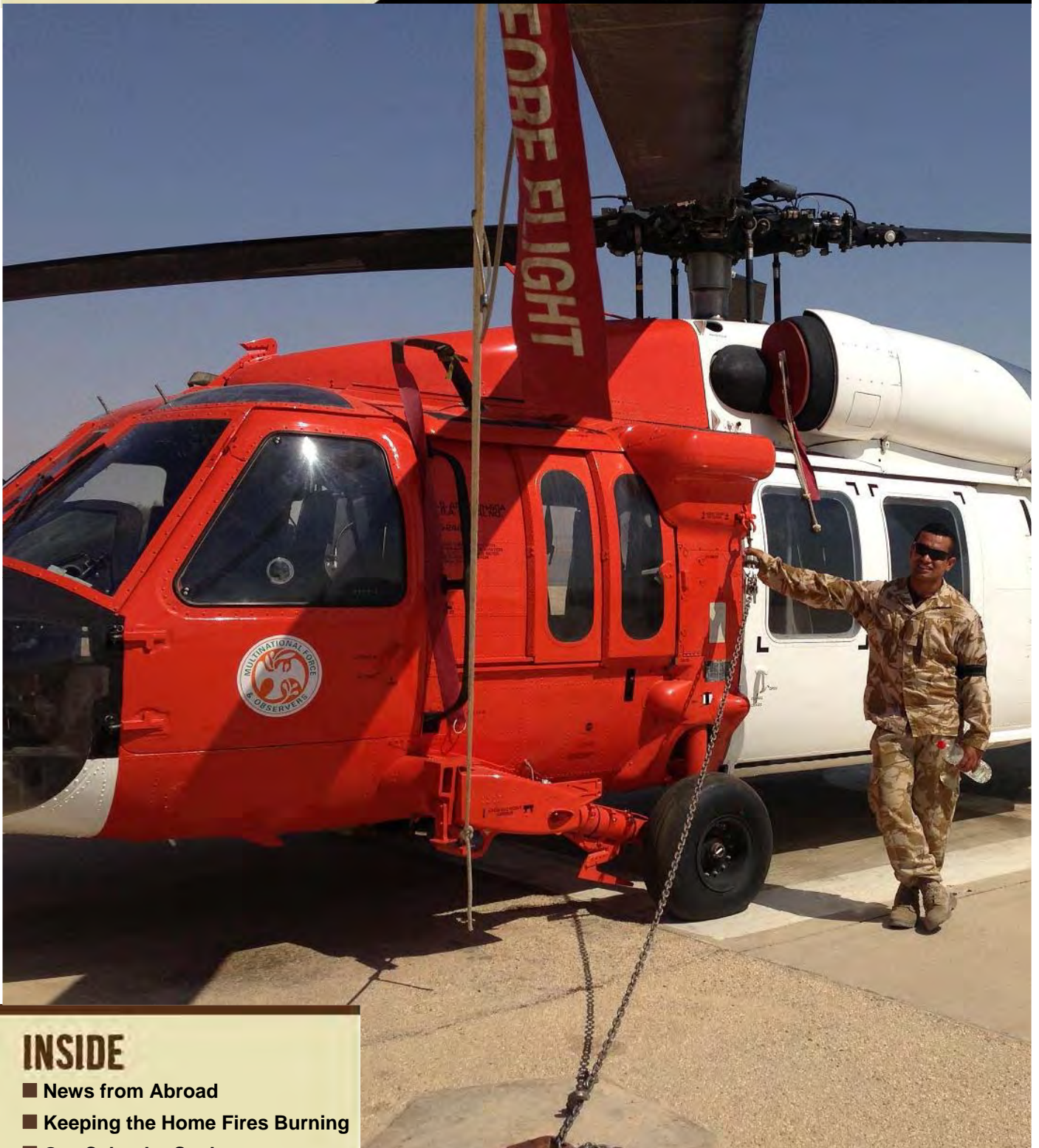


THE BUGLE

Issue 189 | September 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

Deadline for Edition 190 is
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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:

PTE Kennedy Howard with one of the MFO's UUH-60 Blackhawks, OP FARAD, Sinai.

GUEST EDITORIAL

LTCOL Andrew Brown Headquarters Joint Forces New Zealand

Kia ora and welcome to the September issue of “The Bugle”. It is a privilege for me to write this guest editorial.

Against a backdrop of the Defence Force's desire to provide the safest training environment possible, I would like to pay a special tribute to those who support the sailors, soldiers and air men and women who are currently deployed on operations. So often the focus is on the deployed person. There are times when this is appropriate, perhaps during times of heightened threat or higher than normal operational tempo, but for the majority of time there should be a balance of focus. Having deployed five times I am able to reflect back on my first deployment as a young officer with very little responsibility at home to my most recent deployment to the Sinai where I had significantly more responsibilities (a wife and two school aged children). I have to acknowledge that I haven't always got the balance quite right, and at times have been overly absorbed with events on operations at the expense of being aware of, and interested in, the stresses and strains that Paula has had to contend with at home.

Early on in my tour as SNO OP FARAD (7 Feb 13 – 27 Apr 13) I injured myself during PT. My tour was eventually cut short due to sustaining this injury and I returned home about a third of the way through my nine month



LTCOL Andrew Brown
HQ JFNZ

deployment. I called Paula from Israel, where I was having an MRI scan for the suspected Achilles' tendon rupture, to say that I would be home within the week! I think it came as quite a surprise. Our children (Alexandra and Olivia) were excited to learn that Dad was on his way home (and not overly concerned about why). I was disappointed, both personally and professionally, to leave the team that my RSM (WO1 Dave Mills) and I had built up. That said, I was firmly of the view that everyone on the deployment needed to be 'fit to fight' and prepared for any eventuality in the Sinai (which is and will likely remain an unstable region of the Middle East). When I arrived home I was seen almost immediately by Mr Gareth Coulter, a very experienced orthopaedic surgeon and lower leg specialist at Wakefield Hospital in Wellington. Mr Coulter operated a month after I arrived home and I am now well into the rehab phase. Every good wish to all those at home who support those deployed. Yours is a special kind of commitment and one that does not go unnoticed by us all.

FOREIGN CORRESPONDENTS

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NEWS FROM OP FARAD, SINAI

FLIES, HEAT, TUG OF WAR, MDF AND FOOTBALL

W/O Nigel Timpson
OP FARAD

As one of only two RNZAF personnel based in Sinai my outlook on this deployment is perhaps a little different to my Army and Navy brothers and sisters. Having served for over 28 years (and finally some people might say made it outside the gates of Woodbourne) this is my first

deployment and unfortunately most likely my last. I am Warrant Officer Nigel Timpson and I am in the role of Admin Warrant Officer. The opportunity to be able to experience this region has to be one of those once in a life time moments. Every morning I wake up and even though it is a groundhog kind of thing with clear blue skies, about 26 degrees Celsius at 5.30am and flies out looking for you, it is still an inspiring, harsh but beautiful landscape.

On PDT I was informed of the 10 flies that would be issued to us on arrival, well I think 10 is an understatement and to have the most persistent annoying little beggars you will ever meet in your life, bar probably the Fiordland sand flies. You just have to smile though; not too much as you will swallow a few.

During our time here we have experienced Ramadan where our Egyptian workers spend the daylight hours not eating or drinking. I found it quite difficult to even imagine working if only a short period of time outside, without any liquid nourishment. Religion plays an enormous role for the people here but as we have experienced accounts of deaths come in daily. To see an armed soldier riding a camel down Route Iron as a tank rumbles down the other side of the border is really telling you what this region is about. With my limited knowledge of sangars and gun pits it was not until later that I realised some positions might be facing the wrong way. The tensions in Egypt at the moment must certainly play on the minds of those soldiers sitting under a tarpaulin or out in the open behind some piled up scraps of bricks. They are obviously doing what they have to do. Unemployment is massive so compulsory military service provides something to do, though the quality of training I expect is certainly not high.

One of the effects of the recent disruption in this region for us has been extra duties working in the Multinational Dining Facility (MDF), with all NZ personnel rostered on. From the LTCOL to the PTE, all have ended up mostly just looking after the ration store (honest Kiwis) or front of house cleaning up. Being from a catering background, I found my niche and got in with the



Sunrise over the Sinai

FOREIGN CORRESPONDENTS CONT'D...



Team Kiwi during the 2-0 win against the US; CPL Mailata in full voice issues the instructions before joining in to guarantee the win against the Canadians

English ex-pat cooks and soon I had a knife in hand and using those skills from not so long ago. At the time I thought that my knife set from home would have been more use to me than my military issued equipment. In the last few weeks I have changed my mind on that, I'm pretty keen to keep mine.

Fortnightly training whether down the range, medical lectures, EOD familiarisation and scenarios has kept our tempo up and the extra skills picked up from this has shown the importance of PDT especially for an old dog like me.

Activities abound in North Camp whether of a physical nature or entertainment, from an AC/DC covers band from the States to our latest challenge of a Tug of War. To line up a 'mature' bunch of Kiwis against some of the biggest soldiers from around the world,

excluding the Columbians who didn't enter a team, we were going to be up against it. Our first opposition was the Americans who during any down time have been in the weights room of North Camp. Daunted as we were, the Lance Armstrong's effect hadn't kicked in and we surprisingly beat them 2-0. With the Aussies out in the first round and us up against the Fijian monsters we were brought back to earth with a 2-0 loss. Though to our credit, we gained a lot of respect from the other contingents for holding them for as long as we did.

We all thought that was it but no, we were to play off for 3rd and 4th place against the Canadians. This proved to be a mammoth task but with true ANZAC spirit a member of the Aussie team volunteered to coach us. Thus, we were able to

narrowly win 2-0, though the thought of having to pull for the third time was enough for us to clinch the second pull. The smiles from the team at the after match at the Woolshed said it all, with Fiji 1st and 2nd and New Zealand with the bronze.

As luck would have it, a Football Dream Team was required with one player from each country in each team; it was more like Nightmare team with my selection but with Major Paul P playing for the other team, who has played for Man-Urewa before, we were always going to be up against it. Unfortunately there didn't appear to be an overabundance of over 45 year old players in the other world selection. Oh well, nothing for it but give it heaps and use the years of cunning, or was that mature off the ball play to put off the opposition.

FOREIGN CORRESPONDENTS CONT'D...

To our credit our world Dream Team played some entertaining football for the crowd, with a 2-2 result being the final score. Back home the field would have had posts in the shape of an 'H' but over here it was great that the first game was played by 'us' footballers. For me just after the game the pleasure of walking barefoot in grass was something quite special, funny how the little things seem so much better.

As we move into our final months here I hope that the problems in the region cool off so that we are able to experience the history of the area, but more importantly the new rotation on arrival get to see this country and be shown the respect the New Zealand contingent deserves for the work they are doing to preserve this area.

When the time comes I look forward to returning home, catching up on what I have missed most my family and mowing the lawn!

MAKING THE MOST OF THE MFO EXPERIENCE

PTE Kennedy Howard OP FARAD

Hi there my name is PTE Kennedy Howard and I am currently deployed as a driver on OP FARAD in the Sinai Peninsula.

It's a real good thing we're doing over here and it's an eye opening experience. I'm here to talk about my experiences within the MFO and things associated.

On the 31st of August 2013, I competed for the NZ Contingent's swim team and with W/O Timpson as a judge there was a very good sense of Kiwis there even if there were only two of us and to top it off I was a late entry and still managed to get two silvers and a bronze; 2nd in the 50m freestyle, 2nd in the



PTE Kennedy Howard strutting his stuff at the pool

100m freestyle and 3rd in the underwater comp. We came in 5th out of 6 so that's ok for a couple of Kiwis against the world.

On that night Captain Pam T, and I did a duet for the talent quest that was really awesome and fun at the same time...we practiced and practiced. It sounded really good when we were at the Chapel and we even sang it to the Chaplain

himself but when the night came I couldn't remember the words and I couldn't sing; it was stage fright, ha ha. It was Pamela that held us together and we came in second place whopwhop! The \$150 cash prize was ours... I got Pam some slim fast bars and juice; she saw the funny side but that's another story... all I know it was an awesome night... good work... team. Awesome!

I have had a few flights in the UH60 Blackhawk – now that was a really awesome experience, flying all over the show, the guys at AVCO are really squared away with their drills as when we were in the air I swear I nearly fell asleep as it was that comfy. Even as I write this we just got airlifted away from the one area and left our trucks where they were. I am proud to work alongside our Kiwi brothers and sisters and all the other contingents really love all of us. Well I love it here and the people in the MFO are awesome! I can't wait to get home though.



The dynamic singing duo

FOREIGN CORRESPONDENTS CONT'D...

GOING FROM 15 TO 50

CPL Rochelle Rowe
OP TROY

"I am looking forward to getting out and about and making the most of what this unique location has to offer".

It has now been four weeks since we arrived for the beginning of our six month deployment to OP TROY Defence Support Unit Middle East Region. Our location – is in the hottest country I have ever been to. I have been to a few countries, with the Defence Force and on personal travel, but none of them have ever had temperatures reaching into the 50s. It's definitely an experience.

We arrived into our home at 0330hrs and even at that time of the day, walking off the air-conditioned aircraft into the heat and humidity was like walking into a sauna. It gets you right in the lungs with the first breath you take. Being so early in the morning we knew it was only going to get hotter and as the day progressed we reached 41 degrees by 1100hrs and 50 degrees plus in the mid-afternoon. These temperatures made the first day of the handover quite draining on the body as we hadn't had the chance to acclimatise, however and never-the-less, we cracked on and with copious amounts of water we commenced our respective handovers from the current TROY personnel.

Our mission is to provide support to the NZDF operational deployments in and around the Middle East Region.

My role is the Information Systems

Operator (ISOP) and I deal with all the comms and computer associated networks. I'm part of a tri-Service support team for our Supply and Technical Support. Our team is – TROY.

In the four weeks of being here we have managed to host a whole range of different visitors starting with personnel from exercise LongLook on their way home from NZ, AUS and the UK. Having the Air Force Boeing come through was a truly challenging task given that we had had essentially just got off the plane ourselves. Despite that, it was a successful transit. We have various people transit through on their way to other NZDF missions; this even included a HQ JFNZ Joint Reconnaissance Team planning for deployment in the Middle East.

All in all a significant number of people have transited through in the last month. An interesting and one of the most fun parts of my role is looking after the accommodation for our visitors and ensuring they have all those good things that make the comforts of home. So far all our transit visitors have been very happy with their short stay with us.

So now that we have been in this country for a month and have had a really good chance to acclimatise I can say that dealing with the heat does get easier. I'm not sure if I'll ever get used to it but you do get used to constantly sweating when working outside and I have noticed I am not complaining about the heat as much as when we first got here. You just have to suck it up and get over it. We have had the odd extremely hot day where you just can't bear to venture out of your air-conditioned office, during those days you just have to avoid any tasks that involve being outside. The record so far since

being here is 58.3 degrees according to our little overworked temperature gauge.

Travelling from a mild Auckland winter where the temperatures are around the 12-15 degree mark, to peak summer in our new home where we are averaging 50 degrees on a daily basis was never going to be a walk in the park. All I can say is I am really looking forward to it cooling down over the next couple months. A daily average of 40 degrees would be really nice, maybe 38, I could handle that. But for now I am very grateful of the air-con in my office, my bedroom, and definitely the gym.

Now that we as Troy have settled in to our routine, and with the little downtime that we might get over the next few months, I am looking forward to getting out and about and making the most of what this unique location has to offer. The team have drafted up their wish list of things to do in the coming months and we will make every effort to tick those boxes and make this a tour to remember. Bring on the next five months.



DSO'S CORNER



Carol Voyce

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

Greetings to you all!

Isn't it great that Spring has arrived! It has been a relatively mild Winter here and now we have the blossom, daffodils and lambs to admire as we coast towards the Summer. This means too, that some of you will be looking forward to homecomings in the not too distant future. Yes – all is good!

"Bugle" deadlines seem to come around so quickly. Special thanks to the great contributors from OP FARAD who have been sending through some excellent articles and photos. While our numbers currently deployed are less than in previous months, we do our very best to "beg and bribe" for news from other locations. We apologise that we have not often been able to bring you news from all locations where New Zealand Defence Force service personnel are based. It certainly isn't from lack of trying! We hope though, that there are articles of interest in each edition of "The Bugle" for you, no matter where your loved one is deployed to, and that you also see "The Bugle" as a reminder that we are here for you and willing to help or support in any way we can. A simple phone call to our 0800

numbers (listed inside front cover) is all it takes to get information and peace of mind and we look forward to hearing from you anytime.

Janine spent last week in Burnham and we had a busy but very fruitful time. Some of you may recall me mentioning the need to archive so much "material" collected over many years and to put it into some sort of logical file so that it may be stored and retrieved in years to come. We all appreciate the footage from previous wars and deployments that we get to view from time to time, and I am sure in years to come that this will be no different. I wish now that we had taken at least a photograph of the pile of video tapes, floppy discs (yes!) CD's and DVD's that we had to preview and put into some sort of logical sequence and then copy for safe keeping. I had collected this enormous pile of great memorabilia over some 11 years or so, so commencing the task was somewhat daunting but I have to say once we started it was fun – exhausting fun! Thank goodness for Janine's "technical" brain! While I could proof and catalogue, Janine could "cut, paste, copy and save!" All at a somewhat rapid pace, even if sometimes it was midnight! We created numerous files, covering numerous missions, over numerous years and relived numerous moments of deployments long gone! It was great to see the many changes and progress made in a number of deployment locations. Compare TU CRIB 1 with TU CRIB 21 in Afghanistan, as an example, and the visible differences were very obvious. Just from an infrastructure perspective you could see so much – be it paved streets in Bamyān, water wells, bridges, schools, orphanages or check points – we have made a huge difference in, and to the lives of so many abroad,

so much less fortunate than us. Your sacrifices then and now have surely contributed to the wellbeing of so many and at a chance of a life that seemed an impossible dream. We are all still searching for a world at peace but every little contribution does help many a fragile nation, and even at times if it seems unachievable, it surely gives hope!

Viewing the footage and many photos also provided an opportunity to reminisce! I recalled (but didn't always remember names!), of some great service personnel and families whom I had had the privilege to meet along the way. There was some great leadership abroad, great achievements and most of all a very real commitment to the welfare of those deployed. There was and still is, much to be grateful for.

I hope that in years to come, the footage from our new archives file will clearly demonstrate to the next generation and generations to come, the difference you and your loved ones have made both at home and abroad.

Kind regards.



QUOTE

"Great opportunities to help others seldom come, but small ones surround us daily."

Sally Koch.

DSO'S CORNER CONT'D...



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

As is often the case these days, I am searching for inspiration to fill the next two or three columns – something profound, relevant and entertaining enough to capture reader attention and keep you reading until the final full-stop! It usually comes down to what and/or who I am thinking about when I sit down in front of the computer screen. Well, here goes!

As I write (a week before printing) I am aware that personnel are preparing to depart NZ for deployment in various locations and that feelings will be varying

from accepting and calm, to tense and apprehensive, to any number of emotions in between. Parents experiences are different to partners which are different again to children. Whatever your relationship to the deploying personnel and whatever you are feeling throughout the deployment period while separated from loved ones, you are not alone as there are others also experiencing the same deployment journey. There are many around you to provide help and support. Your family and friends know you best and I'm sure they will be with you every step of the way until homecoming. Remember that your DSOs are also just a phone call away! From the other side of the fence, I'm sure that those who are deploying are also going through a rollercoaster of emotions as they set off on their 'adventure', and will often think of home and those who matter most at home.

Of course, with our rotation changeovers, there are an equal number of personnel and families who are very close to having completed their deployment journey. Looking back, the majority will be thinking that time has

passed very quickly and may be counting down single-figure sleeps until they can go to the airport to collect their loved one.

It might be hard to believe but before you know it, those of you who are starting your deployment experience, this will soon be you too!

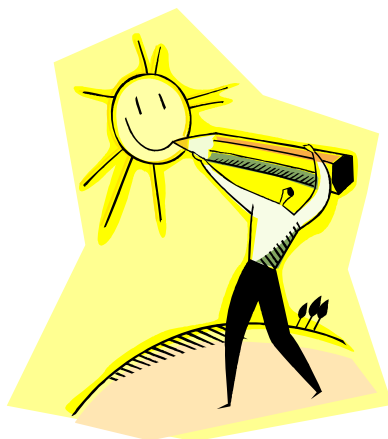
Part two: the next day:

Driving out to work this morning and getting into work mode, I was thinking about my "to do" list for the day and first was to finish this column! What to write about? This morning the sun is shining, there are just a few wispy clouds hovering over the mountain ranges otherwise the sky is clear and blue, daffodils are in bloom in gardens and along the roadside and best of all there are little lambs in the paddocks. All in all this is my absolute favourite time of the year. I spent last week in Christchurch with Carol working on collating and cataloguing a lot of the material we have collected from various missions over the past 10+ years – a huge job. But between her home and Burnham there is countryside and also paddocks with lambs. I love spring!

I hope the Spring weather is also helping you through your days as you begin, continue through, or are coming to the end of your deployment journey.

Daylight
Savings starts on
29 September

Put your clock
forward 1 hr at
2.00am



KEEPING THE HOME FIRES BURNING



Almost three months down. Hard to believe! I know it's not good to be counting yet, but in some ways it spurs me on and also encourages me in that I have managed to do reasonably well so far and see no reason why this will not continue! I do say "reasonably", but my family and friends say I am doing a great job, so shall we believe them?

Like last month, there didn't seem to be any dramas. With the school holidays now well gone, we have slipped back into our routines and the children are well and settled. I am sure that having a routine helps in so many ways! I have to be organised for the morning rush and allow time for the "lost hairbrush" or the odd "slow coach" thrown into the mix. The kids are pretty well behaved too so that helps keep a calmness about the place.

We are still enjoying the opportunity to "Skype" and this fills such a huge gap in all our lives and does make a real difference. You might remember that in the last edition of "The Bugle", I wrote about the Kiwi artwork that the kids did during the holidays. Well in the last "Skype" we could see a

wonderful display of our efforts on the wall in the background and Child 1 and Child 2 were really excited to see them hanging in Dad's room! The post was pretty fast and the paintings much appreciated. Dad has lots to contend with during our chats. Child 1 has continued to share her school reading, display her certificates (for lots of praise) and slowly get out a couple of her spelling words for the week. Child 2 just rambles on really, about trivial things but provides a lot of amusement across the miles and feels important and involved. Well me, I get a few words in but I love to see the kid's smiles and the connection with their Dad. It is very much keeping that relationship alive more than you can imagine and we feel lucky to have the link, even if it is a bit dodgy at times.

My children don't seem to have a great concept of time so a celebration to mark the halfway point in the deployment means nothing to them. So, feeling pretty selfish, Mum and Dad came to babysit and a friend and I went out for pizza and to a movie. A good comedy too which ensures the spirits are kept high. Laughing is very therapeutic and we don't do enough of it! I am sure I

read somewhere about the value of deep hearty laughing. Just a small outing like the one I had was great for keeping up the morale!

The dog seems to have finally adjusted and accepted me as the "Master". I have watched some "U Tube" videos of soldiers returning from deployment and being reunited with their pets. I keep thinking of what will happen in our household when Dad returns. Some of the dogs I have seen go absolutely berserk; others completely ignore their "Master". It will be interesting to see what unfolds in our home!

The good weather and lack of frosts has been great here and we have had the usual outings to the park to play and ride the bikes. A treat enroute home always goes down well and I think the kids deserve it, having to put up with me and only me so much!

I hope all is well with you all and you have homecomings to look forward to too.

Sarah.









Our Calendar Snake

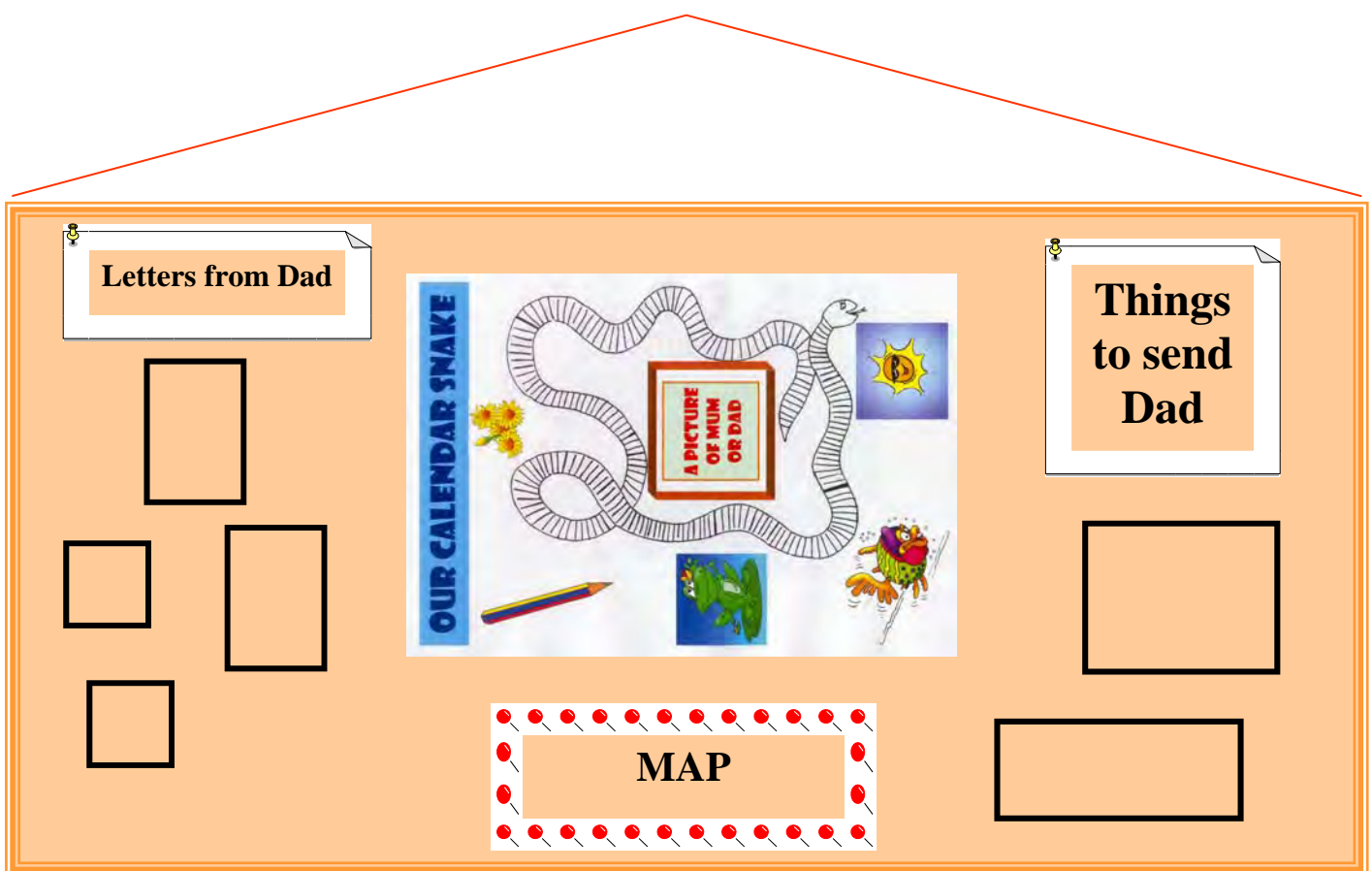


**A PICTURE
OF MUM
OR DAD**








Instructions

-  Enlarge the snake up to A3 size if desired.
-  Get the children to draw some pictures of their own around the snake.
-  Fill in the number of 'sleeps' to go, '1' being the day before Dad or Mum, Brother or Sister gets home.
-  Write in the months around the 'snake' and every so often write in the date in case you lose your place!
-  This 'snake' is designed for a seven-month deployment. For shorter deployments colour in the area you don't require at the start. Remember to leave a few extra segments as return to New Zealand dates can change.
-  Laminate the sheet so it will last the distance.
-  Hang on the wall in the busiest room in the house.
-  Colour off the days with a whiteboard marker.



Here's some extra ideas.....

-  Place the 'snake' in the centre of a large noticeboard (the Warehouse has them).
-  Place a map of the deployment location below it.
-  Have an area for letters, postcards and photos from Dad or Mum.
-  On the one side have a large envelope to hold letters, pictures, etc, to send with your next letter or parcel.
-  Don't forget to put a photo of Dad or Mum in the centre before you laminate it.

Design & Layout: Christine Muir

STAY FLEXIBLE!

The alarm sounds at 0500 hrs!

You roll over to shake your “soldier awake”, only to find it’s your four year old snuggled upon his side of the bed. Suddenly it all comes back to you.

You remember standing at the airport terminal and saying goodbye with your heart in your throat. All you want to do is to cover up your head and sleep until your spouse returns – but the beeping of the alarm reminds you that your family and job still need attention and life won’t give you the luxury of a six month holiday. So you get up and go on. It takes determination, balance and a flexible attitude. Balance home and work time to re-evaluate your new role and responsibilities now your loved one has deployed.

You may think you need to be Superman or Superwoman, but you don’t. Remember that you are, after all, only human. If you’re finding

you have inadvertently put on the super-hero cape, don’t be afraid to take it off and give yourself a break. Schedule time and budget money for yourself. If you get exhausted physically or emotionally, you won’t do anyone at home any good.

Being good to yourself means eating healthy foods, getting enough rest and renewing yourself spiritually. Leave work at the office. Take time out before you transfer from work to home to parenthood. Take 10 minutes to breathe deeply and refocus on your family before you walk through the door or pick the kids up from school.

Stay flexible. Children take their cues from their parents so if you remain relaxed and flexible, the children will too. Everyone needs time to adjust to a new routine and that doesn’t happen over night.

There’s a reason that the phrase, “Don’t sweat the small stuff” is so popular. It’s good advice. Take care

of the most important things, and the small stuff will get taken care of along the way – or not. The small stuff doesn’t matter.

Remaining flexible keeps stress and tension down as well as helping you keep a healthy perspective.

Get organised. Organise your week. Each night prepare for the next day. This will help around the morning madness. Plan ahead for meals and learn to use a slow cooker or crockpot. This allows you more time being a parent and less time being a cook. Learning to organise time will make life during a deployment go smoother and help your children learn valuable life skills.

Keep things simple. Life has a way of moving you right along and, before you know it, you’ll be looking up information on return and reunions.

Source: myarmylifetoo.com

RECOMMENDED READING

“In the Sea there are Crocodiles”

The story of Enaiatollah Akbari

Author: Fabio Geda



One night before putting him to bed, Enaiatollah’s mother tells him three things: don’t use drugs, don’t use weapons, and don’t steal. The next day, the ten-year old Afghan boy wakes up to find she has gone. He is on the border of Pakistan, and he is all alone.

In this remarkable true story, Italian novelist Fabio Geda describes Enaiatollah’s five-year journey from Afghanistan to Italy. His ordeal takes him through Pakistan, Iran, Turkey and Greece, enduring unimaginable hardships and challenges. Enaiatollah’s engaging voice is brilliantly captured by Geda, and his search for a place to call home becomes a universal story of courage in the face of fear.

DEPLOYMENT MAILING ADDRESSES



Letters and parcels (up to 1kg in weight) may be sent to deployed personnel at the following addresses, at internal NZ Post rates. When mailing your parcels, please retain the receipts given to you by your Post Shop so the item can be traced, if required. A green Customs sticker must be attached to any parcels, clearly stating the contents.

Remember to write **FORCES CONCESSION RATE** at the top of your envelope or parcel.

Sinai (Op FARAD):

Regimental Number, Rank, Initials and Surname
NZ Contingent
Multinational Force and Observers
El Gorah, Sinai
PO Box 99000, Tel Aviv
Israel
C/- International Mail Centre
Auckland 2022

Antarctica (Op ANTARCTICA)

(No requirement for "Forces Concession Rate")

Regimental Number, Rank, Initials and Surname
Op Antarctica
Antarctica New Zealand
Private Bag 4745
Christchurch Mail Centre
Christchurch 8140

Afghanistan:

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



Israel (Op SCORIA):

Regimental Number, Rank, Initials and Surname
Observer Group Golan - Tiberias
C/- UNTSO HQ
Government House
PO Box 490 Jerusalem 91949
Israel
C/- International Mail Centre
Auckland 2022

Other Deployment Locations:

(No requirement for "Forces Concession Rate")

Regimental Number, Rank, Initials and Surname
Mission Name (e.g. Op SUDDEN, TG KEA, TG IRON)
C/- DPSC
HQ JFNZ
Private Bag 900 or 2 Seddul Bahr Road
Upper Hutt 5140 Trentham
Upper Hutt 5018

A Postal Users Guide and Prohibited Items Brochure are available on the NZ Post website by going to their website at www.nzpost.co.nz and typing [Postal Users Guide](#) and [Prohibited Items Brochure](#) into the search box. These brochures give valuable information, such as what you can and cannot send, and how to best wrap your items.

Strong packaging is **essential** as these items pass through many hands, may get thrown around and have other items put on top of them. Attempts to send prohibited items may result in entire shipment being delayed as customs remove suspect items.



Deployment, Children and Routine



Managing a household alone while a partner is on deployment can be a challenge. Sometimes you may wish for more hours in the day.

Every child is different and will go through the “deployment experience” differently. This makes a parent’s job even more complex – trying to work out why your child is doing what they are doing and then figure out how to approach it! The good news is that most reactions are normal and if you are concerned at all then help is available.

What can you do right now to help make the most of the deployment experience for your children? One simple concept is that routine is usually important for children. For example, if bedtime was at 8pm before Mum went away, then it can be useful to try and keep it at 8pm. If homework was done straight after school and Dad checked it after he came home from work, then it could be useful to try and still do the homework after school even though Dad can’t check it in the evening – but he could be told about it in a letter or email.

It is also good to keep contact with a deployed parent as regularly and predictable as you can. Of course, you will not always be able to plan a regular time for phone calls or emails. It is a good idea to tell children if the communication is not going to be possible for a while. They could use the time to plan what they want to say. For example, it may be useful for children to draw pictures or have notes by the phone to remind them what they want to say when Mum or Dad does ring.

One of the most important points is don’t forget to look after yourselves! Try to find time to do the things you enjoy. For example, getting together with other families can be a good idea.

And remember: We are here to help, so if you feel things are getting on top of you, then you can contact the Deployment Services Officer, your local Field Psych or a Chaplain.

Skype



(Please remember that OPSEC guidelines pertain to all communication – phone, emails, Facebook, Twitter, etc).

SKYPE is a great piece of software that allows users to make video calls over the internet and is especially valuable for those in deployment locations. Unfortunately all missions do not have this resource available, but for those who do, it provides an extra and valuable connection with home. Obviously you need to set up your SKYPE account before deployment, as it can be difficult to establish once abroad. The SKYPE call needs to come to you from the service person abroad and not the other way around.

Telecommunications and even good uninterrupted power supplies are not always reliable in some of the countries where service personnel are based. Regular SKYPE users, who talk with other family and friend abroad, will know that the quality of the call varies from time to time and often calls “drop”. Patience is truly needed here!

Please remember that SKYPE is not a secure means of communication and operational and security matters CANNOT be discussed when using it. This is what we call OPSEC (Operational Security). It means that even though some information may not be secret, it can be what we call “critical information”. We need to protect our operations – planned, in progress, and those completed. Please refer to your Deployment Guide or/and OPSEC Brochure to make sure that you are familiar with the rules. It is best to always be alert and careful and not to ask questions about activities, comings and goings and dates. Just enjoy the chance to see each other and for children to talk with their Mum or Dad.

TIPS TO PROTECT YOUR PRIVACY ONLINE

SOCIAL NETWORKING WEBSITES

HOW MUCH IS TOO MUCH INFORMATION?

The following are 10 top ways to protect your privacy on Facebook according to www.allfacebook.com;

1. Remove yourself from Facebook searches. Go to 'Privacy Settings', click on 'View Settings', then edit, 'Search for you on Facebook'.
2. To make yourself less visible to search engines see 'Privacy Settings' page on your Facebook account.
3. To avoid having embarrassing photos tagged with your name, go to your 'Profile Privacy' page, modify the setting next to 'Photos Tagged of You' and select the option which says "Customize" to change.
4. Protect your albums. Go to your 'Photos Privacy' page to manually configure the visibility of each of your albums.
5. Use Friends Lists to create private groupings of friends based on your personal preferences.
6. Control who see your 'Basic Information', which includes things like your relationship status. Go to 'Basic Information' on the 'Profile Privacy' page.
7. Protect against published application stories. Once you install an application on Facebook, you should check your profile to ensure no embarrassing notifications has been posted to your profile.
8. Make your 'Contact Information' private. If you've chosen to enter this information on your profile, you should see a 'Contact Information' area under the 'Info' tab - click 'Edit' to modify the privacy setting.
9. Avoid embarrassing wall posts. Within your profile page, you can control who can view wall postings made by your friends. Click on the 'Settings' icon on the wall in your profile page.
10. Keep your friendships private. To make your friends less visible to others, go to the 'Profile Privacy' page.

Skylight —

Supports people facing any kind of tough life situation of change, loss, trauma or grief - whatever the cause and whatever their age. We also assist those wanting to help them.

Visit: www.skylight.org.nz

Phone: 0800 299 100 or 04 939 6767

2A Green Street, Newtown,

Wellington 6021

This is a great organisation with a wealth of information and resources. Included in their information on line, available to download, is some key information on Earthquake support. There is also information available that may be of use to families coping with deployments. Be sure to check it out!

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.**

ONESIE?



Well I might be well behind the times, but the Onesie craze has really taken me by surprise and is one of the most fascinating garments that I have seen on offer of late. I am NOT about to purchase one!

It seems if you have a Onesie, you can wear it to bed, around the house or if you dare out on the street. Some of you, may have yet to come across this latest fashion trend. Others may already own this wonder garment or looked in awe as they have passed a wearer in the shops! I tried to search the Internet for a description of a Onesie. The best I could come up with; was that offered by Wikipedia – describing it as a “jumpsuit –

adult styled jumpsuit like an infant’s bodysuit”.

It was the pictures that were something else and there seems no shortage of places you could purchase them, either on line or in many local stores. They are the craze, they are the rage! You could be very conservative in your approach to what style or colour you may like – or a bit more adventurous! You could consider:

Personalised
Hooded
¾ sleeves
Brushed fleece
Polka dots
Animal style
Character – and more!

Described as “comfortable – on trend this season”, a Onesie will cost you anything from \$28 - \$135! I can’t imagine where I might wear one. Onesies are available for all shapes, all sizes and for children, and adults – male and female. Not to be outdone by us humans they are also available for pets too.



So if you dare – check out the Internet for what’s on offer – even if it is just for a laugh! To committed Onesie wearers, I offer my apologies on my thoughts!

Carol Voyce



HOW TO BE SUNSMART

Skin cancer is largely preventable if you are SunSmart when Ultra Violet Radiation (UVR) levels are high. Avoid getting sunburned and remember that skin can burn in as little as 15 minutes in the midday New Zealand summer sun.

1. When to be SunSmart

Between September and April, especially between the hours of 10am-4pm when UV radiation levels are very high.

2. Slip

Slip on some sun protective clothing, i.e. shirt with a collar and long sleeves and trousers or long-legged shorts and into shade whenever possible.

3. Slop

Slop on SPF30+ sunscreen 15 minutes before you go outdoors and every two hours afterwards. (Note: sunscreen should never be your only or main method of sun protection).

4. Slap

Slap on a hat that protects your face, head, neck and ears.

5. Wrap

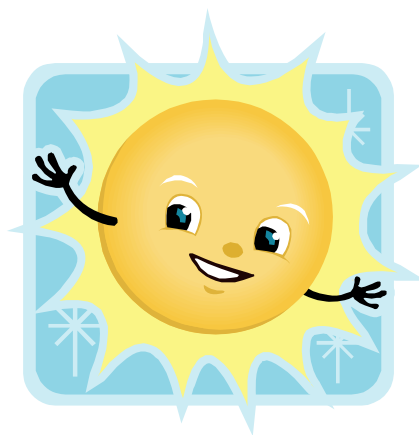
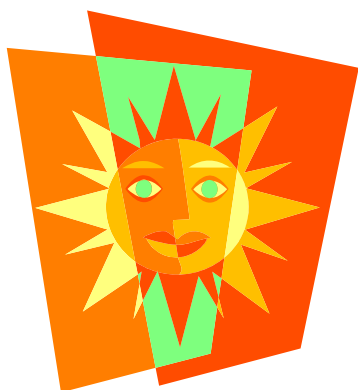
Wrap on some sunglasses: make sure they meet the Australian/New Zealand Standard.

6. Avoid Solaria (Sunbeds)

Using solaria (sunbeds) significantly increases your risk of melanoma.

Note: People with a history of skin cancer, sun damage or who are taking medicines that affect photosensitivity should use sun protection all year round.

Sun protection should also be used throughout the year when at high altitudes or near highly reflective surfaces, such as snow or water.



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

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

PERSONAL MESSAGES

The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**the next edition deadline is 2 October 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 Pip

The pillow is for me not you....Garfield.

To Connor

Well done on your football season, play hard, play fair & get a haircut, Dad.

To Hannah

Hope you enjoy that precious gift, Mr Incredible.

To Ennairam

Thanks for the break, mountains high, valleys low, see you soon! Legin.

To my Darling Wife

Missing you heaps princess and very proud of all your hard work on course over the last couple of months. Can't wait to be back home with you again. Your man, forever and always, xoxoxoxox.

Dad

Thanks for the parcel of goodies. The book from Margaret is awesome! Sam.

To my precious

Missing you a lot lately. Really looking forward to Christmas. Lots of love, Your 99% Guy.

From Home

Benny

Been thinking of you lots and missing you so much. Looking forward to when you get home and to the many things we have planned for our future. Take care over there. Busy looking at house

plans and the budget!! Lots of love today, tomorrow and the next and the next.....Dani xxxx.

Hi Uncle Sam

Miss you. Love Travis.

Giddy Buck

The 21st was a BLAST! You would have loved every minute of it and we thought about you often. The gang excelled as usual. The speeches were great and very funny. Wish you could have seen the photo board. Some great moments relived! Look forward to your return home and maybe a replay! Enjoy your experiences there. Paulo.

Hello Jonny

Thanks for the lovely postcard. I really appreciated it and that you had time to think of me. The family are all well and enjoying the winter. We are planning the Christmas celebrations and deciding whose house this year. It will be great to have you home and to share the family time with us all. Look after yourself, Love Grandma and Bob.

Hi Uncle Sam

What are you doing? I have been busy playing Rugby, so lots to tell you when you get home. I love you, from Liam.

Father Bear

The little bears are all good and busy. Thinking of you always and can't wait until you are home with us all again! Xxxx.

Hi Uncle Sam

I miss you. I sent you a picture. We saw Aunt Casey at an Army Camp; I really really miss you and hate waiting for you to come home. Love Gemma.

Hi there T

Hope you got to see a replay of the Bledisloe - good All Black performance. We had a good night. Amy and Brent came with the kids for tea and then because of the time difference everyone was well tucked up by the time the game started. Brent managed to have a few Speights for you! Another game looming this week in shaky Wellington! Will be over by the time you get this. Everyone good here and things going well! Hope the same for you there too. Love you, J xxx.

Hi Uncle Sam

Did you get our pictures? I have been busy playing Rugby and we won two games, I got the tries. We have now got our lambs for calf club. I miss you. Love Zane.

Hi Basil

Been a good few weeks here! Seem to have the chance to get out and about a bit. The weather has been good so had a few rides on the bike. Tried the new cycle way which was a breeze! Kids loved it and we all felt very safe! Sports going well and the teams are up there with the best. Will be nice though when we can get to sleep in on Saturday mornings again! Thanks for the parcels. The kids were so excited. They also got the Army dog tags in the post and feel pretty proud of those too! Love you! Miss you, Maudie and co xxxxx.

Hi Uncle Sammy

Miss you Love Angus.

Hey my 99

I have been missing you like crazy. 260 days to go (not that I am counting). Please stay safe. I can't wait to be back in your arms. Love

PERSONAL MESSAGES CONT'D...

forever and always infinity plus.
Love your precious xxxxxxxx.

Hey Sammy-Joe

Your crazy wife blew up the vacuum cleaner the other day. We had fire works coming out the back, very amusing. House is still in one piece. Love Charlie xx.

Hi Sam

Hope you are doing well over there and the time is going by fast enough for you. Lots on the go here but I am sure Casey is keeping you well informed. Hope we can catch up on a Skype call soon, as you can see from the messages the kids are missing you. Take care and look after yourself Love Dan and Kylie.

Happy Father's Day Cowboy

Dad, hope your pressie arrives in time. Big hugs from us; T,M & F.

COMING SOON —WATCH THIS SPACE *Operation BIRD*



*A project for deployed personnel and families
A Deployment Support Services initiative —
full details in the next edition of "The Bugle".*



the **P**arenting show with Pio

FREE

ENTRY TO THOSE
REGISTERED

Building awesome whānau with Pio Terei
Thursday 19 September 2013 at the Burnham Community Centre

Doors open 6pm. Pio's presentation commences at 6.30pm - 8pm
Light supper provided

Free childcare is available for 5 to 13 year olds. Spaces are limited. Please book childcare when registering.
For further information or to register please contact: Trish Howe, 03 347 6851, admin@burnham.school.nz
Proudly hosted by the Burnham UPF, Burnham School and the Community Services Office.

theparentingplace.com

sponsored by AMI and General Parenting

THE 'PEACE' ROSE



Pease, perhaps the most famous rose of all, is revered for its perfection of bloom, as well as the courage and perseverance which finally led to its introduction in 1945, over five years after being shipped to freedom out of France in 1939.

The beautiful blooms, 45 petals of pale yellow tinged with pink, form a classic, 5-6 inch hybrid tea bloom. Blooms have a fruity scent, and last well as cut flowers.

Peace features thick canes covered with shiny, green foliage.

Francis Meilland, at the age of 23, hybridized this rose in 1935 in France, known at the time only as #3-35-40. In 1939, as war began to envelope Europe, shipments of the budwood were sent out of France, including one shipment to America in the last diplomatic pouch out of

Paris before Hitler's army marched on the city. For over five years, communication was difficult, and the Meilland family had no knowledge of whether their rose had actually survived. Survive it did.

Conrad Pyle, to commemorate the end of World War II, christened the rose 'Peace.' The rose was introduced formally in Pasadena the day Berlin fell on April 29, 1945. A shining example of the ability of humans to persevere even in the worst of circumstances and a signal of the beginning of a new era. To plant 'Peace' in your garden is to plant a legacy of remembrance and history.

The hope was that the 'Peace' rose would influence men's thoughts for everlasting world Peace. In 1945 forty nine delegations of the United Nations were presented with a single bloom of Peace.

THE PEACE LILLY



This brilliant green plant with dazzling white blossoms is known for its indoor beauty and ability to clear the air of contaminants. It is said to have the ability to calm and harmonise the energy within the home and has strong protective qualities and healing properties. While the Peace Lily is not a true lily, it is an attractive long lasting indoor plant but be mindful that it is mildly toxic to humans and animals if ingested!

**Peace lilies are a symbol
of peace and hope.**