

THE BUGLE

Issue 193 | January 2014



INSIDE

- New Year's Honours
- The Norwegian Ruck March
- A 'Portable' Kiwi Hangi
- Taking the Polar Plunge

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"THE BUGLE"

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

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Disclaimer

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

Cover Photo:

Operation SINAI SANTA. Santa and Mrs Claus visit Observation Posts and Sector Control Centres along the Egyptian / Israeli border.

GUEST EDITORIAL

Air Vice-Marshall Kevin Short Commander Joint Forces New Zealand

I would like to take this opportunity to wish all our deployed personnel, your families and friends a happy New Year. While most of us here in New Zealand have been taking a break and celebrating with family and friends our operational responsibilities around the world have continued with little or no respite for those who are serving there.

I hope all our deployed people managed to capture some of the spirit of Christmas in your parts of the world and I know for many it will be one of the special memories you bring back to New Zealand with you at the completion of your tour.

For our friends and families in the deployment community, I thank you for managing without your loved ones while they have been away and reassure you that Headquarters Joint Forces New Zealand have maintained close support to all missions during the holiday season. As such, I also thank my staff here in New Zealand who have carried out that work and their families who have supported them.



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

As we enter the historic year of 2014 and begin to commemorate the historic events of World War 1, 100 years ago, the significance of duty and service will again come to the fore in public consciousness. It is a proud heritage that our deployed people have entered into and it is the knowledge and experience that is gained from operational service that builds a stronger Defence Force.

With the promise of a new year comes the challenges of what it will offer us but we will continue to work together to ensure we have the right people, in the right place, at the right time, and that we support both you, our deployed people and your friends and families in the best way.

DEFENCE PERSONNEL NAMED IN NEW YEAR'S HONOURS



The Chief of Defence Force, Lieutenant General Rhys Jones in Afghanistan in 2013



***Companion of the
New Zealand Order of Merit
- obverse view***

31 December 2013

The Chief of Defence Force (CDF), Lieutenant General (LT GEN) Rhys Jones has been awarded a Companion of the New Zealand Order of Merit (CNZM) in this year's New Years Honours.

LT GEN Jones enlisted into the New Zealand Army in 1978 and attended the Royal Military College, Duntroon, Australia from 1979 to 1982.

During his time with the Army he has commanded at every senior level. He was the Commanding Officer of New Zealand's armoured regiment, Queen Alexandra's Mounted Rifles (QAMR), and the Commander 3rd Land Force Group, based in the South Island. He was Land Component Commander within Headquarters Joint Forces New Zealand, and in 2007 became the Commander Joint Forces New Zealand. He was appointed Chief of Army in 2009 before being promoted to the prestigious role of Chief of Defence Force in January 2011

With his three year term now completed he will stand down in January 2014.

LT GEN Jones says, he is honoured and humbled to be awarded the CNZM.

"Despite the challenges of the job, my three years as Chief of Defence Force have been an absolute pleasure and I have been honoured to command the men and women of the NZ Defence Force. We have achieved a lot in this time including withdrawing out of three operational theatres – Timor, Solomon Islands and Afghanistan, all major undertakings.

"And we have been able to respond to every contingency that the Government's required us to, including the Christchurch earthquake, grounding of the MV Rena and recently Typhoon Haiyan in the Philippines.

We have also advanced our aims of a Joint Amphibious Taskforce and successfully carried out Southern Katipo 13, a major exercise that tested the capability of the New Zealand Defence Force (NZDF) to mount a medium-scale amphibious operation involving maritime, land and air assets.

"Our achievements during this time just show the quality of the men and women of the Defence Force and I have been proud to have been their leader."

DEFENCE PERSONNEL NAMED IN NEW YEAR'S HONOURS

31 December 2013

Two New Zealand Defence Force personnel have been recognised for their distinguished service in the 2014 New Year's Honours.

To receive the New Zealand Distinguished Service Decoration (DSD):

Warrant Officer Class 1 Graeme Alexander Bremner

New Zealand Army Band, Based at Burnham

Warrant Officer Class 1 Paul Allister Mumm

New Zealand Army, Based at Trentham

The New Zealand Distinguished Service Decoration (DSD) recognises distinguished military service by regular, territorial and reserve members of the New Zealand Defence Force, including command, leadership and service in an operational environment, or in support of operations.

The citations for the recipients are below.

Each awarded the New Zealand Distinguished Service Decoration (DSD)

Warrant Officer Class 1 (WO1) Graeme Alexander Bremner

For services to the New Zealand Defence Force and brass bands.

WO1 Bremner is the longest serving member of the New Zealand Army Band, having enlisted in 1965.

He was appointed Drum Major in 1974 and in 1985 he became the first and only musician in the unit to be promoted through the ranks and attain the rank of WO1. He has held appointments as Drum Major and Bandmaster of the 1st Royal New Zealand Infantry Regiment (RNZIR) Band, based in Singapore, and the New Zealand Army Band. In the 1980s he initiated an extensive programme of public performances by the RNZIR Band in Malaysia, Indonesia, Thailand, and Singapore. In 2007 he was appointed as Liaison Officer for the New Zealand Army Band. He has managed a number of events for the Army Band, including the 2011 Rugby World Cup, The Queen's Diamond Jubilee Pageant at Windsor, and the 2010 Edinburgh Military Tattoo. He has been a member of the Woolston Brass Band Street March Championships. WO1 Bremner has won the Brass Band Association of New Zealand's Champion Drum Major trophy seven times.

Warrant Officer Class 1 (WO1) Paul Allister Mumm

For services to the New Zealand Defence Force.

WO1 Paul Mumm has provided exemplary service and commitment to developing the New Zealand Army's All Arms weapons and shooting capabilities.

Since 2004 WO1 Mumm has been Head Coach of the New Zealand Army Combat Shooting Team. He has represented the New Zealand Army at international combat marksmanship competitions eleven times. He led the planning of the inaugural New Zealand Army Shooting Competition held in 2012. Through his efforts, the team representing the New Zealand Army achieved a highly regarded professional reputation among the 18 attending nations at the 2013 Australian Army Skill at Arms Meeting and also at the United Kingdom based Central Skill at Arms Meeting. His pursuit of excellence in this area has been achieved by volunteering a significant portion of his personal time. His guidance and expertise is regularly sought by the New Zealand Service Rifle Association. WO1 Mumm has encouraged a policy of cooperation between the New Zealand Defence Force and civilian shooting agencies to share resources and training knowledge.

FOREIGN CORRESPONDENTS

INSIDE THIS ISSUE:

News from Sinai — The Norwegian Ruck March	Page 5
News from Sinai — Santa Claus is coming to town	Page 6
News from Sinai — Kia Ora New Zealand	Page 7
News from Afghanistan — The Christmas Market	Page 8
News from Afghanistan — Operation Bird	Page 10
News from Antarctica — Latest News	Page 11

NEWS FROM SINAI

THE NORWEGIAN RUCK MARCH

WO2 Grace (*Gracie*)

On 8 Dec 13, eight Kiwis from NZCON OP FARAD participated in the Norwegian Ruck March. The march consists of a 30km run/walk with a Bergen and rifle weighing a comfortable 11kg. The race was conducted within the confines of North Camp covering four and a half laps of the perimeter fence. Depending on your age, there were certain time limits to meet in order to pass.

At 0430 the march started with 57 competitors. The Kiwis were spread well amongst the field during the first two laps, but as the third and fourth laps ticked by, Kiwis were well amongst the front of the field. CPL Lloyd Carter (AKA "The Flash") was the first Kiwi home in a very respectable time of 3hrs 23mins and 3rd overall, followed by SSGT Nick Cloke in 3hrs 26mins.

Of the 57 starters, 17 did not finish and all the Kiwis made it home within their time requirements. For their

achievements they all received a Norwegian Ruck March badge and certificate. The next planned march is for Feb 14, where the remainder of NZCON is expected to front up and complete the challenge. The march provided a good insight into the physical and mental trained state of other nations. It must be noted that the Kiwi's effort was applauded for the ability to show up on the day and complete the march, then get on with work for the remainder of the day.

SANTA CLAUS IS COMING TO TOWN: EARLY FOR SOME, AND JUST IN TIME FOR US!

Lieutenant Aston Talbot RNZNVR

It has been a Merry Christmas and Happy New Year for us all here on OP FARAD 03/13 despite missing loved ones back home. We were lucky as New Zealanders as we all got to have the day off together. The Kiwi contingent is spread out amongst the MFO in North Camp

filling vital support roles to the Force so time together is always good. While we had the day off, not all did.

As the Personal Aide to the Force Commander, I was lucky to be able to accompany him, as well as the Force Sergeant Major, Santa, Mrs Claus and a couple of others, on a visit to the various Observation Posts and Sector Control Centres along the Egyptian/Israeli border. Every year the MFO acknowledges the men and women working on Christmas Day by giving them a small gift from the Force. Operation SINAI SANTA, as it is called, is a large logistical effort.

It starts with the Operational Planning team in the Force Operations Centre creating a general plan and hosting a series of planning conferences to bring all the different branches together. This plan involves many moving parts to get the gifts together, organise the elves to pack and wrap them, then get the reindeer to preposition all the gifts. This is so Santa can rock up and climb on Thrasher the FAV (Fully Armoured Vehicle) or Rudolph the Orange and Black Nosed Blackhawk and over six days visit 465 personnel working on land or at sea patrolling and observing. This is no cut and paste jobby as due to the changing security situation this Christmas has been made a little more difficult to move freely. The time of year also means sandstorms can settle in for days grounding aircraft and causing roads to be swallowed up by shifting dunes. All considerations that have to be taken into account to ensure everyone gets their gift.

About two weeks out, the Force Sergeant Major took charge of 40-50 volunteer elves (myself and several other Kiwis included) at the Officer of Senior Non-Commissioned Officers Mess. Two

FOREIGN CORRESPONDENTS CONT'D...

pallets of gift boxes and a pallet of caps, ear phones, Gerber's and other treats had to be packed, sorted, named and re-boxed ready to be delivered to the remote sites. This task, due to the large number of volunteers was done in less than an hour!

Once packed, the boxes of gifts were put in storage ready to go out as parts of the various stores consignments to the sites as they were delivered food, water, mail and stores. Again Kiwis took part. Kiwis and Uruguayan drivers with their Mack Reindeer delivered the gifts in advance of Santa to ease the logistical nightmare on the day; much the same way as Santa forward deploys gifts across the globe to various staging trees in homes. Our Kiwi drivers drive daily throughout our area of operations keeping the remote sites

operational (read their driver articles in each edition of "The Bugle" for what they get up to).

Once the Op finally began, everything was in place and it was just a matter of the VIP party mustering to go out. The first two days were by road up through the Fijian areas. It was a well-executed few days in a difficult area that the Fijians work hard in. The state of the countryside and harsh living conditions make you appreciate life back home and the reactions of the children, with waves and thumbs up signs to the MFO convoys rolling through.

The next two days were spent visiting the Colombians in the remote Central Sinai. Up in the mountains it is cold, isolated and lonely. It is not an easy place for them to operate.. Day five had

Santa visit the US Battalion and Italian Coastal Patrol Unit in South Camp who were yet to deploy for Christmas. The sixth day was a spare day and not needed but almost as soon as we finished on day five, the Sinai was belted by a storm that kicked up sand storms and brought snow to Cairo and Jerusalem... Op SINAI SANTA was completed just in time.

Op SINAI SANTA was not just about gifts to the soldiers. The visits to the sites allowed the Force Commander and his Senior Soldier, the Force Sergeant Major, the chance to get out and see the places where people were staying, to see the progress in various force protection projects and check if the small, but important things like being able to Skype home on Christmas would work. It also involved trips to the Rafah, El



Santa's Elves packing the gift boxes

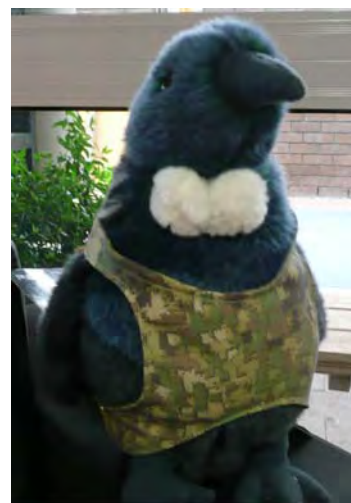
FOREIGN CORRESPONDENTS CONT'D...

Awga/Nitsana and Taba/Eilat borders to visit the Egyptian and Israeli Border Guards and customs/immigration officials who work daily to allow the free movement of MFO goods and stores between the two counties. While Christmas is traditionally a Christian celebration, it was great to see the reactions of Jewish Israeli and Muslim Egyptian soldiers to Santa and Mrs Claus. While delivering fruit baskets these two cautious neighbours were able to relax a little and share jovial conversation and pose for photos.

As for us... Santa got it done. Our RSA care packages arrived on one of the last trucks coming in on Christmas Eve. We shared the day together as Kiwis, beat the Aussies in back yard cricket and the internet and cell phone networks were working so we could Skype home. While we miss you all and would rather be home, we are proud of what we are doing and had the next best Christmas we could hope for... Oh, and no rain!!!

KIA ORA NEW ZEALAND!

'Corporal' Tilly Tui



It's been 2 months since I've been here in Sinai. What a 2 months it's been! One day I had to stay indoors because of a sand storm. We've also had the NZ ambassador for Egypt and Commander of Joint Forces visit. But more importantly, we had Santa visit. I must say, he does a pretty good job keeping track of us. I don't think anyone from NZ missed out on unwrapping gifts.

After we cleaned up the mess we made with the Christmas wrapping, we had a friendly game of backyard cricket against the Australians, and with a fair and unbiased umpire we managed to take the win and the ANZAC shield off our not so happy anymore neighbours.

After Christmas me and the NZ team got to ring in the New Year with the Fijian band playing some pretty sweet music (not as good as us Tui's can play as I'm sure you all know). But they did get some people out on the dance floor cutting some awesome shapes.

Now that 2014 is getting underway me and my team have a lot of exciting activities to look forward to. Make sure to keep an eye out in the next issue for more updates and photos of my Sinai adventure.



WG CDR Bendall, RNZAF, Force Commander MAJ GEN Warren Whiting and the rest of the official party visiting an Israeli checkpoint to deliver a fruit, nut and candy basket



Members of the Egyptian and Israeli Border staff with the official party, Force Sergeant Major CWO Brad Biggar from Canada, Santa, Mrs Claus and Force Commander MAJ GEN Warren Whiting from New Zealand

FOREIGN CORRESPONDENTS CONT'D...

NEWS FROM AFGHANISTAN

THE CHRISTMAS MARKET

This year OP KEA 22 was invited to the Christmas Market in the Destille Gardens of HQ ISAF where various countries were given the opportunity to show off a bit of traditional Christmas culture through the comfort of food..... and oh boy was the audience in for a treat. The idea of a hangi was thrown about in discussion, but with the only decent soil being the football field, which is also the local helo pad, it was considered impractical to dig a hole, let alone find enough wood and rocks to get the soil temperature in the positives! Sneakily enough the Op KEA contingent had managed to get their hands on a suitable alternative, a hangi cooker, thanks to the support of HQJFNZ and the NZL NSE. With the ration order in for whole chickens, beef, pork,



The cooker full to the brim and ready for action

lamb and veggies, it really was a huge gamble on what the local mess could deliver on the day. Surprisingly enough we were able to use it all bar the tinned, caramelized kumara. With some quick and easy preparation the kai cooker was smoking away nicely putting off an aroma unlike the burnt tyres, smokey air and dust we were used to.

Whilst sitting around the fire pit we had rightfully claimed by setting up four hours earlier than the other nations, we watched other contingents filter in and set up their stands. The Aussies put on a barbie (that not even the ISAF HQ cats were interested in); there were Belgian waffles; German coffee and cake; French and Dutch cheese; a Macedonian microwave; American sweets and many others that we didn't get time to get around and experience. When the gates opened the masses came flooding in. It was not long before the secret about the Kiwi portable hangi in the

corner by the warm fire really was something worth trying.



The delicious outcome

Succulent meat that just fell off the bone and veggies that melted in your mouth, not to mention the gravy, an age old recipe from the Force Protection Commander passed down through the generations, with a scientific precision mix of herbs, spices, sauces and juices from the cooker. What we were selling, the audience was buying. The queue almost stretched to Bagram itself. Within a heartbeat, and to the disappointment of ourselves because there was none left for us, it was all gone.



Getting ready for serving

FOREIGN CORRESPONDENTS CONT'D...

With the great success of the Christmas Market we have many strangers to this day asking when we are next going to put on another beautiful spread. Happily enough, on the odd occasion since, we have managed to keep it quiet and enjoy a bit of 'close to home' comforts in the cold.

From all the Kiwis in Afghanistan, we wish you all a very Merry Christmas and hope everyone has a well deserved, warm and fulfilling summer break.

Take care from OP KEA 22



First Snowfall: 29 December



'Captain' Percy Pukeko enjoying the first snowfall in Afghanistan

OPERATION BIRD—CAPT PERCY PUKEKO



Percy attended the ISAF HQ Xmas Party on Xmas Eve. He was very busy sitting in Santa's chair and hanging out in one of the Xmas trees. He even tasted the "mulled wine" from the German Table, then he just had to check out the multi kai cooker that was utilised for the HQ ISAF Xmas party.



NEWS FROM ANTARCTICA



From left to right: LCPL Aston Flavell-Taiapa, SPR Ben Armstrong, LAC Matt Keen, LT CDR Barry Holmes, F/SGT Mike Willemse, CPL Adam Breetvelt, SGT Nic Lang and LCPL Stacey Jones

LATEST NEWS FROM ANTARCTICA

Lance Corporal Stacey Jones

At Scott Base we celebrated Christmas earlier on the 24th of December 2013. This is so most of the base, apart from the fire crew and Comms, would have Christmas and Boxing day off. As with typical Kiwi Christmas meals, you end up eating lovely food but way too much of it. We had lots of seafood, ham, turkey, chicken, veg and lots of dessert.

Santa showed up early too and everyone received a gift. Thank you to the RSA for your package, I really enjoyed my 2 minute noodles!

Most people ended up relaxing around Scott Base for the rest of the afternoon. However, three people and I went on a camping trip to 'Room with a View' which is a good hour away from Scott Base near Mount Erebus, Mt Terra Nova, and Mt Terror. We slept out there overnight and had a BBQ for breakfast, so I was very lucky to wake up on Christmas day out there. Most memorable Christmas yet will be waking up on the ice under a plastic sheet and in my sleeping bag.

On the 28th was the Polar Plunge, jumping into -1.8 degree water just for fun. When I first heard what it was, I thought it was a bit crazy jumping into the sea ice. But it wasn't actually as cold as what I

imagined it would be. Jumping in was the easy part, getting dry and warm again after you got out was worse than the water. I would highly recommend this to anyone who gets the opportunity to do this in Antarctica. It was a great thrill.

For New Years (31st Dec — 1st January) was the Ice-Stock concert at McMurdo. For the first time in a few years, Scott Base had a band performing. The "Low Expectations", Anna, Barry, Aston, Hamish, Matt, Alec and myself. It was two and a half months' worth of practise and countless hours of jamming in the McMurdo band-room until 2am that really paid off. We actually had quite a crowd considering we were the second band on. We played eight songs all up and were on stage for 30 minutes. A few Scott Base people showed up too, as well as the LET guys who arrived a few days before. It was really great to have their support and to know that our hard work had paid off.

We hope to play another gig shortly and a farewell concert for the Summer Crew at Scott Base in early February.

The next few weeks is going to be very busy with science events, and the Minister of Defence and other NZDF representatives coming for a visit to Scott Base to see us.

Hope everyone is enjoying their warm summer back home in New Zealand, I'm very much looking forward to getting back to see family, friends and wearing my jandals.

I hope you enjoy the collage of photos on the next few pages - Photos of the Polar Plunge, Xmas meal and the Ice-Stock concert.

I just wanted to say hi to everyone in the Dental Centres, and I look forward to seeing you in February!

FOREIGN CORRESPONDENTS CONT'D...



FOREIGN CORRESPONDENTS CONT'D...



*Enjoying our Xmas meal and
the Ice-Stock Concert*



DSO'S CORNER



Carol Voyce

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

Seasons Greetings to you all! I hope you had a wonderful Christmas and New Year and have enjoyed the holidays and changes in routines and scenery.

I had five days in Melbourne before Christmas with my daughter and her partner, before they set off to cold places like China, London and Paris for the festive season. While they had a great time with many new adventures and great experiences, it was fairly quiet on the home front for me. Some of their many highlights included walking part of the Great Wall in China, abseiling on the O2 Dome in London and taking Macaron cooking classes in Paris. Even though they had both visited London and Paris before, China was a new cultural experience. Some of the Macarons (that's the French spelling) made it home and I was impressed by both the look and the taste! I am now waiting for my lesson!

The last "Bugle" of the year was full of some wonderful contributions from home and abroad. We have had some great feedback on that issue which was packed with lots of reading contributed from near and far. It took some compiling but we

too were pleased with our efforts and that it brought good cheer to many of you. Writing a "Bugle" now, just into the New Year, does bring some challenges, but to leave it until February seems too long a break for you all to hear from us. I am just starting to gather in what has been sent from abroad, but I am guessing that we will be well and truly short of the record 48 pages in our last efforts! It never ceases to amaze me how much "The Bugle" is loved and "anticipated" by our many readers. For a simple in-house publication it fills a gap, reminds you that we are here for you and keeps you entertained and informed. All, I am sure, contributing to your peace of mind. For 2014 we look forward to your continued contributions to "The Bugle" from home or abroad and keeping in touch!

It was great to talk with some of you over the holiday break and to be able to assist those in need. It is also reassuring that you feel comfortable to ring the 0800 number. I know we are always reminding you of and encouraging you to use this service, but especially over the holiday period I know there is some reluctance "in case you are a trouble"! Never! Part of the success of this service is being available to help when the need arises and to get your calls any time of the day or night means that we are fulfilling part of all that this role entails. Janine took a phone free break and her line was diverted to mine. It will be payback mid year when I take some leave overseas!

I am not sure what this year will bring. Last year saw the end of our major commitments to Afghanistan, Solomon Islands and Timor-Leste, but we have continued to deploy service personnel to many destinations worldwide on other missions. While I don't have a

direct link into our Operations plans, I am sure that this will continue. What hasn't changed, is the commitment our service personnel show in wanting to deploy, in wanting to make a difference in a distant land and to know that when they receive that medal, that it is recognition of a job well done and something to be proud of. You have a direct impact on what is achieved abroad by your separation, by the support you offer, sacrifices you make and your many contributions to the well being of your loved one. There is part of that medal that is yours too!

I have just looked back on my first editorial of 2013 for some inspiration on what to write here, and note that I made comment about how important it is to have challenges and things to look forward to. I made reference to the fact that my then 27 year old daughter, had turned me into a concert go-er and we had a year lined up of appointments with some great artists! It looks as though this year will not be much different as we already have tickets to see Bruce Springsteen (again), The Rolling Stones and James Blunt. Surely that will be enough! I know for many with deployed loved ones, that the key to managing deployments is to break the time down into manageable chunks and to have interspersed events or happenings plotted to anticipate and enjoy. This does make a difference. If you haven't tried it, then do. It certainly isn't as daunting as crossing off Day one to Day and thinking, how on earth are we going to sanely make this!

On another note, I can't help but make mention here, of two of our military personnel who are recipients in this year's New Year's Honours and who have played a vital role in support to deployed service personnel and their families

DSO'S CORNER CONT'D...

over many years. You will recall in the December issue of "The Bugle" that I made mention of our farewell to the Chief of Defence, Lieutenant General Rhys Jones. I was thrilled to note that he has been awarded a Companion of the New Zealand Order of Merit (CNZM). Congratulations to LT GEN Jones on such a prestigious and well earned honour.

The other recipient known to me, is Warrant Officer Class One Paul Mumm. WO1 Paul Mumm receives The New Zealand Distinguished Service Decoration (DSD).



While this award is in recognition of his exemplary service and commitment to developing the New Zealand Army's All Arms weapons and shooting capabilities, I remember and respect Paul for the contribution he made to Deployment welfare when on overseas deployments. He made a huge difference to the lives of those at home and abroad, with his compassion and understanding in dealing with concerns for "our" families and went that extra mile in ensuring the wellbeing of all. Just another one of your many skills Paul - sincere congratulations.

Enjoy the rest of your holidays and some nice summer weather. Take care wherever you are and I look forward to keeping in touch and catching up with you along the way.

With kind regards.



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

Happy New Year to one and all! I hope that your Christmas and New Year celebrations went well and that you were surrounded by family and friends to support you at a time when separation from loved ones is perhaps more keenly felt. For those who were deployed in any one of the locations around the world, I am sure that Christmas spent with your colleagues was also a special one. I know that family members here were diligently sending off their Christmas parcels to arrive in time, and that for the majority you were able to hold off opening your special gifts until the appropriate time. Christmas and New Year is definitely one of those milestones which is good to have in the past – I guess the next one will be returning to work – again one which most will be able to mark off the calendar. With each of these milestones passed brings homecoming that much closer.

By the time this "Bugle" reaches you we will already be almost three-quarters into January and for those with children, return to school is just on the horizon. And that will be one month into 2014 dealt with. Scary that time is passing so quickly.

I am still on leave and will be for the majority of the month to clear some of the leave balance I have been building. I still have a list of "to do's" – just how far I get through the list remains to be seen!

As I am supposed to be having a complete break from work, this is just a short column from me this month to wish you all well for 2014.



Send your Valentine a Special Message

The next edition will be the one before Valentine's Day so if you are thinking of putting in an extra special message for your Valentine, make sure you don't miss the deadline (5 February).

KEEPING THE HOME FIRES BURNING



Happy New Year to you all! I hope that the festive season was kind to you and you managed to fill your days with family and friends.

Christmas Day was a challenge without my partner but I tried so hard to be positive. I had the best of plans in place but wasn't quite as strong as I told myself I would be - especially early morning and again in the evening when all was quiet and there was too much time to think!

As I mentioned in my last "Bugle" article, I managed to keep to the Christmas traditions we had in place for the children and there were the most fabulous sleigh marks in our back garden and Santa drank most of his glass of milk and left a few cake crumbs on the plate - messy man!! I took photos of all of this and they were well received across the miles and I was even congratulated on my efforts so that was encouraging but I will be willing to pass this task back to my partner next year. The children didn't wake too early - in fact I was the one who was waiting for them to get up. We had phone calls planned so Dad could hear the excitement and thankfully this fell into place. You know children; there was lots of ripping of paper and quickly moving from one parcel to another without really looking closely at what

was inside. Lots of noise and lots of mess but lots of fun too! But we had a connection to Dad which was really important and although the conversations were a bit jumbled I think he got the feeling that all was well and Santa had excelled in his absence. Yes it was fun but just not quite the same.

Later in the morning, we packed up the car and headed off to be with family and friends. It looked as though we were moving house with the car so full. The children wanted to take all their presents to show their grandparents, aunties, uncles and cousins and knowing that there were more to come the load was already huge! Distraction is the best medicine when you are not feeling quite up to speed and to get to Gran's and to see the efforts she had gone to, to make this day extra special, warmed my heart! Surrounded by the best that families bring, we had a great day with lots of eating, a little drink, and lots of presents, laughter, fun and games. The children had the best time ever and their excitement and happy smiles did much to cheer me along. We took lots of photos and were able to email a few to Dad. I have just had some printed off and these are in the post now for him to enjoy properly!

It was when we were safely home after a long day and

the children firmly tucked up in their beds that I felt a bit glum! I am sure Dad must have felt exactly the same, being so far from the "action" here, but that's the way it was and is sometimes. One day missed but many more great ones to come.

New Year was quiet too but then we are not ones to party till dawn so that day we had friends and family to our place for a BBQ tea and enjoyed a good time together.

So yes, probably like many of you, I survived thanks to the support of others and the need to try and have a positive attitude. It was hard for both of us but if our separation has helped us to help others then that is the best present one can give.

So now it is time to enjoy the rest of January, to hope for some sunshine and less wind and rain and then in the near future to think about school, buying the stationery and re-mastering the art of the Dura sealing!

Look forward to catching up with you all in the next "Bugle". Do hope that some of you may take the time to write for this column. I think it helps us to know we are not alone and that some feelings are common and shared by us all. Happy holidays in the month ahead. Bindy.

FOR YOUR INFO

MAIL TO AFGHANISTAN

All mail to all Deployment locations in Afghanistan will now be processed by DPSC at HQ JFNZ in Trentham. Mail bags leave DPSC every Monday and are sent by courier abroad.

Mail should be addressed as:

*Regimental Number, Rank, Name
Mission Name eg OP KEA
c/- DPSC
HQ JFNZ
Private Bag 900
Upper Hutt 5104*

N.B: If you have sent mail to the previous address given i.e. KAIA Compound, c/- International Mail Centre, Auckland, it will still be couriered and delivered as addressed. In the meantime, please make a note of the new amended address in your Deployment Guide.

If you need any further advice or information on Mail, please talk to the Deployment Services Officers.

OPERATION CHRISTMAS CARD

I know we have mentioned this project a number of times in recent months, but the feedback from recipients worldwide has been simply amazing. Your efforts were well and truly appreciated. I have now been the lucky recipient of many thank you letters from abroad and have been busy forwarding them as they come to hand. Thanks to those who had the time to send their thanks back to us. I know many children have been delighted to get a response.

Trevor Stone, Welfare Facilitator, Air Staff, Wellington

One door has closed and another opens! Well in your case - green pastures, mountains, valleys, waterways and hills no doubt. Our very best wishes for your new job. We have enjoyed the many opportunities to meet with you and work with you over the years and sincerely thank you for your many contributions to the team. With kind regards and good luck for all the future holds, Carol, Janine, Cherie, Claudia, Marie, Deana, Lesley, Carolyn, Jason, Yvonne, John and Lynne.

Special Quote

"In truth a family is what you make it. It is made strong, not by number of heads counted at the dinner table, but by the rituals you help family members create, by the memories you share, by the commitment of time, caring, and love you show to one another, and by the hopes for the future you have as individuals and as a unit".

(Marge Kennedy).

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



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.

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.*

JIGSAW PUZZLES — BENEFITS TO PSYCHOLOGICAL DEVELOPMENT



The simplicity of jigsaw puzzles is deceptive. While the concept is very straightforward – find the pieces and fix them together – there is a surprising level of mental activity required to carry out the steps needed to complete a puzzle. Psychological studies have identified a number of thought processes that are required to undertake what is in fact a complex process of identifying shapes and images and relating them to an overall pattern. More importantly, solving jigsaw puzzles is a great work out for the brain and can actually have therapeutic benefits. These benefits include:

Problem Solving Skills. Resolving the shapes and coloured patterns that make up the overall pictures, including the revolving of the pieces, relates to the kind of basic problem solving evolution has equipped us to deal with on a subconscious level. Our ancestors relied on the ability to recognise

shapes and patterns in world around them and spot potential predators and hazards as a key to survival. Completing a jigsaw puzzle taps in to the same fundamental processes, but in a calm and controlled environment.

Enhances Self Evaluation. Trying to see how pieces fit and re-assessing where they might go when they don't fit is a good exercise in checking and re-evaluating choices. Each piece can only go in to one place so there is none of the compromising and trading-off that takes place in so many other aspects of modern life. This forces the player to constantly re-evaluate their decisions, and teaches patience with the process as it is an integral part of the game.

Improves Learning Abilities. The more a person plays jigsaw puzzles, the better they get at recognising shape, form and colour and the quicker they become. This is a basic learning structure that then passes in to other aspects of their lives. In effect the brain is like a muscle, and the more it works, the stronger it becomes.

Helps With Overall Perception and Understanding. Learning to assemble an overall image from partial pieces when only part of the image is in place, is a skill that translates in to many areas of life. Often, only a certain amount of information about a situation is available and being able to make judgements and draw conclusions

is a fundamental practice in coping successfully with the world around us.

Fulfilment. Our modern lives can often seem a whirlwind of activity where we constantly move from one activity to the next without seeming to draw breath. Completing a jigsaw puzzle provides a tonic to this hectic pace, where a period of quiet problem solving ends with the satisfaction of seeing the finished puzzle. This reduces stress and provides a feeling of well-being.

Dementia Treatment. Dementia patients are suffering from a disease where the brain tissue is deteriorating and the functions that reside in those areas are lost. All of the above benefits amount to a workout for the brain, causing the brain cells to work hard. This type of mental activity slows down the onset of dementia by keeping more parts of the brain active for longer.

This level of cognitive complexity does much to explain why so many people are happy to spend hours at a time working on jigsaw puzzles. What seems one of the simplest of activities is in fact an extremely absorbing and therapeutic brain exercise with many hidden benefits. Playing physical puzzles or jigsaw puzzles online is a beneficial activity for kids and adults alike.

Source:

www.ccdg2001.org, May 18, 2013

PERSONAL MESSAGES

The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**the next edition deadline is 5 February 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

Hi Honey

Miss you lots and thinking of you always. I hope the kids are treating you well. xx A.

From Home

To Papa Bear

We miss you terribly! I hope that by the time you read this that things have calmed down there. Always so proud of all that you do. Stay safe and am glad you will be home soon. Your little boys can't wait to have their Daddy home. All Yours X3.

Hello Kathryn

Hope you had a good Christmas day and I hear you guys can now play cricket. Have a good trip too along the Nile to Luxsa. HAPPY BIRTHDAY FOR JANUARY! Hope you have a good day. Pressy when you get home. Packages have been sent, hope you enjoyed. Take care and look after yourself. Miss you, love Mum and Dad.

Hi Auntie Kathryn

HAPPY BIRTHDAY! Have a great day and enjoy your day. Hope you had a good Christmas. Miss you. Love, Libby and Debbie.

Jude

Happy New Year and wishing you a great year ahead! Thinking of you always with love, Wayne xx.

Grandson Number 1

New Years greetings from the far north of NZ! It was great to hear from you on Boxing Day and to know all is well with you. Sounds as though you are busy but having a

great deployment. We are really proud of your efforts. Keep them up and we look forward to your homecoming in a few months. Love always, Grandad and Grandma xx.

Molly

I hope you had a great New Year in distant lands. We were thinking of you and wondering what you might be up to! Stay safe and keep warm. Love you. Mum xx.

Hello Boy

Thanks for the phone call. It was beaut to hear from you and a complete surprise. Thanks for taking the time out of your day to think of us. I think Nan has told the whole town that you rang and then again in case she forgot to. The racing season has been busy but with some mixed success. Still we are enjoying it so that's what counts. The weather hasn't been very good anywhere but said to improve after this week. Keep enjoying what you are doing and you will be home before we know it - only a few more "Bugle" messages. Thinking of you for this new year. Grumps, Nan and family xxx.

Happy New Year Slug

Was great to hear from you at Christmas time! Yes we had a great day with family and friends and the usual celebrations with lots of food, drink, presents and beach cricket to fill in the day. The bach was bulging with everyone there but we all had our usual jobs and the dinner was great. Not so sure about the willing volunteers on the clean up. Yes there was paper strewn for miles, the batteries were needed and the cricket umpire was a bit sloppy with some of his decisions. I am sure I was not OUT! This decision will be debated for some time. Weather

has been patchy but we have enjoyed the rest, change of pace and even watched some good tennis on T.V. Hope that 2014 is a good one for you. At least you will be home for some of it. Take care over there, Gully.

Bob

Happy New Year. Make it a good one! Gus.

Cambo

Happy New Year my old mate! Hope that 2014 is tops for you! We had a good Christmas with the usual - far too much food, far too many hangovers and far too many wet days! The cards got a thrashing and even some old board games appeared from the cupboard! Rather lame though and too many cheats in the family!! We missed you, your antics and jokes. Enjoy the rest of your tour and we will catch up along the way. Love from the Tribe xxx

My Guy

Has been great to catch up over the holidays - more than I thought possible. The tree is down and back in the attic until you retrieve it in less than 12 months now. Everyone seems to have gone home or back to work and things are much quieter now. Have enjoyed a slower pace but it was great to have everyone about when I needed them. The garden is looking great and the vege crop in excess already of what I need! Talk soon. Love you. Your Gal in Kiwi land xx.

Megan

Happy New Year! Thank you so much for the Pashmina, just love the colours. You didn't have to do that but it was very much appreciated. Christine.